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**FREE!**  
PLEASE TAKE ONE

# Community News

**June 2006**

The monthly newsletter of  
the Moscow Food Co-op

## The Return of MADay!

By Kenna S. Eaton, General Manager

Start putting your list together for the "Return of MADay," Thursday, June 15th all day long. One of the benefits of being a member of the Moscow Food Co-op, or I should say owner but the name isn't as cute, is the aptly named MADay or Member Appreciation Day.

It's been a while since we've had a special day like this so you might need me to bring you up to date. On MADay members save all day long on their purchases: the more you spend the more you save! For purchases up to \$25 you can save 5 percent, on purchases from \$25 to \$75 you save 7 percent and on purchases over \$75 the savings go up to 10 percent on anything and (almost) everything you buy!

Almost, you say, what's the deal? Well, there are a few items that this amazing sale doesn't apply to such as beer and wine and special orders, but that's about it. So it'll be slightly crazy that day, since savvy shoppers start early, getting the good stuff and filling their carts. Check out lines can be long so be prepared but we'll do our part to make it easy on you; we'll have plenty o'cashiers (free), plenty of snacks (free) and plenty of coffee (not free). See you in the aisles!



# 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.



## Another Not-So-New Idea

By Kenna S. Eaton, General Manager

An artist once told me that there is no such thing as “new” art; that we all take bits and pieces from other art works and “rework” them into something new. In that spirit we’ve recently recycled several great ideas from other Co-ops, such as the “Leave your Car @ Home” card from Community Food Co-op in Bozeman, MT (see article on road construction for more details).

This latest idea is courtesy of The Food Co-op, located in Port Townsend, WA. Located on the Olympic Peninsula, P.T. (as it is fondly known) is a mecca for artists of all varieties and home to a wonderful Co-op. The Food Co-op relocated a few years ago and included in their plans a “vendors’ booth” space.

The idea is that local artisans and producers, occupying this space, could sell their homemade items directly to the consumer. We decided that the addition of a local vendors’ table to our store was an idea worth pursuing. How will it work here in Moscow?

First we will dedicate a small space by the “Enter” door that vendors may use; you may have noticed authors and others there lately. We will have a sign up

sheet and a list of guidelines and that’s about it. Our guidelines were created to make it simple for us and for the vendor. They are [hopefully] clear and concise, aimed at making the relationship work well for everyone.

Since this is an experiment we will start it in August and check back in at the end of the year to see how it’s working. Annie Hubble, our front end manager/volunteer manager/art co-coordinator has agreed to take on the task of managing this space, so there will be a small fee for using it: \$5/ half and \$10/ full day if you are a Co-op Business Partner. Not a partner, you say? Then it’ll be a little bit more; \$8 for a half day, \$15 for the full day.

In case you’re wondering, the guidelines are printed in the side bar, but basically you bring everything and look after yourself! We want only locally made items and reserve the right to say “no” if your item doesn’t fit. We will begin signing people up in June; please contact Annie if you are interested.

You might be wondering what’s in it for the Co-op. Hopefully by providing this space we can help someone else

grow their own business and thus help increase the number of local producers. Additionally we see it as an opportunity to allow local producers to build a clientele for their products or simply increase sales of those items we already carry, much like the Growers Market in our parking lot, just year round and inside!

**“The idea is that local artisans and producers could sell their home-made items directly to the consumer. We decided that the addition of a local vendors’ table was an idea worth pursuing.”**

## Vendor Booth Guidelines:

- ✂ Schedule in advance with the Front End Manager
- ✂ First consideration is to vendors of handmade products made locally (on the Palouse), and health-related businesses.
- ✂ Food products must meet all Health Department requirements, and have a valid Food Handlers’ Card, for the person vending.
- ✂ Children’s businesses are welcome with adult supervision.
- ✂ Sign up for more than two days each month needs approval from Co-op Management.
- ✂ Products must be priced.
- ✂ Staffing the booth and handling money is the responsibility of the vendor, and not of the Co-op Staff. Co-op can NOT provide change.
- ✂ Products may not be left overnight
- ✂ Co-op management must approve product to be sold prior to display.
- ✂ Please be on time as scheduled, or your time will be forfeited.
- ✂ Displays are to be contained in the designated area, and will not impede ingress or egress of customers.
- ✂ Vendors report their own sales and taxes.
- ✂ If providing a health-related service, you must provide proof of insurance.
- ✂ Musicians, selling their CD’s, must provide their own listening station with headphones.
- ✂ The vendor agrees to and signs the Waiver of Subrogation.
- ✂ Booths are \$5/half day (9am- 2pm or 2:15 pm-7: 15pm) and \$10/ full day for Business Partners, and \$8 and \$15 if not.



# Co-Operations



## Welcome!

By Laura Long, Membership Services & Outreach

Well, we did it! Through the support of members like you we raised enough money for our new bike racks. I know we've been hounding you at the registers to buy raffle tickets, round up your purchase, or pay off your lifetime membership, and sometimes that seems like a hassle. But the pay-off is that you guys were generous enough with your donations and patronage that we raised \$1699.71. Hurray! This is really why I love working and shopping at a Co-op. The community support in this town is

really wonderful.

I also want to give a warm welcome to our newest business partner Anna Banks, Equine Massage Therapist. Anna will be offering \$15 off her regular price to Co-op members for an equine massage or reiki treatment. Remember, it does our community a world of good to keep our dollars local whenever possible.

