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January 2006

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# Community News

The monthly newsletter of the Moscow Food Co-op

## Tuesday Music Returns

By Eric Gilbert, Co-op Music Coordinator

**W**ith the arrival of 2006 comes the revival of the Co-op Music Series.

Starting Tuesday, January 17, with the old-timey/blue-grassy group Zugunrue, there will be live music every Tuesday night from 6pm to 8pm in the deli seating area. This time, however, there is actually sufficient room to have musicians AND a comfortably seated audience. How novel! If that's not enough of an incentive to get you downtown on a Tuesday night, the deli will be offering some food and drink specials to spice up the events. January will feature \$2 tacos and \$2 for a piece of molten chocolate cake and an 8oz coffee.

Remember: Tuesday nights, 6pm to 8pm, at the Co-op for live music (free, with no cover charge) and food/drink specials. This month, you can enjoy



Zugunrue on January 17, Dan Maher on January 24, and Lanny Messinger on January 31.

The music schedule has been filled through February with some great musicians and staples of the Co-op music series, and we're honored to have them help us christen the space. However, we're always looking for new musicians/groups to play. We pay musicians in gift certificates to the store as well as providing the opportunity to sell their CDs in our new LOCAL MUSIC section. If you or someone you love is interested in performing, email me, Eric Gilbert, at [gilbert@oracleshack.com](mailto:gilbert@oracleshack.com). If you don't have access to email you can certainly catch me at the store either in person or by phone.

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

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

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

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

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

**Paper Pals Scrapbook & Stamp Studio**—1st Hr of studio time FREE, 33% off Open Studio Time, 107 S Grand, Pullman, 332-0407, Karen Lien, [www.paper-pals.com](http://www.paper-pals.com)

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**Glenda Marie Rock, III, Healer & Esotericist**—10% off Clairvoyant readings, past life regression & energy healings, [gmrockiii@aol.com](mailto:gmrockiii@aol.com), 892-8649

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# Community News



## Meat and Veggies: Where's the Balance?

By Kenna S. Eaton, General Manager

The hot talk around the Co-op these days is the meat department. Customers are loving having fresh, clean, natural meat available to them every day without the hassle of defrosting. And the meat is even making its way into our deli sandwiches, hot entrees and service case.

For those feeling the ethical dilemmas around the care and feeding of animals it is a great relief to have a comfortable option available to them. But for those who are vegetarians or vegan you may be wondering if all this meat talk (newsletter articles about cooking meat, in-store sales sheets featuring produce & meat and

turkeys on the reader board) means that the Co-op no longer cares about those who choose not to eat meat. Not true! We still feel that it is important that we offer alternatives of all kinds to our shoppers.

During the move we expanded many of our vegetarians and vegan options in the grocery department. We increased the number of vegetarian soups and quick meals. We increased the variety of cheeses (for those who indulge) tremendously by adding a 6 ft. case dedicated to hand-made, artisan cheeses. The kitchen has increased the variety and number of salads and meatless entrees we offer, as well adding the sandwich bar featuring a great selection of vegetarian offerings (and they are yummy, just ask Amy, the kitchen manager, who is a vegetarian!). Our newsletter still offers a monthly tofu article, as well as a vegan review and a fresh produce feature like Judy's recipes for coconuts in last month's newsletter.

I chased down one of our staff members, a vegan, who thought that we have just as many, if not more options, for her. She mentioned the huge selection of produce that makes it hard for her not to find something delicious every day, the great selections in the deli and the increased number of wheat free/gluten free options throughout the store that she welcomes as well.

Carrie, Wellness Manager, added that we have increased the number of supplements for vegan and vegetarians and added organic food based supplements to our line up. Vicki, Grocery Manager, thinks our biggest growth area is the frozen foods department where she claims you can find a greater selection of meat free entrees, side dishes, appetizers, soups, pizzas and every frozen veggie that you can imagine.

So there you have it. In the proverbial nutshell, vegan of course! All those alternatives just go to show we're not a regular grocery store after all.

**We still feel that it is important that we offer alternatives of all kinds to our shoppers.**

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**Front Page:** Meat and Veggies:  
Where's the Balance?

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# Co-Operations



## News from the Front End

By Annie Hubble, Front End Manager

I hope you are all enjoying the new store as much as I am. I am still impressed every day by the sense of space and all those wonderful new products. It seems as though we are all, customers and staff alike, learning our way around.

There are many new and improved services available in our new location. Have you tried one of the 'build your own' sandwiches yet? I am addicted to the portabella mushroom/grilled tofu and veggies, and I have seen many more great imaginative choices go through the register. Those of you who enjoy meat, will love the new department with its organic and free-

range selection. And I have seen many 'secret Santas' this month of December finding all kinds of fun and intriguing items.

Mid January, Tuesday night music will start again. This is a fun night to cruise the store and then sit down with a latte and maybe an entree or dessert from the deli, and listen to some very fine local musicians.

Whether you come for the music, your groceries, the great deli food, or maybe just on the chance of bumping into an old friend, you are very welcome. We love to see your smiling faces. Come on in and rest from the cold cold winter days!

## The Volunteer Program

By Annie Hubble, Volunteer Coordinator

As I write this on a cold day in December, I just want to thank all the wonderful volunteers who helped in so many ways through the year 2005. You have been such an awesome presence, particularly, but not

only, in the move to the new location, when you appeared en masse and took over as we staff members got tired. Thank you all, each and every one of you.

## Art at The Co-op

By Annie Hubble, Volunteer Coordinator

Watercolor-Landscapes, an art show by local artist Carolyn Doe, will open at the Moscow Food Co-op on Friday, January 13th. A lot of people will be familiar with Carolyn Doe's outstanding work with silk, but in this show we will see her new work in watercolor.

She writes of her new path: "Having worked in both batik and katazome for more than a dozen years, I am familiar with the movement of color in water on silk fabrics. It has been fun exploring the possibilities of this flow and movement on paper."

After years of traveling to Antarctica and to Alaska for months of every year, Carolyn has now put down more solid roots in her beloved Moscow community.

She recently graduated from massage school, and as well as offering wonderful massages, and spending time with her two children, she is also a cashier at the Co-op!

'Watercolor-Landscapes' by Carolyn Doe will open Friday January 13th from 5:30 p.m.-7 p.m. at Moscow Food Co-op's new location, (121 East 5th Street, Moscow), and will continue until Thursday, February 9th.

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(208) 882-8537

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The Co-op Board of Directors

monthly meetings are open to members.

For information about meeting time and place, email board@moscowfood.coop.

## MEMBERS SAVE!

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

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

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

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

Open 7:30 am to 9:00 pm Daily



## Board Report:

# Democracy in Action at the Co-op

By Bill Beck

I have served on the Co-op Board of Directors for about nine months. It has been an exciting time for the Co-op with planning, remodeling and relocating the Co-op to its new location. Serving on the Board is fun, interesting and sometimes, a bit intense.

One of the best things about being a member of the Board of Directors is seeing seven individuals with different perspectives and life experience working together to make collective decisions about the Co-op.

It is not always easy to get seven individuals to understand each other's points of view and make tough decisions together. Imagine having a quiet contemplative person sitting next to a boisterous outgoing personality, a science or systems oriented person next to a person relying more on intuition or a pragmatist working

with a dreamer. This is our Board of Directors.

Things get done and it is interesting and fun to work together toward a common goal. Every one doesn't always agree but everyone works together with the Co-op's best interest in mind. Our Board is a great example of how very different and unique individuals can work together for the common good of our Co-op members and the Palouse communities.

Our new store and its expanded ability to serve an ever growing and wide-ranging community are the fruits of our Board's labor as well as that of managers, staff and volunteers. It doesn't always go as smoothly as we might hope but the result is well worth the effort. The tough decision to assume debt and move our store is paying off with increased business and expanded products offered to our

members and our community. We have a more beautiful place to shop and a more comfortable and pleasant place for our employees to work.

Grassroots democracy is at work in our Co-op. Being a member of our Board of Directors is fun, rewarding, and hard work. Now is the time for members to participate in our democracy to elect new board members. Applications for new board candidates are being accepted through mid January. The February newsletter will have profiles of board candidates and we expect to have voting take place in late February. Voting will take place in the store and absentee ballots will be available to make the voting process as easy as possible.

If you are interested in being a board candidate you can contact Kenna in the store or email Mike Forbes, board president, at

**Our Board is a great example of how very different and unique individuals can work together for the common good of our Co-op members and the Palouse communities.**

biodieselmike@gmail.com. Watch for further details posted in the store and in the February newsletter. I hope everyone will participate and support democracy at work in our Co-op.



## From the Meat Department: How Safe Is This Beef?

By Adam Stone, Meat Dept Manager

I was prompted to address this month's topic by hearing recurring comments concerning "Mad Cow Disease" and buying cattle from Canada from various customers. Let me start by reassuring you that neither of the two beef suppliers that we support here at the Co-op purchases any cattle from Canada or any other sources other than their own herds.

Aldersprings Ranch cattle strictly feed on grass and hay, never having any grain fed to them. Country Natural Beef uses only vegetarian based grain during their short time in the feedlot. They are careful never to use any grains associated with animal by-products for their entire program. Aldersprings is out of May, Idaho and Country Natural Beef is a co-op of ranchers based out of Oregon, with growers in California, Washington, Idaho, Colorado, and Oregon.

Now the BSE bacteria (mad cow disease) is found in the intestines of sheep, so either feeding grains that are made with sheep intestine for protein supplement or grazing cattle along side sheep are the only ways this bacteria can find its way into cattle. Neither one of these suppliers do either one of these things.

The case I remember hitting the U.S. a little while back was actually a "downer dairy cow" that was headed to the packer to be made into ground beef. This is a common practice to utilize dairy cattle that are no longer productive or damaged and don't produce anymore. Here at the Co-op the ground beef we offer is ground fresh at the store from trimmings that come from our meats here. Our ground beef is a product of the meat we buy from the suppliers listed above and reflects the ranching ethics and animal hus-

bandry standards that they adhere to.

Along with the doubtful comments I have heard regarding the safety of the beef we offer I have also seen customers overjoyed that they can purchase beef from ranchers that are offering them peace of mind. One customer said that they refrained buying any beef for the past five years because they were unsure of the safety of the meats and now they feel confident about buying beef from the Co-op after seeing that the suppliers we offer carefully raise their animals. I can rest assured that we are offering you the cleanest purest beef available. I have the greatest confidence in the integrity of Aldersprings Ranch and the co-op of ranchers known as Country Natural Beef and strongly feel that you should too.

### Co-op Music Nights

Tuesday nights, 6 p.m.-8 p.m., at the Co-op for live music (free, with no cover charge) and food/drink specials.

#### Here's the lineup:

Jan. 17th	Zugunrue
Jan. 24th	Dan Maher
Jan. 31st	Lanny Messinger
Feb. 7th	David Roon
Feb. 14th	Lisa Simpson
Feb. 21st	Milo Duke
Feb. 28th	Brian Gi

### Just Trade

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



## The Buy Line

By Vicki Reich, Grocery Manager

When we left off last month, I was extolling the virtues of some of the new items in the Co-op. I told you I'd be back this month with more exciting products now available in our bigger and better store and I'd hate to let any of you down so here's a new list of great products to try this month.

Last month I ended with chocolate, this month I'll start out with my favorite food group. Endangered Species Black Panther bar has the highest cocoa content of any bar we carry but still manages to have a sweet and smooth flavor. It's quite delightful.

Pike Place Walla Walla Onion Tartar Sauce. Slather this stuff on just about anything and it will make it better. It's especially good on salmon burgers and it just won top prize at the Fancy Food Show.

Cowgirl Chocolates have done it again. They've worked with Bequet Caramels to create a spicy caramel. Habenero Caramels are hot and addictive. Beware!

Nate's Cream Cheese Jalapeno Burritos in the freezer are a great party food. They were my favorite choice in their Fiesta Box and now you can get a box of just these great snacks.

Natural Sea Breaded Coconut Shrimp. Yum. What a great flavor combination and what an easy beginning to a delicious dinner.

We now carry a whole bunch of varieties of Tinkyada rice pasta. This is the

best rice pasta I've tried. It doesn't fall apart in boiling water and it has a really good taste and texture.

Real Foods Corn Thins are a wonderful departure from the standard rice cake. They make a great stack and have a good popcorny flavor that makes them hard to stop eating.

Spectrum has three new flavored mayonnaises but I am especially fond of the wasabi mayo. It's a perfect addition to an Asian meal, especially when I'm making sushi. The wasabi flavor really comes through.

Straus Organic Creamery is now making cheese and they are as good as their yogurt and ice cream. The sharp cheddar has got a bite to it that I really like.

I tried Bear Naked Granola at the natural food show last year and I was excited to have room to bring it in to the new store. It's not as sweet as a lot of granolas but it's got the crunch and flavor I'm looking for in a granola.

We now have Black Sesame Seeds in the bulk department. Laura and I are particularly excited about these. They are a quintessential ingredient in Japanese cooking and they look really cool on whatever you put them on.

And finally for this month's installment of Vicki's New Favorite Things: Immaculate Baking Company Cookies. These all rock!! Plus they give some of their profits to promote folk art. Cookies just like I'd make if I made cookies.

So, until next time: Happy Eating!

## Music Writer Wanted

By Bill London

Now that the Co-op sells local music (see Sarah Long's article in this issue), we need a reviewer to check out all the locally produced music for us.

This is a new volunteer position for a newsletter writer. We're looking for someone who loves music and can write about all kinds of music. Every month, this writer would choose a CD from the Local Listening selection at the Co-op, evaluate the music, and

tell us about the musicians who made it.

If you are interested in this position, please contact Bill London at london@moscow.com.

*Bill London edits this newsletter and is moping pathetically due to the departure of Leyna Grace, the world's most adorable grand-daughter.*

## Keep In Touch

### Subscribe to the Moscow Food Co-op Community News

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

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

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



## Are you interested in joining the Moscow Food Co-op Board of Directors?

**Help guide our Co-op.**  
If you are interested, please talk with General Manager Kenna Eaton.



## Test-driving Local Music CDs

By Sarah Long, Co-op Wellness Assistant

Moscow stands apart from other like-sized communities for many reasons, not the least of which is its thriving local music scene. Many talented musicians call Moscow home, which is great for all of us music lovers. Whether you like bluegrass, folk, punk, rock, psychedelic music, or anything in between, it's likely that musicians on the Palouse are creating something that suits your tastes.

While seeing music live may be the best way to experience it (see Eric

Gilbert's cover article on live music at the Co-op), the next best thing is having a copy of it to listen to at home.

Fortunately, the Moscow Food Co-op now has recordings by local artists available for purchase. We even have a Local Listening CD player, so you can sample a locally produced CD before you buy it.

Actually, we have two listening stations, located side by side at the back of the gift and mercantile section,

across from the wine. Both listening stations are CD players with headphones. The second station allows you to test any of the dozen Putumayo world music CDs available here at the Co-op.

At our Local Listening CD station, we currently offer music by Oracle Shack and Lisa Simpson, with more artists on the way. If you are a local musician and would like to see your recording on our shelves, please stop by or call the Co-op (882-8537) and speak with Sarah Long.



