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Community News

FREE!
PLEASE TAKE ONE

July 2006

The monthly newsletter of
the Moscow Food Co-op

The New Vendor Booth Program

By Annie Hubble, Vendor Booth Coordinator

We have an exciting new program for local artisans and craftspeople. Starting in August, we will rent, for a very nominal fee, a small space at the front of the store to any local vendors. First consideration will be given to handmade products made locally (on the Palouse), and health-related businesses.

The fee, for members, is a mere \$5 for a half day, and \$10 for a full day. For non-members, the cost will be \$8 and \$15 ... yet another good reason for joining your local Co-op! We provide the opportunity. You bring the set up: table, chair, product, cash box, change. And you get a space in your lovely Co-op in which to sell your wares.

Come and see me if you are interested or would like more details.

I think this will be a wonderful addition to the Co-op. It is yet another way we, the Co-op, can try to give something back to the community that supports us, and that is an idea that we are always interested in.



Community News

Published by

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

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



Even Cowgirls Get the Blues

By Kenna S. Eaton, General Manager

Of course I'm still ecstatic to be working in this new location, who wouldn't be? But interestingly enough, the challenges of running a larger business are proportionately larger as well. Probably ya'll tried to warn me beforehand, but romantics like me tend only to see the rosy picture. So, this past month or so has been eye opening as well as different.

First, the brand spanking new compressor for the self-service meat case died. They do that you know, and that's why it's nice to have those warrantees to cover such unexpected equipment failure. It happened in the middle of the night, and by the time the morning crew got here and figured out the case wasn't running, well, hey it was too late. The meat was sitting at a nice, warm 68 degrees—perfect for growing bacteria. So, bye bye \$6,500 worth of beef, chicken, lamb, pork and buffalo.

Next it was our ancient dough mixer. After 50 years of service, it required a new transmission. Much like a car, it was still running but only on one speed. After a few frenzied days of searching for a rebuilt replacement mixer, we decided to take the plunge

and buy a brand new one that will both meet our needs (it's twice as big!) and be more easily repaired by the local guys. Oh, and it cost about \$10,000.

Then it was the discovery of water gushing out of the sidewalk on Washington St. Turns out it was our fire sprinkler system that had sprung a leak. We turned off the water and called in the guys to get that fixed. But before any work could get done, a drunk driver managed to run right onto the wall, right above the water line! Crazy! After smashing into the bakery wall 'round about midnight on Memorial Day weekend, he simply backed out of the hole and drove away. Luckily, Moscow's finest were able to track him down and bring him in for both drunk driving and hit and run. Laura and Brian came down in the middle of the night to secure the Co-op (thank you both!), and the next day we put a patch on the hole to stop the rain leaking in. Unfortunately, it wasn't a very useful hole in the wall, so no window for the bakery. Fortunately, no one was hurt and the bakery suffered relatively minor damage.

So what else? Well I hesitate to say

that's it. Although I tapped the wood desk repeatedly, just in case. Really, all that's left is the hope for a few less crises the rest of this summer, for a cow-girl anyway.

“The challenges of running a larger business are proportionately larger... Probably ya'll tried to warn me beforehand, but romantics like me tend only to see the rosy picture. So, this past month or so has been eye opening as well as different.”

Parking, Smarking

By Kenna S. Eaton, General Manager

Well, I sure hope by the time you read this the bike racks really will have been delivered and installed. It's been a long wait, and I appreciate your patience. The first 10 to be installed are designed for regular bikes, with two-four more coming later for bikes with trailers (and they might be a bit more fun as well).

The Kiwanis Club re-stripped our parking lot for us and added the words "Co-op Shopping Only" alongside each space. Hopefully, those folks who like to park in

our lot and shop elsewhere can read and understand what we're asking. Co-op cashiers are now monitoring the lot on a regular basis, putting notices on cars and generally trying to maintain some measure of control out there. Please don't be offended if you are asked to move; it's only being done to ensure that all Co-op shoppers have an equal chance to park and shop.

In the meantime while Washington St. is being repaved, please remember that you may not be able to access the lot they

way you're used to—you may need to come through a different entrance and out a different exit. Thanks for your patience and kindness to your fellow drivers and to our parking lot monitors.



Co-Operations

Community Dinners at the Co-op

By Amy Richard, Kitchen Manager

Starting in July, the Co-op will be hosting monthly Community Dinners. This is a great chance to enjoy a delicious meal and meet or just catch up with folks from your community. We will be preparing a four-course meal that will be served family style. Dinner will be served to a group of 14 at one long table. We will take a corner of the dining area at the Co-op and make an intimate little setting for this special dinner among friends. The first Community Dinner will be held on Thursday, July 20, at 6:30 p.m. A menu will be posted in the Co-op Deli area or you can e-mail kitchen@moscowfood.coop

if you would like to receive a menu by e-mail. To make a reservation, talk to Amy or Nikki in the Deli, call us at 882-8537, or send an e-mail.

First Co-op Community Dinner

Thursday, July 20 at 6:30 p.m.

Talk to Amy or Nikki in the Deli or call 882-8537 to make reservations.

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



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

Any cashier can help you join, just ask!

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

Open Daily 7:30 am - 9:00 pm

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



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

Co-op Business Partners

- Adventure Learning Inc.:** 10% off base cost of any trip, Donal Wilkinson, 310-3010, adventurelearningcamps.com
- Alhymia Life Coaching:** 1 free session & \$25 off initial intake session, Katrina Mikia, 882-1198
- Anatek Labs, Inc.:** Drinking water Bacteria Test for \$10 & Comprehensive well water test for \$90, Mike Pearson, anateklabs.com, 1282 Alturas Dr, Moscow, 883-2839
- Anna Banks, Equine Massage Practitioner:** \$15 off Initial Equine Massage or Reiki Session, Moon Hill Ranch, 1255 Queener Rd, Moscow, 208-875-0109.
- Bebe Bella:** A Free Pair of French Terry Fleece Nursing Pads with your first purchase, Rebekka Boysen-Taylor, 1220 NW State St #38, Pullman, 334-3532
- Copy Court:** 10% discount, memb. card laminated, Michael Alperin, 428 West 3rd St, Moscow, 882-5680
- Culligan:** Free Auto softener install up to 10 ft. of pipe and culligan water softener (Moscow only) & 10 free gallons of water to new delivery customer, Owen Vassell, 310 N Jackson, Moscow, 882-1351
- Carolyn Doe, Massage Therapist:** First 2 1-hr massages \$35 each, 106 East 3rd St, Ste. 5-B, Moscow, 882-9320
- Erika Cunningham, LMP:** First 2 Massages \$35 each, 882-0191
- Ecostructure Financial:** Free 1 yr. subscription to "Matchmaker" Internet Database and Service, Mark Winstein, www.ecostructure.us, 116 E 3rd St, Ste. 212, Moscow
- Full Circle Psychological Services:** Free Initial Consultation, Dr. Tina VonMoltke, PhD, 619 S Washington St. Ste 301, Moscow, 669-0522
- The Healing Center:** Save \$10 off on first exam or phone consultation, Dr. Denice Moffat, drmoffat@NaturalHealthTechniques.com, 413 East 8th St, Moscow, 882-3993
- Hodgins Drug & Hobby:** 10% off all purchases excluding prescriptions, Pam Hays, 307 S Main St, Moscow, 882-5536
- Inland Cellular:** \$10 off purchase of any phone or accessory, Kelly Gill, 672 W Pullman Rd, Moscow, 882-4994
- Integrative Mindworks:** Free 30-min. consultation for new clients, April Rubino, integrativemindworks.com, 3400 Robinson Park Rd, Moscow, 882-8159, april@integrativemindworks.com
- Inspire Communications:** 10% off All Services, Jo Sreenivasan, <http://members.aol.com/writebook64>, 892-0730
- Kaleidoscope Framing:** 10% off gallery items, Darryl Kasfl, 208 S Main St #11, Moscow, 882-1343
- Kelly Kingsland, LMT:** First 2 Massages \$40 each, 892-9000
- Kimi Lucas Photography:** 25% off initial photo session, 15% off on photo session, instruction or products & free third pet photo session, Kimi Lucas, PO Box 3432, 310-1064
- Dr. Linda Kingsbury, Professional Herbalist:** 10% off Customized Aromatherapy, Spa Treatments, Holistic Health & Nutrition Consultation, spiritherbs.com, 883-9933
- Mabbutt & Mumford, Attorneys:** Free initial consult., Mark Mumford, Cathy Mabbutt, 883-4744
- Maria Maggi, Intuitive Astrology & Gardener:** \$5 off astrological & flower essence consultations, 882-8360
- Marketime Drug:** 10% off gift items, Joanne Westberg Milot, 209 E 3rd St, Moscow, 882-7541
- Mindgardens:** Free initial consultation & 10% discount on services, Erik Tamez-Hrabovsky, erik@buildmindgardens.com, 220 NW Tingly St., Pullman, 509-595-4444
- Moscow Feldenkrais:** First individual lesson 40% off, and first group lesson free, Elisabeth Berlinger-883-4395 & Tom Bode-892-3400, 112 W 4th St, Moscow
- Moscow Yoga Center:** 10% off classes--new students, Jeri Stewart, 525 S Main, Moscow, 882-8315
- Motherwise Midwifery:** Free supply of pregnancy tea thru pregnancy, Nancy Draznin, 1281 Sprenger Rd, Genesee, 224-6965
- The Natural Abode:** 10% off of Natural Fertilizers, David & Nancy Wilder, 517 S Main St, Moscow, www.TheNaturalAbode.com, 883-1040.
- Now & Then Antiques:** 10% off any furniture, antique, collectible or gift item in the store (excludes vendor & consignment items). Jeff & Michelle Marks, nowandthen@moscow.com, 321 E Palouse River Dr, Moscow, 882-7886.
- Palouse Discovery Science Center:** 10% off on all items in the Curiosity Shop, Mark Goddard, 2371 NE Hopkins Ct, Pullman, 332-6869
- Pam's Van:** \$10 off first Reflexology treatment & free sauna or Wisdom Eye Massage, Pam Hoover, 1115 S Logan St, Moscow, 596-5858
- Dr. Ann Raymer, DC:** \$10 off initial visit including a patient history, physical, and spinal examination, 1246 West A St., Moscow, 882-3723
- Shady Grove Farm:** \$10 off initial English riding lesson or horse training session, Ashley Fiedler, 1080 Sumner Rd, Troy, 835-5036
- Sid's Professional Pharmacy:** 10% discount off Medela breast pumps and supplies, Sid Pierson- owner, Pullman Care Community, 825 Bishop Blvd, Pullman
- Susan Simonds, PhD, Clinical Psychologist:** 20% off initial life coaching session, 892-0452
- SkyLines Farm Sheep & Wool:** 10% off organically raised lamb, handspinning fleeces & prepared roving, Melissa Lines, 4551 HWY 6, Harvard, ID 83834, 208-875-8747, Sharon Sullivan, RN Herbalist & Holistic Health Educator, 10% off health consultations, reiki, custom formulas and bulk herbs, 106 East 3rd St Ste. 5-B, 883-8089
- Sweet Peas & Sage:** 10% off any purchase in floral or gifts, Kathy Gessler, 122 W 4th St, Moscow, 892-0222
- Tye Dye Everything:** 10% off any purchase, Arlene Falcon, tyedye@moscow.com, 527 S Main St, Moscow, 883-4779
- Whitney & Whitney, LLP:** Reduced rate for initial consultations, 604 S Washington St Ste.#1, 882-6872
- Wild Women Traders:** 10% off clothing and jewelry, 210 S Main St, Moscow, 883-5596



Front End News

By Annie Hubble, Front End Manager

I would like to welcome Jessie Krumpe to the cashier team. I know she will be another great member of our team.

I have recently received several compliments concerning the cashier team. I am glad to know that you appreciate their hard work. When interviewing potential cashiers, I am looking for two main aspects: accuracy in record keeping and register work, of course; but just as importantly, an outgoing, friendly personality. As the Co-op has grown, the range of our customer base has also grown, and I want everyone to feel welcome at the Co-op.

So thanks for the compliments. And thank you for YOUR smiles and friendliness that make our job the fun it is.

We are all so blessed to have this Co-op: a hub of Moscow culture and a great place to shop!

“As the Co-op has grown, the range of our customer base has also grown, and I want everyone to feel welcome at the Co-op.”

The Volunteer Program

By Annie Hubble, Front End Manager

I have temporarily put a hold on volunteer applications. There are a few positions open, but there is also a small backlog of applicants. Once I have these applicants matched to the available jobs, then I will open up the application process once more as new positions open.

We do appreciate all those who already help out. It is great to see the many volunteers helping out in so many ways. Thank you so much for your help.



Bike Raffle Winner!

The lucky winner of our bike raffle was Brent Jeffers of Pullman. He took home the beautiful bike pictured here, and proceeds from the raffle helped make the new bike racks possible.

Congratulations Brent on your big win!

Art at The Co-op

By Annie Hubble, Front End Manager

The second of our Artwalk artists is photographer Chantra Melior. Born in Spokane, with her childhood years in Colorado and her teenage years in Moscow, Chantra has, after extensive traveling, returned to Moscow, where she loves the community. After graduating from Moscow High School, Chantra spent a year as a nanny in Maui. While there, she volunteered to help a children's theatre group, and ended up being the assistant director. After this, she spent two years in England, where she took care of her beloved grandfather, and also took classes in writing and film.

In both locations, she of course took photographs wherever she went. Ms. Melior explains, "I love photography. It is a capturing of the moment. When taking a good photograph, I feel in tune with everything. I feel that I am where I am meant to be at that exact

moment." She took her first photograph at age 5 (she is hoping to have this photo in her show), and has continued to have a camera with her most of the time. While she loves to photograph people, attempting to capture the personality in the shot, this show will present her best works throughout the years: a collection of portraiture, places and abstract themes, a collection that reflects her love of travel and her passion for life. This is her first art show, and she is honoured to be part of Artwalk, and part of the Co-op Art Program. You can meet the artist from 5.30-7 p.m. at the opening on Friday, July 28. The show will run until Thursday, September 7.

Artwalk Reception for Chantra Melior

Friday, July 28

5:30 - 7 p.m. at the Co-op

Newsletter Changes

By Bill London

Perceptive readers may have realized that the June and July issues of the Co-op newsletter are actually larger than before. As in about two inches wider.

That is no accident. The wider size resulted from changes made at the Daily News, where our newsletter is printed. The huge old printing press in the backroom at the Daily News office in Moscow is near death, and beginning in August all printing will be done at the new press at the Lewiston Tribune.

The new press will not print the smaller size we have used for the last nine years, so we moved up to the next available size—beginning with the June issue. We made the move a few months early just to make sure the transition would be a good one. And all was well, except for the minor problem of the back page.

It was my fault. I did not tell Richard Elgar (our back page designer) about the shift. So his back page was smaller than the available space, which meant a cute white frame surrounded the Bulletin Board in June. He knows now, so the July back page should look appropriately full.

And another change: we bid farewell to Yvonne McGehee and welcome Sarah McCord. Yvonne has produced many great volunteer profiles for us, but now has retired with our thanks. Sarah has replaced her.

Bill London edits this newsletter and expects to enjoy the crawling exploits of his grand-daughter Leyna Grace this month.



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News From the Board of Directors

By Will Simpson, Board Member

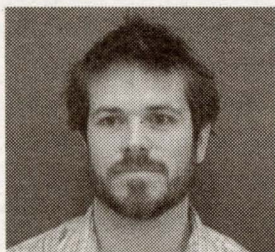
The Co-op Board of Directors is well into its current term, and the theme seems to be sustainability. Sustainability is the trendy story of the moment. Or so it seems. So many things are converging and they all point to the need for sustainability in one way or another. Peak oil, "The Inconvenient Truth," Iraq and economic growth in China.

As the board is practicing it, sustainability applies not only to conventional practices, but also to the bigger picture. Can we be a sustainable business?

We are working hard at developing the practices that will help sustain the business workings of the Co-op. We are doing this by developing new guiding governance policies and the procedures

to monitor and evolve these policies. This process is an important form of sustainability. The Co-op has grown dramatically, and cementing our new position is important. Each time the Co-op has grown and moved, there has been discussion about whether the expansion is sustainable. I think our slow and measured growth has been sustainable.

As Bill Beck mentioned last month, one of the board's important sustainability goals is to recruit new board members. If you'd like to see what it is like and come to a board meeting or contribute as a member of one of the operational committees, please contact Kenna and she will put you in touch with the board.



Tuesday Music, Hot Off the Grill

By Eric Gilbert, Co-op Music Coordinator

As many of you already know, I will be taking an indefinite sabbatical from Moscow (and thus the Co-op) at the end of July. I am moving to Hailey, Idaho, with my wife Lisa Simpson and our good friend and bandmate Cameron Bouiss to simplify and focus our energy and attention on writing, recording and performing music. The three of us have formed a band called Finn Riggins from the ashes of our most recent band Bunnycuss, so that will be our primary outlet when we get down there. We intend to be back to visit and share our music with Moscow fairly often, for we can't really imagine not getting a dose of Moscow every couple of months, much less moving away altogether.

I don't think I need to gush over how amazing this community is, you all know, that's why you're here; and if you don't know, it's time you realized it. As beautiful as the Palouse, or the buttes

and humble mountains that pop up amidst it, can be, it certainly isn't our sights to see or rivers and lakes to swim in that brings people to Moscow, much less keeps them here. It is the vibrant, yet simple and small, community of outstanding people that make this place what it is. It may not strike visitors immediately upon driving in to town, for its strength is in its humility, but it is a beauty unparalleled in my relatively young life.

I also know that the Co-op plays a huge role in making Moscow what it is. My tenure at the Co-op has been a blessing of magnificent proportions. I have learned so much about the value of community, sustainability, simplicity and keeping it light and fun from each and every one of you. Thank you, thank you, thank you for helping to make the Co-op and the greater Moscow area an incredible place to eat, "work," play and live, and an

incredibly hard place to leave.

The last couple years of my life have been blessed with a Tuesday night ritual of hosting the Co-op music series, which essentially consists of getting to know and listen to many of the great musicians we have in the area as they grow, develop and hone their craft. It has been a ton of fun, for I love music and love to enjoy it with other people. But alas, it is time for me to pass the torch, as of July 4 Co-op old-timer and IT guy (formerly a baker) Joseph Erhard-Hudson will officially take the helm. Many of you also know him as a caller for many of the contra dances that the Palouse Folklore Society puts on. So he has a tendency toward music as well and will most likely fill my shoes and then some.

Check out the hot hot schedule for the rest of the summer Hot off the Grill music and BBQ series, and make

Upcoming Dates
July 4: Brian Gill (4-6pm)
July 11: Uniontown
July 18: Garrett Clevenger & Von House
July 25: Lanny Messinger
Aug. 1: Charlie Sutton
Aug. 8: Hard to Please
Aug. 15: Fiddlin' Big Al
Aug. 22: Beargrass
Aug. 29: Erik Smith and The Yes Men

sure to note that on July 4, the Co-op is closing at 6 p.m., so come down early for the festivities will take place between 4 and 6 p.m. Come enjoy some local music with me before I leave!