### 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](http://adventurelearningcamps.com)
- Alchymia Life Coaching:** 1 free session & \$25 off initial intake session, Katrina Mikia, 882-1198
- Anatek Labs, Inc.:** Drinking water Bacteria Test for \$10 & Comprehensive well water test for \$90, Mike Pearson, [anateklabs.com](http://anateklabs.com), 1282 Alturas Dr, Moscow, 883-2839
- 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](http://www.ecostructure.us), 116 E 3rd St, Ste. 212, Moscow
- Full Circle Psychological Services:** Free Initial Consultation, Dr. Tina VonMoltke, PhD, 619 S Washington St. Ste 301, Moscow, 669-0522
- The Healing Center:** Save \$10 off on first exam or phone consultation, Dr. Denice Moffat, [drmoftat@NaturalHealthTechniques.com](mailto:drmoftat@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](http://integrativemindworks.com), 3400 Robinson Park Rd, Moscow, 882-8159, [april@integrativemindworks.com](mailto:april@integrativemindworks.com)
- Inspire Communications:** 10% off All Services, Jo Sreenivasan, <http://members.aol.com/writebook64>, 892-0730
- Kaleidoscope Framing:** 10% off gallery items, Darryl Kastl, 208 S Main St #11, Moscow, 882-1343
- Kelly Kingsland, LMT:** First 2 Massages \$40 each, 892-9000
- Kimi Lucas Photography:** 25% off initial photo session, 15% off on photo session, instruction or products & free third pet photo session, Kimi Lucas, PO Box 3432, 310-1064
- Dr. Linda Kingsbury, Professional Herbalist:** 10% off Customized Aromatherapy, Spa Treatments, Holistic Health & Nutrition Consultation, [spiritherbs.com](http://spiritherbs.com), 883-9933
- Mabbutt & Mumford, Attorneys:** Free initial consult., Mark Mumford, Cathy Mabbutt, 883-4744
- Maria Maggi, Intuitive Astrology & Gardener:** \$5 off astrological & flower essence consultations, 882-8360
- Marketime Drug:** 10% off gift items, Joanne Westberg Milot, 209 E 3rd St, Moscow, 882-7541
- Mindgardens:** Free initial consultation & 10% discount on services, Erik Tamez-Hrabovsky, [erik@buildmindgardens.com](mailto:erik@buildmindgardens.com), 220 NW Tingly St., Pullman, 509-595-4444
- Moscow Feldenkrais:** First individual lesson 40% off, and first group lesson free, Elisabeth Berlinger-883-4395 & Tom Bode-892-3400, 112 W 4th St, Moscow
- Moscow Yoga Center:** 10% off classes-new students, Jeri Stewart, 525 S Main, Moscow, 882-8315
- Motherwise Midwifery:** Free supply of pregnancy tea thru pregnancy, Nancy Draznin, 1281 Sprenger Rd, Genesee, 224-6965
- The Natural Abode:** 10% off of Natural Fertilizers, David & Nancy Wilder, 517 S Main St, Moscow, [www.TheNaturalAbode.com](http://www.TheNaturalAbode.com), 883-1040.
- 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](mailto: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
- Glenda Marie Rock, III, Healer & Esotericist:** 10% off Clairvoyant readings, past life regression & energy healings, [gmrockiii@aol.com](mailto:gmrockiii@aol.com), 882-0403
- Shady Grove Farm:** \$10 off initial English riding lesson or horse training session, Ashley Fiedler, 1080 Sumner Rd, Troy, 835-5036
- Sid's Professional Pharmacy:** 10% discount off Medela breast pumps and supplies, Sid Pierson- owner, Pullman Care Community, 825 Bishop Blvd, Pullman
- Susan Simonds, PhD, Clinical Psychologist:** 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](mailto:tyedye@moscow.com), 527 S Main St, Moscow, 883-4779
- Whitney & Whitney, LLP:** Reduced rate for initial consultations, 604 S Washington St Ste.#1, 882-6872
- Wild Women Traders:** 10% off clothing and jewelry, 210 S Main St, Moscow, 883-5596



## Front End News

By Annie Hubble, Front End Manager

You will notice new cashiers training at the front end. In a college town there is always a turnover of staff at this time of year due to graduation. I am always sad to lose such good Co-op employees but they have to move on to further adventures. I wish them all well and thank them for their great contributions to the Co-op.

I welcome Sara Anderson and Justin Saydell to the cashier crew. By time you read this, they will be fully trained and ready to give you the great service that you have come to expect from the Co-op.

One of the new duties of the front end will be helping you all in the ongoing challenge of the parking lot. Every so often a cashier will venture out into that wild and woolly world, and make all possible effort to make your life easier. We will be putting very politely written signs on the cars of those people who park in the Co-op parking lot and walk away to other places. Please do not be offended if you get one of these notices. But please understand that with such limited parking, we must ask that it be kept for those who are actually shopping in the store.

And remember, if you bike, skateboard, unicycle, ride a horse or in some imaginative way leave your car at home when you are shopping at the Co-op, you not only help the environment, and ease up

the problems of the car park, but you can also participate in the "Leave Your Car @ Home" program. After twenty shopping trips that involve leaving your car at home, (spending a minimum of \$5.00 per shopping trip), you can save \$5.00 on your next shopping trip. Now that's a great incentive!

And also remember that it is almost always possible to park a couple of blocks away. When you are ready to load your groceries, you can bring your car up to the Co-op and we will help you load your car.

The Co-op wants to help the environment and wants to protect those who do need to drive and do need a place to park. So let's all work together on making this possible.

*"If you bike, skateboard, unicycle, ride a horse or in some imaginative way leave your car at home when you are shopping at the Co-op, you can also participate in the "Leave Your Car @ Home" program."*

## Artwalk & Art at The Co-op

By Annie Hubble, Front End Manager

Artwalk is coming up! This is an awesome Moscow event, anticipated by many people. On the evening of Friday, June 16th, many businesses and galleries around Moscow will have openings for local artists. It is a most enjoyable occasion as people wander around downtown Moscow, gather, nibble munchies, visit and see some of the best artwork of the area.

The Moscow Food Co-op is choosing to celebrate the art of Moscow native Janna Jones for the first six weeks of Artwalk. Janna studied art at the University of Idaho and at Boise State University. She has participated in prop crew for Idaho Rep Theatre, and volunteered time for some of Pam Palmer's theatre productions, but painting in acrylics, specifically portraits of a wide variety, has always been her first artistic love.

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

Meet the artist and enjoy the opening reception on Friday, June 16th, from 5:00 p.m. - 8:30 p.m. Make it a part of a stroll around Moscow and support your local artists. Janna's show will run until Thursday, July 27th.

## The Volunteer Program

By Annie Hubble, Front End Manager

The volunteer program is well and thriving. There are still a few positions open and I am taking new applications. Applications are to be found at the back of the store near the meat department. Fill out the form and put it in then slot marked for that purpose. I will look over them all and set up a time to meet with small groups of applicants.

At this orientation, I explain the program and give the group a mini tour

of the store from a volunteer's point of view. After a few days I try to match each of these people up with an available volunteer position.

Volunteers help so much in the running of the Co-op. They are never assigned 'essential' jobs. The store can carry on without them. But the presence of volunteers makes the lives of the paid staff a lot easier.

Thank you all for your good help.



## Downtown Road Construction

By Kenna S. Eaton, GM

Normally I don't like road construction; it makes driving more complicated and more time consuming than it already is. And this particular piece of construction isn't going to change my opinion.

Idaho Dept of Transportation is repaving Washington Street this summer: from Eighth all the way up to First Street. And on top of that they will be reconstructing the intersections at Third and Sixth Streets. So, this means more complications for the drivers so be prepared!

Basically there will be no street parking on Washington Street all summer long, as first one lane and then another is torn up and re-paved. I will admit

that the ruts have gotten particularly deep this year and apparently the heavy truck traffic is the reason for replacing the intersections with concrete as well.

So, here's what I think- that from June onwards, if you drive, you should be prepared to get to the Co-op by some other, more creative route. Like driving down Main Street and then turning east (towards Montana) at the Goodwill and then slipping in the side entrance.

Or you could "Leave Your Car @ Home." Since starting the program April 1st we've had an incredible, enthusiastic response! We handed out 100 cards in the first week alone, and since then several hundred more. This

past weekend we started having customers turn filled cards back in for the highly coveted \$5 discount. In fact I witnessed my first card redemption on the Saturday of Ren Fair & the first Farmers Market when long time member, Bruce Haglund, proudly handed over his full card to me.