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Licenced Massage Therapist  
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208.596.0539

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



## Word of Mouth

By Vicki Reich, Grocery Manager

If there is one food that is ubiquitous to the natural food store, it's almond butter. Of all the nut butters out there, it is my favorite. I think about it as a decadent treat but in reality it's an incredibly healthy snack or replacement for peanut butter. There's been lots of information in the news lately about the health benefits of eating almonds. I can't think of a much better, not to mention more fun, way to get in your daily serving of almonds than with a tablespoon or two of almond butter. Mix it with honey on your toast in the morning, have an AB&J sandwich for lunch, spread it on a banana for an afternoon snack, or use it in place of peanut butter in a sauce recipe for dinner. The possibilities are endless.

The question really isn't whether or not you are going to have some almond butter; the question is which one to have. We carry three brands of jarred almond butter and the almond butter you can grind fresh in the bulk section. All three brands come in creamy and crunchy and all have no added salt. Maranatha has both an organic and a natural variety. There's

even a new addition from Maranatha with honey already added to it (although I didn't include it in the test).

For the taste test, I chose to sample the creamy varieties because, well, I like creamy better. Once again my testing panel consisted of the members of the Hog Heaven Handspinners. I sprung the taste test on them and when I asked if they were excited to do a taste test, they all asked what they had to taste (the mayonnaise taste test, even though it was over a year ago, was still on their minds). Everyone was excited when I said it was almond butter.

Here's what we thought about the five almond butters we sampled.

Maranatha Creamy Natural Almond Butter (\$10.75 for 16 oz.) looked a little runny but I think that was due to my poor stirring job. It smelled good with a good roasted scent. We thought it would do well in a sauce. Some of us thought it had a full roasted flavor but some found it cloying. It had a sweet aftertaste but it dried out your mouth kind of like peanut skins will do. It was very smooth but a bit

oily. None of us were head over heels for this one.

Maranatha Creamy Organic Almond Butter (\$13.95 for 16 oz.) had a good texture and smell. It had a little bit of crunch. It was nuttier and less drying than its natural cousin and had a nice aftertaste. Mary said it tasted like almond oil. But Sarah S. said it had a fresh cracked nut flavor. This almond butter was better received than the first one.

Kettle Roaster Fresh Almond Butter (\$4.95 for 11 oz.) had a good almond smell to it. Some of the testers thought it was too sticky but others really liked the texture. It had a subtle almond flavor and was the blandest of the lot. I think it would very kid friendly but if you were after that really almondy flavor, this would not be your best choice.

Zinke Creamy Almond Butter (\$9.19 for 16 oz.) had a good texture and the best smell of all of the ones we sampled. It had a strong roasted almond flavor and was evenly ground giving it really good mouth appeal. It tasted like

**I can't think of a much better, not to mention more fun, way to get in your daily serving of almonds than with a tablespoon or two of almond butter.**

you were eating almonds. It was definitely a favorite.

Bulk Organic Almond Butter (\$13.95/lb) was very stiff and dry. It would be good for hiking since it wouldn't ooze out of your sandwich while it was in your pack. Sarah W. said eating it had the consistency of chewing gum and that it had a lot of texture. We all thought it would be great mixed with honey or spread on a banana or incorporated with something else to thin it out a bit. It was the driest and least oily of all the butters we tried. Laura thought it tasted like it was the one that was most recently an almond. It was also a favorite.

There was not a clear winner between the Zinke and the bulk fresh ground almond butter. All the ones we tasted were good but those two were definitely the best. As always, it comes down to personal preferences. But one thing was clear, we all liked almond butter and, man, is it filling.



# Co-Operations

## From the Suggestion Box

*Institute a no cell phone usage rule in the food seating area, please — it's very annoying.*

I'm sorry to say that cell phones are here to stay and that annoying people with cell phones are still annoying people. We're not ones to limit too many personal freedoms so we won't be instituting a policy but I know I wouldn't have a problem with being asked in a nice way to keep it down while I was on my phone.

— Vicki, Grocery Manager

*I think it's really sad that now that you've moved up in the world you no longer provide the free box to Co-op members. That's pretty standard for food co-ops, and it was one of the really cool things about shopping here. I'm disappointed.*

There was a great deal of thought and discussion that went into the removal of the free box. Here's a synopsis of what we talked about and what we decided to do. First we'll tell you what our problems were with it. The free box, no matter how cool you thought it was, was unsightly and not something we wanted out on the main sales floor. There was not a good out of the way place for it in the new store and when we tried it in the produce backstock area, we found several people snooping around near our staff work area and not near the free produce. This made staff pretty nervous. Also, the food did not necessarily go to the neediest people in our community, just the ones who happened to know about it. And it did take away from our sales. People who could afford to buy a fresh apple might not do so if there was a slightly bruised one in the free box. We are now employing over 90 people in this community and the money you spend in our store goes to provide a living wage to those folks. Giving away free food doesn't. Don't worry, we're not throwing it away. We offer the food to our staff first and then take the rest to the various food banks in town. This way we are helping out our staff and the neediest people in town. If you would like information on the food banks in town, we would be happy to share it with you. Those of us who helped come up with a solution to the free box problem feel really good about our decision. If you have any other suggestion about how best to distribute food to people in need, please let us know.

— The Management Team

*Polenta Chips? Especially Original. I'll bring them back.*  
— Vicki

*Hey, are you guys thinking about changing the bulk fruit area over to self-service bins? Also, can we get reusable containers that hold up to sanitation (heat) like we used to have? P.S. Great job on the new store!!*

I thought long and hard about whether to put the dried fruit into bulk bins in the new store. I know it's a waste of plastic to buy it in containers, but I weighed that waste against the waste of actual food that takes place when dried fruit is kept in bins. There is a great deal of loss of product: from bugs, fruit falling on the floor, and the general mushy nature of dried fruit which becomes paste-like in a bin, not to mention the ease of just popping a couple of pieces in your mouth while you shop (which, I'm sorry to say, is called shoplifting). I came to the conclusion that it was less of a waste to put it in reusable containers. It also looks better and is more appealing to many shoppers when it is packaged. I will take your advice and try to get the more heat friendly containers back. And thanks for the kudos, we like the new store, too!

— Vicki

*It would be great if you could sell serving-size juice bottles. 100% juice, not just juice drinks — apple and orange, in particular. Thanks! We currently carry 100% apple juice from Knudsen in the big cooler in 8 oz. bottles. We also carry Naked Just OJ, Just Carrot, and Columbia Gorge Tangerine in the Naked cooler. Ask a staff person to help you find them.* — Vicki

*Thanks for ordering the Côtes du Rhône. It's such a nice utility wine! You are most welcome.* — Vicki, the new Wine and Beer Maven

*Pasta making classes with amaranth, quinoa, etc. We haven't given much thought to cooking classes in the new store. When we do, we'll keep your suggestion in mind.*  
— Vicki

*A more drinkable, on-the-go sized milk container. Something more in-between a quart and child-sized? Thanks! At the moment there are no pint-sized milks on the market. I'll keep my eye out for them.*  
— Vicki

*Please carry Bob's Red Mill Potato Starch Flour. We use lots of it. Thank you! From what I've read, potato starch and potato starch flour are the same thing. Potato flour is different, more like a flour than a starch. We carry potato starch in bulk and we can order it in five pound bags for you. It's a much*

*more economical way to buy it. But I will also bring in Bob's and see how it sells.* — Vicki

*Parking is tight during the busy hours. This is good; getting people to think about alternative transportation, etc. However, it isn't so friendly for the elderly and those with children, especially in winter. How about designating some of the first line of parking spots for the elderly/those with very young children? Or at least provide a sign suggesting patrons give up their spot for those who could better use it. We are still working out the details of how to best utilize the parking lot and ensure that it is available only for people who are shopping at the Co-op. We will add your suggestion to the mix.*  
— Kenna, General Manager

*By the curb on Washington is a long trench that is a hazard to bicycles in the street. Let's call the city, me and you! Come see me and we'll get it done.* — Kenna

*8th Continent Soy Milk. Sorry, but we can't get that product.* — Vicki

*Do we still carry organic roasted chunky almond butter? Just out of stock? We buy lots. It might have been one of those products that got lost in the move. Thanks for letting me know it was missing. I'll make sure it gets back on the shelf.* — Vicki

*Please bring back BULK organic cocoa powder — we are regular customers of it. It's still here. It's in the orphan bulk bin next to the nut butter grinders. Ask a staff person if you can't find it.* — Vicki

*It would be very helpful to have a baby changing area in the men's bathroom. It's on our wish list. We will try to get one soon.* — Kenna

*Wonderful new old-fashion street lights around periphery of eating area! Well done and so much brighter. Thanks. We like them, too.*  
— Kenna

*Can you carry organic vegetable oil in bulk (besides olive oil, which you have — thanks!) like canola or sunflower? We are carrying organic safflower oil and I will bring in organic canola oil as well.* — Vicki

*Parking lot needs to be better lit. Very difficult to maneuver after dark. We really concentrated on getting the inside of the store finished so we could open. We are still working on the exterior. Don't worry, we have plans for the parking lot lights.* — Kenna

*Patak's Lime Relish — can you carry or special order a few jars.*

Unfortunately, our distributor has discontinued this product. I will try to find it somewhere else but don't hold your breath. — Vicki

## Staff Profile: Scott Metzger

By Susan Simonds

**A**

“The part I

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Meet the new Produce Manager, Scott Metzger, who began working at the Co-op as the Produce Assistant in September. Scott arranged the job long distance from Middlebury, Vermont, where he had been working as a produce stocker in a food co-op for three years. The move to Moscow was precipitated by his girlfriend, Lorelei's, acceptance into the masters program in natural resources at the University of Idaho. Scott wanted to continue working at a co-op because of “the people that work there and shop there and the emphasis on healthy lifestyle.” Scott is one of numerous employees I have interviewed who sought work at our Co-op because of their commitment to the philosophy of food co-ops and their positive experiences working at co-ops in other parts of the country.

Scott grew up in Sisters, Oregon, the second of four brothers with parents who worked for the forest service, which has become a family tradition. At this point, his father, stepmother, mother, stepfather, and two brothers all work for the forest service. Scott also worked for the forest service when he lived in Alaska after high school.

During his five years in Alaska, he built trails and also worked at fisheries and at an environmental organization. And he met Lorelei in Alaska. Together they moved to Middlebury where, in addition to working at the co-op, Scott worked as a wilderness ranger, a gardener for a bed and breakfast growing herbs and organic vegetables, and a jack-of-all-trades on an organic farm. “I loved it [Middlebury]. It's progressive — politically and environmentally. It's got good land use and good ethics and it's beautiful.”

If you took a look at the art display in the café in November and December, you noticed several of Scott's photos, which he took in Alaska. He photographs landscapes, animals, and forests. A man of many talents, Scott plays African hand drums and was in an experimental heavy metal band with his brother in Alaska. He also likes to hike, snow board, backpack, and ski. Scott is trying to get used to having to travel a bit for recreation whereas in Middlebury, the wilderness was practically outside his back door.



Scott is effusive about the new Co-op building and the expanded produce space, which is double the size of the old produce department. He now has room to carry more tropical items, such as pineapples, coconuts, and mangoes.

“The part I like most is working with the local farmers. I would like to increase how much produce we buy locally. I have two great staff and a great volunteer.”

Scott said he and Lorelei are now living in a “rental dump” that is cold and lacks garden space, which Scott truly misses. So I am putting out a plea to Co-op members: let's help Scott and Lorelei fulfill their dream of finding a small house with a garden.

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*Susan Simonds, a psychologist, fantasizes about being a fairy godmother with magical powers so that she can make everyone's dreams come true.*



**Business Partner Profile:**

**Full Circle Psychological Services**

*By Jill Maxwell; Photo by David Hall*

**D**r. Tina von Moltke has come full circle in her own life, and now works to help other people come full circle in theirs. She named her business Full Circle Psychological Services because she thinks the words capture the goal of counseling.

"You start where you are and explore a lot of levels, and end up where you are, even though it's slightly shifted," she explains. "Also it has a feeling of being holistic. I work on the person's whole being. I don't look at just what is wrong . . . I look at the whole picture."

Dr. von Moltke was born and raised in South Africa. She moved to Moscow with her husband and daughter last year after spending 10 years in California.

She opened her therapy business last summer, after getting her license to practice in Idaho. She has two offices, one for adults and a second that is set up for play therapy with children.

She describes her therapy sessions as client led.

"I will work with any issue," she explains. "From how to better organize your days to what life and death all about. It can be very spiritual. Most everyone is looking for meaning and wondering how best to live, and I just facilitate that."

Dr. von Moltke takes an empathic approach in her therapy sessions. She says when people realize there are no judgments, they are relieved and they start to have more empathy and compassion for themselves. For von Moltke, therapy isn't about fixing someone; rather, it's about helping them make sense of the reasons they act the way they do. She says that neuroscience has shown that during childhood the brain literally forms differently depending on the responses children receive from their caregivers. "We are all traumatized in some way," she says. "That shapes us but need not determine our life forever."

According to von Moltke, unresolved traumas lead to confusion and unwanted behaviors and feelings in adulthood. Her work with adults helps to resolve those issues. If people can understand how they were traumatized, they can begin to make sense of their current behaviors, and they can begin healing.

She describes successful therapy as helping people understand what being mentally healthy would look like for them. She

tries to help people gain the flexibility to deal with what life gives them and to tolerate the unknown.

"That's all part of it," she says. "And that's different for each person."

Dr. von Moltke has always been interested in trying to understand people, in looking deeply and trying to figure things out.

"That's what fascinates me," she says. "It's my passion."

In the future she would like to work more with pregnant women and new mothers. In the spring she is going to offer a group for pregnant women during which the women can talk about the intense experience they are having. Next year, she is also planning to begin a group for new mothers. Dr. von Moltke enjoys working with new mothers.

"I absolutely love it. I hope it becomes my niche . . . exploring the loss of self, because you do lose yourself."

Anyone interested in these classes should contact Dr. von Moltke for more information.

In the late spring, she will also be holding a workshop for other professional practitioners on the topic of "the relationship between an adult and a child, what's optimal and how neuroscience research shows how the relationship shapes us." This workshop will be hosted by the Gritman Hospital Palouse Continuing Education Committee.



Dr. von Moltke became a Co-op business partner because she feels her approach to therapy is a good fit with Co-op shoppers.

"Also," she emphasizes, "the Co-op is my place. I'm there every day. Without the Co-op I don't know what this town would be like."

Co-op members get a free first consultation with Dr. von Moltke. Her office is at 619 S. Washington St., Suite 301, Moscow. Her phone is (208) 669-0522. She can also be e-mailed at [fullcirclepsych@idaho.net](mailto:fullcirclepsych@idaho.net).

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*Jill Maxwell has lived in Moscow for 6 years and is continually inspired by the business partners she interviews.*

## Volunteer Profile: Donal Wilkinson

By Yvonne McGehee

Keeping the sidewalk at the Co-op swept, the snow shoveled, the front door windows sparkling, the shopping carts under control, and the dog's water container full, requires Donal Wilkinson to be here every day, so you have a good chance of seeing him at work.

Donal was born in Providence, Rhode Island and grew up all over New England. In 1940 his grandfather bought 500 acres in New Hampshire's White Mountains for one dollar per acre. Here he built seven cabins for his seven children.