If you or someone you love wants to play, call Joseph at the Co-op (882-8537) or e-mail him: music@moscow-food.coop.

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

Beanie Babies!

From the Suggestion Box

Signs along the supplements aisles to identify the sections within the aisle. Something nametag width and font. Maybe on the strip where the prices are. Thanks, it's on the list of things to do. —Carrie, Wellness Manager

Please order Braggs Organic Vinegar in bigger bottles. I drink some 2 times a day and Braggs is a better tasting vinegar. Look for it soon. —Vicki, Grocery Manager.

We'd like you to carry Triple Ginseng Tea Stash Brand. I'm sorry Stash doesn't make a ginseng tea, but we carry ginseng teas from Yogi and Republic of Tea. —Vicki.

Put the candy shelf back up near the check-out area—so great for last minute purchases! We're trying to come up with some shelving for the front of the cash registers, but it might take awhile. Please be patient and know we're thinking about it. —Vicki.

Please could we have "unsweetened" teas as well. Especially when on sale. Thanx!! I'm not sure what you mean. We have a whole line of unsweetened teas from Teas Teas and they go on sale at least four times a year. Is there a brand with an unsweetened variety you'd like us to carry?. —Vicki.

At the tasting table, list by each product where in the store to find it. If I could find it easily, I'd buy it! We are working on improving our sampling table. There are now signs telling you which aisle the product is located in. —Vicki.

Put several bottle of sample dips right by the tasting table. It's way easier to buy it if you don't have to go hunt for it. I'll include your idea in our sampling table improvements, thanks. —Vicki.

Please carry as a regular item Natural Sea NO SALT Tongol Tuna. Thanks. I'll squeeze it in there. —Vicki.

I'd like to see a better root beer selection. Some Rat Bastard or some of the Honey root beer. Anything is better. I'll ask our suppliers if they have any of the ones you suggested or if they can recommend some with ingredients that meet the Co-op's requirements. —Vicki.

The cashiers are sooo good looking! Don't we know it. —The Cashiers.

Bulk whole wheat couscous, please. I no longer have a supplier for this, I'm sorry. —Vicki.

The new store is awesome. 6 months after the move and it's felt like "home" for ages now. The managers and board should be congratulated. Thanks so much. We think it feels like home, too. And all

the staff should be congratulated. We all worked hard to make it happen. —The Management Team.

Did you stop carrying Annie's low-fat Gingerly Vinaigrette dressing? I hope you will continue to carry it- it's the best. Sorry it went away for a while, but it's back now. —Vicki, Grocery Manager.

Sell vegemite, yummy on toast! Sorry, I don't have a source for this, only the Marmite. —Vicki.

2-3 months ago you used to stock a beer with a red label in stubby bottle that was smooth, super mellow and rich tasting. And it was cheap! Can you bring it back? Thanks! I think you are referring to Sessions lager from Full Sail. I'll see if it's still available and bring it back. —Vicki, Sweet Goddess of Love and Beer

Still waiting for yummy spelt tortillas from Rudi's bakery. Oops. They're in the freezer. Sorry it took so long. —Vicki

Can you ask Sweet Peas & Sage to deliver fresh flowers on Mondays? I'd buy them for my desk but it seems silly to spend that much for only half a week of enjoyment-thanks! Sorry, that's Kathy's, the owner of Sweet Peas & Sage, day off. —Scott, Produce Manager.

I was looking to purchase a small grain grinder for personal use—a member. I no longer have a source for these products. A good source for you may be Nutrition Lifestyles. They offer a number of hand mills. You can find them on the Internet @ www.nutritionlifestyles.com or call them at 1-888-227-5395. —Carrie, Wellness Manager.

Red Nerve give-away bike—the front fork is on backwards. Thanks for noticing; you're not the only one! We'll be sure to straighten it out when we bring it down in mid-July. In the meantime, don't forget to buy a raffle ticket. —Kenna, GM

Carry Fish. Right now it's only available on Fridays. We do carry a little bit of fish in the freezer; however, we like to support our friends the Fish Folks. They do such an awesome job sourcing excellent fresh fish that it would be difficult for us to step into their territory and do as good a job! —Kenna

Please, could you put a scale in the bulk department?—thank you. No problem. In fact it's there and always has been. It may be a little difficult to find, so please ask if you can't find it. Otherwise look to the right of the dried fruit and left of the packaged coffee. —Kenna

Correct the sign above the waterless urinal— they save approximately one gal-

I miss those SEEDY cookies you used to sell (w/ sesame, sunnies, etc)! We still have a recipe for Sesame Sweets and we'll make some soon. As for the Sunnies, we no longer have the recipe, if anyone out there does, we'll try those too. —Aven

Gluten-free chocolate chip cookies! Please! We'll start working on a recipe, look for them soon in the "Pretty Darn Free" Pastry Case. —Aven

Gluten-free baked goods would appeal to vegans if they didn't have eggs—you may double your sales! Unfortunately, when baking with gluten-free ingredients, it's hard to substitute for eggs, since they bind it all together. We do have one vegan gluten-free option—Anna's Tea Cookies are really yummy. We're also still working on another bread option that will probably be vegan. —Aven

Please keep those wonderful Black Bottom cupcakes! If anything, have them more often...we love them. You and lots of others! We received a lot of feedback when we stopped making them and so we will continue making them on a semi-regular basis for the time being. —Aven

You used to bake a bread with cornmeal (at the "2nd" Co-op). It was a traditional bread (raised), but heavy with cornmeal. Do you still have the recipe? If so, I'd love to have it again. I don't think we still have the recipe, but I'll keep looking. It sounds great. —Aven

Please expand all ingredients listed... i.e., your Pesto Rolls list basil pesto as an ingredient, but I asked, and the pesto includes pine nuts—which my son is allergic to! Unfortunately, due to space and time constraints, we cannot list all the ingredients of all the products we use on our tags. For people with food allergies, it is always best to ask a Deli employee about the product in question. We will gladly get you all the information you need and let you know which of our products are safe for you to eat. —Aven

lon per use, not several. Thanks for the feedback. Next time we reprint the sign, we'll double check information. —Kenna

Please, please do something about the oppressive black matte ceiling. I always feel like I'm about to be crushed by it. Think something painted on it (silver astronomical shapes maybe) or added below it (see the ceiling at Tucci's) would work wonders. Thank you. Otherwise the store is wonderful. Well, I'd be the first to admit that I wasn't comfortable painting the ceiling a dark color, but I allow that I'm not a designer and decided to let the folks who know these things go ahead with their plans. I think they were right that it made the ceiling both disappear and also feel cozier at the same time. However, I like the idea of glow-in-the-dark stars on the ceiling; perhaps when we have some spare change, we'll do that. —Kenna

Maybe if you have projects for children to do, you could have more people come and you will get more money. — A young member. Thanks for the suggestion. Have you discovered our kids' program on Alternate Tuesdays from 9-10 a.m.? This month we had a visit from a super soft lamb and a project making snacks. Hope to see you there! —Kenna.

In your parking lot, please designate a few spaces for those with small children and temporarily disabled. Thanks. Thanks for the suggestion. We'll see what we can do when we re-pave and re-stripe next time. —Kenna.

It would be great to make a rain guard/ eave for the bulletin board outside. Kind of like a splashguard at a buffet...what

sayest thou? Hmmm, an intriguing suggestion, although I'm must admit to being confused (even with the cute little drawing). The bulletin board is under the overhang, so what is the purpose of an additional rain guard? —Kenna.

Deli staff and cashiers continue to provide excellent service and are friendly to boot! Thanks! Thank you! We love hearing comments like this. Keep the love coming! —Kenna.

Stainless steel measuring cups and spoons would be helpful addition to the bulk bins area. Thanks for the suggestion. We have tried them in then past and they didn't last very long. It may help you to know that the small plastic scoops generally hold about a cup's worth of product. —Kenna.

Could you please get the Beeler's breakfast sausage links back in stock? Thanks! Beeler's changed the packaging on the breakfast links. They are still located in the freezer but are now in a black box. Same product, just a different look. Please don't hesitate to ask one of our staff to help you locate them. —Adam, Meat Manager

Meg helped me out today in a big way. Her cheerfulness and can-do attitude transformed a minor "situation" into a happy outcome. I suggest a warm pat on the back for her. Thanks for pointing out an example of great customer service. We really appreciate the positive feedback and will be sure to let Meg know her help was appreciated. —Aven, Bakery Manager

Volunteer Profile: Willow Falcon

By Sarah McCord

An organic banana changed Willow Falcon's life—or, at the very least, her diet—forever. “I was in Seattle on a walk with some friends, and they offered me a banana. I took one bite and said, ‘That’s the best banana I’ve ever had! Is it organic?’” Sure enough, it was. “I’d already gotten into herbs, herbal medicine and nutrition by then,” but that one bite of banana got Willow interested, and then immersed, in organic foods. She and I talked about our fondness for bulk foods—not only because of the price advantage, but also because, as Willow puts it, “buying all that processing and packaging is kind of missing the point.” She started volunteering at the Co-op in the Deli, and was originally interested in the discount, “but now I’d do it for free!”

After spending some time in the Deli, Willow began taking care of all the Co-op's plants, which she has done for the past four years. When she took over plant care, she decided, “I’m going to take this seriously, and I got a whole stack of literature, and learned all their scientific names.” She took charge of the plants’ care during the move to the new store and, while not all the plants made it, she has plans for propagating

more to take their places. “Their placement in the new store was pretty much entirely up to me.”

Willow now shares the job with another volunteer and says, “it’s just like raising anything—there are lots of different ways to do it.” She gives credit to the other volunteer who “catches my mistakes,” but as I watch Willow with the plants near the front of the Co-op, I can’t imagine there are many of those. She knows every plant’s story, and handles each with special care, brushing off dust and turning pots so that new leaves face the window. “This one, someone gave to us when they couldn’t find a place for it,” she says, showing me a lush green shrub—and that one is coming

along nicely. I cut it back because it was all over the place, and look at it now.” Sure enough, tender new growth, vibrant, deep green and soft, testifies to her green thumb.

Willow grew up near St. Maries and moved to Seattle after graduating from high school. “Everyone”—including



Willow Falcon poses with some of the Co-op plants under her care.

“When I asked about her long-term plans, she says, ‘I’d like to be active in keeping Idaho as green and lush as it is now.’ Given the great start she has keeping one corner of Idaho especially green and lush, I’d say we’re all in for a verdant future!”

her twin sister—“expected me to move to Moscow and go to UI, and I didn’t want to do that.” However, after her mom moved to Moscow and opened a business, it soon became her family home base. She loves the area not only for the nice, relaxed atmosphere, but also because her son, Tyler, can be close to both sides of his extended family. Willow lovingly describes her busy 4-year-old as “pretty independent—he’s one of those fiery types,” and all I can say is that he seems to be a very sweet guy with an impish grin. (Tyler was shopping with one of his aunties while Willow and I talked.) Occasionally, Tyler will even help his mom with the plants, wearing one of the famous green Co-op volunteer aprons and carrying the spray bottle to mist the leaves.

Although she didn’t plan to attend UI, Willow is now enrolled there, and is planning on a degree in soil science. Given that many of us know her as “the

person who takes care of the plants,” this probably seems like an obvious choice, but she started out planning to major in elementary education! In part because of her interest in children’s education, Willow has coordinated the kids’ stage and activities at the Renaissance Fair for the past four years. She hopes to do programs with children when she is a scientist, and when I asked about her long-term plans, she says, “I’d like to be active in keeping Idaho as green and lush as it is now.” Given the great start she has keeping one corner of Idaho especially green and lush, I’d say we’re all in for a verdant future!

Sarah McCord lives and works in Pullman and hopes one day to have a witty Co-op newsletter tagline.

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Staff Profile: Carolyn Doe

By Susan Simonds

You probably will not be surprised that Carolyn is an artist, given the creativity she brought to our photo shoot. As we walked around the Co-op looking for a backdrop for the photograph, she was immediately entranced by the skeleton on the wall near the produce section, insisting that this was exactly the right photographic companion for her.

Carolyn first moved to Moscow in 1980 from Maumee, Ohio, a suburban town near Toledo where she grew up as the oldest of five children. As a kid, she always wanted to come out west. "I had a great childhood. We always went on vacation every summer. That's where I got my wanderlust. We went to Canada, Colorado, Michigan—always

"She feels that Moscow is not only a good community in which to raise her children, but also a great place to be."

a different place. That was the highlight of my childhood: traveling and getting out of town. I still find amazing joy in travel, but I like to come back to a good place."

Having lived away from the Palouse for a few

years, she recently returned to live in Moscow while her children—16-year-old Zane and 13-year-old Aisha—finish school. She feels that Moscow is not only a good community in which to raise her children, but also a great place to be.

She spent the last two summers in Alaska at her cabin, which she built with a friend without electricity or power tools. Carolyn worked at a very small lodge in Denali National Park as a cook, house cleaner, taxi service and receptionist. She spent four seasons in Antarctica, mostly driving forklifts. She has traveled to Ecuador, Peru, Bolivia, Thailand, Cambodia, Vietnam and New Zealand. "I love traveling to other countries. I think

it's important to see how other cultures live. I enjoy meeting people and relating to them on basic levels. We are more similar than anyone would ever guess."

Carolyn's association with the Co-op goes far back into Co-op history. Sixteen years ago when she was pregnant with her son, Zane, she began working at the Co-op when it was located on the corner of Washington and 4th Street. After volunteering, she got her first job just as she became pregnant. Unfortunately, she found that the food aromas were just too much to bear, making her so nauseous that she had to resign after two months. In fact, she could not return even to shop until the Co-op moved to a new location with different smells.

It was not until last November that Carolyn returned to work at the Co-op, becoming a full-time cashier. In June she became an "official sub" for cashiers and stockers, meaning that she substitutes for employees who will be out, whether from a planned time off or an unexpected sick day. As a sub she gets to decide when and how much to work, although the number of available hours is unpredictable. She likes the flexibility that subbing gives her, allowing her to pursue her art and to devote

time to her massage therapy practice. A licensed massage therapist and graduate of the Moscow School of Massage, Carolyn's style combines Swedish, deep tissue, myofascial, trigger point, positional release, and Reiki, for which she is certified in levels one and two. She has plans to study craniosacral and Thai massage.

On July 8th, her artwork will be shown at the Bank Left Gallery in Palouse. She does watercolors, batiks and katazome, an ancient Japanese technique that uses a resist paste made of natural pigments applied through handmade stencils onto smoked mulberry paper. According to Carolyn, "It's a pretty organic process."

Speaking of organic, because Carolyn is staying put for the first time in a long while, she is very excited about the opportunity to have a garden. Other pleasures of her life are yoga and knitting. Cooking is also a passion—"it's such a creative thing." After experiencing Carolyn's unique creativity first hand during our photo session, I imagine that if anyone can make a meal that elicits laughter and joy, it would be Carolyn.

Susan Simonds loves to eat.



Carolyn Doe and her "friend" the skeleton had fun posing for this picture.

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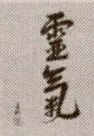
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Business Partner Profile: Integrative Mindworks

By Jill Maxwell

April Rubino believes that the human mind has tremendous power—it has the power to trap us in unfulfilling behaviors and it has the power to free us from those behaviors. Through Integrative Mindworks, she works with her clients to create the lives they want and to get rid of those aspects they don't want. "When you change your mind, you change your life," said Rubino simply.

Integrative Mindworks is Rubino's way of describing the common thread that winds through all of the healing techniques she practices professionally. She describes Mindworks as any practice that creates inward focus while relaxing resistance to desired changes. "It's all about the inward journey," she explains. "Turning your focus to your own experience, to understand yourself more clearly ... to reconnect all the parts of

"She describes Mindworks as any practice that creates inward focus while relaxing resistance to desired changes. "It's all about the inward journey," she explains."

yourself through attention to that focus." Relaxation is the key to all of the techniques she practices, says Rubino. Tension obstructs clarity and physical grace. Through Mindworks, her clients work to unravel their mental, physical and emotional knots by working with their physical memory and

unconscious mind.

Rubino believes that each person responds in a unique way to different therapies and approaches. To facilitate her clients' healing, she has trained in a spectrum of therapeutic techniques including: Yoga, Pilates, Transformative Hypnotherapy, Reiki, Somatic Release and Emotional Freedom Techniques.

A former dancer, Rubino got started on the path to alternative healing while recovering from a roller blading accident. Pilates was one of the techniques she was exposed to in her physical rehabilitation. "I really loved the mind-body fitness approach," she recalls. "As a dancer, I loved the elegance of it." She moved to Moscow with her family in 2002. She needed a job, and both WSU and UI needed Pilates instructors. With her background as a dancer and her experience with Pilates, she was a natural fit. She says her experiences with Pilates caused her to rethink herself and to change from having an external focus to having an internal focus. She took a rigorous training program in Stott Pilates and started doing Yoga training as well. "That was also really transformational for me; it shifted my perspective radically," she remembers. "Yoga brought me to the point of understanding the mind-body-energy-connection."

Over the ensuing years, Rubino has taken training in other therapies because she realized that not every technique will work for every client.

Everybody has a unique way of getting to a relaxed state; some through movement, some through talking, some just through energy work. She explains, "People have unique ways of processing their inner space. Everything works for somebody. It's not about the therapy. It's the person who's seeking the therapy who does the healing."

People come to her for many reasons, ranging from continued wellness to grief counseling, getting rid of bad habits, weight loss, and dealing with anxiety, to preoperative care and opening themselves to their artistic talents. "Anything that you can't get out of your own way to get, is what I'm here to help with," she explains.

"We always keep changing. Unless we keep recreating ourselves in our old image, we will be different. We have to visualize who and how we want to be. What life circumstances you want to exist within and relax to let that happen. It's an ongoing process; you're never done."

April Rubino can be reached at The Orchard Studio and Retreat Center, 882-8159. Her e-mail is april@integrativemindworks.com. Her web site can be found at www.integrativemindworks.com.

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



April Rubino, the great mind behind Integrative Mindworks.

Meals Kids Might Eat: Things To Do with Noodles

By Jyotsna "Jo" Sreenivasan

Kids tend to love noodles. That's good, because noodles provide protein, fiber, complex carbohydrates, B vitamins and minerals.

Unfortunately, kids are often not very adventurous about what they want to put on their noodles. We have friends whose kids like their noodles with nothing but butter and ketchup! My older son tends to like tomato sauce on

his noodles, but one time the sauce was "too chunky" (there were recognizable pieces of tomato in it), and he wouldn't touch it.

If you'd like to expand your child's noodle repertoire, try these recipes. The Indian version is my mother's recipe, and as with all her recipes, it is very mild.

Cheese Sauce for Noodles

(from *The New Laurel's Kitchen* by Robertson, Flinders and Ruppenthal)
My husband made this dish one day when my son had a guest. My son didn't like it, but his friend loved it!