Although Bruce and his lovely partner, Tisha Egashira, have walked from their home to campus on a daily basis for almost 23 years, this is the first time they've been rewarded monetarily for their healthy habit. However, between them a tank of gas lasts three months plus they have the added benefit of good health from their daily walks. Tisha also mentioned that in the UK some stores reward users of public

transportation with discounts: what do you say Moscow? Ready to join us yet?

*"If you drive, you should be prepared to get to the Co-op by some other, more creative route. Or you could "Leave Your Car @ Home."*



## Earth Tub Dreams

By Kenna S. Eaton, GM

Lately I've been dreaming of an Earth Tub. Mostly it's a daydream, not the kind that transfigures the night. But still it's a dream and I need your help to make it a reality.

The Co-op generates a lot of waste and though we try to keep it to a minimum with recycling and re-using there's a certain amount that we simply have to toss. The tossing becomes a quandary for us when it's compostable waste: fruits and veggies and other food scraps. It simply feels wrong to throw it away when we know it could be put to good use somewhere.

Earlier this spring we participated in a pilot program through Latah Sanitation. They placed a bin in our alley that we could use for all kinds of compostable scraps which was then hauled away as needed. In three months we diverted 5 tons of waste from the landfill and saved ourselves a few bucks along the way. But now unfortunately the program has come to an end and we are back to [sadly]

throwing this stuff away.

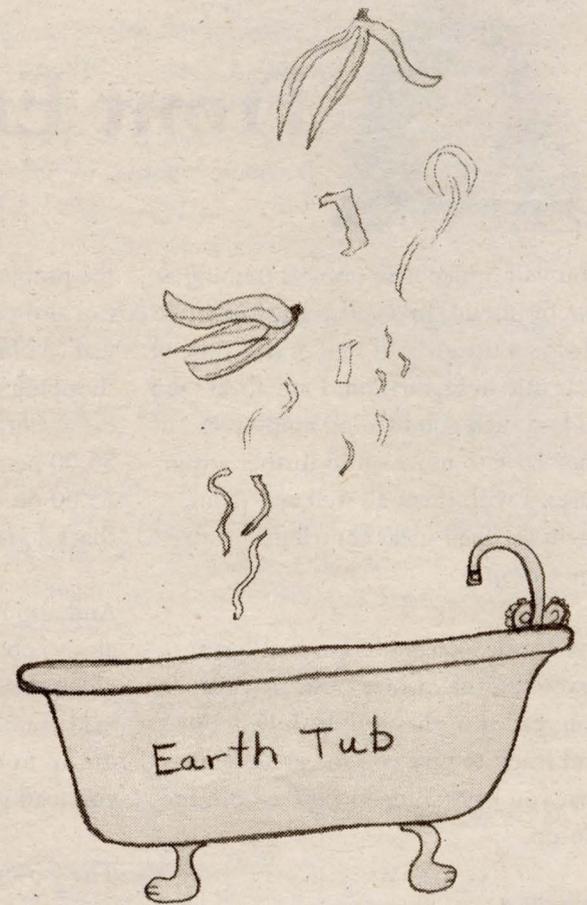
Of course some of it can be and is taken by the Community Garden, by local growers and egg producers and by others. But they only want the good stuff and not so much of it. And thus the dream of an Earth Tub is revealed. "The Earth Tub is a small scale, in-vessel composting system for recycling organic waste materials on site. Complete with odor processing and control, this system provides a neighborhood friendly efficient composting technology [capable of processing as much as 500 lbs. per day]" (from <www.gmt-organic.com>).

The Earth Tub has been specially developed to meet the needs of businesses like ours, ones that create large amount of commercial food waste. The Earth Tub is LARGE and can take a large amount of waste. It has a power auger to allow for effective mixing and shredding of most foods including the kitchen scraps nobody wants right now. And the end result can be mixed with

peat moss, for example, to create a finished potting mix- Voila! Now you can see why I want one.

But it does come at a price; basically including shipping and installation, it'll be in the neighborhood of \$10,000. Now I can hear you saying "Oh, boy, how many raffle tickets will that be?" or "She'll be rounding up at the register for the next decade."

Well, actually I need a different kind of help this time. I'm looking for someone special (or perhaps a couple of you) to write a grant for this puppy. In return we'll be happy to give you compensation in the form of a groovy volunteer discount. Sound intriguing? Right up your alley (pun intended)? Please contact me and we'll work out a deal.



You know I had another dream, where someday the Co-op would be located in this old Safeway building, and look what happened! Perhaps this dream will come true also...

## News From the Board of Directors

By Bill Beck, Board Member

I have been a member of the Co-op Board of Directors for just over one year. It has been a busy and fun year. In addition to moving to our new location, we have established a new committee and we are in the process of establishing a new working structure to help us govern the Co-op.

An important part of the Board's operation is found in the work of its committees. Currently the committees are: Sustainability, Membership Outreach, and a new committee, the Board Professional Development (BPD) Committee.

The Sustainability Committee has been

active in making sure the Co-op is utilizing sustainable practices. There is a notebook attached to the Deli seating counter that outlines the excellent work they have been doing.

The Membership Outreach committee is busy exploring ways the Board can maintain and expand communication between the Board and our Co-op members.

The Board Professional Development Committee is working to have an outside volunteer facilitate our Board meetings. This will help us keep focused on the work at hand and free up our new President, Kimberly

Vincent, to participate more fully in Board discussions. This committee is also responsible for recruiting and training new Board members.

The Board is currently working to institute a new system to govern the Co-op. This system is called Policy (or Structured) Governance. We are in the process of developing general policies that will support the Co-op's mission and values. These policies will help keep us focused on providing general oversight of the Co-op while increasing communication with the membership and Kenna, the general manager.

Historically, recruiting new Board

members has not always been easy. The new BPD Committee hopes to make this process proceed more smoothly and effectively. Being a Board member volunteer is an interesting and fun way to support the Co-op. It is fun working with six other people. Everyone brings their own unique experience and background into the decision making process. Everyone is committed to representing the members and supporting the Co-op's mission and values.

If you would like to be a Board member, contact Kenna and a BPD Committee member will get in touch with you. There will be four new Board members elected next March.



## Summer in the Bakery

By Aven Krempel, Bakery Supervisor

We are making lots of new yummy treats in the bakery for summer. The *Lemon Cheesecake* is just the right combination of rich creamy cheesecake and tart lemon curd. Our many varieties of *Fresh Fruit Tarts* are a great way to savor the fresh seasonal fruit available.

Another fun new product we're offering is bagels! Fresh baked every morning these great bagels come in six flavors. Bagels are available for sale in bags of four. You can get a single bagel toasted with plain or flavored cream cheese. If you're on the go you can grab a bagel

and a single serving spread to go with it. And, when the sandwich bar is open you can have any sandwich on the menu made on a bagel.

Congratulations to the winner of the cake giveaway. Michelle Hamel enjoyed

a delicious *Chocolate Fudge Cake with Buttercream Frosting*. Thanks to everyone who participated. Good luck next time!



## Tuesday Live Music Moves Outdoors

By Eric Gilbert, Co-op Music Coordinator

This month we kick off the summer BBQ and music series to coincide with the Local Growers' Market in the parking lot on Tuesday evenings. With the move outside, the music will now be from 5:00 - 7:00 p.m.