To get there, you have to drive down a long dirt road, honk the car horn, and then wait at a lake for someone to come over and pick you and your stuff up; there is no access by road. Every year, Dona's mother joined the rest of the family for the whole summer at these cabins, where Donal had about 30 cousins to play with. There was a hand pump for water and no electricity. Everything was do-it-yourself, and the children had a lot of freedom to run and play and explore the land. On weekends there was a huge potluck for sixty or seventy people. There was no need to worry about locking anything up, as there was no theft, and very little anxiety about anything at all.

The older Donal gets, the more fortunate he feels to have had this experience. It fostered a love of wild places and was a very nurturing environment to grow up in. He now knows that a lot of people don't have nurturing environments in which to grow and explore.

Donal was in the U.S. Navy for six years after high school. He grew up in a conservative family, voting for Reagan in 1984. In the Navy he worked as a cryptologist. This was in 1983 to 1989, before the Internet was available to everyone. A cryptologist acquires raw data from satellites, agents, antennae arrays, and telephones. The communicated raw data is conveyed to intelligence experts for interpretation. Donal thought the interpretation was often skewed by the current political climate, which caused him to leave the Navy and start a career in activism.

Donal started college at Sonoma State in California. He was a member of Greenpeace, an Earth-First activist, and an anti-nuclear activist. He feels that the anti-nuclear protests worked, causing President Clinton to put a moratorium on nuclear testing. Donal counseled conscientious objectors to the Gulf War, and was a spokesperson for the San Jose Peace Center.

Donal came to think that activism is effective at changing the present; if you chain yourself to a redwood tree it will have the



effect of preventing cutting; but that it is not effective at changing the future. He feels educating an entire generation, so they will not desire to cut down redwoods, would be more effective. So Donal became a science teacher for grades K through 12. Science education is his way to make a positive impact on the world.

Donal explains that the disconnection from the natural environment for children who have never experienced it is huge. If a child grows up in Los Angeles, he may not notice air quality, because he has never had it. Kids grow up without knowing where their food and their water come from. Science education can help rectify that, teaching children about cycles of the natural world, and how disruption of a single aspect can cause damage to whole ecosystems. For the past six years Donal offered summer camps in the wilderness for families, so they could experience the outdoors as Donal had as a child.

When he found himself coping with an 80-hour workweek, he decided to make taking people on wilderness trips his real job. He moved to Moscow one year ago and started his project, Adventure Learning, with the goal of providing an affordable, educationally oriented wilderness experience for people of all ages. The trips are not just for children or just for adults, but for families. Donal has come full circle back to his early summers spent exploring and learning about the world through direct engagement with nature in the White Mountains.

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

**“He moved to Moscow one year ago and started his project, Adventure Learning, with the goal of providing an affordable, educationally oriented wilderness experience for people of all ages.”**

## Customer Profile: Pennie Planagan

By Holly Barnes

**P**ennie Planagan practices what she preaches. As a nurse in the Cardiac Rehab program at Gritman Hospital she teaches about healthier lifestyles. And she lives one. Shopping at the Co-op is an integral part of that lifestyle.

Pennie believes in the ethics of the Co-op. She believes in supporting local economies, including local farmers. She believes in organic foods.

"The direction that our food supplies are going in this world just takes my breath away," she said.

She deplores the fact that it is getting harder and harder to find foods that you can trust.

Pennie has lived in Moscow since 1982. The Co-op at that time was in the old KFC location on 3rd Street and Pennie lived a couple of blocks away. Now she and her husband, horses, dogs, cat, and a 25-year-old parrot, Wally, live on six acres on the outskirts of town where she has fields in which to hike, ski, and ride horses.

Pennie is one of those lucky people who says she has the best job anywhere. She runs health and wellness programs at Gritman's Cardiac Rehabilitation facility, and performs heart stress tests in Radiology. She meets people when they first come in with a problem and need to have a stress test performed.



ered. She encourages people to ask their doctors to have their blood sugars checked for diabetes. High blood pressure and diabetes are being seen in epidemic proportions in our society because of the lifestyle we live.

Pennie believes we have forgotten how to take care of ourselves in the busy world we live in. We can't eliminate stress from our lives but we can learn how to deal with it.

"The things we can control most are diet, exercise, and stress," she said.

She gets on her soapbox about processed food, pesticides and hormones, and advises us to eat foods we have to make ourselves so we know what is going into them.

"I encourage people to buy as much organic as they possibly can," Pennie said.

Everyone is welcome to come exercise at Cardiac Rehab but Pennie has noticed that they primarily wind up with an older population because those are the people who are less comfortable going to more traditional gyms. A doctor's referral is not necessary and clients can call Pennie

directly to sign up; however, she will then contact your doctor to get an okay for exercise. Exercising with a cardiac nurse and an exercise physiologist by your side and where heart rate, blood pressure and blood sugars are monitored is the safest way to exercise, she feels. The costs are comparable to other athletic facilities.

Some people that come to Pennie's facility have never exercised a day in their lives. Exercise may only last two minutes during a person's first session, but they build on that until people can do 60 minutes of a good cardiovascular workout at least 3 days a week. Her preference is that people work out for 30 minutes, 5 or 6 days a week for maximum benefit.

People with pulmonary problems have a program of their own and Pennie finds much joy when a client, wheelchair bound from shortness of breath, gets to a point where they can once again go grocery shopping for themselves.

I am sure Pennie would like to see all of her clients shopping at the Co-op as they incorporate her suggestions for diet, exercise and stress reduction into their busy lives. Her enthusiasm must surely inspire many healthier lifestyles.

**Pennie believes we have forgotten how to take care of ourselves in the busy world we live in. We can't eliminate stress from our lives but we can learn how to deal with it.**

All too often, she says, they go on to have an intervention done, like bypass surgery, and eventually they end up back in Cardiac Rehab, per doctor's orders. She much rather see people before things get that bad!

The favorite part of her job at Gritman is health education. She teaches people about risk factors for heart disease. Family history is a risk factor that people can do nothing about but there are many factors that people can affect, like quitting smoking, dealing with stress, high blood pressure and diabetes. Pennie encourages smokers to quit, saying that is the best thing they can do to prevent disease.

She educates clients to know that high blood pressure damages organs and that people can have high blood pressure for 10 to 15 years before it is discov-

*Holly Barnes finds Pennie Planagan's suggestion for a 30-minute workout five or six days a week to be a worthy goal for the new year.*

# Year of the Rutabaga

By Judy Sobeloff

A whole new year stretches ahead, if not a blank slate then perhaps an untrammelled field of snow. What imprint do you want to leave on it, and what imprint do you want it to leave on you? Sitting on the kitchen floor peeling rutabagas while my children argued over who got to hold which rutabaga, I took a moment to ponder these questions and more. When life gives you lemons, as the saying goes, make lemonade. When life gives you rutabagas, what then?

While there are those among us who may confuse rutabagas with turnips, note these distinctions: larger and coarser, rutabagas are the result of a chance hybridization between turnips and cabbages, first appearing in Eastern Europe in the 17th century. Rutabagas, then, are a member of the cabbage family, while turnips belong to the mustard family. One of the few vegetables to last through long cold Scandinavian winters, the rutabaga was "long the food of the poor, cherished as an important source of vitamins more than for its taste" ([www.recipe.zaar.com](http://www.recipe.zaar.com)). Also known as "swedes," the word rutabaga comes from the Swedish word "rotbagge," meaning round or baggy root ([www.produceoasis.com](http://www.produceoasis.com)).

While a round, baggy, hairy, bumpy root may not be what you thought you were looking for to start off your new year, once its exterior is stripped away, it may reveal charms hitherto unanticipated. Then again, it may not. Sitting on the floor with my children, who had moved on to arguing over who got to hold which pieces of the purple peel, we marveled at the rutabagas' inner beauty: the flesh beneath the purple peel at the rounded base is honeydew-green, while the flesh beneath the yellow peel at the rutabaga's tip is a stunning cantaloupe-peach. When boiled it all turns a cheesy yellow, prompting my 22-month-old to squeal, "Mango, mango!"

For those who would like to own a rutabaga without eating one, the Advanced Rutabaga Studies Institute (ARSI), reports that rutabagas have masonry applications when mashed

and mixed with gray food coloring, and "are often used to hammer out dents, as they do not become brittle even after years of service." As they lend "a certain resonance to the process you just cannot get with steel or rubber," the aesthetic appeal may even outweigh the utilitarian.

All I can say is, there's music in the rutabaga. According to the Celtic music group, Craicmore, the best way to distinguish a jig from a reel is this: if you can keep time reciting "Humpty Dumpty," it's a jig; if you can keep time repeating "rutabaga," it's a reel. If that doesn't tempt you to make a rutabaga part of your new year, I don't know what will.

In contrast to those who would make light of the rutabaga, an article on [vegetableparadise.com](http://vegetableparadise.com) praises the rutabaga's "delicate sweetness," promising that "with its easy preparation and versatility, great nutrition, and excellent flavor, the rutabaga can easily become an endearing family favorite.... There are at least 100 ways to enjoy rutabagas," including raw (sliced as a snack or grated into salads) as well as "roasted, boiled, steamed, stir-fried, mashed, or stewed."

The "humble" rutabaga is apparently a key player in evolutionary theory as well. Darwin mentions the distinction between rutabagas and turnips in *Origin of the Species*, and the journal *Science* (vol. 283) reports the theory of a Harvard anthropologist that tubers (including our rutabaga) "and the ability to cook them, prompted the evolution of large brains, smaller teeth, modern limb proportions, and even male-female bonding" ([cogweb.ucla.edu](http://cogweb.ucla.edu)).

To test these notions, we used peeled, cubed, boiled rutabagas in Maple Rutabaga with Cranberries and Rutabaga Apple Casserole. While I'd selected the maple dish hoping for more excitement than I found, general consensus was that these dishes were tasty enough, with our 22-month-old enjoying plain boiled rutabaga as well as the more extensive presentations. Rutabaga Apple Casserole appealed in

a buttery/brown-sugary well-intentioned sort of way, though my four-year-old was unimpressed with it as apple pie.

So, to those of you wondering whether to reach for a rutabaga, I offer the following from ARSI as a New Year's toast: "Remember that hundreds of people, worldwide, eat rutabagas every year."

## Maple Rutabaga with Cranberries (adapted from *Canadian Living* magazine)

- 4 pounds rutabagas
- 2/3 cup maple syrup
- 1/4 cup butter
- 1/4 tsp. each salt and pepper
- 1/2 cup dried cranberries, coarsely chopped

- Optional Toppings:
- 1 cup fresh breadcrumbs
  - 3 Tbsp. butter, melted
  - 2 Tbsp. chopped fresh parsley

Peel rutabagas and cut into cubes. In large saucepan of boiling salted water, cover and cook rutabagas for 30 to 40 minutes or until tender. Drain and return to pot. With potato masher, mash with maple syrup, butter, salt and pepper. Stir in cranberries. Spread in an 11" x 7" baking dish. Bake covered in 400° F oven for 30 minutes or until hot. Optional Topping: Combine breadcrumbs, butter, and parsley; sprinkle over top. Broil for about 2 minutes or until golden.

## Rutabaga Apple Casserole

(from [southernfood.about.com](http://southernfood.about.com))

- 3 cups peeled sliced rutabaga
- 2 medium apples, sliced
- 1/2 cup brown sugar, packed
- 3 Tbsp. butter
- Salt

Cook rutabaga slices in boiling salted water until just tender; drain. Place half of rutabaga slices and half of apple slices in greased 1-quart casserole. Sprinkle with half of brown sugar and half of butter. Repeat layers. Bake, covered at 350° F for 30 minutes.

Having brought home rutabagas, Judy Sobeloff can't wait to experiment with turnips next.

## Vegan Bites: Light & Easy

By Hope Matthews

As all of you are reading this article, the holidays are pretty much over and 2006 has begun. At my house, a similar phenomenon occurs every year as we near the second week of January: lights are still strung, our tree needs more TLC than Charlie Brown's, and the last remaining candles are mere nubs. Around the time that I should be packing away the ornaments, I'm also busy creating mental lists of New Year's resolutions.

I look in the mirror and in my pocketbook and assess my assets with some weariness, but then cheer myself into motivating towards a healthier, more creative, productive me. All the would-haves and should-haves that topped my list last year are regarded with well-meaning fervor.

Although making resolutions is a generally positive act, as they enforce a healthy dose of objective perspective onto one's habits, they can also perpetuate stress by adding to an overwhelmed "to do" list and tempt one into ignoring the tasks at hand.

**On that note, I am advising**

**myself to do LESS this January.**

On that note, I am advising myself to do LESS this January. Every year there is a list of resolutions that seldom get tapped until mid-March. With the exception of last year.

Last January, the one resolution I actually stuck to was going raw. For about 1 1/2 months my diet mostly consisted of salads, smoothies, nuts, and lots of fruit. Think of it as the lazy (wo)man's diet. After a couple of weeks, I would break down and eat something cooked here and there, but basically little time was spent in the kitchen cooking for myself. When a snacking urge arose, I ate a banana or carrot stick. If my palate called for something more elegant, I made an

elaborate salad. The reason this resolution actually stuck is because I expended less energy on it.

Regardless of whether or not eating a wholly raw diet sounds like your idea of a good time, incorporating more uncooked foods into your repertoire of things to munch on can take the stress out of whipping up post-holiday meals.

Here are a few snack and lunch ideas that are not exactly raw, but still require no cooking: sliced celery, carrots and broccoli dipped into Toby's Tofu Pâte or peanut butter, a tomato and lettuce sandwich with Nayo-naise, soy milk poured over frozen berries, and dates with apple slices. For dinner, grab some BBQ Tofu from the Co-op deli counter and make a tortilla wrap with the tofu, grated carrot, fresh baby spinach leaves, avocado, chopped tomato, and thinly sliced onion (or mushrooms). In between meals indulge generously in lots of crunchy fruits and veggies. Easy!

Two other benefits that add to the allure of adopting a mainly raw diet are weight loss and fewer dirty dishes. Even though I love to cook, after

baking enough cookies for a small army (nearly everyone likes cookies, so they make wonderful gifts), not looking at another chocolate-blackened baking dish balancing precariously on a stack of crusty mixing bowls makes me feel kinda warm and fuzzy inside. Especially after sliding into those grey corduroy pants which have been hibernating underneath the jogging shorts since early fall.

*Hope Matthews can be found on the couch, snuggling a blanket, reading or hanging out with family until winter is over. She can be contacted at [hopeemathews74@hotmail.com](mailto:hopeemathews74@hotmail.com).*



### Roasted Veggie Platter

Although not raw, these are really easy to whip up and look very elegant alongside kalamata olives (nestled on spinach leaves) and sliced baguette centered around some baba ganouj.

Any of these will do:

- Asparagus
- Head of garlic (with most of paper shell removed)
- Red and/or yellow sweet peppers, cut lengthwise into thirds
- Purple onions, quartered with topmost skin removed
- Button or portabella mushrooms, whole
- Zucchini (thickly sliced)
- Tofu (drained, sliced 1/4" lengthwise)
- Baby carrots

Drizzle a little more than a teaspoon of olive oil on a baking sheet. Cook tofu, garlic and onions in the oven at 375 degrees F. Ten minutes later, add carrots if desired. In another ten minutes the peppers are ready. Wait until the peppers have cooked for 7 or 8 minutes to add the mushrooms. Flip all of the veggies and tofu. Finally, after the mushrooms have been in the oven for 8 minutes, add the zucchini and asparagus. Sprinkle rosemary or thyme over the veggie mix and lightly coat with olive oil spray. Cook another 5-10 minutes (depending on how well you like your veggies done), then remove from the oven, arrange on a platter and voila- dinner is served!