- ✎ 1 Tbsp. butter
- ✎ 1 Tbsp. flour
- ✎ 1 cup hot milk
- ✎ 1/4 tsp. salt
- ✎ 1/2 cup grated cheese (parmesan or whatever you like)

Melt butter in pan. Stir in flour and cook three minutes over low heat, stirring constantly. Do not allow the flour to burn. Add hot milk slowly while stirring. Bring the mixture to a low boil to thicken the sauce. Stir in the cheese and heat until melted. Serve over noodles.

Spaghetti Pie

(from *Honest Pretzels* by Mollie Katzen)

- ✎ 1 Tbsp. olive oil
- ✎ 8 oz. uncooked spaghetti
- ✎ 1 1/2 cups tomato sauce
- ✎ 1/2 cup grated parmesan cheese
- ✎ 1/2 cup grated mozzarella or Monterey jack cheese
- ✎ Extras, such as basil leaves, sliced black olives, sliced mushrooms or 1/2 cup bell pepper slices

Break spaghetti into pieces and cook according to package directions. Or, you can cook the noodles whole and then snip them with clean kitchen scissors into short strands.

Heat oven to 350 degrees.

Pour tomato sauce onto spaghetti, and sprinkle in the parmesan cheese. Add any extras you'd like and stir everything together. Oil a 10-inch deep-dish pie pan with the olive oil. Pour the spaghetti mixture into the pie pan. Sprinkle the top with the grated mozzarella or jack cheese. Bake for 30 minutes. Cut pie into wedges and serve.



Mom's Mild Indian-Spice Noodles (pictured above)

This is a variation on a popular South Indian snack dish called "upma." It is most often made with cream of wheat, but it can also be made with noodles.

- ✎ 8 oz. angel hair or spaghetti noodles
- ✎ 1 Tbsp. vegetable oil
- ✎ 1/2 tsp. black mustard seeds
- ✎ 1 small onion, peeled and chopped (green onions work too)
- ✎ 8 oz. frozen vegetables (we often use peas and carrots)
- ✎ 1 tsp. minced fresh ginger
- ✎ Dash of turmeric
- ✎ 2 Tbsp. chopped cilantro leaves
- ✎ 1 tsp. salt, or to taste

Break noodles into halves or thirds and cook according to package directions. In a large saucepan, fry the mustard seeds in oil. Be careful here—the mustard seeds pop! Cover the pan with a lid after you add the seeds to the oil. When you hear the faint popping sound, lower the heat or even turn the stove off. You don't want the mustard seeds to burn. Once the popping sound dies down, open the pan and add the onions. Turn the stove back on if you've turned it off.

Stir-fry the onions for a few minutes. Add vegetables, ginger, turmeric, cilantro leaves and salt and stir briefly. Add 1/4 cup of water, cover the pan, turn heat to low and steam for a few minutes until the vegetables are soft. If there is still water in the pan, leave the lid off and simmer so the water evaporates. Add the cooked, drained noodles. Stir to mix, and heat through for a minute or so.

Note: In terms of the vegetables, can also use broccoli, cauliflower, bell pepper or green beans. Chop whatever vegetable you use into pea-sized bits. You can also try this dish with orzo, which is a tiny rice-shaped pasta, instead of the spaghetti or angel-hair pasta.

Japanese Noodles with Nut-Butter Sauce

This dish is based on my memory of a recipe from *The Book of Whole Meals* by Annemarie Colbin. I seem to have misplaced the actual book, but I think this is a fair approximation. Even though these noodles feature a kid favorite—peanut butter—my kids don't like them! But my husband and I love them. Maybe your kids will be more adventurous. You can find the Japanese noodles in the ethnic foods aisle of the Co-op.

- ✎ 8 oz. soba or udon noodles
- ✎ 1/3 cup peanut butter (or tahini or any other nut butter)
- ✎ 1-2 Tbsp. water
- ✎ 1-2 Tbsp. soy sauce
- ✎ Scallions or green onions, chopped, for garnish

Cook noodles according to package directions. While noodles are cooking, mix 1 Tbsp. of water into the peanut butter. Keep stirring until the mixture turns smooth. Stir in the soy sauce. If the sauce is too thick, add another tablespoon of water. Drain the noodles and combine with the sauce. Garnish with as many scallions as you like.



Co-op Kids!

By Rebekka Boysen-Taylor; Photos of "Wooly Day" by David Hall

June was a great second month for Co-op Kids; we made musical shakers out of old cardboard paper rolls and a variety of fun fillings. It was great to see the kids plan their fillings to achieve a certain sound and to carefully decorate them—and of course, no two were alike. Trash to treasure for sure! At the second Co-op Kids, we had a "Wooly Day" and met Sylvia the Lamb from SkyLines Farm—this was a huge hit with adults and kids alike. Everyone had a chance to give Sylvia a hug and see some of Shepherdess Melissa's magical handspun creations. The children really enjoyed trying their hands at wet felting and are eager to visit Sylvia and Melissa at the farm someday soon.

Please join us at 9 a.m. on Tuesday, July 11, at Friendship Square for some outside play together and again on Tuesday, July 25, for Finger Puppet Making in the cafe.

Rebekka Boysen-Taylor, a mama, teacher and crafter, is the Co-op Kids! Volunteer. Please feel free to contact her at amaswork@yahoo.com

Co-op Kids: Join Us!

Tuesday, July 11th
9 a.m. at Friendship Square



The kids (including Sevrin Smith, Josiah Smith, Avery Jaekel, and Forest DePhelps) enjoy felting the wool.



Forest DePhelps is among the kids that enjoyed meeting the Sheep.



Braden Reitz is ecstatic to meet Sheila the sheep.



Laylah, Eleanor Manson, Kailey Reitz, and Braden Reitz pet a sheep.



Eleanor and Laylah (Melissa Lines' helper) with Sheila the sheep.

Eurasia to Moscow: Borsht (Beet Soup)

By Karon Szelwach Aronson

Much scientific and media attention is being paid to the color of our food, especially the carotenoids and anthocyanins in red and purple varieties. They are antioxidants and may prevent general aspects of aging by mopping up free radicals, but specifically some authorities believe there is evidence that the colored compounds may prevent age-related macular degeneration of our eye's retina. Prevention of this type of blindness is important. Beets contain many colored phytochemicals plus they contain a fair amount of insoluble fiber. They fiber helps regulate and soften the work of our bowels. The following recipe is easy and the color beautiful any day in summer served cold or in

Beet Soup

- ✦ 3 quarts of water
- ✦ 1-2 lb. marrow bone
- ✦ 2 Tbsp. flour
- ✦ 1 bay leaf
- ✦ 1 tsp. salt
- ✦ Bunch of 5-6 beets
- ✦ 1 cup sour cream
- ✦ 2 Tbsp. sugar
- ✦ 3 Tbsp. vinegar

winter served hot.

Make a broth by cooking marrow bone, salt and bay leaf in 3 quarts of water. Skim any foam off the broth while cooking an hour or so, then cool. Cook

beets slowly in water for about an hour, depending on their size. To test doneness, a steak knife should penetrate the depth of the beet easily. Remove the skins of the beets by placing under cold water and rubbing with your fingers, or pare skins off with a knife.

In a food processor or blender, blend the cooled beets, sour cream, sugar, flour and vinegar. Add this mixture to the cooled broth, after removing the bay leaf, and bring to a low boil so the flour will thicken. Serve with chopped hard boiled eggs or boiled potatoes in the center of the soup plate for an eye-tempting treat.

K.S. Aronson, M.D., J.D. is retired from the practices of medicine and law. She attended medical school in the early 1970s before nutrition was taught. She worked in anesthesiology and trauma, but believes in preventive medicine. She writes and does watercolor painting.

“Beets contain many colored phytochemicals plus they contain a fair amount of insoluble fiber. They fiber helps regulate and soften the work of our bowels.”

Omnivoria: All Natural Beef, 'Nuff Said

By Nathaniel Orion Cousins

Ever since I started this gig as a “meat correspondent,” I have had my eye on the beef selection in the Co-op's meat cooler. I am very happy to announce that the moment I have been waiting for has arrived. I have written already about our pork, chicken, lamb, bison and Sara-Joe's sausages. The time has come to embark on my final test run with the “basics” available in our meat department. That's right, time to get down and party, all-natural beef style.

All of the beef available in our meat department comes from a co-operative of family-owned ranches selling under the “Country Natural Beef” and “Oregon Country Beef” brands (CNB/OCB). I was not surprised to find that this is another purveyor to the Co-op that prides itself on sensible, sustainable and humane practices. CNB/OCB maintains control of their cows from birth to processing, and holds the individual ranchers accountable for the final product's quality as delivered to the consumer. The company's Web site at: www.countrynaturalbeef.com offers an absolute wealth of information con-

cerning their business practices and the pride they take in their cows. There was MUCH more there than I could hope to impart here, but there were a few things that stood out to me

The aspect of their business I found most interesting was that they do NOT try to produce high-end “Choice/Prime” meats as graded by the USDA. This grading scale is based on the amount of marbling (internal fat) present in the meat. CNB/OCB instead commits to growing a tender, flavorful, HEALTHY product. As they say on the Web site, “We do not feed our cattle to grade out at a High Choice or Prime Grade as it is ecologically indefensible to feed excessive amounts of grain to fatten up an animal past the point of health—both for the animal and the consumer.”

Wow ... for years I have always heard the mantra “fat is flavor” batted around the many kitchens I have worked in. I know to a certain extent this is true, especially where meat is concerned, but what about this beef?

Well, I brought home a nice little cross-rib roast the other night, just enough for a nice pot roast for two. The meat was very lean, with little if any marbling. I seared the roast on both sides, and threw it in a pot in the oven, covered in tomato soup. This is an old trick I love, as the tomato's acids help tenderize the meat slightly. Guess what? I overcooked the roast, AGAIN. In spite of my fading cooking skills, the roast came out great. Tender enough to cut the slices with a fork, and by far more flavorful than “supermarket” cross-rib roasts I have had in the past. I am glad I read about the company AFTER I ate the roast for dinner. Looking back, I can say with assurance that they talk the talk AND walk the walk.

Those of you who like red meat, this is the Good Stuff. As always, it is going to cost a little bit more than the grain-fed, fatty, drug filled products available on the cheap. Well, you get what you pay for, and in this instance, as with all of our meat purveyors, you can rest assured that the bulk of what you pay is being returned directly to the ranchers

“The time has come to embark on my final test run with the “basics” available in our meat department. That's right, time to get down and party, all-natural beef style.”

that raise the cows. It sure beats funding large food companies or supermarket chains, in my opinion, and the beef itself is as good as it gets.

Do yourself a favor. Come down to the Co-op's meat department, pick up some Country Natural Beef, fire up the home BBQ, and revel in just how great it is to be on top of the food chain.

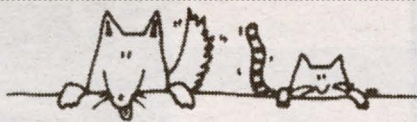
Nathaniel Cousins was raised on the Palouse. Several years of living in Eugene, Seattle and Portland have proven to him there is no finer place to live than our rolling Palouse hills.

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Tofu In A SoyNutshell: Gonna Make Me Some Freedom Chili

By Rachel Clark Caudill



I'm gonna cook up a vat of freedom chili this 4th of July. It's gonna be spicy, smoky and bursting its seams. Fly be free, I'll sing to my fleet-footed friends, 'cause tofu, not meat, will be singin' harmony with those beans.

I'm gonna savor that freedom chili; sweet, sharp, warmth of sunshine on my shoulders. I'm gonna roll the cornbread in the sauce, dancing my fingers to its heady rhythm. I'm gonna fling open the doors and ring the bells. Come on back. Fill a bowl. Taste your freedom.

Yeah, I'm gonna savor my freedom, sweet and sharp. Heady and strong. Pungent and full of beans. I'm gonna dance its rhythm, clickety-clack down the track, powerhouse engine blaring and blasting, running steam through my veins, movin' me on down the line.

I'm gonna yank that whistle, long and loud, shaking my hips, feet skip-hopping the job of freedom. I'm gonna get real. Gonna get up. Gonna go.

Yep, that chili's gonna stir things up. The sun on my shoulders is blazing now. And these words come raging at me in the heat:

We hold these Truths to be self-evident, that all Men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the Pursuit of Happiness.

That chili is shakin' me up. Right down to my core. Freedom is. It is. I sing, It is, it is, it is! And I swoop that cornbread down. And throw back my head, open, and pop it in. Come on back, friends. Fill a bowl. Taste your freedom.

And I can't stop dancing. A frenzy's boiling in that chili. It's so hot. Won't cool down. Can't be stopped!

Got me the shivers and shakes. The job is Big and I'm fillin' my tanks; my dancing limbs break sweat, pop bumps, and a thousand guard hairs stand at attention; freedom soldiers.

Who said peace was quiet and contained? This stuff is spilling out over the whole universe!

The sun shines. Now I shine. My veins are boiling and I know:

...that we here highly resolve that these dead shall not have died in vain, that this nation shall have a new birth of freedom, and that government of the people, by the people, for the people shall not perish from the earth.

I'm gonna yank that whistle, long and loud. I'm gonna get real. Gonna get up. Gonna go. Cause:

When we let freedom ring, when we let it ring from every village and every hamlet, from every state and every city, we will be able to speed up that day when all of God's children, black men and white men, Jews and Gentiles, Protestants and Catholics, will be able to join hands and sing in the words of the old Negro spiritual, "Free at last! free at last! thank God Almighty, we are free at last!"

Grab your cornbread, sop up that chili, and come dance with me.

Rachel likes to dance but she falls down a lot. Find out about our local peacemakers, The Compassionate Communication Network of the Palouse, at www.ccn.org.

Fiery Freedom Chili

Freedom chili is sometimes fiery, but it is never fierce! Grab your spoon, and ladle up some home-cooked passion. Beware the spice. It is known to breathe hot, hot energy into those who taste its truth; opening them to taking massive and minute action steps toward a peaceful planet. For when all is swallowed and done, the freedom dance erupts from Love. And when, one day soon, we can get clear about this, all the fighting and the violence will cease forever.

Love the sinners, secede the sins. Independence Day! "Free at last! free at last! thank God Almighty, we are free at last!"

- 2 Tbsp. canola or olive oil
- 2 cloves garlic, diced
- 1 small onion, chopped
- 1 cup water or vegetable stock
- 1 15-oz. can crushed or diced tomatoes
- 1 8-oz. can tomato sauce
- 4 cups cooked beans, drained (black, kidney and/or pinto)
- 1 12-oz. bottle dark beer
- 1 package (frozen) firm tofu, crumbled
- 2 cups corn
- 1 tsp. cumin
- 1/2 tsp. chili powder (add more to fuel your fire!)
- 1/2 tsp. paprika
- 1/2 tsp. oregano
- 1/4 tsp. cayenne pepper (ditto)
- 1/4 tsp. pepper
- Balsamic vinegar
- Salt
- Cilantro
- Cornbread, tortillas, or chips
- Yogurt

Sauté the garlic and onion in oil for about 3 minutes stirring often. Add stock or water, tomatoes, sauce, beans, tofu and beer. Turn to medium heat. Add all the dry spices. Reduce heat to low. Simmer uncovered for about 30 minutes. Add vinegar, salt and cilantro to taste only to individual servings. The vinegar gives the chili a cheeky zing, but it will wreak havoc on your beans, making them bitter, if you reheat the leftovers. My favorite side is cornbread. Sop away! Warmed tortillas or chips are feisty, too. A dollop of plain yogurt smoothes the flavors and the punch, mellowing the mix into something a bit more, um, shall I say, Peaceful?

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Vegan Bites: Craving Sushi

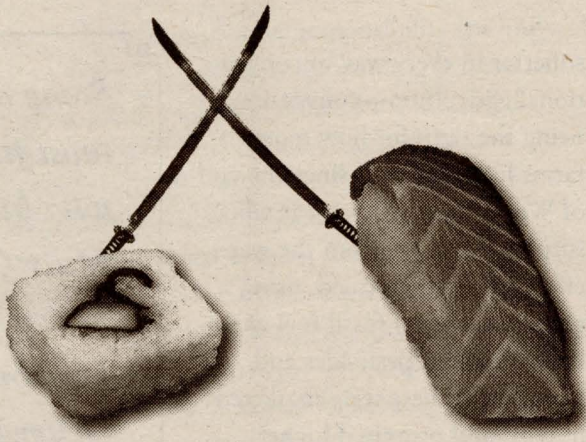
By Hope Matthews; Illustration by Joseph Stengel

Lately, I've been craving sushi. It is the perfect food for folks like me who love a little taste of everything in one bite. A visually gorgeous dish, sushi is missed by many who live in the Palouse, unless it is made at home. So, recently I set out to make as authentic a sushi as possible—without fish or seafood, of course.

I've made sushi in years past, but without doing any homework. It is possible to make passable sushi just by cooking the rice according to the sushi rice recipe, slicing some veggies and rolling up the ingredients in nori. This time, I aspired to go beyond a layman's sensibility of knowing and creating sushi, however. Many questions were unanswered. For example, why is sushi called sushi and what is sushi? What ingredients traditionally complement the rice and nori? What beverages and dishes are usually served with sushi?

I was surprised to find out that sushi is named in reference to its vinegared rice mixture. Another surprise—nori need not be used. Sushi rice is not always wrapped in nori. It can be eaten alone with a slab of seafood or a shitake mushroom placed on top while retaining the title sushi. When it is wrapped in nori, thinly sliced raw vegetables, sweet omelet, tofu and fish or seafood generally fill the center. Wasabi and pickled ginger also add to the richness of flavors.

Take note that making the rice is definitely the most essential part of creating great sushi. "If spending 40 minutes in the kitchen perspiring over your weekly roast is much more than a labor of love, contemplate an entire year washing dishes before being given the honor of another year—cooking rice: the lot of a sushi chef, before moving to things fishier. Let us not underestimate the importance of rice in Japanese cuisine ()." As I love a good challenge in the kitchen (well, my kitchen is so tiny that finding the space to create food is just



about always challenging), I decided to find out what I could about making superb rice.

Armed with a couple of sushi cookbooks, along with some recipes and instructions from the Internet, I determined to create better than passable sushi. I was pleasantly surprised with my first effort. In retrospect, the rolls could have been rolled tighter, but the rice was delectable. In the middle of cooking the rice on try number two, I realized that there wasn't much vinegar left—yikes! Sushi rice with only half the vinegar tasted much less lively and the consistency wasn't right, either. Knowing is half the battle!

The art of making and eating sushi always walks the line of simple and complex. Just as difficult as sushi making can be, what accompanies is quite easy to make. When having guests over for sushi dinner, a clear soup with simple ingredients, like miso, is traditionally chosen. Another must is any inexpensive, simple green tea, as it cleanses the palate in between bites. Sake may be enjoyed alongside as well. The Moscow Co-op has a generous selection of sake, which I have been tempted to introduce myself to. I'm thinking about making sushi again this week, so maybe I'll take another look. If you have any questions or comments, or know of a great saki to recommend, send an e-mail. Happy eating!

.....
Hope Matthews is currently on vacation (at home) and lovin' it. Feel free to e-mail her at hopeemathews74@hotmail.com.

Sushi Rice

This is a collaboration of different recipes I've found in cookbooks and online. Be sure to get the measurements right.