The first one will be June 6th and will feature a really cute guinea pig by the name of Lisa Simpson—bless her heart for being brave. On June 13th Zugunrue will serenade the parking lot

grazers.

Tom Drake makes his Co-op solo debut on June 20th with his alt-country leanings and original heartbreakers. I'm excited to have Dan Maher on June 27th for what could possibly be my last music night (more on that next issue).

So come celebrate summertime with us with our local growers, local musicians, and a real live BBQ, every Tuesday

evening! The music will be fun, and instead of deli tacos at special prices, the Co-op will offer delicious BBQ meals.

If you or someone you love wants to play call Eric at the Co-op (882-8537) or email: gilbert@oracleshack.com.

### Upcoming Dates

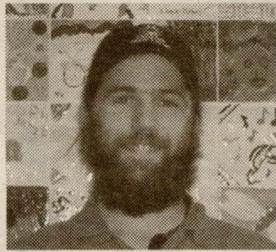
**June 6th:** Lisa Simpson

**June 13th:** Zugunrue

**June 20th:** Tom Drake

**June 27th:** Dan Maher

**July 4th:** TBA



## Produce Department Happenings

By Scott Metzger, Produce Manager

With the temperature heating up outside, it sure is nice to be inside near all these coolers. We like to think we are pretty chill here in the produce department. Nevertheless, things are changing in the produce world this time of year. Most of the domestic organic storage apples, everyone's favorites like Fujis and Pink Ladies, have run out for the season. The national distributors are busy trying to line up imported organic apples and pears but the transition may take a couple of weeks. Also showing up this time of year are various organic melons from Mexico, and organic red grapes also from Mexico and California organic strawberries, which have been looking very nice.

In the tomato world, there have been some really nice organic hot-house tomatoes coming from British Columbia, but the ones from Mexico

are cheaper. Its hard to decide which to go with, grown in the northwest, or cheaper, so I have been doing a little of both.

Organic asparagus is now coming from Washington and is also looking very nice. Also new to the scene are the organic Texas sweet onions which have been very large and very sweet.

Locally, the Morel Master, Adam Prazenica, has been keeping us in a steady supply of really nice morels. This time of year these highly prized mushrooms are looking very good, with nice color and a nice range of sizes. Though these mushrooms are a little pricey, they are well worth the expense, especially as the centerpiece of a nice meal. And you can dine knowing that Adam is a huge advocate of these mushrooms, is vitally concerned about conservation

of their habitat, and is doing his Ph.D. work with them. We in the produce department are proud to support someone who has a solid ethical basis to wild crafting mushrooms.

Also locally, keep your eyes out for Linda Benson's fabulous flowers. She is in Lewiston and is a couple of weeks ahead of us here and has been bringing in bouquets, and cut stems. You can't miss the new flower display right when you enter the store.

David Ronnigers' potatoes from up north in Moyie Springs have all run out. We bought his last 200 pounds a couple of weeks ago. I think there are still some left in the display, but they won't last long so get 'em while you can. Until next year David, thank you for your spuds!!

We also now have local no spray rhubarb that can be found near the potatoes on the refrigerated island. Remember, you can identify anything locally or regionally grown by looking for the "Buy Fresh, Buy Local" signs near the products.

Lastly, in an effort to keep you the consumer informed, we are trying to put small orange place of origin tags next to any produce that is grown in the Pacific Northwest, in addition to our "Buy Fresh, Buy Local" signs. This will allow you to be able to make informed purchasing decisions when it comes to purchasing imported vs. domestic food. This is just the first phase of what we hope to be a more thorough place of origin signage program in the future. Thanks for shopping and get out and dig in your garden.

## From the Suggestion Box

**I love the mini muffins! But have only seen them once or twice. Can they be made more often?**

We sometimes make mini muffins for special orders and sometimes accidentally make too many and sell them as a special. Due to yours' and others positive feedback we are going to try selling the mini muffins in packages on the pastry table in the front of the store. Look for them soon!

**More all-organic deli items please - and organic cage-free eggs in bakery items. Thanks.**

We try to use as much organic produce as possible,

however it is not always available from our suppliers and sometimes the price is too high. We are starting to buy a lot of our produce locally for the summer and while not all of the local producers are certified organic they all practice sustainable and healthy farming.

- Nikki Woodland, deli supervisor

Right now is it not cost effective for us to buy organic eggs to use in the bakery. Organic eggs are not currently available in bulk from any of our suppliers.

- Aven Krempel, bakery supervisor

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## Volunteer Profile: Tenley Burke

By Yvonne McGehee

Tenley Burke and I met for this interview at the Moscow Public Library, which suited Tenley well because she likes to read. As well as volunteering at the Co-op, she volunteers at McDonald Elementary School, tutoring reading to kindergarten and first grade students.

Tenley was born and raised in California, where she earned her BA degree in geography ecosystems and her MS in forest resources. She met her husband, Charlie Burke, while he was working on his Ph.D. in Biochemistry at Washington State University, and moved to Moscow in 1997. Her son Cullen was born in 1998, followed by another son, Mason, in 2000.

Tenley has been a stay-at-home mom since the birth of her sons, but engages in a lot of volunteer activities, as a way to both broaden her experiences and give back to her community. She serves on 4 different boards, for the Palouse Clearwater Environmental Institute, Rendezvous In The Park, Julie's Jazz and Dance Pizzazz, and Moscow Day School, where Mason is currently enrolled. She was also a board member and co-director of the Moscow Parent-Toddler Co-op.



Tenley Burke, volunteer extraordinaire, works in the Co-op deli on burrito day.

**“Tenley has been a stay-at-home mom since the birth of her sons, but engages in a lot of volunteer activities, as a way to both broaden her experiences and give back to her community.”**

In the Co-op deli, where Tenley has been volunteering for about one and a half years, she works on smothered burrito day, the mere name of which makes me want to run over and get one right away. She serves the aforementioned burritos, and salads. She likes seeing the community passing by for lunch, knows many of the customers, and enjoys the exchange she has with them of presenting them with their tasty healthy food. She feels like she's smiling all the time.

Tenley plans to travel with her children when they are old enough that their digestive systems can take it. She

and her sister Romney, who also lives in Moscow, traveled extensively with their parents when they were children, and Tenley feels this kind of experience broadens a person's perspective enormously. She started when she was 5 years old; she saw pigs in the mud in Guatemala and got the sense that things are not the same all over the world as they are at home. Since then she has been to Egypt, India, China, Russia, and the Galapagos.

She went to Russia and China in 1982, when Russia was still a communist country. Her mother made an analogy of the social climate they met there with the hotel towels; the Russian towels at that time were starchy, thin, and scratchy, for an overall uninviting feeling, while the towels in China were fluffy, soft, and white, creating an inviting feeling. The Chinese swarmed around them and were happy to have someone on whom they could try out their English. In Egypt, she saw the pyramids and Nile River, old temples, hieroglyphs, and the Valley of Kings. In India she bought her wedding dress,

and her husband his wedding outfit, as well as seeing the Taj Mahal and Bombay. On a cruise to the Galapagos, she went from island to island and saw iguanas, penguins, sea lions, tortoises, and Darwin's finches.