### Roasted Veggie Sandwich

Pick up your favorite spread at the Co-op and roast an extra red pepper & purple onion the night before to save for this sandwich.

- 1-2 Tablespoons of your favorite spread (Toby's Tofu Pâte, Hummus, or Baba Ganouj)
- 1/3 of a roasted red pepper
- 3 roasted purple onion slices
- Very thinly sliced cucumber (optional)
- Spring lettuce mix (or spinach leaves)
- 2 slices of hearty bread

Place red pepper on 1 slice of bread and onions onto the other. Heat in toaster oven (or conventional oven) for 5-8 minutes at 350 degrees. Remove red pepper and onion from bread, then layer 1/2 the spread, pepper and onions on 1 slice (in that order), then top the other slice with rest of spread, cucumber and spring lettuce. Put sandwich together and eat.

## Tofu In A SoyNutshell: I'm Dreaming of White Waves

By Rachel Clark Caudill

**K**onichiwa! Watakushi-wa Rachel, desu. That's Japanese for "Hello! I'm Rachel." The word tofu comes from Japan, after all, and since I'm going to serve up a monthly passage on tofu — that ancient, sometimes firm, oft times silky white derivative of soybeans — I greet you in honor of its native heritage.

And greet you I must ... it's my first chance to expound on all things tofu. Alas, Robin Ohlgren-Evans moved on from the tofu column to the next unfolding moments in her universe. So when the universe tapped my shoulder, I said, "Yes," and licked my tofu chops — ready to start a monthly dip into the world of off-white.

Who am I? Well, since half of Moscow feels like family, you may already know. But if we have yet to connect and my name rings a bell, perhaps it's because I did layout for the Co-op newsletter for a geologic nanosecond last year (3 months). Or it could be we've met with our kids at East City Park, the Co-op, at the University of Idaho (UI) Children's Center, in a class on compassionate communication (also known as nonviolent communication), at the Unitarian Universalist Church of the Palouse, at the Moscow Parent-Toddler Co-op, up on Moscow Mountain, or elsewhere in my favorite town. Chris, my sweetheart, works on salmon at UI. Our two little people, Avery (~4.5) and Keenan (18 mo) keep us dancing on our toes! And they are the keepers of our hearts.

But I digress! Back to Japan and tofu. Maybe it's the glittering paper cranes I'm folding in the weeks before Christmas — there's just something special, vital even, about tofu's birthplace. The peace cranes emerge, fluttering from my careful folds and remind me of how other cultures enrich my life; origami, and so much more, came from Japan. Meanwhile Christmas, the season of peace and giving, prompts me to look at birth — yes, even that of tofu — in a reverent and careful way.

The birth of tofu? Could it really be so central? Can I feel comfortable comparing it in the same breath to the birth of Christ? As a peacemaker and teacher Jesus sent waves of impact throughout all of recorded history. Tofu, too, has spread its own white waves across the world. But can tofu trigger a spiritual journey? Hmmmm. I'll leave that for you to nibble on.

For now, here is a delightful and easy meal that seems as old-shoe familiar as your stir-fry stand by, yet distinctive and surprising enough to raise eyebrows, if not consciousness. Think black and white: here blackstrap molasses, black pepper, and yes, black soy sauce, season our fair-complexioned tofu.

*Rachel yearns to rejoice in the birth of — are you ready? — the United States Department of Peace ([www.thepeacealliance.org](http://www.thepeacealliance.org)), and to watch the waves of its nativity caress her children's future.*

### Vegan Paht Si-Yu

Cathe Olson — nutritionist, gardener, whole foods sage, and mother — offers a version of this adaptation in her book *The Vegetarian Mother's Cookbook*. And speaking of enlightenment...her culinary extravaganza is a gift to my soul's quest for gastronomic integrity, healthful fare, and simple mouthwatering delight. If I had to pick one cookbook to keep on my shelf, this would be it!

- 12 ounces flat rice noodles, cooked and drained (instead, we used a few handfuls of buckwheat soba noodles)
- 2 teaspoons sesame oil
- 12 ounces firm tofu, cut as you like (Chris cut it into short, oblong bites)
- 2 cloves garlic, minced
- 2 cups broccoli florets
- 2 carrots, sliced (or, you can use virtually any veggies you have on hand)
- 1 tablespoon water

#### Sauce:

- 2 tablespoons soy sauce
- 1 tablespoon blackstrap molasses
- 3 tablespoons sesame oil
- 1/4 teaspoon black pepper

Cook the noodles. Meanwhile, heat the sesame oil in a large skillet or wok over medium heat. Add tofu and brown on each side. Add garlic, broccoli, carrots, and water. Cover and cook until veggies are tender. Add water as needed to prevent scorching.

In a small bowl, mix the soy sauce, molasses, sesame oil, and black pepper together. Add noodles to the tofu mixture in the skillet or wok. Drizzle with sauce. Toss and enjoy!

The pepper, molasses, and soy sauce were like a barbershop trio...each with its own unique voice but vital and harmonious to the group. If you want the melody to really buzz, have extra soy sauce and pepper on hand. Wow, we all went back for more and leftovers weren't.

Avery and the universe said, "Can we have this stir fry a lot?" We said yes.



*Humming with flavors, this vegan rendition of Paht Si-Yu is sure to grab your attention. Photo by Rachel Clark Caudill.*

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## Wild & Free: Death

By Sarajoy Van Boven

The dead of winter seems like an appropriate time to discuss poisonous plants. When I am in April, filled by a wild salad, and in August, filled with berries, I feel a satisfying sensation that the earth loves me and wants me to thrive. But in January, I have my doubts. Now is as good a time as ever to look at the wild and free ways that the earth would like to kill us all. One such way is through poisonous plants, many of which grow abundantly around here.

These are important plants for every wild forager to know well. Use a reliable identifier. I recommend *Plants of the Southern Interior British Columbia and the Inland Northwest*, published by Lone Pine.

Water-Hemlock (*Cicuta Douglasii*) is perhaps the most deadly plant in these parts. This is not to be confused with the nutritious conifers Western and Mountain Hemlocks. Water-Hemlock is a water-loving, parsley-family perennial that grows along rivers and streams. The parsley family, not unlike my own, contains both beneficial and toxic members, most appearing similar to the Water-Hemlock. According to *Plants of the Southern Interior...*, the powdered roots were used by the Okanogan as arrow poison. Water-Hemlock grows 3-6 feet tall and has a thick, sometimes purple stem. The leaves are compound, divided, and oblong, with toothy sided leaflets that some say look like marijuana leaves. The peculiar, defining features are that the leaf veins end in notches between the teeth and that the base of the stalk is chambered. It has greenish-white lacy flowers in the summer. Its poison is an oily fluid permeating every part of the plant. The roots contain the most oil, and are therefore the most deadly part (one bite is enough). Immediately wash your hands or tools if they touch this plant.

The gruesome death you could expect Water-Hemlock to produce would be theatrical with a quick succession of

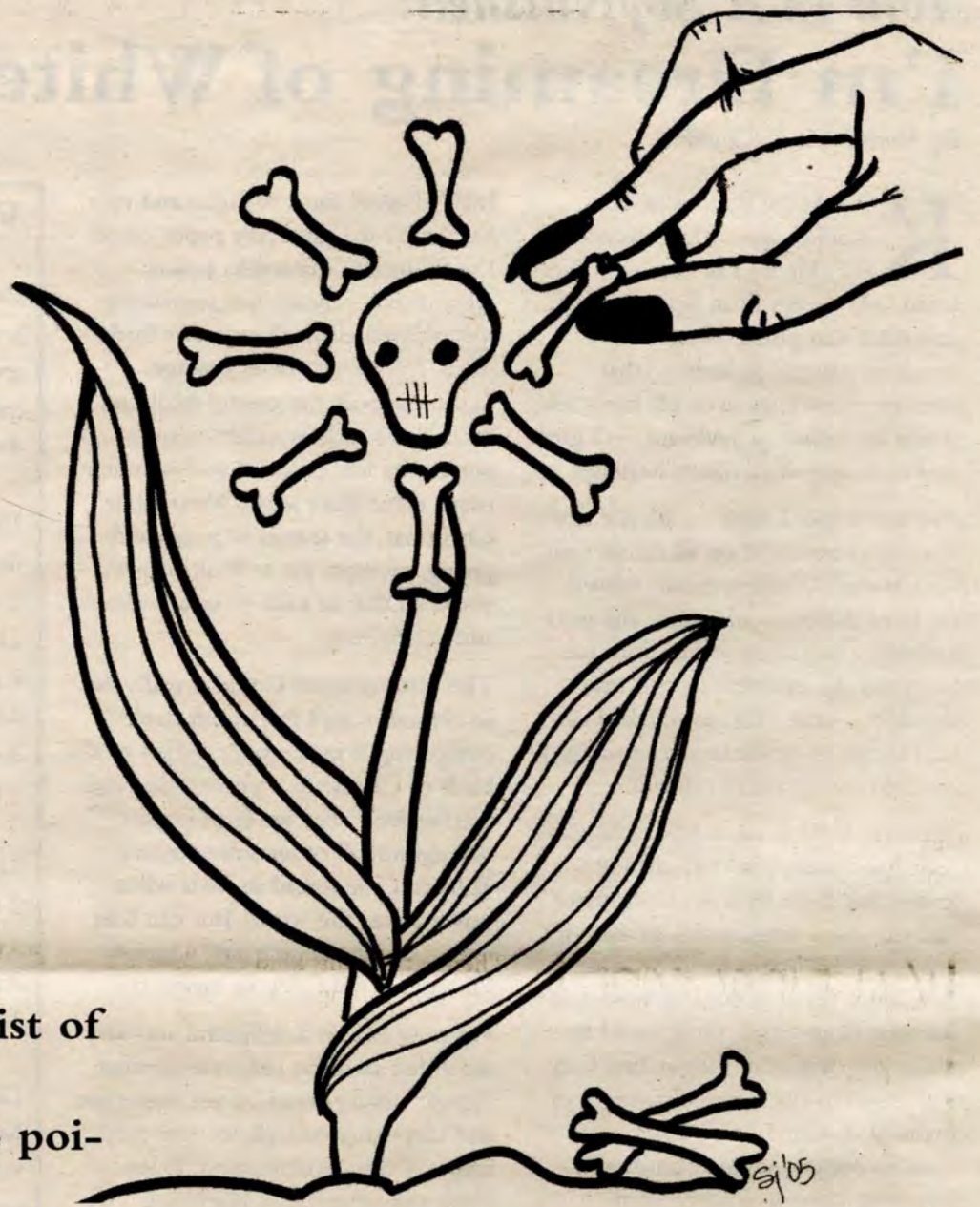
vomiting, staggering, violent convulsions, paralysis and finally, failure to breathe = death.

Poison Hemlock (*Conium maculatum*), the infamous accomplice to the death of the iconoclastic and heroic Socrates, can be found in these parts as well. It enjoys the same watery ditches and creeks as Water-Hemlock, and is equally deadly. Poison-Hemlock is taller, 2-8 feet, with summer, Queen-Anne's-lace-like flowers. *Plants of the Southern...* describes it as a "course, freely branching biennial from a stout taproot, with highly dissected, feathery leaves and purple-spotted stems."

Indian Hellebore (*Varatrum viride*) is my 4-year-old's favorite poisonous plant. She points it out, yelling to us to make sure we don't touch it. This plant looks

**This is not a complete list of our common and native poisonous plants, but they are my favorites. Luckily, I have no first hand Cautionary Tales regarding these wild and free in-edibles.**

like a mix between a lily, skunk cabbage, and corn. The leaves are large, oblong and ribbed with a hairy underside (though I've never inspected it that closely). At their bases, the leaves wrap themselves around the thick stalk. The flowers are green "drooping tassels." (*Plants of the Southern...*).



I've spotted this throughout the woods at Idler's Rest and Kamiak Butte. Drinking water from nearby a Hellebore is said to cause stomach cramps. Eating a hellebore may not cause death, though you may wish for it as you writhe, vomit, foam at the mouth, can't see, and experience "lock-jaw." Native Americans recognized it as a remedy for advanced stages of cancer and tuberculosis.

Snowberry (*Symphoricarpos albus*) is another toxic local plant, growing within city limits, Field Springs Park, Kamiak Butte, Idler's Rest, etc. etc. It looks like a huckleberry or serviceberry bush, but with white berries. Translated from native languages, it is "corpse berry" and "ghost berry." *Food Plants of the Interior First Peoples*, by Nancy J. Turner (UBC Press, Vancouver, B.C. 1997) reports

that the Stl'atl'imx identify them as Saskatoon (service) berries from the Land of the Dead. Some also know it as waxberry. They reportedly have killed children and the Nlaka'pamux believed they were fatally poisonous. Unfortunately, I was unable to locate gory descriptions of snowberry fatalities.

This is not a complete list of our common and native poisonous plants, but they are my favorites. Luckily, I have no first hand Cautionary Tales regarding these wild and free in-edibles.

I am left pondering until spring if the earth loves me. She loves me not. She loves me. She loves me not...

*"I will not take it personally," is Sarajoy's New Year's resolution concerning Mother Nature's in-edibles.*

## In the Garden: The Dormant Gardener

By Rebecca Rod and Theresa Beaver

To everything there is a season, and a time to every purpose under heaven." No doubt many of you are familiar with this oft-quoted wisdom from Ecclesiastes, and no doubt you fellow baby-boomers are already humming "Turn, turn, turn" in your heads about now, thanks to Pete Seeger who wrote the song, and the Byrds who turned it into a hit recording in the mid-1960s. (Ye gads, was it really 40 years ago?)

Anyway, I invoked this particular passage as a segue into the seasonal subject I've chosen for Theresa's column this month — *dormancy*. Yes, the time in the garden that comes after "a time to plant and a time to reap." However, I'm going to give it a bit of a twist and talk about the dormancy of the gardener, rather than the garden.

This subject came to me as I sat at the keyboard to help get Theresa's column

out this month — **not** because she's out in the garden digging or dead-heading or even getting dirty — but because she is inside, lying here, very dormant-looking on the couch. Now, let me remind those of you who, like me, are not gardeners that *dormant* does not mean *dead*, even though it may look like that to the untrained eye. No, dormant things, according to Webster's Ninth, are "asleep, inactive, in a state of suspended animation," or "not actively growing but protected from the environment, as by bud scales."

I look over at Theresa on the couch covered with an afghan and some magazines. "Yup, that about sums it up," I say out loud.

Theresa raises an eyebrow and then opens one eye a crack in response. "What?" she mumbles.

"Dormant, dear," I reply, "you are definitely looking dormant."

Theresa takes this kind of talk as a personal challenge, so she gets more vertical on the couch in order to deliver her best defense. "I am not dormant," she says. "I happen to be planning next year's garden." And then she points to the towering pile of seed catalogs precariously balanced on the

coffee table, while half a dozen more cascade off the afghan and onto the floor.

"Okay, I'm sorry — so tell me what you'd like me to say in this column."