- ✦ 2 cups sushi rice
- ✦ 2 cups water
- ✦ 4-5 Tbsp. rice vinegar
- ✦ 1-2 Tbsp. mirin (or 1 1/2 Tbsp. mirin with 1/2 Tbsp. sake, or 1/2 Tbsp. sake and 1/2 Tbsp. mirin)
- ✦ 3 Tbsp. sugar (the raw cane worked well)
- ✦ 2 tsp. salt

Wash the rice until the water runs clear. Drain for 1 hour in the winter (or 1/2 hour in the summer) in a colander. Add rice to a pot with a tight-fitting lid with the water and bring to a boil. When it comes to a boil, reduce the heat and simmer for 15 minutes. Remove from heat. Let stand with lid closed for another 10 minutes.

While the rice is cooking, combine the vinegar mixture ingredients in a small saucepan (experiment and choose either less vinegar or less mirin/sake) and heat on low, stirring gently, until the sugar dissolves. Remove the vinegar mixture from the heat and cool.

Next, spread the rice evenly along the bottom of a wooden bowl. Carefully run a spatula or fork through the rice to separate the grains as you slowly add the vinegar mixture.

Finally, fan the rice until it reaches room temperature. Keep the sushi rice covered with a clean dishtowel until ready to use. Rice does not keep overnight, even if refrigerated, so use immediately.

Futomaki

This is the thick sushi roll that boasts plenty of ingredients

- ✦ 4 nori sheets
- ✦ 3 cups sushi rice (in bulk section of Co-op)
- ✦ 1 cucumber, sliced thin, lengthwise
- ✦ 1 small carrot, sliced thin, lengthwise
- ✦ 1 avocado, sliced
- ✦ 6 oz. tofu, fried or baked
- ✦ 4 asparagus spears
- ✦ thinly sliced salad greens or spinach
- ✦ white sesame seeds, optional

Lay 1 nori sheet, shiny side down, on a rolling mat and carefully lay about 3/4 cup rice on it. Spread evenly, leaving 1/2 -3/4 inch of nori sheet empty on the edge of the sheet that is furthest away from your body. Create a small ledge of rice in front of the empty nori section. Sprinkle sesame seeds (about 2 tsp.) along the center of rice, then the salad greens or spinach.

Next lay 1/4 of the tofu and some cucumber or carrot slices, also along the center. Then lay some avocado or 2 spears asparagus. Roll mat over partially, away from you, pushing the ingredients in, still leaving the bare strip of nori free. Roll the mat in a circular motion and press on all sides, keeping the roll firm. Sushi Made Easy suggests crushing rice grains into the empty nori corners, which will help fasten the corners. You can press on the bamboo mat to adjust the shape of your roll.

Then cut the roll in half. Slice each in half until there are 8 equal pieces in all. Wetting your knife in rice vinegar and wiping the blade after each slice reduces tears in the nori and rice spilling.

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Organic Goes From Alternative to Mainstream

By Carol Price Spurling

In 2005, the Moscow Food Co-op doubled its retail space. In 2006, Washington State University created the first Organic Agriculture major in the United States.

There's no official connection, but both developments indicate the same thing: "organic" has hit the big time.

Until local and regional food production and distribution gets better organized, the Co-op relies on shipments from the Mountain Peoples' Warehouse in California to keep its shelves stocked. Mountain Peoples' fills their warehouse with organic and natural foods from all over the country and many parts of the world, with most producers growing and processing on a scale big enough to fill up those shipping containers we see attached to semis all over the interstates and stacked up on container ships at seaports.

When WSU featured John Reganold, a professor of crop and soil sciences who has conducted a lot of research on the viability of organic agriculture, at its Spring 2006 "WSU Showcase" event, it was in effect putting its institutional seal of approval on Reganold's work. WSU President V. Lane Rawlins introduced Reganold as a "consummate teacher and researcher" who was once "considered a maverick" but is now "closer to mainstream." Reganold's work has been featured in hundreds of newspapers and magazine articles and television shows, has attracted \$300 million in grants, and raised the standards for the field, Rawlins said. Rawlins didn't say it, but Reganold is also a contributing editor for *Gourmet* magazine. Now that's big time, in my book.

In essence, Reganold and his colleagues have shown that organic agriculture is

superior in every way to conventional agriculture—conventional being the term for how most farms have operated since the end of World War II. That was when surplus chemicals from the war effort were transformed, using great amounts of fossil fuel energy, into fertilizers, pesticides and herbicides. These were marketed heavily, and promised higher yields with less work. Few farmers could resist.

One who did lived on the Palouse, and in 1987 a WSU study—one of the earliest—showed that that organic farm's topsoil was thicker by six inches than all the other Palouse farms that had switched to agrichemicals. The soil was also much richer in earthworms, fungi, bacteria and other organisms. In other words, the dirt on that organic farm was still fertile.

WSU's further research has shown in studies of conventional and organic agriculture in side-by-side fields and orchards that soil quality, crop quality, farm profitability, environmental risks and energy efficiency are all better in organic agriculture. One of the biggest issues, whether or not organic food is any healthier than conventional food (aside from the absence of toxic residues on organic), is in the early stages of research, but Reganold said that a study in 2004 and 2005 of strawberries and apples showed that antioxidants were higher in the organic produce. Most importantly, in blind taste tests, people prefer organic produce to conventional produce in every factor used in judging. And consumers are letting their preferences be known, as organic producers struggle to keep up with the demand.

That's all great news for those of us who care about what we eat. The world definitely needs as much organic production as it can get, and we shouldn't rest until ALL farming is done organically. But even then, some of us still won't be happy. Why not?

For those of us who remember the 1970s, the word "organic" has a philosophical meaning. It used to mean something that was based on nature's perfectly balanced systems. When we talk about organic food, we picture undulating green fields and pastures, fertilized by compost and happily grazing cows, edged by orchards fertilized and de-bugged by flocks of ducks and chickens, the happy farmer with his

"Some of the companies most familiar to people who buy organic food, like Muir Glen, Cascadian Farms and Small Planet, are now divisions of General Mills... With sales of organic food growing faster than any other sector in the food industry and with lots of market share still available to capture, General Mills is simply doing what's best for its bottom line."

little tractor, images that are perpetuated still in our children's books, and more importantly, on food labels. Never mind that we rarely see anything like this in real life—those farms must be somewhere, right?

Well, not really. They are few and far between. The difference between "organic" 30 years ago and "organic" now is that the United States Department of Agriculture has developed standards for the manner in which "organic" foods can be grown and labeled as such. Those standards have to do with what chemicals can be sprayed, what food the livestock can eat, etc. But those standards have developed as loosely as possible to suit corporations like General Mills. They don't match up to our pretty fantasies. Worse, they make it really hard for non-corporate farmers—the ones most likely to have those lovely little fields and happy cows—to afford organic certification.

Some of the companies most familiar to people who buy organic food, like Muir Glen, Cascadian Farms and Small Planet, are now divisions of General Mills. Does that mean General Mills executives have seen the light and now wish to produce clean, healthy food with the least amount of environmental impact? Well, no. With sales of organic food growing faster than any other sector in the food industry and with lots of market share still available to capture, General Mills is simply doing what's best for its bottom line.

It was a shock for me a few years

“WSU's further research has shown in studies of conventional and organic agriculture in side-by-side fields and orchards that soil quality, crop quality, farm profitability, environmental risks and energy efficiency are all better in organic agriculture.”

ago, for instance, to discover that the organic garlic I'd purchased at the Co-op came from China, and for one Co-op customer to discover recently that the organic frozen edamame from Cascadian Farms she'd purchased was also grown in China. Plastic stuff and electronics from China I'm accustomed to, but food, no. Co-op general manager Kenna Eaton inquired about it and received what I'd call a "non-response" from General Mills—which attempted to reassure Eaton that the certified organic label meant that the product had been grown according to organic standards, in a "restorative" and "sustainable" way. General Mills didn't try to explain how shipping edamame to California from China could be restorative or sustainable.

Sustainable is a term we toss around a lot, but what does it really mean? Michael Pollan explains in his new book, *The Omnivore's Dilemma*, that sustainability means that something is modeled on nature's principles and that it therefore will not collapse. "Sustainable" is now what "organic" used to be. This is why food producers who are aiming for the ideal rather than the industrial version of organic now have to say that they are "beyond organic." They have to reclaim their niche.

In his WSU Showcase speech in March, Reganold explained the difference between "organic" and "sustainable." While organic farms are generally more sustainable than conventional farms, sustainability raises the bar considerably. Sustainability takes into account resource efficiency, economic viability, environmental safety, high quality

yields and social responsibility (paying workers fairly and including benefits). It is very, very difficult for industrial farms to meet the criteria to be considered "sustainable." It is easiest for small-scale, organic, diversified, local producers to meet the "sustainability" criteria—partly because consumers who support those types of producers are willing to pay the true cost of the food produced, instead of shifting the costs onto mistreated farm workers, unwary consumers, a poisoned environment, and miserable livestock.

This puts all the idealists among the Co-op's management, staff and members in a bit of a quandary, because, for as far as the Co-op has come in its mission, there is still further to go. It is unlikely that the Co-op shelves will ever be full of food produced on truly sustainable farms. But it is likely that more products from small-scale diversified local producers will make their appearance over time, especially as the cost of conventionally produced food continues to go up due to the higher prices of that most finite of resources, oil. Focusing on sustainability will be how the Co-op differentiates itself from the competition.

We have yet to see how much emphasis WSU's new Organic Agriculture major places on sustainability; the relationship between corporations and academia will make it hard for WSU to swim against the industrial tide. But I have been led to hope, from what I've heard from Reganold and a few other WSU faculty, staff and students so far, and from their organic farm project, that "organic" at WSU is still much more than a marketing tool. It's exciting to think of a

whole new crop of organic, sustainable farmers graduating from WSU, and perhaps putting down roots right here on the Palouse.

"Sustainable is a term we toss around a lot, but what does it really mean? Michael Pollan explains in his new book, The Omnivore's Dilemma, that sustainability means that something is modeled on nature's principles and that it therefore will not collapse. "Sustainable" is now what "organic" used to be."

Carol Price Spurling is grateful to Michael Pollan for his incredible book, *The Omnivore's Dilemma*, which is the source of much of what you'll hear her talking about these days and into the foreseeable future.

"The difference between "organic" 30 years ago and "organic" now is that the United States Department of Agriculture has developed standards for the manner in which "organic" foods can be grown and labeled as such. Those standards have to do with what chemicals can be sprayed, what food the livestock can eat, etc. But those standards have developed as loosely as possible to suit corporations like General Mills."



Illustration by Elizabeth Sowards.

Radishes R Us

By Judy Sobeloff

Write about a radish. Too many people write about the moon. The night is black ... A radish rises in the waiting sky.

— *Karla Kuskin*

Alas, to write about a radish is to wish one were writing about horseradish. Then, surely, the words would flow. One could make the joke about “which part of the horse is the radish?” One would not be procrastinating, rummaging in one’s kitchen for a knife to carve the petals of a radish rose. Instead one might be rubbing shoulders with the Oracle at Delphi, who told Apollo that “the radish is worth its weight in lead, the beet its weight in silver, the horseradish its weight in gold” (www.horseradish.org).

On the other hand, radishes in Greek and Roman times often weighed 50 to 100 pounds each (www.heirloomseeds.com), which is a respectable chunk of lead. In Oaxaca, Mexico, right before Christmas, people celebrate the Noche de Rabanos (Night of the Radishes) by carving nativity scenes and scenes from local life on giant radishes. The horseradish toss at the International Horseradish Festival pales in comparison.

Radishes are a member of the cabbage family, related to mustard, with the name radish coming from the Latin word *radix*, or root, representing the part that is eaten. Radishes date back to approximately 500 B.C.E. in China and 1000 C.E. in Japan, with remains of radishes discovered in excavations of ancient Egypt dating back to nearly 3000 B.C.E. Ancient Greeks are said to have offered radishes to the gods, though in light of the Delphic Oracle’s comments to Apollo above, perhaps some gods might have preferred an alternate selection.

According to Co-op produce manager Scott, the Co-op tends to carry three basic kinds of radishes: red globe, the prototypical red radish; Easter egg, which grow in aesthetically pleasing red, magenta and white bunches; and daikon, long white radishes with a Japanese name.

I’ll say upfront that I’ve never been a radish enthusiast, though exposure has been limited, as my spouse gobbles up every radish which enters our house. Affection for radishes is perhaps a

fleeting thing. While the Roman poet Horace wrote that radishes were a vegetable “to excite the languid stomach,” I read elsewhere that “the Romans ate radishes for breakfast, though they often skipped breakfast” (www.practicallyedible.com). The irony of this statement was not noted.

In any case, right now is a great time to enjoy radishes, as, Scott tells me, radishes are “one of the first things you can plant and harvest locally.” Those who don’t enjoy the spiciness of radishes may be pleased to learn that this can be reduced by peeling, as most of the spiciness is in the skin, though peeling will reduce the rest of the flavor as well.

While daikon radishes are recommended served in stir fries, grated raw over salads, or pickled, I made dishes with both the Easter egg and red globe varieties and enjoyed both. The first one, Cucumber-Radish Relish, was pretty in a pink confetti baby shower sort of way, and simultaneously spicy and sweet due to the mix of radish, onion and cucumber. Butter-Braised Radishes turned out to be a mild buttery treat in a surprisingly pink sauce. Reading that braised radishes were to be served with bread, I first expected to slice them, but lo! we were expected to balance the round radishes on top like trained seals, thus adding an element of challenge to our meal. No problem, as my children pierced them with skewers, calling them “lollipops.” Those wishing a simpler version might prefer to follow the instructions from practicallyedible.com for a method served in France at the start of a meal: “You split the radish with your knife, spread it apart a bit, dip it in the sea salt on your plate, and enjoy with the bread.”

With butter, salt and crusty bread as part of the equation, Judy Sobeloff no longer fears the radish.

Butter-Braised Radishes

(adapted from *How to Cook Everything*)

- ✦ 2 Tbsp. Butter
- ✦ 1 Tbsp. canola or other neutral oil
- ✦ 1 lb. radishes, trimmed
- ✦ Salt and freshly ground black pepper to taste
- ✦ 1/4 cup chicken, beef or vegetable stock, or white wine
- ✦ 1 Tbsp. or more balsamic vinegar or other vinegar
- ✦ 1 tsp. sugar
- ✦ Minced fresh parsley leaves for garnish.

Heat the butter and oil on medium heat in a medium to large skillet that can later be covered.

When the butter melts, add the radishes and cook, stirring, until they are coated with butter, just a minute or two longer. Season with salt and pepper.

Add the remaining ingredients except the parsley, stir, and cover. Cook on low heat until the radishes are barely tender, about 5 minutes.

Uncover and raise the heat to medium-high. Cook, stirring, until the radishes are glazed and the liquid is syrupy, another few minutes. Taste and adjust seasoning, garnish and serve.

Cucumber-Radish Relish

(adapted from www.hungrybrowser.com/phaedrus)

- ✦ 2 medium cucumbers, peeled and cut into 1/4-inch cubes
- ✦ 8 large red radishes, cleaned and grated
- ✦ 1/3 cup minced red onion
- ✦ 2 Tbsp. chopped fresh cilantro
- ✦ 3 Tbsp. fresh lime juice
- ✦ 1/8 tsp. cayenne pepper

Combine all ingredients in a medium bowl. Chill until ready to serve.

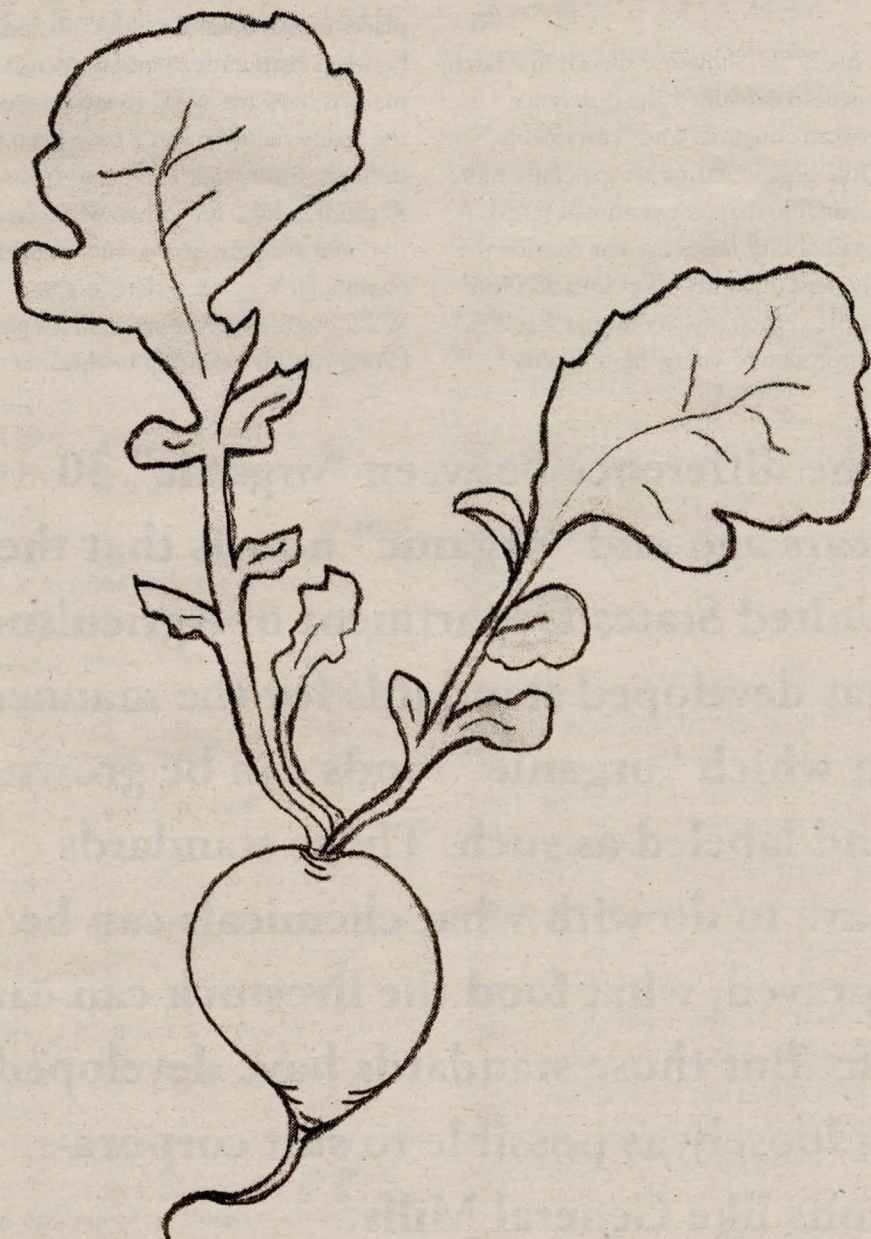


Illustration by Elizabeth Sowards.



In The Garden: Creating a Garden for Wildlife

By Holly Barnes

"I am writing in the garden. To write as one should of a garden one must write not outside it or merely somewhere near it, but in the garden."