Tenley plays the violin, and has recently learned to play the flute. Charlie gave her flute lessons for Christmas, and she and a friend play duets for flute and piano once a week. She also plays tennis, and does Pilates at the gym downtown. She and her family live on Moscow Mountain, where her boys can see deer, turkeys, and occasionally, moose and bear. They have a wonderful dog named Hannah who has a spotted tongue, which is quite a hit with visiting children.

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

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## Staff Profile: Scott Jaklin

By Susan Simonds

A citizen of Moscow for eight months, Scott joined the staff as a meat cutter just before the new store opened. His experience as a meat cutter is impressive, beginning at the age of 19 when he started as a meat wrapper at Century Foods in 1990 in Two Rivers, Wisconsin, his hometown. Two Rivers, with a population of about 12,000, sits on Lake Michigan on the eastern border of Wisconsin. The town is 30 miles north of Sheboygan and 80 miles north of Milwaukee.

A couple of years ago when on vacation, he visited a friend here and came to the conclusion that this was the place for him. He was attracted to the "laid back attitude" and found the people and atmosphere friendly. After saving up for a year, he finally made the move, only to discover that there were no openings for meat cutters on the Palouse. He spent a fairly unhappy year working in Spokane at a supermarket meat department. It was only by chance that he stumbled upon the job at the Co-op when doing an online job search.

Scott says that when he first began working with meat, he took to wrapping immediately. As a wrapper (that's not the same as a rapper!), he mostly wrapped varieties of luncheon meat. He then became a cutter, working at a number in stores in and around Sheboygan. At one point he was making 400 pounds of bratwurst a day. Scott considers his experience extremely well rounded, encompassing full service as well as self-service meat departments in small family-owned stores and chain supermarkets.

I asked Scott to explain the difference between a butcher and a meat cutter. A butcher breaks down the animal carcass, does the evisceration, and dresses the meat for further processing. Scott describes a cutter as "more artistic." The cutter takes the primal pieces from the butcher, dividing them into the cuts that shoppers know and want, but also making them visually attractive for display.

When Scott first began at the Co-op, he was uncertain whether he would like working with prepared specialty

**“Scott raves about the superior quality of the meats that the Co-op carries as compared to all he has seen in his years as a meat cutter.”**

items such as the marinated meats and the meat loafs, something new for him. This aspect of the job actually has delighted him. He and Adam Stone, the other meat cutter (who was profiled last fall) work together closely in deciding what to carry. It is Adam who developed the recipes for the specialty items during his years of experience as a meat cutter. However, both Scott and Adam decide what to feature and are always trying to "shake it up a bit" to try new things. Scott clearly feels that the Co-op is a great place to work: "In the big chains, you kind of lose your identity. Here one of the big pluses is that you get to be creative."

Scott raves about the superior quality of the meats that the Co-op carries as compared to all he has seen in his years as a meat cutter. He rates the Country Natural Beef as excellent and thinks it is great that shoppers have a choice between the Country Natural beef and grass fed beef from Alder Springs. He observes that the high quality of meat attracts people from as far away as Lewiston and one shopper from Seattle remarked that even the co-op there does not have such a fine selection.

Scott enjoys reading science fiction, weight training, hiking, mounting biking, and fishing, which goes back to his Two Rivers youth. Another hobby is trouble-shooting computer problems for friends. Only since working at the Co-op has he become interested in cooking and now considers himself "pretty good." He says he loves to make hot and spicy stir fries. Scott lives with his cat, Oscar.

It seems to me that the Co-op lucked out by getting two such experienced and creative meat cutters in Scott and Adam who have made the meat department the gem that it has become.

.....  
Susan Simonds loves to eat.



Scott Jaklin makes meat-cutting an art in the Co-op meat department.

# Business Partner Profile: Melissa Lines, Skylines Farm

By Jill Maxwell, Photos by Rhea Hatten

It took more than 40 years but Melissa Lines is finally living the life she's always wanted to. She quit her day job as a technical writer at the University of Idaho one and a half years ago to devote her energies full time to being a shepherdess and a farmer.

"I figured, 'if you're not going to do what you've always wanted to now . . . when are you going to do it?' she recalled on a recent spring afternoon while walking amongst her flock of multi-colored lambs and ewes.

Melissa is sole owner and shepherdess of June's featured Business Partner, Skylines Farm, which is set on 65 acres of lush pasture, meadow, and forest about 30 miles northeast of Moscow. As she walks through her green pastures, a bottle-fed lamb follows her devotedly. Three large and gentle Great Pyrenees dogs protect the sheep, while Peaches the donkey keeps a watchful eye out for danger.

Lines remember visiting her first farm when she was four years old. She says she knew immediately that she wanted to be a farmer. However, her father was a career Marine, so she spent much of her childhood moving around. Once she set out to become a farmer, she learned how by reading, and by taking a Livestock Master program offered through the University of Idaho extension program. The course taught about cattle, sheep, swine and goats. Lines chose sheep because they are the right size for her to handle, and because they produce fiber as well as meat. Although she prefers to sell fleece, she does sell half of her lambs as meat to people looking for naturally raised freezer lambs.



Melissa Lines and her dog Andy watch over the sheep at Skylines Farm.

In 1992 she began farming on rented land with five ewes. Today her flock numbers 175 sheep, including ewes, rams and lambs. The sheep are Romney and Romney crossed with Suffolk or Montedale breeds. Each is a unique blend of colors. Many sport variegated fleeces with bits of gray, black, brown and cream. Their fleeces make tweedy, multi-shaded yarns. Her flock has been built of sheep selected for their fleece, which she sells through her web site to specialty wool-seeking customers across the country.

"A lot of people are turning to spinning and knitting," she says. "It's such a wonderful connection to the living earth."

On her website, she has pictures and descriptions of each fleece, along with the name of the sheep it came from. Half of the 90 fleeces she produced this year were reserved six months before the spring shearing. Buster, one of her elderly sheep, has his fleece reserved for a New England customer for life.

The animals are organically raised. They are not certified, however, because she buys hay from outside the farm.

"I treat myself that way. I treat my dogs that way. I figured, why not treat the sheep that way. I raise the meat lambs the way I want my food raised," says Melissa. All the sheep, except for the two rams, were born on the farm. They stay healthy, Melissa says, because she does not expose them to other sheep at

shows and she doesn't bring outside animals in to join the flock. For worming, she gives them a mixture made of garlic and molasses.

Melissa is also a farmer-mentor for people who want to learn to raise sheep organically. Skylines Farm is one of five local farms offering apprenticeships through the Cultivating Success program. Cultivating Success is a sustainable small farms education program offered by a partnership between Rural Roots, Washington State University, and the University of Idaho.

On June 13, the Co-op will be celebrating Woolly Day. As part of the festivities, Melissa will bring a big basket full of her fleece, and some knitted items made from her sheep's fleece. She will also bring a few ounces of carded roving for use in a felting project.