She then proceeds to educate me on what's going on behind her eyelids while she just looks like she's dormant. Apparently, visions of seedlings are dancing in her head. She's absorbing information from those catalogs and it's being processed in the garden center of her brain while she appears to be sleeping. She's gleaning information on what new plant cultivars she might like to grow, seeing what they'll look like, and learning about their growing conditions. She's been making seed lists. I see the scraps of paper on the floor alongside the pen the dog has chewed.

"Furthermore," she tells me, "January is just around the corner and that's a great time in this area to start artichoke seeds." She orders the seeds early in the month and starts them in her little nursery room (complete with warming mat and grow lights) in 2" or 4" pots, because they grow pretty fast. This way, they get a healthy head start and gaining good strength and size by May, when she'll transplant

them outside to grow during the usual gardening season and become edible by August. So that's how she manages the prickly problem of getting those warm-weather flower buds (the part of the artichoke we eat) to maturity in our cold clime! It's not rocket science — its timing.

"All in good time, dear," our grandmas used to say about anything and everything we were ever anxious about — like when winter would be over and summer would come, or when summer would end and school would start, or when Christmas would come, and so on. And now, in the white of winter the gardener waits for spring and patiently makes plans behind her eyes.

And in those words from Ecclesiastes, we have a remaining reminder from long before our grandmothers or any of us were around, that there is a time for everything "under heaven," including a time between times to wait and dream.

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

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## Letter from the Land: Changed Perspectives

By *Suvia Judd*

I asked myself: "What have I learned in the last year that has changed how I relate to the land?"

### Mushrooms

1. I learned that fungi are now considered a separate kingdom from plants and animals, probably more closely related to, or even ancestral to, animals.
2. I learned that humans have been using mushrooms medicinally for thousands of years, and that modern research has confirmed and extended the understanding of their effectiveness.
3. I learned that the mushroom we see is the fruiting body of a much larger area of mycelium growing underground or in a tree trunk. One honey mushroom (*Armillaria*) mat in Oregon covers more than 2400 acres.
4. I learned that Pacific Northwest flying squirrels dig for truffles.
5. I learned that fungi carry nutrients among different individual trees, even of different species, via mycorrhizal connections with the tree roots. Experimenters shaded a Douglas fir that shared ectomycorrhizal fungi with a paper birch; radioactive tracers revealed that carbohydrates were being shunted from the root zone of the birch to the root zone of the Douglas fir.
6. I learned that fungi may interact in complex ways with other species. Chanterelles require *Pseudomonas* bacteria and certain soil yeasts, as well as a host tree.
7. I learned that fungi can be used in environmental restoration. In one experiment with a diesel oil contaminated site, oyster mushrooms consumed the contaminating fuel, leaving the soil clean, and growing edible, non-contaminated mushrooms in the process. I knew that mycorrhizal fungi could be used in agriculture; blueberries and wintergreen, for example, thrive in the nursery trade when treated with mycorrhizal preparations. I hadn't thought about ecosystem restoration. The soil of a burned forest is several degrees warmer from exposure to sunlight than it was before the fire; salvage logging raises the temperature enough to kill the fungi that

enable the trees to thrive, so reestablishing a forest ecosystem includes reestablishing the fungi.

8. I was reminded that humans can see fungi as a threat and miss the complexities. In the Puget Sound area timber companies once paid a bounty on black bears, because it was believed that their claw gouges made a place for fungi to enter and injure trees. When the bears were gone, someone noticed that big trees no longer came back along the rivers. The bears had been harvesting the salmon from the rivers, thus fertilizing the riverbanks.

(See *Mycelium Running: How Mushrooms Can Help Save the World*, by Paul Stamets, Ten Speed Press 2005.)

### Restoration

9. I re-understood the power of the practice of observation when I attended the Inland Northwest Restoration Conference. I heard a woman from Wenatchee describe how nine years ago she got permission from the Forest Service to hand pull knapweed from the road edges along Icicle Creek, to prevent the native

vegetation from being herbicided. Nine years later she is still leading pulling crews. All that time of pulling and observing has given her a deep understanding of knapweed, not just of how to eradicate it, but of its ecological function as a colonizer and nutrient recycler of bare, compacted soils.

### Permaculture

10. I reconnected with permaculture this year, reawakening my understanding of ecology, with its underpinnings in the laws of thermodynamics, as the basic field of science. I am on edge to read more, learn more, think more, apply more.

Next month I want to write about hunger in Latah County, its extent, where we can give and receive aid, and ideas for creating a more nourishing community. Please send me information and ideas.

*Suvia Judd lives in Moscow. Her farm e-mail is lazysuris@earthlink.net.*

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## Nature in the City: What Is It About Snowberries?

By Sarah Walker

There's something odd about snowberries. Is it their whiteness? Their weird spongy texture? Snowberries are just plain odd-looking: plump and waxy with a brown stain on top from the leftover flower base (described as a "nipple" in some plant guides).

Landscapers like this easily-grown native shrub, although it's invasive and can form thickets. Its decorative white berries ripen in early fall, side by side with the last of the summer's small pink flowers. Then the berries (or

"drupes," the term for fleshy fruits with pits, like cherries) remain on the leafless, twiggy plant for most of the winter. The rest of the year, Snowberry is a pretty non-descript shrub. Gardeners are on the lookout for plants that provide winter interest after flowers and leaves are gone, and new cultivars are being developed that are less invasive.

Aboriginal peoples had second thoughts about snowberry. Some Canadian tribes called them "corpse" berries, focusing on the ghostly aspect

of the white drupes. They regarded the berries as food for people in the Land of the Dead. Other groups used snowberry as medicine, but with caution: a little might cure an upset stomach, too much could cause diarrhea and vomiting. The remedy for this was to eat large quantities of lard, or grease. Snowberry poultice was used to soothe sore eyes.

Children are often told to avoid white berries. This is pretty good advice, because poison ivy has white berries.

Plant guidebooks usually mention that

snowberry is toxic to humans but edible for birds and mammals. The snowberry bushes in Berman Park are bearing lovely clumps of berries this winter, but during the Big Freeze last month, none were eaten. Now, they are brown and squishy, and smell like an apple that got left out in the car in very cold weather. As winter progresses, birds might get less choosy and take an interest in berries still available in late winter, such as snowberry or mountain ash. (Or, maybe city birds are so well-fed at feeders that they don't pay much attention to wild foods).

Web loggers, source of unexpected and untested "information," include people who have actually tasted snowberries and lived to tell about it. One person stated that snowberries taste like "bitter Ivory soap." From all the mention of snowberry's poisonous consequences, tasting is not advised!

Thomas Jefferson was crazy about snowberry. He grew it in his Monticello garden from seeds Lewis and Clark brought from Idaho. He declared that snowberry has "some of the most beautiful berries I have ever seen." Lewis, the explorer-botanist, wrote a pretty bland description of the white berries while he was catching up on his journal at Fort Clatsop during the cold, rainy winter of 1805/1806: "a globular berry as large as a garden pea and as white as wax" and inside is "a soft white musilage-nous [Lewis's spelling] substance."

Snowberry is called *Symphoricarpos albus* and there are two varieties native to North America. Western plants are called variety *laevigatus* and eastern plants are variety *albus*. Snowberry is widespread in the west, but considered endangered in some eastern states. The plants that were brought to England in 1817, as cover for game birds, were the western variety; our snowberry is now naturalized in Britain.

Around Moscow snowberry grows in parks, native plant gardens, and restoration projects. It grows quickly, and spreads.

Clusters of snowberries catch my eye when I'm out on winter walks. White berries under white clumps of snow may go unnoticed, but sunshine makes this tone-on-tone arrangement suddenly look interesting. The matte, dull snowberry skin, and the bright, icy snow crystals, reflect light differently, showing us the different values of the two whites. White snowberries have a subtle and unexpected beauty compared to the brilliant red, purple, orange or blue of most berries.

---

*Sarah Walker is keeping an eye on snowberries around town to see if they get eaten by birds this winter. She thanks artist Sarah Swett of Moscow for explaining the subtleties of white.*



*The unusual white berries of snowberry, in Moscow's Berman Park. White symbolizes purity, cleanliness and safety in some cultures, but ghosts or corpses in others. Photo by Sarah Walker*

# Families

## Meals Kids Might Eat: Pizza!!!!

By Jyotsna "Jo" Sreenivasan

Everyone loves pizza, and the Co-op offers many options for pizza-making — in addition to buying it ready-made from the deli!

In terms of the base, you can use pita, French bread, English muffins, or the round pizza bread sold near the pita breads.

In terms of toppings the variety is almost endless — onions, bell peppers, broccoli, spinach, fake pepperoni, real pepperoni. My kids like pizza topped with canned crushed pineapple. In addition to (or instead of) tomato sauce, check out the Co-op's amazing selection of pestos and other kinds of yummy spreads (such as several kinds of olive spreads). Try experimenting with parmesan and feta cheeses in addition to mozzarella.

My family was fairly happy with pizza made on pita or pizza bread until a few months ago. That's when my older son asked me to make the pizza dough in one of his kid cookbooks. I had always been intimidated by the idea of making yeasted pizza dough. Wouldn't it be difficult to get it to rise?

It turns out that making your own pizza dough is very easy, as long as you don't wait until 5:30 p.m. to start (as I did once — we ate dinner very late that night). Unlike bread dough, which often calls for two or even three risings, you only need to let the pizza dough rise once.

Making the dough is also a wonderfully relaxing tactile activity for a busy parent and a rambunctious child to share. And the pizza itself is absolutely delicious. After that first experience, pizza with homemade crust has become one of the staple menus at our house.

---

*Jyotsna Sreenivasan is using the cold weather as an opportunity to bake and make lots of soup. If you have ideas for this column, send them to [jyotsna64@aol.com](mailto:jyotsna64@aol.com).*



Silliness and pizza-making.

### Pizza with Homemade Crust

(adapted from *Honest Pretzels* by Mollie Katzen)

- 1 cup lukewarm water (body-temperature warm)
- 1 teaspoon active dry yeast
- 2 tablespoons olive oil
- 2 1/2 cups bread flour, plus a little extra for kneading the dough (use unbleached white flour, whole wheat flour, or a combination)
- 1 teaspoon salt
- About 1 cup tomato sauce
- Toppings of your choice
- About 1 1/2 cups grated mozzarella cheese

In a large bowl, mix lukewarm water, yeast, and one tablespoon olive oil. Measure 2 1/2 cups flour and 1 teaspoon salt into the bowl, and mix with a spoon. Once the dough starts coming together, use your clean hands to continue mixing. Knead the dough briefly in the bowl or on a countertop. You can flour your hands and the dough for this part, but don't add too much extra flour. The dough should be a little sticky.

Take the ball of dough out of the bowl and pour 1 tablespoon olive oil into the empty bowl. Rub the ball of dough around in this oil until it is coated. Cover the bowl and let it rise. The colder the rising place, the slower it will rise. You might want a cold rising place (such as the fridge) if you are mixing the dough in the morning and don't want it to ferment before you form the crust.

But if you do want a nice warm rising place, try these ideas. Some people like to put the bowl in the oven with the oven light on. If you have a gas oven with a pilot light that is always on, this would make a perfect place for your dough. For an electric oven, try the following method, suggested by my mother-in-law, Sharon Winstein (who is a cookbook author). Put the bowl of dough in the oven, close the door, and turn the oven on to any temperature for a count of 60. Turn the oven off. If you like, you can re-warm the oven in 20 minutes by turning it on for a count of 20, and then off again. In a warm place, rising will take about an hour.

How do you tell if the dough has raised enough? If it has doubled in bulk, that's a good sign. If in doubt, poke your finger into the dough. If your finger impression starts to fill up, the dough could use more rising. If the finger impression stays, the dough is ready.

Once the dough has risen adequately, preheat the oven to 450 degrees F. Divide the dough into as many pizzas as you want. You can make one giant pizza, or six small ones, or whatever you like. Smaller pieces of dough are easier for little hands, of course. You and your child can pat, pull, stretch or roll the dough into the size and thickness you like. Keep in mind that the dough will become a little thicker as it cooks. Don't worry if the pizzas end up in really strange shapes. It's okay.

Place your crusts on one or more oiled baking sheets and bake them for 8 minutes. Take them out of the oven and add the toppings of your choice. Bake the pizzas again for 5 to 8 minutes. I like to put the pizzas on a lower oven rack to ensure that the bottom of the crust gets baked. Sometimes it's difficult to know if the underside of the crust has browned to your satisfaction. You might try prying up a pizza to inspect. If necessary, put them back in the oven, covering the top with foil if the cheese is at risk of browning too much.

## How Will Wal-Mart Affect Moscow's Economy?

By Joseph Campbell, Moscow Civic Association board member

**W**al-Mart, the biggest retailer on this planet, has announced plans to build one of their superstores in Moscow. What will happen to the existing businesses in Moscow when (or if) that huge store opens? How will that store impact Moscow's economy, tax base, employment, and the lives of each of us?

To try and answer these questions — and any other questions you might have about a Wal-Mart in Moscow — the Moscow Civic Association (MCA) is sponsoring a public forum on these topics. The forum (free, of course) will be on Monday, January 9, at 7 p.m., at the 1912 Center on Third Street in Moscow.

The forum will include a panel discussion with four participants: Andrew Crapuchettes, Stephen Cooke, Jeff Harkins, and B.J. Swanson.

Stephen Cooke is an Associate Professor in the Department of

Agricultural Economics and Rural Sociology at the University of Idaho (UI). His areas of research are rural economic development and public finance.

Andrew Crapuchettes is Chief Executive Officer of Economic Modeling Specialists Inc. (EMSI) of Moscow. He has been in the hi-tech industry for over 12 years working with 3D modeling and software design. More recently he has co-authored papers and given speeches on economic development, Input/Output analysis and community college curricula demand.

Jeff Harkins is an accounting professor at the UI and a former chair of the department. He is a member of the board of directors of the Latah Economic Development Council and a past president of the Idaho Society of CPAs.

B.J. Swanson is a life-long resident of Latah County. She is vice president of

America West Bank, chair of the board of Gritman Medical Center and serves on the boards of the Idaho Economic Advisory Council, Latah Economic Development Council, Palouse Surgery Center, and Whitepine Foundation for Education.

Members of the audience will be encouraged to participate in the question and answer period that will follow brief presentations by the panelists.

The Moscow Civic Association is a non-profit citizen's organization that strives to improve the quality of life for Moscow residents. The mission

**What will happen to the existing businesses in Moscow when (or if) that huge store opens? How will that store impact Moscow's economy, tax base, employment, and the lives of each of us?**

of Moscow Civic Association is to inform community members about important local issues and encourage civic participation. More information is available on the MCA website, [www.moscowcivic.org](http://www.moscowcivic.org).

## Moscow Friends of the Library Celebrates Library Centennial

By Carol Spurling

**H**appy Birthday! In 2006, Moscow Public Library building at the corner of 2nd and Jefferson streets will be 100 years old. To celebrate this centennial milestone and honor the library's contribution to Moscow's cultural life, the Friends of the Library is preparing a commemorative booklet, to be published next spring.

The booklet will include reproductions of historical documents and photographs, articles on the library's history and its role in the community, profiles of library staff and supporters throughout the years, and memories of Moscow residents about the library.

In conjunction with the project, the Friends of the Library will sponsor an essay contest, with cash prizes for the winning essay in each of four age

categories: elementary, junior high, high school, and adult. The winning essays will also be published in the centennial celebration booklet.