— Frances Hodgson Burnett

The bubbling water fountain made the difference. Two years ago, we moved to Moscow and bought our house near East City Park. It is a fairly typical city lot with no special features, except of course, the many mature neighborhood trees that make Moscow such a pleasant place.

Since gardening is my thing, I set out creating spaces for perennials and shrubs in the front and back yards with a mind towards creating a welcoming place for wildlife. The National Wildlife Federation has a Backyard Wildlife Sanctuary Program, which I have qualified for in former gardens, and I always use their recommendations to provide "water, food, cover and places to raise young" whenever I build a new garden. In the past, I have provided a birdbath, which creatures have been happy to use. This spring, I created a small water fountain using two ceramic pots I bought at a nursery. As with any Do-It-Yourself project, it took

a few trips to the hardware and plumbing stores to get all in place, but the total cost (excluding the pots) of pump and accessories was under \$20. Ever since, the birds have been drawn to the backyard. Within a day, several birds flew in that I had not seen previously.

In the first summer of the garden, I removed some lawn and planted a small perennial garden outside the kitchen window in the backyard. Many of the perennials were chosen from lists of butterfly and wildlife-attracting species. I placed a bird feeder containing black-oil sunflower seeds near a small willow, and two birdhouses at the back of the lot. In the second summer, my husband, The Sailing Guy, and I built three raised beds for vegetables and some hog-wire fencing for dog control but allowing other critters passage through our yard. I bought native shrubs (also chosen for their attrac-

tiveness to wildlife) and planted them along the back fence line to fill in the open areas, and put up a hummingbird feeder and then a thistle seed feeder when I saw goldfinches in late summer. And now, beginning our third summer, we have added another raised bed for raspberry and blueberry bushes (and thereby eliminating more lawn), two more birdhouses, two full-time thistle seed feeders and the bubbling water fountain. We are no longer mowing the grass at the back of the property and plan to stack a few branches there for a brush-pile shelter. We bought a mason bee block because bee activity on our fruit trees was negligible this spring. Honeybees are in a serious decline due to parasites and disease, making it mandatory for us all to add bee nesting sites to our gardens. The level of wildlife activity continues to increase. Most mornings, I can be found there with my binoculars and cup of coffee

watching the passing scene. This spring and summer, I have seen butterflies, a raccoon, squirrels, sparrows, house and gold finches, chickadees, yellow warbler, sharpshinned hawk, northern flicker, nuthatch, juncos, robins and a pair of cedar waxwings. I hear pheasant and quail. Two broods have been fledged in the birdhouses and another is in progress. As if that isn't enough, there is a garden full of peas, lettuce, rhubarb, pie cherries and blossoms. And a summer ahead to enjoy it.

Holly Barnes enjoys writing about her garden almost as much as she enjoys relaxing in it. She can be reached at inthegarden@adelphia.net



In the July Garden:

- ✦ Continue succession plantings of beets, bush beans, carrots, chard, kohlrabi and lettuce;
- ✦ Keep roses, perennials and annuals blooming by removing (deadheading) spent blossoms;
- ✦ Hardy geraniums that bloomed early should be cut to the ground after bloom to promote fresh foliage growth;
- ✦ Support tall-growing plants;
- ✦ Use a strong water spray on aphids, encourage their predators by providing a bird friendly garden;
- ✦ Keep hummingbird feeders clean and full of fresh nectar until the young arrive, which are primarily fed insects;
- ✦ Water in the early morning hours only.

Letter from the Land: Thinking Like a Forest

By Suvia Judd

It is midsummer, and outside the front gate of our alpaca pastures, the rose "Darlowe's Enigma" has achieved 7 x 10 feet in size and is smothered in trusses of sweet-scented white blooms. At night, the Early Dutch honeysuckle climbing the locust and elm on the south side of the barn pours its intense fragrance over the barn roof like syrup, transfixing me.

We took a lovely walk on the mountain on Sunday evening. We climbed a ridge, passing from a cool, damp cedar forest, through Douglas firs over a green carpet punctuated by ladyslip-pers, through mixed forest with syringas poised to bloom, through a ninebark brush field, finally coming out into open Ponderosa forest with lovely pink and white Clarkia blooming; I love its odd three-lobed petals.

We are redesigning our farm in Permaculture terms this year, which means I spend a huge amount of time thinking. There are long stretches of time where I am trying to work things out, punctuated by small moments of revelation. A train of thought that began with working out how to make

better use one of our most abundant resources, alpaca manure, led me to reflect on the misapplied energetics (lost opportunities) of traditional suburban gardening.

Commonly, the gardener, in the quest for a yield of flowers or vegetables (or lawn), hauls away leaves and grass clippings, pulls or sprays "weeds," and attempts to keep the soil clear and cultivated around his/her plants. Then s/he adds back chemical fertilizer, seeds or plants, and waters. In a forest or other natural ecosystem, the dead and living plants on the ground all contribute to creating the soil, by adding organic matter for tilth, by adding nutrients, and by making mulch and a leafy canopy which hold in moisture, encourage decomposers, and shelter germinating seeds. Many "weeds" are part of the first wave in a natural successional sequence that fills in bare ground and prepares it for other plants. Some often-reviled plants, such as dandelion and burdock, act as dynamic accumulators, bringing phosphorous and other nutrients up from the subsoil with their long roots.

The typical suburban gardener is working against the laws of thermodynamics, putting large amounts of energy as labor into trying to keep his garden patch "pure" while fighting the natural processes that go to make an ecosystem fertile and abundant. Then s/he adds extra energy in the form of chemical fertilizer, which is created from, and transported by virtue of, the solar energy stored in oil. The Permacultural gardener, in trying to "think like a forest," works to understand all the things that are commonly seen as undesirable waste as assets, which when integrated into the system, contribute to desired yields. Watching how natural ecosystems operate, the Permacultural gardener thinks about how to reduce inputs, conserve energy and link every output to the system as another input. S/he skims off yields at points of abundance.

This means that Permaculturists do a lot of composting, use a lot of mulch, do minimal cultivation, and don't divide plants into weeds versus flowers or vegetables. They spend time thinking about how to conserve energy and how to get the most work out of every unit of energy, whether it is the incident

sunlight or the sun's energy embodied in leaves, manure or their own labor.

So how does this differ from, say, organic gardening? My mother gardened organically in the 1950s and 60s, and I grew up with that model. I went on to study biology and ecology in college. I've always used a lot of organic gardening practices. But only since I have started to consciously put my gardening practices together with my understanding of ecological principles have I begun to "think like a forest."*

*I use the forest as my model because of my natural affinity for forests. Bill Mollison and David Holmgren, who developed the theory and practice of Permaculture, based their permanent agriculture on created ecosystems that are fruiting forests. Others, like Wes Jackson, have used the prairie as a model for a perennial agriculture.

Next time: Creating infinite yields, or "Don't put those vegetable scraps down that drain!"

Suvia Judd thinks and practices Permaculture in Moscow.

Nature in the City: Centipedes in Compost Heaps

By Sarah Walker

When I lift up an old board that's been laying on the ground or investigate my compost heap, I spy a crowd of different shapes and colors that slither, run, walk or roll up in a ball. I am intruding upon the workforce of my yard: the invertebrates that live shred, chew and recycle my kitchen scraps and yard waste into lovely compost.

Without the decomposers, my yard would be waist deep in coffee grounds, orange rinds, dead leaves, branches and grass clippings. These critters in our yards are not "pests," but contributing members of the dark and earthy ecosystem beneath our feet.

Suddenly, a bright orange, many-legged creature dashes past the undulating pink earthworms, roly-poly pillbugs and stately black beetles. It looks like a centipede, and indeed it is.

This one's only 1 1/2" long—probably too small to deliver much of a bite to humans, says U of I Entomologist Ed

Bechinski. In its own world, the centipede is a predator. It uses its long back legs to snare, its fangs to bite, and its poison glands to immobilize insects, spiders or other things smaller than them.

Mentioning centipedes causes people to ask, what's a millipede? Both are invertebrates with many body segments and many legs that live in damp dark places. But millipedes are scavengers, not predators, and they pursue a diet of dead plant material.

Centipedes have long antennae, flattened bodies, and one pair of legs per segment. Their escape reaction is to run away, fast. When a millipede senses danger, it rolls up in a ball. Millipedes have short antennae, round bodies, and two pairs of legs per body segment.

How many legs can a centipede have? The minimum, for official centipede designation, is 15 pairs. Bigger species have dozens of pairs of legs. But the ones with the fewest legs are actually the fastest

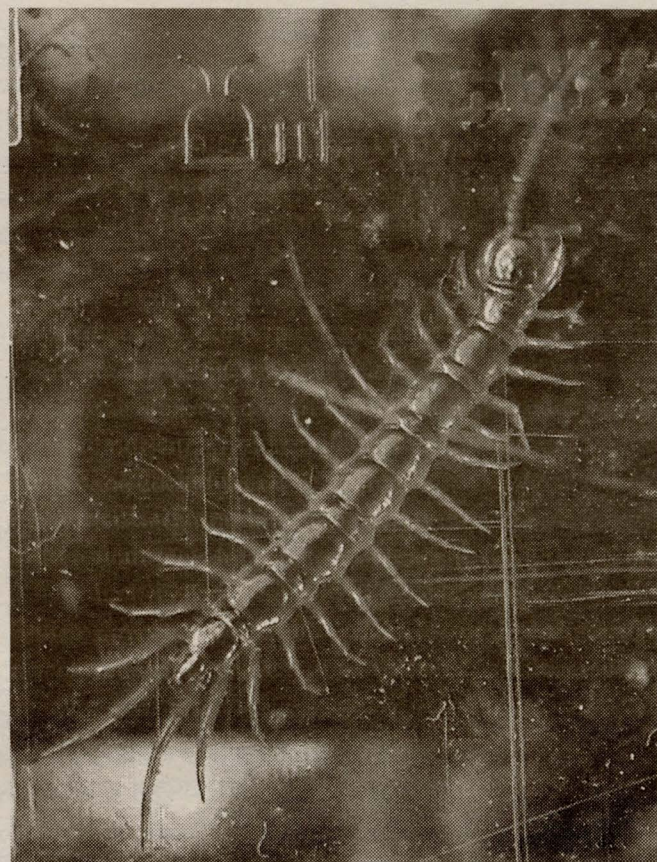
because they can run with their bodies held straight. Longer centipedes with more legs run with a snake-like twisting motion that slows them down. I saw one of these longer models in Hawaii, running across the bed—believe

me, it was terrifying!

I couldn't find out much about centipedes' life cycles, but I do have this startling tidbit: when male and female centipedes meet, they touch antennae, then the male follows the female around. At some point he produces a small silk web where he leaves off a package of sperm for the female to pick up later and impregnate herself.

"House centipedes" live around here too. They dash across our walls, sometimes falling into bathtubs where they are discovered by sleepy humans in the morning. These look scary but are harmless; they hunt and eat flies and other insects around the house. House centipedes don't look like the ones in the compost heap. They have much longer legs and antennae and aren't shiny orange or rust colored.

A tiny white soil-dwelling invertebrate with 12 pairs of legs called a "garden centipede" is too small to be commonly noticed. With less than 15 pairs of legs, they are not centipedes but symphylans, and considered pests in greenhouses and gardens because they eat roots of



Small orange centipedes are common members of the ecosystems in our compost heaps

When I see centipedes, insects and spiders—or sowbugs, slugs, lobsters, sea urchins, or clams, I am reminded of how complex the invertebrate world is, and how many different types there are.

vegetables and flowers.

When I see centipedes, insects and spiders—or sowbugs, slugs, lobsters, sea urchins, or clams, I am reminded of how complex the invertebrate world is, and how many different types there are among those creatures who live inside a hardened outer covering instead of around a row of bones down the middle of their backs.

Sarah Walker is sure her centipedes are too small to bite, but she still wears gloves when snooping through her compost ecosystem.



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Wild & Free: Cheese and Clover

By Sarajoy Van Boven

One of the many joys of adult life is attempting to survive July in a hot stuffy office shuffling papers and making heroic attempts to stifle the memories of our collective, ancient, human experience and our long ago childhoods. Summer was meant for reveling in nature, not suffocating in offices. Therefore, I suggest you reintroduce yourself to the wild with these uncivilized, childish treats: Red Clover and Mallow.

Red Clover thrives on the green space between the sidewalk and the road in every corner of America, including yours. The leaves are three round leaflets, unless you're lucky. Several leaves grow along the 1- to 2-foot-long stem, which is topped with a spiky fuchsia flower.

My mother taught me to pull off the purple tipped petals of the flowers, pulling out as much of the white tubular base as possible. Chew the white tubes for a taste of honey.

Eat the flowers and/or young leaves of Red clover in salads (raw) or tossed into soups. Some say the fresh flowers make great fritters.

Red Clover can also be dried: pick at peak bloom when free of dew or rain and dry at room temperature with well circulating air, out of the sun. When they are dry yet still pink, store them in

Summer was meant for reveling in nature, not suffocating in offices. Therefore, I suggest you reintroduce yourself to the wild with these uncivilized, childish treats: Red Clover and Mallow.

a glass jar, away from sunlight. Native Americans apparently steamed them before drying.

For tea: pour boiling water over dried red clover, cover, steep for 5-10 minutes. Similarly, make a more potent infusion by steeping for four hours.

According to Susun Weed, Red Clover has a high vitamin content with "profuse and exceedingly absorbable calcium and magnesium." Every necessary trace mineral can be found in a well-prepared tea of Red Clover. (Wise Woman Herbal for the Childbearing Years)

The seeds of red clover can be added to bread for a boost of nutrition, as recommended in Free for the Eating, by Bradford Angier. Angier also recommends the sweet roots, but offers no direction on their preparation.

Of the six books I checked, all recommend little to no consumption of white and yellow clovers. One author recommended limiting clover in general, but she didn't distinguish between the different clovers. The other experts agreed that Red Clover, with the classic fuchsia flower, is probably fine for general consumption.

Common Mallow, *Malva neglecta*, an invasive, introduced weed according to <http://plants.usda.gov>, has made itself a family favorite by willfully replacing most of our lawn. Common Mallow is a sprawling plant that grows from a center root base. The stalks are a foot long, standing or laying down. The leaves look like a round, dark green cloud drawn by an unobservant child. The leaves are circular with gently toothed edges and resemble flatter Wild Geranium leaves. Wild Geranium is not edible: please take care to identify with total certainty. The flowers look like morning glory flowers: pale, pink-tinged, white.

On this plant, the early, young leaves can be added to soups. In *Eat the Weeds*, Ben Charles Harris informs us that Low (closely related to the Common) Mallow leaves contain mucilage, pectin and asparagin. If he were your herbalist, he might recommend it for inflammation or urinary problems. However, if Susun Weed were your herbalist, she'd tell you that mallow leaves are rich in calcium and the components necessary for good absorption of said calcium. But, if Pliny the Elder, a naturalist and ridiculously prolific author of 1st Century Rome, was your herbalist, he would say, "Whoever shall take a spoonful of Mallows shall that day be free from all diseases that may come to him." Of course, despite the 2,000 years since Pliny, the FDA has still not verified his claims.

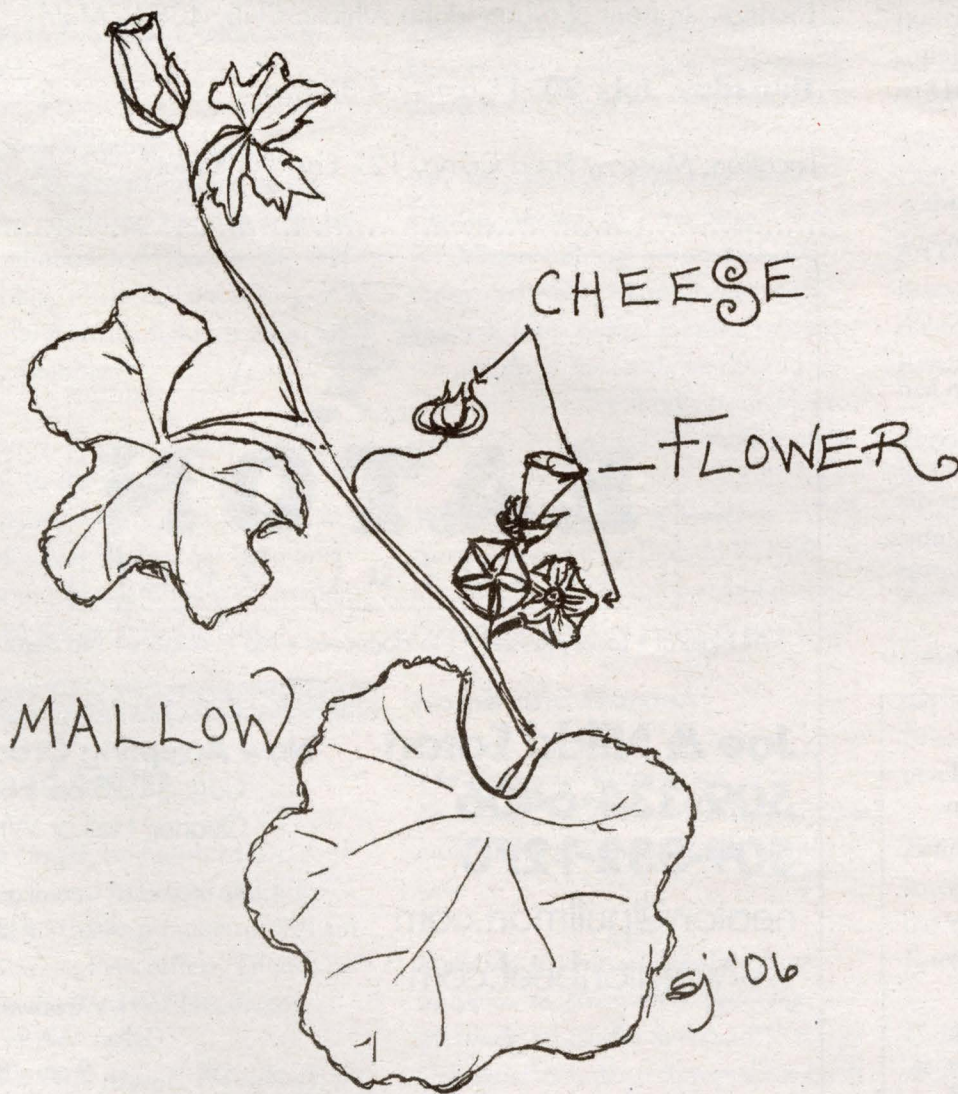
Truth be told, the popular part of the mallow is not its leaves. It's the cheese. Yes, the cheese! The flower gives way to a tiny round block of green cheese. Not real cheese, no, the dairy farmers of



America would have a cow if we called it cheese publicly. But in our yards, it's "cheese." It's round like a big block of gouda, only tiny and green. It's edible fun for humans at play.

This July, nibble on these two little summer treats as you putter about the yard, playing hooky from work.

I'm looking over a four-leafed clover that I've over-looked before; and it's outside, where I belong.