As a business partner Melissa offers Co-op members 10 percent off organically raised lamb, handspinning fleeces and prepared roving. She can be reached at 875-8747, or check out her website at <<http://www.skylinesfarm.com>>. The website for Cultivating Success is <<http://www.cultivatingsuccess.com/>>

There're few places that Jill Maxwell would rather be than wandering through a meadow on a beautiful spring day.



Two of the Skylines Farm sheep proudly pose for a picture.

## Presto Chango, Basil Pesto

By Judy Sobeloff

If you're looking for light summer reading, I advise you to turn to a different article. Basil, it turns out, is associated with love, hatred, and death, often in connection with a beheading. If you're lucky, however, you might escape with only a stimulated appetite and decreased flatulence.

Sniffing basil leaves with my kids, I remembered a friend who, inexplicably nauseated by basil's smell, deduced she must be pregnant. Little did I know the greater risks of sniffing basil. In medieval times, apparently, due to a sort of spontaneous generation, people believed not only that placing basil leaves under a pot would produce a scorpion (instructions not included below) but that smelling the plant would "bring a scorpion in the brain" (<[www.foodreference.com](http://www.foodreference.com)>). Well, that's the last thing I need!

A member of the mint family, basil first showed up in India and China before spreading westward, where it was used in the embalming of mummies of Ancient Egypt. The name basil supposedly comes from the basilisk of Greek mythology, a terrifying "half-lizard, half-dragon with a fatal piercing stare," with the basil plant thought to provide a "magical cure against the look, breath, or even the bite" of said basilisk. Later Greeks and Romans believed that one must rant and swear while planting basil, and in fact the French phrase "semer le basilic" (to sow basil) means to rant (<[www.homecooking.about.com](http://www.homecooking.about.com)>).

Throughout literary history basil has sprouted from severed heads, watered by tears (Lorenzo's in Boccaccio's Decameron and in Keats' "Isabella,

or The Pot of Basil"). It's also been planted around severed heads (e.g. John the Baptist's) to disguise decomposition. You won't read that in Heloise's Household Hints.

Though a symbol of hatred for the ancient Romans, basil eventually came to represent love. In present-day Romania, for example, a man accepting a sprig of basil from a woman signifies their engagement to be married.

I made three basil dishes for the first time, each of which I'd enjoyed prepared by others many times previously: pesto (we bought a blender for the occasion), insalata caprese, and bruschetta, recipes for the latter two courtesy of my sister Debbie. All of these were easy to make and fabulous, particularly the bruschetta, which I'm eager to make and eat again.

Advice for using basil in cooking is as follows: for the most intense flavor, add fresh basil at the end of cooking. To prevent discoloration of pasta when serving it with pesto, add a squeeze of lemon juice to the pasta water. Dried basil is less flavorful than fresh, and should be substituted at a ratio of one-third the amount dried to fresh. A half-ounce of fresh basil leaves equals a cup of chopped fresh basil.

Those unafraid of scorpions and wishing to grow basil at home can find instructions as well as additional basil folklore at <[www.herbsociety.org](http://www.herbsociety.org)>.

Judy Sobeloff looks forward to vigorous ranting while planting basil this summer.

### Basil Pesto

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

- ✦ 2 loosely packed cups fresh basil leaves, big stems discarded, rinsed, and dried
- ✦ Salt to taste
- ✦ ½ to 2 cloves garlic, crushed
- ✦ 2 Tbsp. pine nuts or walnuts, lightly toasted in a dry skillet
- ✦ ½ cup extra-virgin olive oil, or more
- ✦ ½ cup freshly grated Parmesan or other hard cheese (optional)

Combine the basil, salt, garlic, nuts, and about half the oil in a food processor or blender. Process, stopping to scrape down the sides of the container occasionally, and adding the rest of the oil gradually. Add additional oil if you prefer a thinner mixture. Stir in the Parmesan by hand just before serving.

### Insalata Caprese

- ✦ Balls of fresh mozzarella cheese in water
- ✦ Fresh tomatoes
- ✦ Fresh basil leaves
- ✦ Olive oil
- ✦ Salt and pepper

Slice tomatoes in rounds and arrange on serving platter. Top each tomato slice with a round slice of fresh mozzarella and a basil leaf, whole or chopped. Drizzle with olive oil and sprinkle with salt and pepper to taste.

### Debbie's Bruschetta

- ✦ Crusty Italian bread, sliced
- ✦ Garlic cloves
- ✦ Tomatoes, chopped
- ✦ Salt
- ✦ Olive oil
- ✦ Red vinegar (optional)
- ✦ Fresh basil, chopped

In a bowl, mix together chopped tomatoes, salt, olive oil, a little red vinegar, and chopped basil. Toast slices of Italian bread in broiler. Rub surface of toasted bread with garlic cloves and add tomato mixture as topping.

## Mindgardens

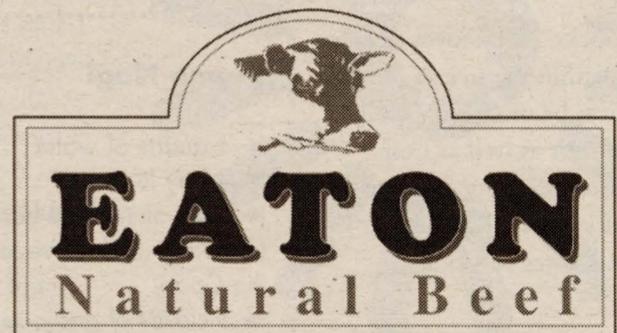
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# Omnivoria: Foray Into the Full Organic

By Nathaniel Orion Cousins

My previous columns have all dealt with "natural" meats, which the USDA defines as "minimally processed." The USDA considers any meat not treated with hormones or antibiotics in the last 40 days to be "natural," and allows it to be sold as such. Our sources for meats at the Co-op take the definition of "natural" much more literally, abstaining from any use of hormones or antibiotics for their animals, period. This is all well and good, and we as consumers definitely benefit from their ethical and sustainable practices, not to mention the excellent meat products they send our way.

Organic meats, on the other hand, have a much stricter row to hoe. They must ensure that their animals are fed only organic-raised feeds, never given drugs or hormones, and processed without nitrates, nitrites, MSG, or other chemical preservatives. This all translates into an increased cost for the producer, which is inevitably handed down to the consumer. The higher price is definitely a concern for many these days, but

after my own recent experience I can certainly see it as money well spent.

I am talking about Sara-Joe's Organic Potato Sausage, from Sara-Joe's Pork Products, of St. John, WA. That's right, practically a neighbor of the Co-op, as local a meat purveyor as we are likely to see. They are a small family ranch operated on land originally homesteaded by their family in 1863. They are surrounded by rolling wheat fields, and bordered by the Palouse River. They take a great deal of pride in raising their animals in a humane and ethical manner, as well as taking pride in maintaining their Organic Certification through the Washington State Department of Agriculture.