Entry deadline for the essay contest is February 14, and the theme is "I Love My Library."

Did you meet your spouse in the stacks? Check out a book that changed your life? Remember when the basement coal room was turned into the children's area? Or do you remember a favorite librarian, who helped foster a lifetime love of reading?

Probe your memory and consider what the library means to you — and then send your comments and essays to project director Carol Price Spurling, at [writer@plumassignment.net](mailto:writer@plumassignment.net),

882-3489, or to the Library Centennial Project, c/o Carol Price Spurling, 512 N. Lincoln, Moscow, Idaho, 83843.

Memories can be submitted on standard audio tape, via mail or email, on the phone, or, in certain circumstances, in person. Essays for the contest can be emailed or mailed.

Don't be shy! Let the community know how much you love your library.

*Carol remembers coming home from the public library with a grocery bag full of books every week in the summer, and the librarians debating whether she was old enough to check out a particular book by Judy Blume. (They erred on the side of non-censorship, bless their hearts.) Those were the days!*



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# Community

## Critter Corner:

### Feline Introductions

By Janice Willard, DVM

For cats Henry and Sienna, it was hate at first sight. Sienna, a wry orange tabby, had lived in our barn for many years before making the transition to house cat. Although we had other cats, she settled into a preferred area — her home within our home — in our kitchen and dining room with relative ease. Everything was great until the day I visited the humane shelter and fell in love with Henry, a big, affectionate, gray tabby. And when I brought him home, I committed a feline faux pas. Their antipathy is largely due to my failure to provide proper introductions.

We used to think cats were solitary. And it is true they are solitary hunters and are capable of living alone. But in areas where enough food exists, cats readily form colonies of large extended families plus some additions.

Cat colonies are very insular. Newcomers are not welcome and aggressively driven out. However, a new cat is capable of working its way into the colony by approaching the edges of the colony in a non-threaten-

ing way and gradually being allowed closer access. Over a period of weeks to months, they may gain acceptance and entrance.

Another clue to feline introductions comes from watching cats in a colony greet each other. Cats have scent glands in their cheeks. When they greet, they brush their bodies against each other, which commingles their scents. They also rub their cheeks against the portals of their common use areas. All of us are familiar with cats rubbing against our legs. And while you can't see it or smell it, they have marked you with a cat scent that likely identifies you as a member of their family group.

We get into trouble by bringing a new cat into the household, plopping them down in front of the resident cat, and expecting them to instantly just all get along.

What cats generally do is sniff noses, hiss and run in opposite directions. The resident cat has recognized an invader and the incoming cat recognizes that it is in someone else's territory and that is a dangerous place.

However, because they are in our home, the new cat can't escape from the other cat's territory. And the resident cat can't drive off the invader. Most cats will eventually learn to tolerate each other, but for some cats, this kind of introduction can make them long time enemies.

Just as there are proper ways for humans to be introduced, there are ways you can introduce cats to increase their likelihood getting along. The key is to mimic the strategies used by cats in a natural setting.

When the new cat comes into the household, don't let them meet at first. Instead, put the new cat in a separate room (with food, water, litter pan and scratching post). Now you do a sort of feline sleight of scent. When you are petting them, stroke each cat with a small cloth like a washcloth and rotate these and the bedding between cats. This mixes the scent of the new cat with that of the resident cat or cats and creates a "group scent" that includes the new cat. Then rotate the room that the new cat is living in so that the cats are first exposed to each

other's scents. Eventually you can open the intervening door, but block the door so it only opens an inch or with double stacked baby gates. This way they can gradually approach or avoid the common area on their own terms.

When you see calm behavior from both cats, you can open the door. How long that takes depends on the cats — some will take days and some may take weeks.

Using a gradual introduction can greatly improve your chances that your cats will at the very least tolerate each other and may even become feline friends in the future.

If a cat needs to be hospitalized or is out of the house for a period of time, also do the gradual re-introduction to the household. The cat coming home may smell like the previous environment and appear to be a stranger to the resident cats. Any time cats appear stressed with each other, it is good to separate and re-introduce scents first. You might say, it makes good scents!



## Compassionate Communication Classes

By Veronica Lassen

Compassionate Communication (CC) provides a framework and a set of skills that inspires compassionate connection, understanding and respect in all areas of human interaction, from our intimate relationships to global political conflicts.

Come learn this powerful process! There will be two free introductions in January: Friday 13th, 7-9 p.m. in the Unitarian Universalist Church of the Palouse Sanctuary, 420 East 2nd Street, Moscow, and Friday 20th, 7-9 p.m., at Community Congregational United Church of Christ, 525 NE Campus Street, Pullman.

Twelve-week classes will start the last week of January. Tuesdays 7-9 p.m. starting January 31, or Wednesdays 3-5 p.m. starting February 1, in the Yellow House basement, UUCP. Other dates are pending. There may also be a class in Pullman, please check. A donation of \$150 to \$75 is asked for the class, with no one being turned away for lack of funds.

Immerse yourself in Compassionate Communication! Members of the Compassionate Communication Network of the Palouse will be offering an all-day CC Workshop January 28, 9:30 a.m. to 4:30 p.m., at The

Orchard Studio, 3400 Robinson Park Road, Moscow. Open to anyone who has attended at least an introduction class, or read the book. A donation of \$30 to \$15 is requested, with no one turned away for lack of funds. For those interested, come at 8:45 a.m. for group meditation/centering time. A \$3 donation is requested for that. Snacks provided; bring your sack lunch.

Compassionate Communication is based on *Nonviolent Communication: A Language of the Heart* by Marshall Rosenberg. The class uses that text plus exercises from *Nonviolent Communication Companion Workbook* by Lucy Leu.

Please call Veronica Lassen for further information, or to sign up for classes or the workshop 882-2562. Visit our website, [www.palousecc.org](http://www.palousecc.org) for updates and information on our money policy. For more information on nonviolent communication see [www.cnvc.org](http://www.cnvc.org) or [www.nonviolent-communication.com](http://www.nonviolent-communication.com).

*Veronica Lassen, who loves playing in the wilderness, is a Licensed Midwife and Registered Counselor, and has been teaching Compassionate Communication in our community for 5 years.*

## Benefit Dance for Africa Bicycle Project

By Dave Peckham

A celebration of African music is the theme of a fundraiser for Village Bicycle Project coming up on January 21. "Think Globally, Dance Locally" also includes a silent auction, dessert extravaganza, video, and a brief update on the bicycle project, which has been helping people in Africa obtain and maintain their bikes for seven years.

The party is at 7:30 p.m., Saturday, January 21, at the American Legion Hall, 317 South Howard Street, Moscow.

"Just try not to dance to this music! It's infectious, irresistible!" said David Vollmer, one of the event organizers, speaking of the recorded music to be mixed that night. (As of press time, organizers did not have a firm commitment from the desired local band!)

Items for auction include collectible bicycles, African crafts, goods and services from local merchants and businesses, and that beautiful holiday gift that wasn't quite right for her, but perfect for you! To donate to the auction, contact Kelly at 208-835-4643, or email [riley.ncfarm@tds.net](mailto:riley.ncfarm@tds.net).

Village Bicycle Project has trained more than 1,700 people in Ghana, West Africa in basic bike repair, pro-

viding them with discounted bicycles. Their bikes help them access their work, farms, schools, health, and other essentials to productive lives. VBP hopes to raise \$2,000, about 1/8th of the total budget for 2006. It costs the project \$17 to train and equip someone in Ghana with a bike, and VBP hopes to provide 900 people with bikes in 2006.

To contribute, donate, help out, or for more info, contact Dave Peckham, [vbp@pcei.org](mailto:vbp@pcei.org), 892-2681, (509)330-2681.

Learn more about Village Bicycle Project at [pcei.org/vbp](http://pcei.org/vbp).

### Think Globally, Dance Locally

Saturday, January 21  
7:30 p.m., American Legion Hall, 317 South Howard Street, Moscow

Silent auction, dessert extravaganza, video, and brief update on the Village Bicycle Project.

## Curl Up with a Good Book for "WhoDunit?" Class

By Carol Spurling

Agatha Christie, Arthur Conan Doyle, Ngaio Marsh, Laurie King, Dorothy Sayers, Arthur Upfield, Ellis Peters ... if you devour mysteries, this list is as delectable a menu of mystery writers as you'll ever find. And this winter is the perfect chance for you to try them all.

In the first ever "Life's A Book!" course, "WhoDunit?" offered through

the University of Idaho community enrichment program, we'll learn tidbits about each of these great authors, discuss the techniques that make their stories enduringly popular, and have engaging discussions about the mystery genre and why mysteries are so addicting.

It's all the fun of a college lit course, without the hassle.

The class will be held weekly at 6:30 - 8 p.m., Thursday evenings, for six weeks beginning February 2, at BookPeople in downtown Moscow. To sign up, call the University of Idaho community enrichment program at 885-6486, or look up their website at [www.uidaho.edu/cep](http://www.uidaho.edu/cep). Registration information is also available in their winter program brochure.

Class participants will choose as a group the authors on which we'll concentrate for the six weeks. And forget handing in a term paper at the end; we'll have a tea party instead.

*Carol Spurling will be the instructor for this class. She loves a good cozy mystery.*

**"WhoDunit?" offered 6:30-8 p.m. Thursdays beginning February 2 at BookPeople in Moscow.**

# Commentary

## Book Thoughts: That Special Kind of Page Turner

By Nancy Casey

If I had known then what I know now, this article would have been different.

I was going to the library to lug home a few oversized art books that I could spread out on the living room floor with me. I was particularly remembering two huge books full of paintings by Marc Chagall and Paul Klee that lay open on the floor amidst crayons and markers and swaths of newsprint years ago when the kids were small. I wanted to spend the solstice with books you don't have to read, books whose pages you can turn in any order.

What I didn't know when I walked into the library was that the call number for art books is 759. I would have to look it up. But all the computers were occupied and it seemed a silly thing to wait for one to come empty. They can't be that hard to find.

I turned down an aisle behind the computers and saw oversized books lying on their side on the bottom shelf. Must be the right ballpark. On the cover of the first one I pulled out was a photograph, drenched in winter light. *Polar Dance* it said. The two polar bears playing in the snow looked like they were laughing. The book weighed a ton.

Next to it was a similar book about elephants. Another about whales. Siberian tigers.

I sat down.

These and the art books? Not without a front end loader.

Another time I'll get Chagall.

On the cover of one of the books was an image that resembled the Great Spot of Jupiter, except that it was

blue — *The Eye of the Whale* by Dick Russell. It is a tome on the California gray whale that migrates yearly from Baja California to the Arctic. The barnacle-crusted whales in the color plates socialize in a breeding lagoon and toss their flukes off the coast of Vancouver Island. They pull alongside the small boats of the researchers studying them, get petted, and seemingly introduce their young. There are photos of shaman who pray with the spirit of the whale, and whaling ships bent on harvesting them. The six hundred-page text is a history of the gray whale as perceived by cultures all along its migration route.

I never knew that the brow markings above the eye of a tiger are as unique as a human fingerprint until I started browsing *Tigers in the Snow* by Peter Matthiessen and Maurice Hornocker.

(The Hornocker Institute used to

be at the University of Idaho. Now it's in Bozeman.) I am struck by the faces — tiger crouching for a drink, tiger peering around a tree, tiger startled and alert, pink-tongued tiger lapping snow. Matthiessen's text is informative and thought provoking. It covers the evolution of the Siberian tiger and the relationships it has had through history with people living on the edges of its habitat. The tales and photos of rural Siberian life spark as much imagination as the tigers.

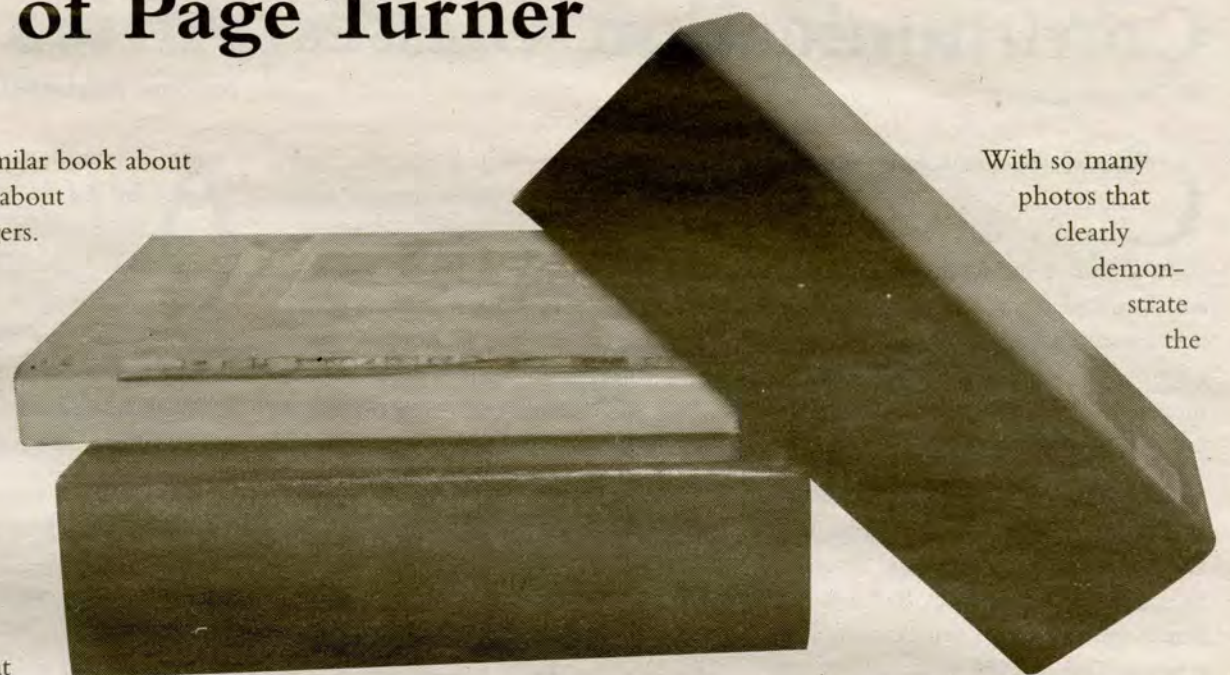
In *Elephants: The Vanishing Giants*, it's the babies and children who pique my interest. Newborns look like stuffed playpen toys next to the massive legs of their compatriots, imitating their actions. In the wild you see elephants playing, caressing, bathing, charging, eating. Domesticated elephants develop a lifelong relationship with their mahout, or trainer/handler. Together they work as loggers or public transportation companies.

dignity and sensitivity of elephants, other photos are hard to look at — elephants submitted to the humiliations of the circus, hulking elephant corpses as the backdrop for great-white-hunter shots.

Polar bears in the moonlight, polar bears splashing in a spring sunrise, polar bears in a snowstorm. *Polar Dance* features hundreds of photographs of polar bears by Thomas D. Mangelsen. He and Canadian naturalist Fred Bruemmer track a female bear, her two cubs, and a lone male bear through one revolution of the seasons along their migratory route in the Arctic. You'll see herds of caribou, arctic terns, eider geese, peregrine falcons. The landscape of snow and ice isn't barren by any means. It's varied and colorful. Spring is lush.