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Palouse Peace Coalition

By Sally Perrine

Too many Lives
Too many Tears
Too many Lies
Too many Years

These words, superimposed on an outline of Iraq in a logo designed by Megan Prusynski (who also designs this newsletter), are a reminder to those of us who grieve about the tragedy of war. T-shirts emblazoned with this logo are available through the Palouse Peace Coalition for our cost of \$10. Below is a summary of our activities.

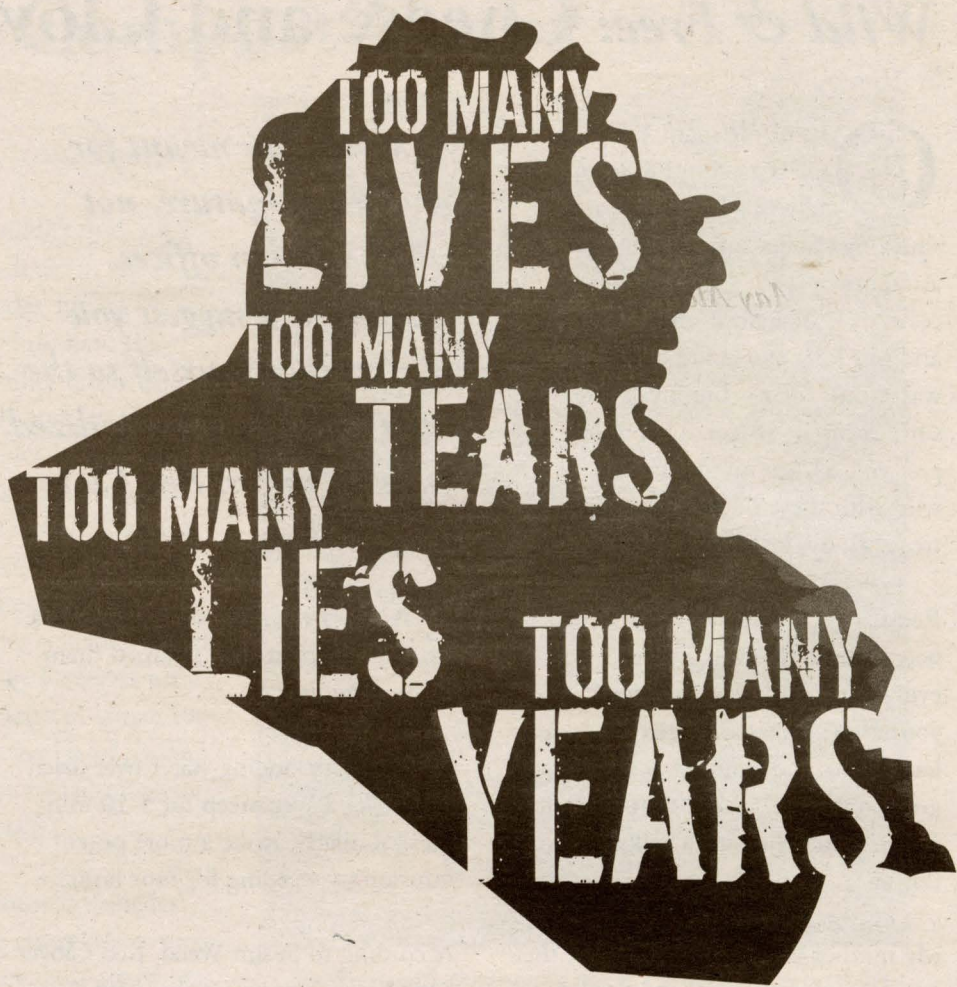
We have maintained a peace vigil continuously since November of 2001, Friday afternoons at Friendship Square, and we also table on Saturday mornings at the Farmers' Market. We have been a regular presence at area high schools, providing an alternative to military service. On July 4, we will participate in a parade in the tiny town of Johnson, Washington, between Pullman and Colton. The parade starts at 10 a.m.,

and will include the Peace Band, marchers, flags and banners.

The Peace Pledge sign-up is a project of the PPC since the 3rd anniversary rally, and is a promise to support only anti-war candidates. We are collecting signatures at the vigils, and plan to buy an ad in local newspapers before the election. Below is the text of the resolution.

"I will not vote for or support any candidate for Congress or President who does not make a speedy end to the war in Iraq, and preventing any future war of aggression, a public position in his or her campaign."

This fall, we will host the AFSC Eyes Wide Open Human Cost of War National Guard Memorial exhibit, consisting of combat boots and civilian shoes, representing the dead in Iraq. Time and place TBA. And watch for notices about a School of the Americas event in November, and a Unity March in the spring of '07.



For more information about the Palouse Peace Coalition, go to our Web site, <http://palousepeace.org/>, or contact Sally Perrine at sperrine@potlatch.com.

Blood Drive Comes to the Co-op

By Erin Krestian, Inland Northwest Blood Center Recruitment Coordinator

If you could save a life, would you?

It could be a neighbor, friend or even a family member. Every three seconds, someone in the United States needs blood. Although half of the nation's population is eligible to donate blood, only approximately 5% actually do. Regionally, only approximately 4% of the population donates blood products. Statistics show over 90% of all people will require a blood product in their lifetime. Therefore, the generosity of only a few supply the blood needs for many! Blood donations have the tendency to decrease during the summer months and near holidays when donors' schedules become busier, yet there is the potential for higher usage in the hospitals due to increased activities and road travel. All blood types are needed, and we encourage anyone who has not donated blood before to please take this opportunity to experience how easy it is to help save lives! Whole blood can be donated every eight weeks.

It takes approximately 45 minutes to go through the entire blood donation process. This includes registration, a medical questionnaire, a mini physical, the actual donation (approximately five

to eight minutes), and then a stop at the canteen for juice and refreshments. Be sure to drink plenty of fluids in the hours leading up to your donation and eat a nutritious meal two to four hours before your arrival. Photo ID is required.

Common donor eligibility includes:

- Be at least 16 years old with consent; 18 years old without consent;
- Weigh at least 110 pounds;
- Be in general good health;
- Wait one year from the date you had any body tattoo or piercing;

For more information or questions on eligibility: (800) 423-0151, www.inbc2.org.

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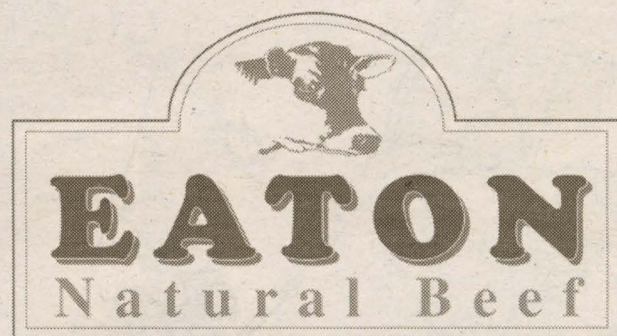
Visit us at our upcoming Moscow blood drives!

Saturday, July 8, 9 a.m. – 3 p.m.

Location: In front of North Idaho Athletic Club, 408 S. Main

Thursday, July 20, 11 a.m. – 4:30 p.m.

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New at the Library

By Chris Sokol, Latah County Library District

“She is too fond of books, and it has turned her brain.”

—*Louisa May Alcott, Work: A Story of Experience (1873)*

FICTION

Absurdistan, by Gary Shteyngart. A hilarious record of the transition from the hell of socialism to the hell of capitalism in Eastern Europe.

City of Tiny Lights, by Patrick Neate. Meet Tommy Akhtar, devoted son, hard-drinking veteran of the mujahideen in Afghanistan and London's best Ugandan-Indian private eye.

Everyman's Rules for Scientific Living, by Carrie Tiffany. In 1930s Australia, the government's "Better Farming Trains," staffed by eccentric agricultural and domestic experts, travel throughout the country educating agricultural communities.

Fatelessness, by Emre Kertesz. Set in 1944, as Hitler's Final Solution becomes policy throughout Europe, this is the semi-autobiographical tale of a 14-year-old Jewish boy from Budapest. Basis for the film "Fateless" (see DVD below)

Now Is the Hour, by Tom Spanbauer. Seventeen-year-old Rigby John Klusener leaves home and family in Pocatello in 1967 and hitchhikes to San Francisco.

The Second Coming of Mavala Shikongo, by Peter Orner. A young American volunteers to teach at an isolated Catholic school deep in the veld of Namibia, where he falls in love with a beautiful guerrilla fighter turned kindergarten teacher.

Sun Storm, by Asa Larsson. Stockholm attorney Rebecka Martinsson reluctantly returns to her hometown to help a friend whose brother has been horrifically murdered. Winner of Sweden's Best First Crime Novel award.

NONFICTION

Arts and crafts:

Arts & Crafts, by Judith Miller. A complete visual reference and price guide, from the inspiration of William Morris to the Roycrofters, Tiffany Studios, the Guild of Handicraft.

The Complete Mosaic Handbook, by Sarah Kelly. A comprehensive guide to

basic and advanced techniques, materials and mosaic design.

Stone, by Andy Goldsworthy. Goldsworthy's sculptures reveal the ongoing dialogue between himself and the natural world.

Tribal Art: the Essential World Guide, by Judith Miller. A full-color visual reference to world tribal art.

Childbirth:

Easy Labor: Every Woman's Guide to Choosing Less Pain and More Joy During Childbirth, by William Camann and Kathryn J. Alexander.

Spiritual Midwifery, by Ina May Gaskin. A new edition of the classic book on home birth.

Food:

Ball Complete Book of Home Preserving. 400 recipes for preserving natural, delicious produce.

No More Bull! The Mad Cowboy Targets America's Worst Enemy: Our Diet. The ex-rancher turned vegan sets us straight about the perils of eating meat. With over 100 vegan recipes.

The Omnivore's Dilemma: a Natural History of Four Meals, by Michael Pollan. The author of "The Botany of Desire" explores the ecology of eating.

The Organic Cook's Bible, by Jeff Cox. How to select and cook the best ingredients on the market.

The Way We Eat: Why Our Food Choices Matter, by Peter Singer and Jim Mason. Ethicist Singer and environmental writer Mason begin at the tables of three typical families to trace the origins of the foods we eat and conclude with five simple principles to make more conscientious food choices.

Wild Edible Plants of Western North America, by Donald R. Kirk. Identification, description, and preparation of hundreds of edible plants.

Home and Garden:

The Backyard Vintner: an Enthusiast's Guide to Growing Grapes and Making Wine at Home, by Jim Law.

Building Green: a Complete How-to Guide to Alternative Building Methods, by Clarke Snell and Tim Callahan. Includes techniques for earth plaster, straw bale, cordwood, cob, and

living roofs.

Politics:

America Against the World, by Andrew Kohut and Bruce Stokes. America's leading nonpartisan pollster shows how different Americans are from everyone else—and how our attitudes feed the rise in anti-Americanism.

Overthrow: America's Century of Regime Change from Hawaii to Iraq, by Stephen Kinzer. A fast-paced narrative history of the untold stories behind America's toppling of fourteen foreign governments.

When the Rivers Run Dry: Water—the Defining Crisis of the Twenty-First Century, by Fred Pearce.

Spirituality:

Hinduism: Origins, Beliefs, Practices, Holy Texts, Sacred Places, by Vasudha Narayanan. An accessible and beautifully illustrated introduction to the themes of Hinduism.

The Tibetan Book of the Dead. The first full translation, with an introduction by the Dalai Lama.

Miscellaneous:

Eat, Pray, Love: One Woman's Search for Everything Across Italy, India and Indonesia, by Elizabeth Gilbert. Dealing with a divorce, depression, and another failed love, Gilbert got rid of her belongings, quit her job, left her loved ones behind and undertook a solo journey around the world. (also on CD)

An Ordinary Man, by Paul Rusesabagina. The autobiography of the man who inspired the film "Hotel Rwanda."

Together Forever, by Martin Kantor, M.D.. The gay man's guide to lifelong love.

DVD:

Chef! (UK, 1996) A BBC comedy series featuring Lenny Henry as Britain's finest—and most ill-tempered—chef.

Fateless (Hungary/Germany, 2005) International award-winning film, based on the novel by Imre Kertesz (see Fatelessness above)

Grizzly Man (U.S., 2005) Director Werner Herzog explores the life and death of amateur grizzly bear expert

and wildlife preservationist Timothy Treadwell.

Vodka Lemon (Armenia, 2003) A small Armenian village faces tough times after the collapse of the Soviet Union.

Visit the Latah County Library District's web site at www.latahlibrary.org, call 882-3925 or visit the Moscow Library at 110 South Jefferson.

Chris Sokol envies anyone who has the summer off to read.

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Co-op Crossword

by Craig Joyner

ACROSS

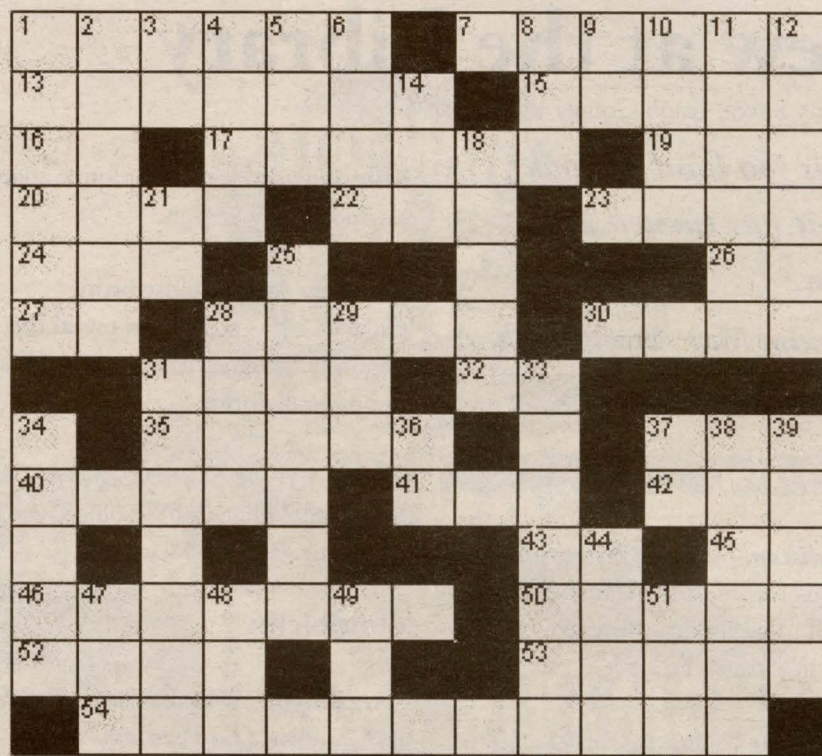
- 1** Endangered Species brand dark chocolate bar with blueberries Sea _____
- 7** MFC meat cutter profiled in June's newsletter Scott _____
- 13** Formed three years before Washington's statehood this area was Beezley Springs
- 15** The Gem State's capitol
- 16** This state is known as the peace garden state, abbreviation
- 17** Citra-solv draws its natural cleaning power from this type of oil
- 19** Sun
- 20** Karmic Cubes' Escape candle is scented with melon and water _____
- 22** You won't find this ingredient in Dr. Bronner's soap
- 23** Friends
- 24** Stretch
- 26** Carry out
- 27** Archaic pronoun popular at renaissance faires
- 28** Gray tinged pale purple or Seattle based gothadelic duo _____ Sideshow
- 30** Mortgage
- 31** Exam
- 32** Corporate branding legally speaking
- 35** Central and South American indigenous tribe
- 37** Chemical food additive you won't find in MFC goods, abbreviation
- 40** Carotid's companion
- 41** Treat yourself to Consorzio Garlic Gold _____
- 42** Judge at the O.J. trial or a Japanese

city

- 43** One of America's largest cities
- 45** She betrayed Captain Picard by joining the Maquis, Ensign _____
- 46** Founded in 1898 this Idaho town's name means 'fine gold'
- 50** Nom de guerre or popular television spy show
- 52** This brand of energy bars are available in dulce de leche or chai tea
- 53** Oregon brewery that makes Dead Guy Ale and Shakespeare Stout
- 54** MFC business partner that employs natural building and landscaping techniques

DOWN

- 1** Volunteer profiled in June's newsletter _____ Burke
- 2** Pulitzer winning author of the Harry "Rabbit" Angstrom series John _____
- 3** Blood factor
- 4** Latah County town with entymological roots in Greek mythology
- 5** Protective spirit of ancient Roman homes or Utah rifle maker
- 6** And others
- 8** The largest online resource for used literature _____ Books
- 9** Boxing term
- 10** *Steeping Orion* is this local musician's album _____ Simpson
- 11** Tristan's beloved
- 12** Local producer of pea and bean mixes in Troy _____ Family Farms
- 14** Some
- 18** Carnivorous feline or French dramatist



- 21** Colorful enameled French cookware brand _____ Creuset
- 25** Nutty, aromatic rice variety in brown or white in the bulk bins
- 28** Drink plenty of Idaho Ice so you won't do this this summer
- 29** North American tribe from the Colorado region
- 31** Italian variant of ice cream
- 33** One of the areas adjacent to Cove in the Nez Perce National Forest
- 34** Newsletter issue editors _____ Spurling or Hill
- 36** Boulder Canyon Potato Chips come from this state, abbreviation
- 37** Britain's national security agency, _____-5

- 38** Superb raspberry or Dutch chocolate ice cream from _____ Family Creamery
- 39** Gander
- 44** Alba's Kona Coffee After Sun Lotion has this as its main ingredient
- 47** Captain Morgan
- 48** Afficonado
- 49** Silk makes this wintry seasonal treat
- 51** Largest electronic gaming site on the web

Craig is also KUOI's illustrious brentbent and can be heard every Friday night 8:30 to 10:30 on 89.3 FM. Send comments to cas-cadeeffect@hotmail.com.

Bonjour Little Schoolgirl

By Lisa A. Cochran

Lisa Cochran and her daughter Madysen left Moscow last year to move to rural France. Here's her report.

The little "ecole maternelle" in the south-central French village of St. Priest sous Aix lies just across the square from the old stone church and abbey. About 200 5-10 year-old primary school students gather four days each week there, with Wednesdays and the weekends off. Like most of her colleagues throughout the countryside, our daughter rides the bus to the school each morning. In a social event that is replicated each school-day morning, parents and their children gather at the St. Yrieix sous Aix bus stop to await the arrival of the luxury touring bus that is used to transport the children to school. While they wait, the ritual of human bonding and connectedness occurs as ancient protocol plays out with all present; the quintessential French custom which involves a flurry of touching, kissing, handshaking and salutations. Finally, energetic waves and blown kisses are directed towards the children as the bus roars off.

At school and before the morning bell, kisses and "Salut! Ca Va?" are once

again played out in the schoolyard as the children greet one another and play. In Madysen's 2nd grade class, they study elocution, spelling, grammar and math. During the day, classwork is interspersed with frequent recess activity to blow off a little energy and to allow the children to eat snacks before and after the lunchtime meal. At noon, the four-course meals with exotic names such as Crepe au Fromage; Roti de Veau Forestiere; Coquilloettes, and Mousse au Chocolat are served. Madysen has had the opportunity to try many different foods and novel combinations of familiar foods since beginning school last fall.