I brought home their potato sausage to try. The first thing I noticed about these sausages was the price, at almost \$8.00 for a package of four sausages. A small price to pay for sausages with only six ingredients: pork, potatoes, sea salt, dried onion, white pepper, and allspice. That's right, that's all. No

chemicals, no colors, no words beyond pronunciation, and all the ingredients are listed as organic, except for the sea salt. My inner gastronomist was already intrigued before I opened the package, and my mind reeled with ideas for these delectable treats. I remembered in time to keep it simple, and settled for roasting them in the oven with a light dusting of salt and black pepper, the better to appreciate them for themselves.

I am glad I did, they were succulent and juicy, without the excessive greasiness of most commercial sausages. They would be excellent; I am sure, in any of the popular applications for sausage: boiled in beer, grilled over coals, cut in pieces and simmered in BBQ sauce, anything. I personally look forward to trying them again, as the centerpiece for my patented Game Day Sandwiches.

I encourage those of you so inclined to stop on by our meat department (or freezer case) and take home a package

*"Organic meats must ensure that their animals are fed only organic-raised feeds, never given drugs or hormones, and processed without nitrates, nitrites, MSG, or other chemical preservatives."*

of Sara-Joe's Potato Sausages or other products the next time you have a taste for pork. You won't regret it, and you will be able to take pride in knowing that your purchase supports not only the Co-op, but a local purveyor as well. Happy Eating!

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.

## Eurasia to Moscow: Studzienina (Zimne Nogi)

By Karon Szelwach Aronson

The recipe that follows is one that doesn't sound appealing but produces a heavenly light meat gel that can be served as an appetizer or main meal. At Easter or Xmas this gelled meat began the meal or was served as breakfast. It is a farm recipe requiring imagination and patience to produce a most delicious and nutritious mixture of protein in natural jelly from cooking the cartilage rich bones plus delectable small pieces of meat from the feet.

Smoked ham hocks, also known as ham shanks, found within the freezer section of the Co-op, can be used successfully with excellent flavor as well as fresh varieties. The Co-op variety is nitrate free and less salty than most commercial varieties and tastes superior.

My grandmother and mother made this recipe. I make it regularly for myself

and closest friends including my dog, who gets to eat the soft cartilage bones left as her treat after I remove the tender meat from the bones.

I use a small portion, like two pounds of hocks and two quarts of water to a pot for one person. This is an excellent cold summer dinner when it is too hot to cook. The gel keeps several days in the refrigerator covered with plastic wrap on top so as not to lose moisture.

### Zimne Nogi

- ✦ 3 quarts of water
- ✦ 3 bay leaves
- ✦ 3 lbs of smoked ham hocks (available in the freezer section of the Coop)
- ✦ 3 cloves of garlic
- ✦ Lemon slice

After washing the ham hocks thoroughly place them into a large pot. Cover with cold water and bring to a boil. Skim off the foam on top. Add 3 bay leaves, salt and garlic. Simmer covered for 3 1/2 hours over low and medium low heat so that the meat is practically falling off the bones. Skim fat from the top of the pot with a ladle several times. Remove the meat from the bones by hand after the meat cools. Strain the liquid and reserve. Place meat back into the strained liquid and bring it back to a boil. Ladle meat and liquid into quart bowls or flat glass loaf pans with lemon slices on the bottom. Cool to room temperature then refrigerate at least 8 hours. Skim fat, if any remains, off gelled meat mixture before serving with rye bread and butter. My relatives used to sprinkle cider vinegar on the gel before eating, but I don't because it tastes so good plain.

Karon loves to cook her old family recipes and hopes you're willing to give them a try!

*"My grandmother and mother made this recipe. I make it regularly for myself and closest friends including my dog, who gets to eat the soft cartilage bones left as her treat after I remove the tender meat from the bones."*

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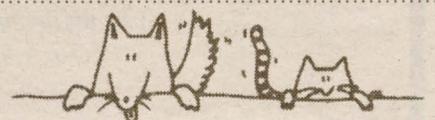
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## Tofu In A SoyNutshell: Tofu, Mirrors, and Solstice Gratitude

By Rachel Clark Caudill

June. The month when days are longest, when

we soak up the delicious, intense, sometimes crushing sunshine of northern Idaho. Or not. Maybe June will bring snow, cold, or even ice.

Moscow's weather teaches me to live in acceptance. Toss in global warming (not to mention all the other sad truths of human impact on the planet and one another), and the spiritual quest to live in acceptance gets tricky, sticky, difficult. I write from the week in May when we soared from the 60s to the 90s overnight, and I'm wondering just how quickly the climate change switch could shift us into a place where acceptance becomes close to impossible.

Just what does it mean to be in acceptance when the world is

changing at our touch? Can I be in acceptance and want to heal the world at the same time? I think I can, said the little engine that could. And look what she did. Was she in acceptance?

Still, even in the face of perilous changes to the planet, I am secure in the solstice. I can be grounded in knowing the earth—until our solar system's dying days—will spin itself around the sun, tilting and swirling, flung around and around by gravity. In its eternal dance, the earth will curtsy and bow to the Sun at each solstice. And I will celebrate the knowing that the Sun is here, offering its abundance, only to turn away from us as we journey toward the dark again.

And in that grounding I root myself in the abundance of both light and

dark, of sunshine and black night. Even the blackest night holds an infinity of stars and the cold, ripe moon behind clouds of ink. Even the blackest night may bequeath the beauty of the northern lights, if we are awake to see them.

If you have read my column at all, you know by now that I use tofu as an excuse to write about what is alive for me. And tofu is good for that. It is light, energetic, alive with the abundance of sunlight that once radiated through green soy bean cells, calling them to action. Grow, it told them. Grow. Nourish yourselves with my radiance. Surely, this is an example of acceptance and action. The cells live in acceptance. Whatever is...is. Whatever will be, will be. Que Sera, Sera.

And yet...and yet. The cells act. In one of the most profound, miraculous, stupefying acts of the universe, those cells take radiant sunlight, and turn it into food. They live on radiance.

I live on radiance. I am alive—my body, my mind, my emotions, my heart, my love, my relationships, my yearnings, my mournings—because of the blessings of the Sun. The Sun connects me to you, my beloved children, my irreplaceable husband, the rest of my dear family, my friends (alive and departed, I tell myself), my community, and yes, to my so-called enemies. We are all sunlight manifested into brilliant, radiant human beings; mirrors for each other in which we can see ourselves. The flash of brilliance of our lives—of all life—sometimes tears me to pieces with its divinity, grace, and awe.

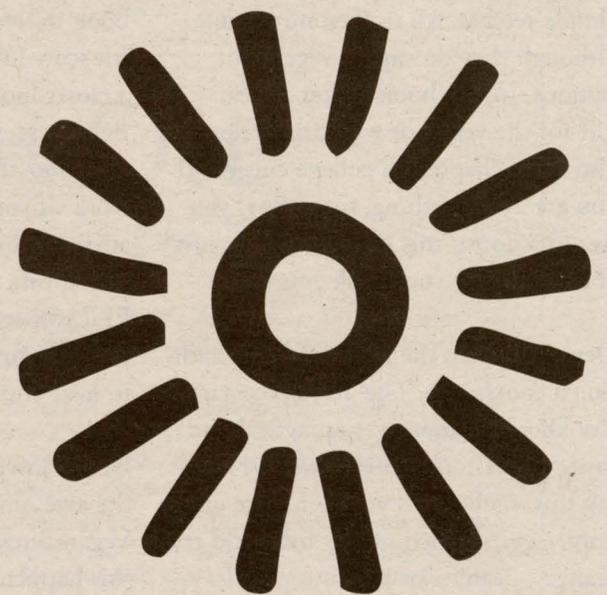
I think I can, she said. I think I can. Acceptance and action. My cells pulse with acceptance and with action. With being, and with doing. The solstice opens, beckons with its long, long drape of sunshine.