The photographic paper these books are made of is what makes them so heavy. These four were all I could lug away in one trip. I left so many others behind. They are waiting for you to come welcome them into your living rooms for a week or two. Glorious images of animals and the natural world. Their call numbers start with 599. In the stacks behind the computers.

Nancy Casey does yoga, talks on the radio, and rides a sled. Email her at [nancy@turbonet.com](mailto:nancy@turbonet.com).



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## Auntie Establishment

By Joan Opyr

For the past two weeks, I've been trapped in a bad movie. It's called "Whatever Happened to Baby Joan?" My mother-in-law is Bette Davis, and I'm poor, bed-ridden, loopy Joan Crawford, trapped at home, eating fried rat.

Okay, it's not that bad. I'm not really trapped, and my mother-in-law has yet to offer me a fricasseed rodent. I am, however, recovering from open gall-bladder surgery, and I'm not allowed to drive for six weeks. Six weeks; no wheels. I'm beginning to feel a great deal of sympathy for my 83-year-old grandmother who, though technically and legally she can still drive, for the sake of Raleigh's bicyclists, motorcyclists, and pedestrians, avoids the driver's seat the way George W. Bush avoids press conferences. She's not up to the task, and she knows it. The down side is that if Granny wants to go anywhere, she has to ask one of her younger sisters or my mother for a ride.

I'm in exactly the same position. If I want to go to town — if I want to go to the Food Co-op, or Tri-State, or the Slurp and Burp — I have to beg

my mother-in-law for a ride. Have you ever ridden shotgun with a woman who spent 40 years driving a stick but has recently made the switch to an automatic? Rose can't tell "Drive" from 1, 2, or, my favorite, R as in Reverse. Hell's bells! She forgets the handbrake is on, she doesn't believe in turn signals, and she thinks slowing down to make a hard right turn is for sissies. In short, she is an Idaho driver *par excellence*. The only part of the car my mother-in-law works with ease is the cigarette lighter, and believe you me, she works that baby to death. My mother-in-law's car is an ashtray on wheels, the Doral Light Menthol Wagon of Death.

Cough, cough, coffin nail. I went to town with Puff Daddy today, wheezing all the way. Why? Because I wanted to get the Sam Hell out of the house, that's why. I'm sick of being sick. I'm out of new CDs and SpongeBob videos, and if I keep shopping on Ebay for entertainment, my wife will divorce me. Listen: I'd ride on a combine harvester driven by a stogie-smoking Charles Manson just to get out of the house.

Don't get me wrong: I love my mother-in-law. Rose is kind; she's considerate; she's concerned in a rough and tumble Western sort of way. She trained as a nurse during the Crimean War — you may have read about her in history class, Florence Nightmare? Inventor of the "Cowboy up!" theory of rest and recuperation? This is my mother-in-law first thing in the morning: "It's eight o'clock. Up, up, up! What's the matter with you — got a bone in your leg?"

Yes, of course I want to shoot her, but I need this kind of treatment. I need to recuperate in the House Without Pity. Why? Because I'm a Southerner, that's why. I was raised to milk each and every illness like it's Bessie the Cow. A Southern woman will never let a chance to wallow in self-pity pass her by. She doesn't have much choice. If you're a straight Southern woman, the only way your husband, Mr. Bubba R. Neck, is going to pay more attention to you than to his Camaro, his guns, and his coonhound, Beauregard, is to pretend that you are Melanie Wilkes and this is The End. Got a hangnail? Call for a mint julep

and Percoset. This is the only holiday you're going to get from gutting what Bubba shoots or hooks or spears, so you'd better enjoy it.

As you can imagine, I am deeply conflicted. I'm a Southern butch lesbian living in the Wild, Wild West. I don't know whether to faint or farm, to pitch a fit or plow the back forty. And so I've decided to compromise. I won't drive, but neither will I take to the bed. In fact, two nights ago, I removed my own surgical staples with a pair of needle-nose pliers. Cowboy up? You bet your sweet bippie!

And no, I didn't do this with the aid of Percoset. I'm saving those for my trips to town with Florence Nightmare.

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*Joan Opyr, AKA Auntie Establishment, is a Moscow area fiction writer, the author of the novel Idaho Code, and the Northern Idaho Editor for New West Magazine. She invites your questions, comments, mint julep and rat recipes at [joanopyr@moscow.com](mailto:joanopyr@moscow.com).*

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## The Where of What We Wear

By Megan Prusynski

Where do our clothes come from? This is a complex question without an easy answer. The vast majority of clothing retailers outsource the production of their products to many different factories around the world. It is quite normal for cloth to be made in India, pieces of a garment sewn together in Cambodia, and the clothing finished in Pakistan. Clothing retailers have created a web of production that is often difficult to trace. Their basic concern is the bottom line: it is cheaper to outsource production to a third world country where people are desperate for work and will work for almost nothing.

The problem with this practice is that most of the factories used by major clothing retailers are sweatshops. Workers make almost nothing in comparison to the company's profits, and must work in unhealthy conditions for long hours. Of course most are happy just to have work, and since speaking up may get them fired, they go on working in a human assembly line of exploitation. Most consumers are unaware of who made the clothes they buy and what conditions they had to work in.

What is a sweatshop exactly? An organization called Global Exchange ([www.globalexchange.org](http://www.globalexchange.org)), mentions several possible definitions: "According to the U.S. Department of Labor, a sweatshop is any factory that violates more than one of the fundamental U.S. labor laws, which include paying a minimum wage and keeping a time card, paying overtime, and paying on time. The Union of Needletrades Industrial and Textile Employees (UNITE), the U.S. garment workers union, says any factory that does not respect workers' right to organize an independent union is a sweatshop. Global Exchange and other corporate accountability groups in the anti-sweatshop movement would add to this definition any factory that does not pay its workers a living wage — that is, a wage that can support the basic needs of a small family."

In recent years more attention has been paid to the use of sweatshops by major retailers such as Nike, Wal-Mart,

GAP, and Abercrombie and Fitch. In fact, it is very difficult to buy any clothing that was not manufactured in a sweatshop. Because there are few alternatives, conscientious consumers cannot avoid buying clothes from retailers who use sweatshop labor. And despite protests and boycotts, the retailers seem unfazed.

How do these companies get away with it? The retailers distance themselves from production by subcontracting through contractors all over the world. Many of these factories are located in Export Processing Zones, where the companies often do not have to pay taxes for operating in the country. This alone lowers their costs. Because the company does not directly employ the factory workers, they do not feel directly responsible for them.

Naomi Klein writes in her book *No Logo*, "Manufacturing is concentrated and isolated inside the zone as if it were toxic waste: pure 100 percent production at low, low prices... making sure the maximum amount of work is extracted from each worker, the maximum number of working hours extracted from each day." The factory conditions are atrocious: no windows, no proper ventilation, a constant hum-

ming of machines, and military-style supervisors. Workers are paid as little as 20 cents an hour, and forced to work overtime without compensation. As Klein states, "The Third World, as they say, has always existed for the comfort of the First."

There is no easy solution to the sweatshop problem. The retail giants are helping the economies of mostly Third World countries, and without the factories many workers would be poor farmers or unemployed. So the workers don't want the factories to close or leave the country, which they do frequently as the clothing companies skirt around trying to find the cheapest possible labor and taking advantage of special tax-free offers from poor countries looking for foreign investment. But there must be a compromise.

Anti-sweatshop and human rights organizations representing the interests of sweatshop workers demand that workers are paid at least a living wage. This is different from a minimum wage. In fact, in many cases companies in Export Processing Zones aren't expected to obey the local minimum wage laws. A living wage varies in each country and each economy. It is

simply the amount of money needed to fulfill a family's basic needs such as food, shelter, clean water, and health care.

Sweatshop workers are at the bottom of a tall ladder, with retail companies at the top rung and a series of subcontractors in between. Each rung takes its cut, with the clothing companies taking most of the profits. These profits are then spent on advertising, stores, and branding in the First World. The rest goes to top executives.

What is needed is for retail giants to become accountable for everyone they employ, from the lowest-rung factory workers to the CEO. Instead of just investing in marketing and branding, these corporations need to invest in the people behind their products. Instead of focusing on profits, they need to focus on human beings. This will require a mindshift in corporate thinking and a lot of concerned consumers.

Megan designs the calendar for the Moscow Community News. This essay was originally published in *unplug* magazine: [www.meganpru.com/unplug](http://www.meganpru.com/unplug).



## Co-op Crossword

By Craig Joyner

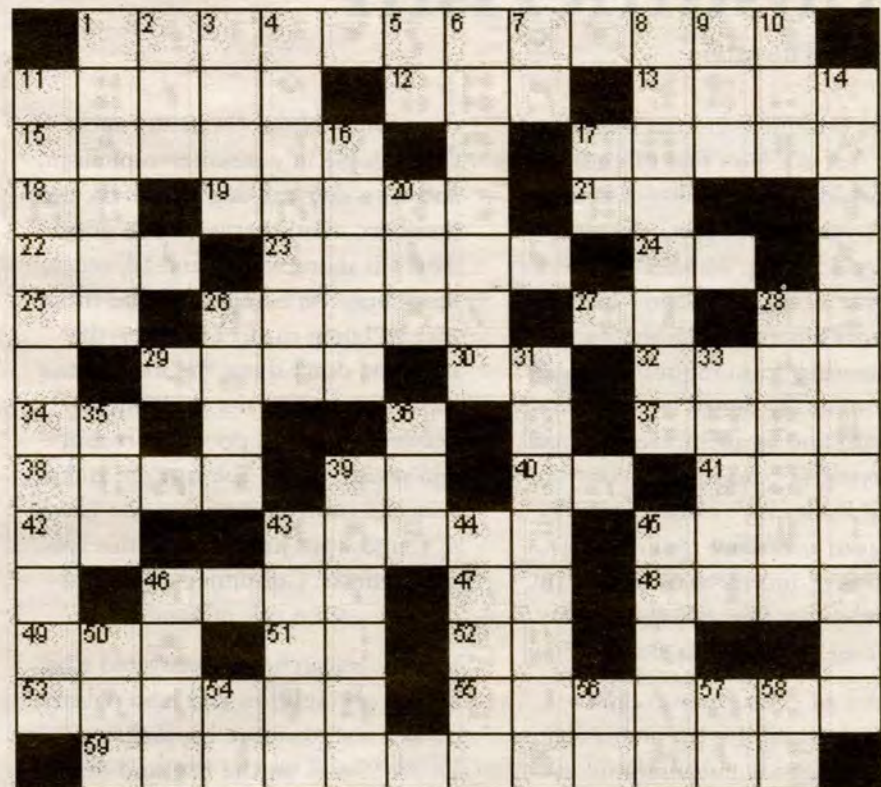
### ACROSS

- 1 What everybody deserves for 2006
- 11 Apiary sweetness from Mountain Star
- 12 Activist lobbyists fighting for organic standards, abbreviation
- 13 Wolfgang Puck has allowed his to be canned
- 15 The MFC deli is the best one in the town
- 17 Stuffed grape leaves, a Greek treat you'll find ready to go in the deli
- 18 Chief attorney, abbreviation
- 19 Regional park
- 21 Resolving a tied game, abbreviation
- 22 Unicorn in Chinese
- 23 Belgium city
- 24 Direct action environmental group, abbreviation
- 25 French pronoun
- 26 This Italian city inspired the Lundberg risotto with sweet pepper and cheese
- 27 \_\_\_ Bronner's soap
- 28 Ingenue \_\_\_ Lang
- 29 Variety of fish
- 30 Author, \_\_\_ Eliot
- 32 Buddhist mortuary stone
- 34 Sic Semper Tyrannis is this state's motto, abbreviation
- 37 Unfortunately too many exist
- 38 Vegan gelatin source

- 39 Odin's brother
- 40 German pronoun
- 41 Several female animals can be called this
- 42 French the
- 43 Mountain peak in Oahu, Hawai'i
- 45 Bounce
- 46 Pottery would be useless without this
- 47 Wire service, abbreviation
- 48 A most infamous 51
- 49 Important oil that comes from fish, primrose, or borage
- 51 Gem state abbreviated
- 52 Likewise
- 53 Washington town
- 55 You'll find it in salads and some lasagnas
- 59 Tofurky maker

### DOWN

- 1 You'll want a MFC bakery baguette as a good start for this
- 2 Bug
- 3 You cannot zest without it
- 4 Microbrewery with the seasonal Snow Cap Ale
- 5 Bond classic, Dr. \_\_\_
- 6 You can sink your teeth into this company
- 7 The Evergreen State, abbreviation
- 8 Abstruse
- 9 Cactus or First Step would be a better choice, abbreviation
- 10 Campagna's Blackberry Guava Daiquiri Jam has this tropical flavor in it



- 11 Check out their organic soups such as Lentil & Carrots or 14 Vegetable
- 14 Trail that connects the U of I to downtown Moscow
- 16 Between red and green
- 17 Achieve
- 20 Genetic material
- 26 Masters of all things tomato, \_\_\_ Glen
- 28 You can find their fresh juices in the small cooler next to the dried fruit
- 31 Blue Sky, Izze, and R. W. Knudsen
- 33 Norse blind deity
- 35 Cheese and wine are usually better with this
- 36 Nile Spice's instant split \_\_\_ soup, a personal favorite
- 39 Dan O'Brien is one of the most famous ones
- 43 Art Nouveau painter who formed the Vienna Secessionists, Gustav \_\_\_
- 44 Indian yogurt, cardamom, and rose water based drink
- 45 Old school MFC cashier with a dog named Elmer
- 46 Carl Sagan's heir to bringing science to the masses, Michio \_\_\_
- 50 Butter or an androgynous name
- 54 Spectrum our eyes cannot see, abbreviation
- 56 This state's name comes from the Algonquin word for warrior, abbreviation
- 57 Found before vowels
- 58 Banking term or music medium, abbreviation

Craig encourages everybody to check out the OCA (see 12 across) at [www.organic-consumers.org](http://www.organic-consumers.org).

## Consumerism

By Megan Prusynski

Consumerism is so much a part of our lives that oftentimes we don't even realize it is there. At face value, consumerism seems like a good thing. Webster's dictionary defines it as: the promotion of the consumer's interests; the theory that an increasing consumption of goods is economically desirable; a preoccupation with and an inclination toward the buying of consumer goods. Buying things isn't so bad, is it? It boosts our economy, creates jobs, and gives us incentive to work hard. Unfortunately, like a drug, it comes with some very serious side effects.

The idea of consumerism didn't really exist until the twentieth century. It grew alongside corporations and advertising, and hit a boom period after the second World War. Commodities became part of our lives as we sought labor-saving appliances and the promise of an easier, happier life. Advertising expanded from print media to television, radio, and the internet. We are bombarded by thousands of advertising messages every day, telling us to buy more and more. The role of every American has shifted from citizen to consumer. Consumerism has turned us into insatiable buying machines, creating a constant sense that we are never fully satisfied; we can never keep up with the Joneses. We buy products to make us happier, but are we really happy?

So what is so bad about consumerism? In a word, everything. By focusing on the economic aspects in life, it ignores everything else, including all the non-monetary costs that come along with a consumerist lifestyle. In our quest to acquire more possessions, we ignore the fact that our greed is killing the planet, hijacking our sanity, and leaving us (and our world) empty and lifeless. If all we have to hope for in life is more and more stuff, then what do we have to live for? Consumerism instills materialism, greed, and indifference in us. Like any infection, we often don't even know we've got the disease until it is too late.