Today was a beautiful spring evening as I headed off from the house on the eight-kilometer journey to St. Priest. Tootling along a country road that barely accommodates our little Renault Twingo, I passed small dry-land farms with fields of pesticide- and herbicide-free wheat, barley and hay. Shards of sunlight dappled the countryside as robust looking, hormone-free Limousin cows graze contentedly. Through the open window, I caught the sounds of insects, birds warbling, a gander's honking and a baby lamb's bleat. I slowed

down to pass through the hamlets of Bosredon and Terres Rouges, where the road narrows even further as it cuts between farm houses and barns. As always, I was reminded how these same homes stood sentry as handcarts filled with wares, herdsmen with livestock, fancy carriages and cavalier horseman passed through their shadows hundreds of years ago while enroute to the bustling town of Aix Sur Vienne.

Each tiny hamlet along my route, and indeed the entire countryside, is made up of from 3-12 homes. Many are just a short distance to a larger cluster of buildings, or village, that are dominated by a 12th- or 13th-century church. Likewise, each church has an accompanying cemetery with ornate mausoleums and crypts bearing the names of people who still dwell in homes where great-great grandparents had been born.

I drove past mostly older people bent over in gardens or walking along the roadside, waving as I pass just to catch twinkling eyes and broad smiles flashing back. After La Tremouille, Le Theil and Closse de Gerry, I entered an intersection that is marked with a roadside shrine; the Virgin Mary statue encased

in cement and glass that sits up on a pedestal. Another 500 meters, and I was passing a gypsy encampment that lies just on the outskirts of St. Priest. Several times throughout the year, these rogue encampments spring up overnight near small towns, and then mysteriously disappear just as quick. Horses are left hobbled, while chickens, ducks and dogs wander freely. Campers are most often circled around open fires, especially during the cold months.

I entered the village to pick my little girl up at the after-school care program. As always, I love to sneak up to where she is playing and secretly watch her as she jumps around in the game of tag or cache cache, singing along in fluent French, ducking about to avoid the "touché" of her schoolyard comrades. I am reassured that despite the challenges of living abroad, the joys far outweigh any argument that I can come up with to return to the states. For now, at least, all this is enough.

Lisa Cochran thought her friends would be interested in a report from abroad. Lisa and Mady are lifetime Co-op members and say, "we really do miss our little store."

Off the Record: *Nuevo Latino*

By James Reid

Nuevo Latino is one of several Putamayo CDs currently available at our Co-op. The label is named for a river valley in Columbia and focuses primarily on music of the Americas. Various discs feature tangos, sambas, bossa nova, cumbia, son and numerous other Latin American musical styles. This particular disc takes its name from a type of cuisine that emerged in the 1990s that blended ingredients from three continents to create a new culinary genre (a sample recipe featuring a soup that includes yucca, cilantro and shrimp is included).

The artists included on this CD come from a very wide variety of backgrounds including New York, Madrid, Cuba, France, Argentina and Mexico. Each track has a unique sound that melds various influences into a style that is fresh even though it might include familiar elements. The first artist on the CD is Raul Paz, a Cuban musician whose song "Mulata" tells the story of a man who is rebuffed by his lover of whom he states "one kiss from here is like a cloud that rises and rises." The beat is languid and he delivers his lyrics in a vocal style that is more

speech than song until the chorus, when he is joined by female backup singers.

The third track is by Federico Aubele of Argentina. His song "Postales" includes a bandoneon in the background. The bandoneon is a box shaped button accordion that was imported to Argentina from Germany in the late 19th century and has since become inextricably linked with the tango, Argentina's most famous export. Even though "Postales" is not a tango, it possesses the tango's character of longing and sadness.

Jarabe de Palo's song "El Lado Oscuro" (The Dark Side) has a bluesy flavor and is one of the few tracks on this disc to prominently feature the electric guitar. Musically, this track seems closer to our own popular music than most of the other selections on the CD, but it is still clearly foreign.

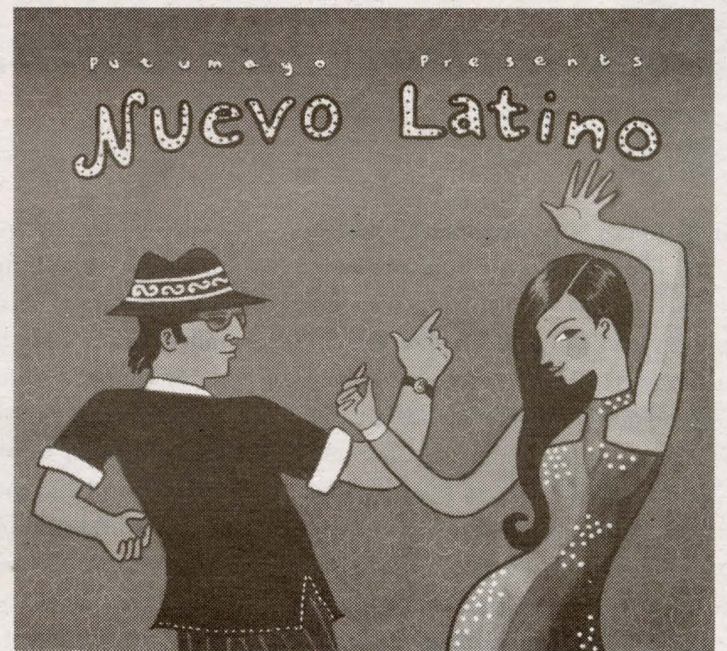
The French singer Kad Achouri raps at the outset of "Mi Negra," a song about a dark-skinned woman he has seen while lounging at a café on the Mediterranean coast. The instrumental background is jazzy, including solos on

saxophone, organ and trombone. The artist on this disc with the most intriguing name is Sergeant Garcia (Bruno Garcia). I wonder if his professional name is somehow connected to the character with the same name from the old Zorro television series. Garcia's "Mi Ultima Voluntad" is a reggae-flavored song that includes a sample of Bob Marley's music.

The Argentine group Acida contributes a decadent song featuring a vintage keyboard sound that reminds me of the Vox Continental organ that was popular in the 1960s.

Spaniard Javier Alvarez' "Por Que Te Vas?" has a reggae flavor and a minimalist sound consisting mainly of guitar, bass and drums.

A track with an infectious beat is supplied by the Columbian group



Aterciopelados. With an acoustic bass and several percussion instruments, this band creates a slinky sound with a great dance groove.

If you are looking for an exotic musical experience that will transport you to a different space, give this CD a listen. If you like what you hear, consider purchasing another Putamayo CD on your next visit to the Co-op.

James Reid is currently preparing a program of music for electric guitar that he will perform here in Moscow next fall.

Auntie Establishment

By Joan Opyr

My mother was a professional ballerina with the North Carolina State Ballet. As a child, I was forced, literally, to take ballet myself. I was a rotten ballerina. I had no rhythm, I wouldn't wear a tutu, and I did my level best to disrupt the class and irritate the teacher—even if that teacher happened to be my mother.

"This," said my mother, "is preparation for a turn."

"Ha!" I laughed. "Is that anything like Preparation H?"

After a while, my mother gave up. She accepted that I was not going to be the next Maria Tallchief—I was more likely to be *The Ransom of Red Chief*. She signed me up for Little League Baseball, the game I'd always wanted to play. I spent a year as shortstop for the Belleville, Michigan, White Sox, and then I switched to softball and played third base. My mother doesn't give up easily, however. Just because I was a tomboy (read: butch) didn't mean that I was free of the responsibility to learn how to be a proper Southern woman. My mother was determined

that I would learn the three Southern essentials: using the correct fork, sending handwritten thank you notes, and appreciating the fine arts, including ballet.

And I do appreciate ballet; I just don't like it. I don't like watching emaciated young women grand jètée across a stage on whatever energy one can glean from a single lettuce leaf and a snort of cocaine. I feel about ballet the same way I feel about women's gymnastics: the men get to do all the fun stuff. They get to jump and lift, do the iron cross, and have healthy, normal bodies. If women's gymnastics were all about the pommel horse and the uneven bars, I'd love it. If women worked the rings, did the same floor routines as the men, and were allowed to grow above three feet tall, I'd like it even better. I know the sacrifice ballerinas and gymnasts make. I know the toll the work takes on their young bodies; I know their amazing strength. What I'd like to see is more of that strength. I want to watch the amazing tumbling, the hand-springs, the leaps, and the lands. What I don't want to see are half-starved mini-women prancing across the floor making cutesy-pie moves and spinning

twenty-foot ribbons. It's like watching a cross between Shirley Temple and an Oompah-Loompah perform *The Good Ship Lollipop*.

Thanks to my mother, what do I know of classical music? I know Stravinsky's *The Firebird*. I know Adolphe Adam's *Giselle*, and, of course, Tchaikovsky's *Swan Lake*, *Sleeping Beauty*, and *The Nutcracker*—sorry, *The Nutcracker*. I've watched my mother perform in all of these ballets, and I've admired her technical skill and her passion in performing. But, damn it, I hate ballet! What I love—and this puzzles my mother no end—is opera. Why do I love opera? It all began with Bugs Bunny and Elmer Fudd in *What's Opera, Doc?*

Siefried Fudd: "Oh Bwunhiww-de, you'wuh so wuv-wee!"

Brunehilde Bunny: "Yes I know it; I can't help it!"

Go ahead and say it—if my brow were any lower, I'd have a mustache. I came to love opera because I love Bugs Bunny. I first listened to Wagner's *Der Ring des Nibelungen* because of *What's Opera, Doc?* and to Bizet's *Carmen*

"As a child, I was forced, literally, to take ballet myself. I was a rotten ballerina."

because of *The Rabbit of Seville*. From there, I branched out, first to Mozart's comic operas, *The Marriage of Figaro* and *Così fan tutte*. I grew serious about my operas with *Madame Butterfly*, *La Traviata*, *Aida*, and *Lakmé*, and then I lightened up again with Gilbert and Sullivan.

What do I love about opera? I love hefty, booming men and women with enormous bodies, enormous presence, and lungs like weather balloons. I love to hear Jessye Norman, Cecilia Bartoli, and the late, incomparable Maria Callas projecting their voices up to the rafters with that amazing combination of profound passion and total control. Best of all? For opera singers, a salad accompanies a meal; it is never a meal in itself.

Joan Opyr is the author of *Idaho Code*. She writes for *New West Magazine* (www.newwest.net) and *Stonewall News Northwest* (www.stonewallnews.net). She welcomes your questions and comments at joanopyr@moscow.com.

Book Review: *The Omnivore's Dilemma* by Michael Pollan

The Penguin Press, 2006. \$26.95

By Carol Price Spurling

It's disconcerting for an Iowa gal like myself, raised on corn-fed beef and accustomed to bragging about corn, to read Michael Pollan's new book, *The Omnivore's Dilemma: A Natural History of Four Meals*.

An omnivore—a term that describes most of us—eats just about anything. Modern omnivores have almost unlimited menu choices available from various sources: supermarkets, food co-ops, buying clubs, fast-food chains, restaurants, farmers' markets and community supported agriculture (CSA) programs.

With such abundance, the dilemma we face three times a day, day after day, is what we should eat, all things considered. Pollan examines this question in the same manner he's approached previous subjects: with boundless curiosity, a willingness to work very hard, and an insightfulness transformed into prose as pleasurable to read as chocolate is to eat.

Pollan examines four types of meals—fast food, organic, locally produced and food he hunted and gathered himself—and shows exactly what it took to get that meal on the table.

I've been a fan of Pollan's ever since his first book, *Second Nature*, wherein he proved himself apart from many ecologically-minded writers by positing that humans don't necessarily destroy everything they touch. His affinity for people and pasture over untouched wilderness appeals to my rural sensibilities.

So I'm mentally reeling from Pollan's close examination of an Iowa cornfield, where he winds up (only 20-some miles from my hometown) after researching the provenance of a McDonald's lunch. The government's corn subsidy over the decades has made the crop so cheap and plentiful that it is hidden in almost every processed food.

There's so much corn, in fact, that we force animals to eat it too, especially feedlot cattle, which, I was surprised to learn, can barely tolerate it. Commercial food producers keep inventing ways to trick us into eating more of it, and we export it around the world, making it harder for others to farm for a living. As Pollan says, looking at a mountain of corn dumped unceremoniously on the Iowa ground: "Such is the protean, paradoxical nature of the corn in that pile, that getting rid of it could contribute to obesity and to hunger both."

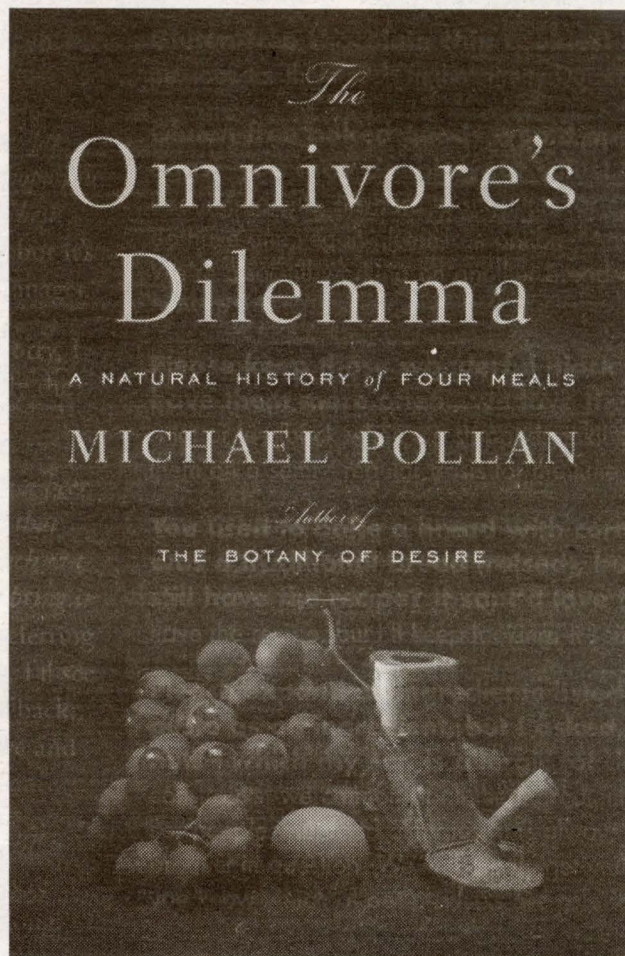
Pollan writes about industrial corn in section one of the book's three-main divisions. It's a dire beginning, rather like starting in the dead center of Dante's hell instead of working towards it gradually from the outer edges. Readers who care about the state of the world and their personal food supply will despair. But Pollan keeps the compelling narrative moving along, thank God, so that salvation, as it were, is just a few chapters away at Polyface Farm, 450 revolutionary acres in the Shenandoah Valley. Here, we meet the alternative to industrial agriculture: sustainable agriculture, a.k.a. the "non-barcode people."

Polyface Farm is almost too Eden-like to be believed, with its complex mix of pastures, forest, cows, chickens, pigs, rabbits, portable electric fences and a chicken coop contraption called the "Eggmobile." Pollan reveals the downside, of course: to eat that delicious chicken, he has to butcher it first. Yet even that, at Polyface Farm, is rendered bearable by its honesty.

The third section of the book concerns Pollan's efforts to hunt and gather a meal himself, an academic exercise, since it would be impossible for all of us to eat that way. Pollan leaves us with a real choice between a mountain of worthless corn or the pastoral prosperity of a sustainable farm. We can leave corporate agriculture to continue down its current path, or we can insist on radical changes.

Even skeptics should be left speechless; Pollan is a principled journalist, and his report is ripe with truth, both ugly and beautiful. The best of it is that Polyface Farm exists. That knowledge will affect readers in different ways. Some may simply spend more time reading labels in the supermarket aisles. Others may make more trips to the local farmers' market, or buy directly off the farm. The powerful could rewrite federal farm policy, and the greatest of us will create local versions of Polyface Farm. For myself, well, I own some acres of corn in Iowa I need to get plowed under.

This book review was published June 14, 2006, by the Spokesman-Review and is reprinted here with the permission of the author.

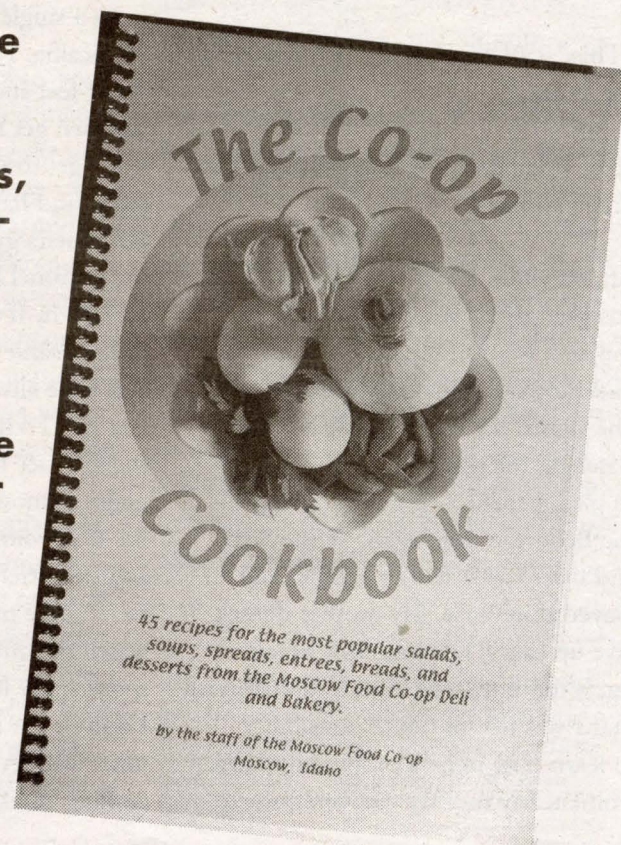


“There’s so much corn, in fact, that we force animals to eat it too, especially feedlot cattle, which, I was surprised to learn, can barely tolerate it. Commercial food producers keep inventing ways to trick us into eating more of it, and we export it around the world, making it harder for others to farm for a living.”

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The Sustainability Review: Gas Kitchen Ranges

By Mike Forbes

This month, we'll talk about another appliance that I think we pay less attention to when it comes to efficiency: the kitchen range. It's not too often we see anyone talk about energy and cookstoves; in fact, there is no Energy Star label given to cookstoves—that says it right there.

There are many types of cookstoves: electric, gas (propane or natural), wood, dung, etc. I'm going to focus on gas stoves and their various components and what makes one more or less efficient. Let's break our discussion into cooktop burners and ovens.

TOP BURNERS

The real nitty gritty of efficiency in cooktops stems from how you ignite your burners and what happens during the times you're not using your stove (standby losses). Most burners light from either standing pilot or electronic ignition.

The standing pilot is a small flame that stays lit ALL the time and consumes fuel the entire time, obviously not the choice for efficiency. It's similar to idling your car all the time so you don't have to turn the key on when you decide to drive somewhere. Pilot lights use on average 500 btu per hour (a btu is the amount of heat energy it takes to raise 1 pound of water 1 degree F). That equates to 48 gallons of propane, or \$57 of natural gas per year per pilot

light just to keep them lit (contact me via e-mail if you'd like to see my math and the general assumptions I made in doing it). To me, that is a pretty clear picture of why standing pilots aren't the best choice. In my opinion, the electronic ignition system is the best choice. With this system, there is a switching mechanism that activates a small electric sparker that lights the burner when you turn it on, and consequently there is no pilot needed to light the burner. A drawback to some of these systems is that they won't work when you don't have electricity available and try to light them with a match (many do work fine, however).

OVENS

Ovens are a little different than top burners. When we cook on a burner, it stays lit while we cook and we turn it off when we're done. With an oven, we desire the box to stay a certain temperature, therefore, we need some method to turn the oven on and off to keep our temperature consistent. Since we aren't going to stand around and turn the burner on/off while our cookies bake, some automation needs to exist. There are three methods used today: standing pilot, glow bar and electronic ignition. Until a few years back, most gas ovens had a standing pilot light that did just that: stood there and waited for the sensor to flow gas to the main burner in the oven and then lit the gas, making the oven warm. Those do still exist, but

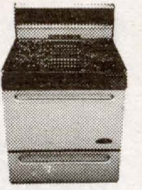
another little bugger stole the show: the glow bar.

Few people know that a mini electric burner lives in their oven that turns on when you fire up the oven. This little glow bar does just that, glows red hot while the oven is on using 250-500 watts continuously. The sole purpose is to re-light the oven when it needs a little warming up. Pretty ridiculous concept in my book, especially for those of us that use an oven regularly. You will be hard pressed to find an oven without one or a salesperson that has any concept of what you are talking about. This type of system has major flaws: it uses a significant amount of electricity, those who live off-grid can't use them, and your oven won't work if the power is out. There is a solution ...

The electronic ignition oven that only one company makes, Peerless Premier, www.premierrange.com (this is a domestic company that employs 100% union employees). The electronic ignition system works like this: when you turn the oven on, you hear the tick of the electronic ignition activating, lighting a conventional pilot light. This pilot then turns the main oven burner on when needed, and the oven behaves just like a piloted oven. When you turn the oven off, the pilot light goes out. That simple. This system solves the problem of standing pilots, wasteful glow bars, functions during power out-

ages (you can manually light the pilot without the electronic ignition if needed), and works in off-grid homes well.

Peerless offers a wide range of choices, from apartment-size units to 36" stainless six-burner models. Their prices are less than any other gas ranges I've seen (we just bought the stainless 30" four-burner sealed range for \$899 at Howard Hughes). Their white and black enamel models are usually around \$400-\$500. Howard Hughes doesn't stock this range, but they will happily get it through their distributor if you ask.



My Recommendation:

- 1) Top Burners: Electronic ignition with sealed burners (ease of cleaning)
- 2) Oven: Electronic ignition that lights to pilot light (All Peerless Premier ranges do this)
- 3) www.aceee.org: suggestions for efficient use of ranges both electric/gas

Mike Forbes can be reached at biodieselmike@gmail.com occasionally, since he doesn't really have internet access now that he lives in a fancy tent with his family near Moscow Mountain.

Yes Moscow!

By Mark Solomon

Six months of hard work and organizing paid off big-time June 15 when WalMart announced they were withdrawing all plans to build a SuperCenter on Moscow's east side. Their timing could not have been any better for the thousands of anti-WalMart people of the Palouse, as the next evening had already been planned for a celebration of the May 15 City Council rejection of WalMart's rezone request. Energized by WalMart's defeat and the high lonesome sounds of Steptoe, hundreds of people danced and celebrated the triumph of the Moscow community over the world's most predatory retailer.

We've driven the WalMart vampire away, but it's still out there prowling, looking for a moment of weakness to attack again. Now is the time to put a stake through its heart. Our stake isn't wood or silver, it's called a size cap. The largest retail building in Moscow is the existing WalMart, at 93,000

square feet. The defeated WalMart SuperCenter would have been 223,000 square feet. The City Council has requested the Planning and Zoning Commission forward them recommendations on just how big is big enough for large-scale retailers in Moscow. The advocacy group NoSuperWalMart supports a size cap of 100,000 square feet to accommodate existing businesses but not allow "superstores" to be built in Moscow. P&Z is planning to hold hearings on their recommendations in August with Council action possible as soon as September.

We've driven the vampire that would suck the soul of Moscow into the light. We've fashioned the stake to destroy it from the love in and of our community. Now it's time to focus our energies and give the Council the strength to drive the stake home.

And then keep them in office at the next election so the dead cannot rise again.

“Energized by WalMart's defeat and the high lonesome sounds of Steptoe, hundreds of people danced and celebrated the triumph of the Moscow community over the world's most predatory retailer.”



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Is Organic Food Always Better?

By Preston Andrews

This article is the third article in a series on the benefits of organically produced food.

Even though it's spring on the Palouse and local fresh produce is available, if you're an avid apple eater, like me, this is a bleak time of year. The apples from Washington are now at least nine months old, and any fresh apples come from as far away as New Zealand. So, when I ask myself, is organic food always better, I'm faced with the dilemma of organic certification. Some local farmers have chosen to forgo certification, even though they still farm with organic practices. And some of the organically labeled food products come from huge corporations.

Some people say that until the last century, all food was grown organically. But our modern concepts of organic farming began in 1924 when the Austrian philosopher Rudolf Steiner gave his first class on biodynamic agriculture, the products of which can be purchased under Demeter certification. This concept of certification is nothing more than an assurance of quality denoted by a certification mark. For organic food in the U.S., it is the Department of Agriculture's (USDA) green organic logo, which didn't appear on organic products until late 2002. California Certified Organic Farmers (CCOF) actually became the first certifier of organic food in the U.S. in 1973. Today, CCOF and many other organizations certify organic food to standards established and maintained by the USDA. Globally, the International Federation of Organic



Agriculture Movements (IFOAM) serves to unify organic certification standards.

Along with growth in organic food sales and nationalization of organic certification has come the industrialization of organic farming. Hidden behind the labels of many foods in our own Co-op are huge food companies, whose reputations do not bring healthy products to mind. When you see Odwalla, be aware that it is owned by Coca-Cola; Boca Foods and Back to Nature are owned by Kraft; Horizon and Silk are owned by Dean; Seeds of Change is owned by M&M/Mars; Cascadian Farms and Muir Glen are owned by General Mills; and Walnut Acres, Westbrae, Celestial Seasonings and many others are owned by Hain Celestial, who in turn is owned by Heinz.

What this move into organic farming by big food companies has done is drive some of the innovators in organic farming away from certification. These farmers, having strong market positions, are dropping their certification in protest because they feel that being cer-

tified has lost its meaning. It seems that what the USDA has done is set a minimum bar over which even the corporations can step, even as they lobby the USDA to lower the bar even further.

As consumers, what can we do to assure that we're buying the best food possible? Ideally, we can buy food grown by local farmers, whether or not the USDA certifies them as organic. They may call their produce "no-spray," which is a misnomer, since most farmers spray something on their crops, whether it be Bt or compost tea. I would rather that a farmer take the money they would spend on organic certification and invest it in sounder, more sustainable farming practices. After all, USDA's organic standards don't mention any specific requirements for water conservation, worker safety, or transportation impacts. So, if there is a "beyond organic," and I believe that there is, it is ecologically and socially based farming, which provides the most nutritious food to us, which we in turn reverentially prepare and eat.

Preston Andrews has studied organic and sustainable farming of horticultural crops for over 10 years at WSU.

“So, when I ask, is organic food always better, I'm faced with the dilemma of organic certification. Some local farmers have chosen to forgo certification, even though they still farm with organic practices. And some of the organically labeled food products come from huge corporations.”

He is a lifetime member of the Co-op, shopping there first in 1979. He welcomes questions and comments at andrewsp@wsu.edu.

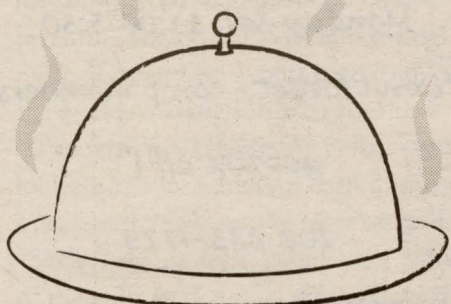
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Off the Record: Brian Gill

By James Reid

Brian Gill's CD *Playin' Favorites* is for sale at the Co-op and the subject of this month's column. Gill pays tribute to many of America's best-known songwriters on this CD, drawing inspiration from Bob Dylan, Woody Guthrie, Hank Williams and others. He does all his own singing and playing, accompanying himself on acoustic guitar and providing back-up vocals when necessary. Gill also includes one of his own songs with an intriguing title, "Livin' In an Elvis World."

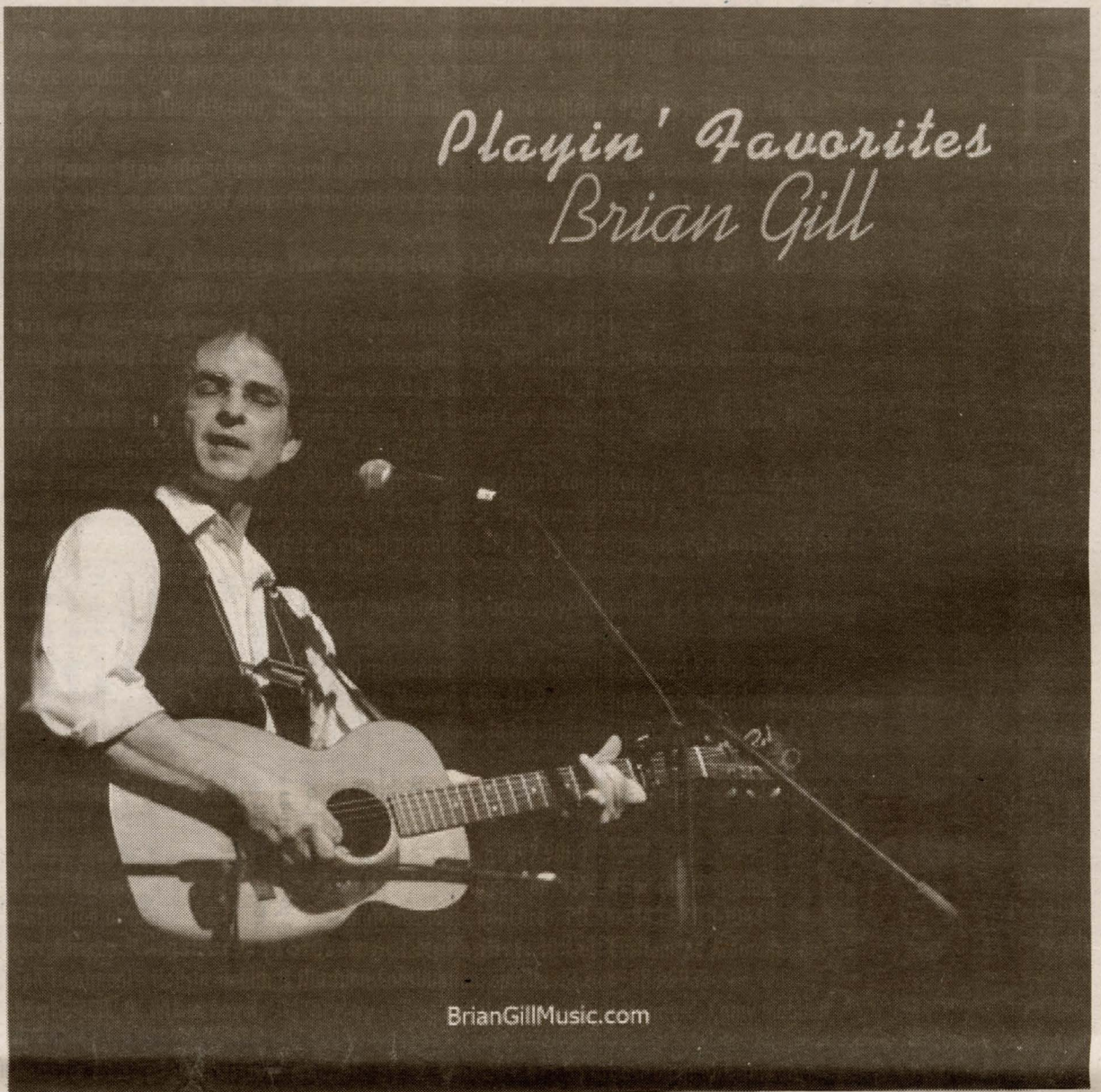
Brian Gill came to Moscow as a highly seasoned performer from the Chicago area with a string of impressive achievements already behind him. He has performed with Joan Baez, Pete Seeger, Steve Goodman and Phil Everly, among others, and also gained national recognition for his song "Daddy Smoked His Life Away," a tune adopted by the American Cancer Society for its Great American Smokeout campaign. He has performed at the famed Bluebird Café in Nashville and toured college campuses all over the United States. A review in *Chicago Magazine* described Gill as "an excellent and well-established songwriter whose lyrics and melodies radiate a country and mid-western feeling all their own." Why would a musician with his background relocate to Moscow? He saw a film in his mind

Gill pays tribute to many of America's best-known songwriters on this CD, drawing inspiration from Bob Dylan, Woody Guthrie, Hank Williams and others. He does all his own singing and playing, accompanying himself on acoustic guitar and providing back-up vocals when necessary.

in which two friends attached dental floss to the Golden Gate Bridge in San Francisco and then unraveled the floss over the 3,000 miles it took them to drive to New York City. That's a very odd vision, but the truth is odder still. Gill knew a dentist named Rich Bailey who was living in Potlatch. After telling Bailey about his vision, Bailey said, "Let's do it!" The two men have launched a website (www.FlossAcrossAmerica.com) and plan to tour the country promoting dental health for children.

It's a daunting task to cover songs by the icons represented here, but Brian Gill has a strong, clear voice and his delivery is convincing, particularly on Williams' beloved "I'm So Lonesome I Could Cry." Hank Williams, of course, is a towering figure in the world of country music; when he died in 1953 at the age of twenty-nine, he was already a legend. Gill includes four of his songs on this disc. On "Ramblin' Man," Gill displays a great talent for yodeling. He is able to create a deeply melancholic atmosphere in this song, and the first time he allows his voice to break, you know you're hearing some good stuff. Gill is also a solid guitarist; his accompaniments are crisp and well articulated and played with great confidence and flair. Gill's own song, "Livin' In an Elvis World," is the most humorous song on the disc. It tells the story of a man obsessed with Elvis Presley—he wears Elvis socks, an Elvis bathrobe, even Elvis underwear. He has Elvis plates, an Elvis tattoo, a Cadillac and blue suede shoes too.

If you want to hear more of Brian Gill, he also has a CD of original music available at the Co-op entitled *Idaho Peace of Mind*. In addition, he can be seen performing at various sites around Moscow and Pullman this summer.



James Reid will be a referee at the Olympic Development Program camp in Moscow the last week of June. Until then, he'll be watching the World Cup matches from Germany whenever he can.



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Under the clock by the Public Library.
☎ 334-4688 nancycw@pullman.com

Co-op Kids!

Tuesday July 11, 9am
Friendship Square for some outside play together and again on **Tuesday July 25** for Finger Puppet Making in the Co-op cafe. Rebekka Boysen-Taylor, Co-op Kids!
Volunteer—please feel free to contact her at amamaswork@yahoo.com

Co-op "Hot off the Grill" Music and Barbecue

Tuesday Evenings at the Co-op
Note that on July 4th the Co-op is closing at 6pm, so come down early for the festivities will take place between 4 and 6pm, all other Tuesday evenings, the music and the food is from 5pm to 7pm outdoors at the Co-op:

- July 4— Brian Gill (4-6pm)
- July 11— Uniontown
- July 18— Garrett Clevenger & Von House
- July 25— Lanny Messinger
- August 1— Charlie Sutton

Co-op Community Dinners

Thursday July 20, 6.30pm
This will be a 4 course meal that will be served family style. Dinner will be served to a group of 14 at one long table. We will take a corner of the dining area at the Co-op and make an intimate little setting for this special dinner among friends.

The first Community Dinner will be held on Thursday, July 20th at 6.30pm. A menu will be posted in the Co-op Deli area or you can email kitchen@moscowfood.coop if you would like to receive a menu by email. To make a reservation talk to Amy or Nikki in the deli, call us at 882-8537, or send an email.

Co-op Artist for July

Friday July 28, 5.30—7pm
Opening reception for the second of our Artwalk artists, who is photographer Chantra Melior.
You can meet the artist at the opening reception, and the show will run until Thursday September 7th.

Blood Drive for the Inland Northwest Blood Center

Thursday, July 20, 11am—4.30pm
Location: Moscow Food Co-op
For more information or questions on eligibility: ☎ 800 423 0151

Farmers' Market Music Schedule

Saturdays, 9.30—11.30am

- July 1—Acoustic Wave Machine
- July 8—Spare Time
- July 15—Snake River Six
- July 22—Sidhe
- July 29—Canned Music

Fresh Aire Concert

Thursdays, 6.30—7.30pm
Location: East City Park:

- July 6—Moscow Community
 - July 13—Joshua Kingsley
 - July 27—Bobie Dominique
 - August 3—Sweet Adeline
- ☎ 883 7036 for information

Palouse Learn To Row Runs July 8—29

Cougar boathouse: Wawawai Snake River. 3-week session for beginners, all ages. Classes are weeknights and Saturday mornings. For information and registration go to www.CougarCrew.com

Palouse-Clearwater Environmental Institute—Bike Clinic

Sunday July 9, 9am
PCEI's 3rd Annual Women's Mountain Bike Clinic Part I, Moscow Mountain
More info at: www.pcei.org/bike_clinic

Free Introduction to Feldenkrais

Wednesday July 12, 6pm
Summit Therapy, ☎ 334 4098 to register

One World

All of the bands start at 6pm from Moscow unless otherwise noted.

- June 30 Lanny Messinger
- July 1 Brian Gill
- July 7 Zugunrue
- July 8 David Roon
- July 14 Garrett Clevenger
- July 15 Erik Smith & the
- July 21 Benny Aiman
- July 22 (still open)
- July 28 Alexander-Stephens Band
- July 29th (still open)

Plaza Concert—The Boogie Doctors

Monday July 10 6.30—8pm
Location: Plaza of the 1912 Center on 3rd St. The Boogie Doctors play jazz standards, polkas, blues, and boogie-woogie tunes. Snacks, desserts and cold beverages for sale from 6pm.

The concert is free, although it will be accepted on behalf of the Arts Inc., to aid the 1912 Moscow High School. For more information, contact evieadler@moscowidaho.com ☎ 882 7747, kentonbird@moscowidaho.com ☎ 883 6111

Renewable Energy in Washington!

Tuesday July 4, 5—9pm

Location: Sunnyside Park 1-937 will require major changes in Washington to sell 15% wind, solar, and conservation. See www.yeson937.com for Energy Security will require signatures at the 4th of July Sunnyside park in Pullman.

Volunteer time slots: 7—9pm. Please contact bryanb@yeson937.com ☎ 330 1793

Send us your community signatures! Email events@moscowidaho.com 24th of each month. For more events & info, visit www.moscowfood.coop

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