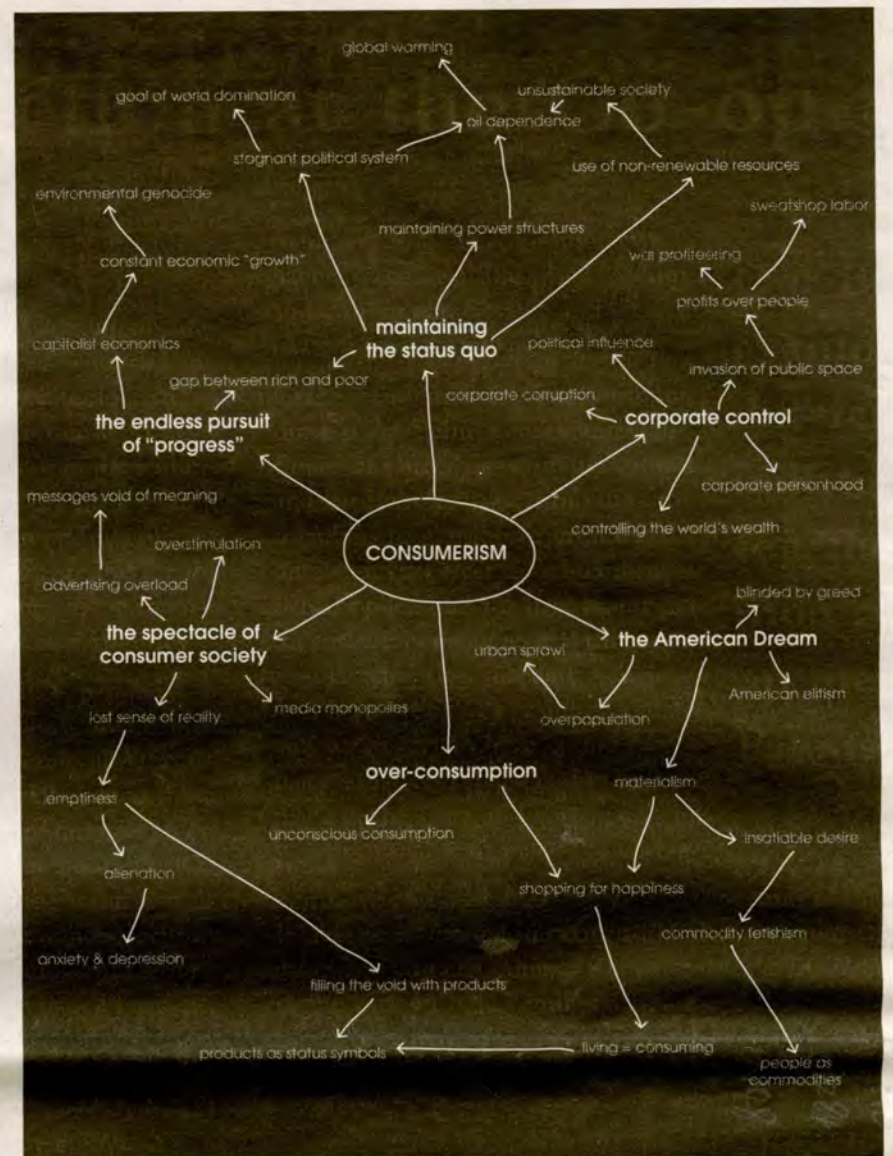
Consumerism is centered on greed; its maxim has always been to maximize profits and minimize costs. The "free" market ignores the human element in

economics. Numbers matter more than people in consumer-capitalism, and it's a dog-eat-dog world. By the numbers, consumerism looks good. There is more wealth and affluence, more business being done and more money being made. However, the numbers don't show the inequalities capitalism brings: the growing gap between rich and poor, the racism and sexism in the job market, and the concentration of capital in the hands of the few are just a few of this system's effects. Consumer-capitalism has just gotten out of hand.

Recent research has discovered that more consumption and materialism do not lead to more happiness. Depression is on the rise, and despite the fact that we are the wealthiest nation, we also have high rates of mental illness and are dependent on antidepressants and other drugs to keep us "happy." According to an article in *The Guardian* by Polly Toynbee, "Happiness has not risen in western nations in the last 50 years, despite massive increases in wealth." Surveys by psychologists and social scientists indicate that people are no happier that they were 50 years ago, and may be more unhappy. Since the last 50 years has seen the unprecedented growth of consumer-capitalism, it is no surprise that people are beginning to wonder if consumerism and unhappiness are two sides of the same coin.

How can such a well-off nation be so unhappy? Much of the dissatisfaction we have with our lives stems from the fact that the capitalist system is brutally competitive. We are constantly comparing ourselves to others, especially the fictional people we see in commercials and the entertainment industry. According to a survey by University of Southern California economist Richard Easterlin, what makes people happy is not wealth, material possessions, or earning money, but family, friends, and good health. Happiness cannot be bought.

How do we take our lives and our sanity back from the restraints of our consumer culture? We can realize that we are world citizens, and that our actions can have effects felt across the globe. We can become engaged in



living and make the most of life instead of worrying about financial matters and the superficial things in life. We can dedicate more time to our families, our communities, and our society and less to our work.

Or, better yet, we can feel good about our work and use it as a vehicle for doing good in the world. It's time to realize that we are more than consumers, we are people. We need to love, to learn, to live and to grow in an environment that is open and equal to all. We have the right to have our minds free from commercial messages and corporate control.

To start, we can educate others about the consequences of our addiction to material goods and wealth. We can spread the word that there are things more important than status, money, and commodities. Gradually, a shift in consciousness will come about and our culture can change for the better. True freedom is freedom to think and do what is best for us while allowing all our neighbors across the world to do the same. The rampant consumerism promoted by American

culture threatens the existence of all creatures, including ourselves. By spreading a worship of money and a lack of values, careless pollution and reckless use of our precious resources, and an aversion to sacrifice for the common good, consumer-capitalism is putting us in harm's way. It's time to re-invent the system with the big picture in mind.

I know we can evolve, and that some day we will be more alive, more aware, and happier. Then we will learn to live in peace. It's amazing what connections consumerism has. By changing it, we can truly change the world.

Megan Prusynski edits the back page calendar of this newsletter.

(Editor's Note: This commentary was originally published in the author's *unplug* magazine: [www.meganpru.com/unplug/](http://www.meganpru.com/unplug/). Megan graciously consented to our reprinting it here, in the spirit of the New Year and the new beginning that it offers us all.)

## Letter to the Editor

“Talking Turkey with Adam Stone”

Dear Editor:

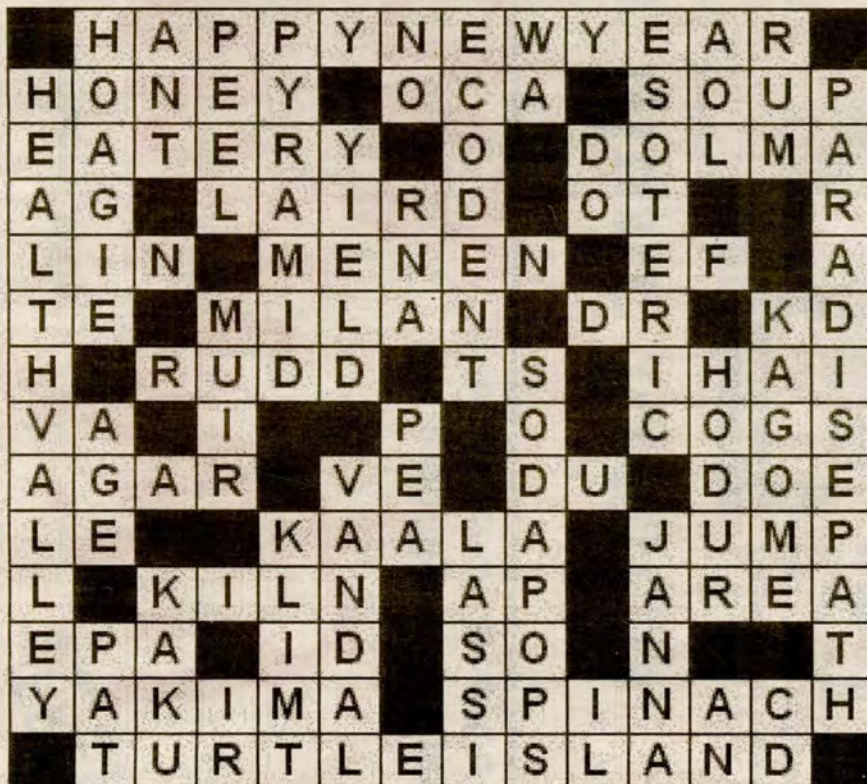
I can't recall the last time I cooked a turkey — was it 15 years ago? That was always my mother-in-law's job.

This Thanksgiving I became the turkey chef, celebrating the holiday with friends in town. What was I to do with this big bird I ordered from the Co-op?

I 'talked turkey' with Adam Stone, Meat Manager at the Co-op, who graciously answered all my turkey questions. He explained the method of turkey brining which results in a succulent bird. He recommended cooking the turkey breast down in the pan, and other fine points of turkey cookery. I followed Adam's suggestions and the result was a glorious and tasty bird, not at all like the “Butterballs” of turkeys past.

Adam is extremely knowledgeable about meat and he has a passion for his work, which is inspiring. I appreciate his willingness to spend so much time with me. For Christmas in Seattle with my family, I will take Co-op turkey #2 with me and cook that bird with confidence, thanks to Adam Stone!

Kathleen Benton



## Into the Freedom of your Heart

By Andrea Masom

*Face first  
into the freedom of your heart  
go bursting with joy  
at the sheer wondrous beauty of it all.*

*Fairy Dusted,  
Blessed,  
Magic Mountain.*

*Face first  
through the dappled blue-lit corridors of cedars  
dressed in their holiday finery,  
white coats glistening in the sun.*

*Bedazzled,  
Bewitched,  
Enchanted Forest.*

*Face first  
we ascend the south slope of silvery powder  
sparkling like Christmas lights  
under the clear blue sky.*

*And face first,  
we fly!*



# Bulletin Board



MOSCOW FOOD CO-OP

## Vigil for Peace

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

Meetings in Friendship Square and at the intersection of Third and Main Streets. 208-882-7067 [sperrine@potlatch.com](mailto:sperrine@potlatch.com).

**Pullman: 1st Fri. of the month, 12:15-12:45 pm**

Under the clock by the Public Library. 509-334-4688 [nancycw@pullman.com](mailto:nancycw@pullman.com).

## Co-op Music Nights

**Tuesday nights, 6-8 pm**  
Live music at the Co-op (free, with no cover charge) and food/drink specials.

### Here's the lineup:

Jan. 17th: Zugunrue  
Jan. 24th: Dan Maher  
Jan. 31st: Lanny Messinger  
Feb. 7th: David Roon  
Feb. 14th: Lisa Simpson  
Feb. 21st: Milo Duke  
Feb. 28th: Brian Gill

## Jan. Kenworthy Schedule

### Oliver Twist (PG-13)

January 6 at 7:00 pm

January 7 & 8 at 4:00 & 7:00 pm

### Kamikaze Girls (not rated)

January 13 at 7:00 pm

January 14 & 15 at 4:30 & 7:00 pm

### Paradise Now (PG-13)

January 20 at 7:00 pm

January 21 & 22 at 4:30 & 7:00 pm

### The Squid & the Whale (R)

January 27 at 7:00 pm

January 28 & 29 at 4:45 & 7:00 pm

For more info, go to [www.kenworthy.org](http://www.kenworthy.org) or call 882-4127.

## How Will Wal-Mart Affect Moscow's Economy?

**Monday, Jan. 9, 7 pm**

The Moscow Civic Association (MCA) is sponsoring a public forum about the impact of a Wal-Mart in Moscow. The free forum will be at the 1912 Center in Moscow. More information is available on the MCA web site, [www.moscowcivic.org](http://www.moscowcivic.org).

## Nia Class

**Wednesdays, 5:15-6:15 pm**

Dance, yoga, martial arts fusion...

Wednesdays, Jan 11-May 31.

Spectrum II Art and Dance School, 525 S. Main, Moscow. \$6/class;

\$50/ 10-class card. Contact Ashley Martens at [ashmartens@yahoo.com](mailto:ashmartens@yahoo.com) or 883-4998 for more info.

## Watercolor Landscapes

**Fri. Jan. 13, 5:30-7:30 pm**

An art show by local artist Carolyn Doe. Will open at The Moscow Food Co-op on Friday January 13th. from 5:30 pm-7:00 pm and will continue until Thursday, February 9th.

## Introduction to CC

**Friday, Jan. 13, 7-9 pm**

Introduction to Compassionate Communication. Free and open to the public. January 13 in the Sanctuary of UUCP, 420 East 2nd Street, Moscow. Also on January 20, 7-9pm, Community Congregational Church, 525 NE Campus Street, Pullman.

## Trance Dance

**Sat. Jan. 14th**

Dance in Your N... Resolutions! \$1... tion required. C... 882-1198 or ka... More informati... alchymia.us

## Women's S

**Sat. Jan. 14**

Women's Crea... will be offered... Studio on Jan... your intention... creative energy... instructor An... info: (509)334... registration is Jan. 12.

## Chubbs Toga Concert

**Friday, January 20th**

High energy acoustic concert! At The Attic, 314 E. 2nd St., Moscow 6 pm potluck (BYO plates/utensils), 7 pm concert. Don't forget your dancin' shoes!

## Winter Market

**Sat. Jan. 21, 10 am-2 pm**

At the 1912 Center, Third Street across from Moscow High School. Music, crafts, baked goods, coffee,

breakfast and lu... more info, conta... 7747 or evieadle

## African Dan

**Sat. January**

Think Globally, D... rican dance musi... for Village Bicycle... desserts, silent at... American Legion... Howard, Moscow... help & for more i... (509)330-2681 or... Web site: [pcei.org](http://pcei.org)

## Contra Dance

**Saturday, Jan. 21, 7:30 pm**

Everyone is welcome! Dances are taught. Live music. At 1912 Building (412 East Third St.) in Moscow. \$4 newcomers, \$5 members, \$7 non-members. For more info: [www.palousefolklore.org](http://www.palousefolklore.org), or 208-892-0730.

## Compassionate Communication Workshop

**Sat. Jan. 28, 9:30-4:30**

For those with at least some experience with CC. \$15 to \$30 donation requested. Optional centering time starts at 8:45 am, \$3.

## More CC Classes

Starts last week of January, various times, Moscow and Pullman. \$75 to \$150 sliding scale donation. Call Veronica Lassen 882-2562 for more information, or visit [www.palousecc.org](http://www.palousecc.org).

## Pretend Soup: a Pre-school Cooking Class

**Thursdays, starting Feb. 2**

Join us for a six-week exploration of healthy foods and cooking techniques, geared for 3 to 5 year olds. Held at the Hamilton Indoor Recreation Center on Thursdays, 11:30 am to 1 pm, beginning February 2. To register, please contact the City of Moscow Parks Department at [plumas@moscowparks.org](mailto:plumas@moscowparks.org) for more information. Spurling at 882-7747 or [plumas@moscowparks.org](mailto:plumas@moscowparks.org).



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

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

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