**Moscow's weather teaches me to live in acceptance. Toss in global warming (not to mention all the other sad truths of human impact on the planet and one another), and the spiritual quest to live in acceptance gets tricky, sticky, difficult.**

It is time to act. And to be.

I think I can.

Rachel finds it difficult to tell you how grateful she is for Moscow, its occasional northern lights, and all the radiant people who live here. Mahalo my friends... and "enemies."



### Radiant Solstice Tofu with Watercress and Lemon

*I went searching the Web for a tofu recipe lively enough to hold my craving to celebrate the summer solstice in a way that is decadent, delicious, and that reminds me of the sheer wonder of universal abundance. I have adapted this bright, lemony, and summer-soaked recipe for "Pan-fried tofu & watercress w/ lemon sauce" from the folks at: <www.care2.com>.*

- ✦ One block extra-firm tofu, drained and cut into 1/4-inch-thick slices
- ✦ Salt and freshly-ground black pepper
- ✦ 2 tablespoons olive oil (canola works fine, too)
- ✦ 1/4 cup dry white wine
- ✦ 3 tablespoons fresh lemon juice
- ✦ 2 tablespoons capers, drained and chopped
- ✦ 1 large garlic clove, minced
- ✦ 2 bunches watercress, tough stems removed

1. Pat the tofu dry, and season to taste with salt and pepper. Set aside.
2. Heat about a tablespoon of the oil in a large pan or skillet over medium-high heat. Add the tofu and cook until golden-brown on both sides, 2 to 4 minutes per side. Add the wine, lemon juice, and capers and simmer until the sauce is slightly reduced, about 2 minutes. Reduce the heat to low and keep warm.
3. Heat the remaining oil in a large pan or skillet over medium heat. Add the garlic and cook about 30 seconds. Add the watercress and cook, stirring, until just wilted, 2 to 3 minutes. Season with salt and pepper.
4. Transfer the watercress to a serving platter or 4 individual plates and arrange the tofu on top. Drizzle the sauce over the tofu and serve hot.

#### On the side:

Arborio rice with lemon and mushrooms comes to mind. Or couscous. Or, if you want the simple energy of ease and gentleness, prepare a nice batch of brown rice.

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## Vegan Bites: Veggie Teens

By Hope Matthews; Illustration by Joseph Stengel

One of my favorite haunts is the Goodwill store. The thrill of picking up some unexpected treasure, while fulfilling my American shopping compulsions for cheap and usually unnecessary things, makes for a pleasant afternoon outing. Several weeks ago, my unexpected treasure was *The Teen's Vegetarian Cookbook* by Judy Krizmanic.

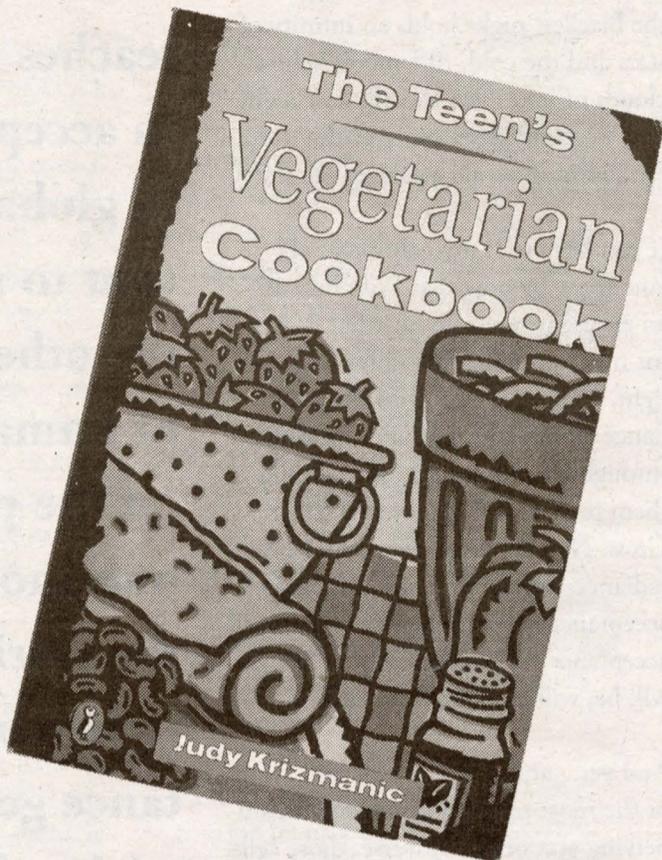
Many years ago, in a galaxy far, far away (or you would think so, according to my son) I was once a teen vegetarian who should have been given this book. As first to go veggie in my family, my usual repertoire of dinner eats consisted of macaroni n' cheese, tomato & lettuce sandwiches, roasted onions on bread, and french fries. A book containing simple, healthy recipes with tons of sage advice from other veggie teens would have helped a lot.

Too bad it was hanging out at the Goodwill 15 years too late.

This book is fantastic, with VERY simple recipes. All recipes are vegan, although they do supply vegetarian options, so this book makes a great gift for the vegan or vegetarian teen. It also has a chapter on college cuisine. If you are 20 something, or eat as if you live in a dorm, this book would be just about the only cookbook you need.

Deviating from the norm of most traditional cookbooks, *The Teen's Vegetarian Cookbook* contains very practical and easily understood nutritional and cooking tips, such as: "if you don't like green leafy veggies which supply folic acid try oranges, peanuts or sunflower seeds," or "use recipes as an inspiration, not as a set of rules." Most of the ingredients really are easy to find and the recipes don't necessitate unusual or expensive kitchen appliances and gadgets.

As for the recipes inside, which is the best part of any cookbook, here's a taste: Laura's Vegan Chocolate Chip Cookies, Peanut Pasta, Annie's Easy Risotto, Been There Done That Salsa, Gingery Carrot Raisin Salad, Sun-dried Tomato Spread, Breakfast Scrambler, Nacho Cheeseless Sauce,



Aztec Casserole, Mushroom Barley Mambo, and Bowties with Tempeh and Mushrooms. Just too many wonderful recipes to list! For the teen on the run, there are recipes scattered throughout which are labeled "insanely easy" that require less prep time and/or few ingredients.

This book can be purchased online through Ebay or Amazon. If you prefer non-virtual shopping and wish to support your local booksellers (hurray!), most bookstores will place a special order if they don't have a particular book in. I've also spied this book at the Moscow Library, if you want to give it a closer look before committing to buy. Being a teen who lives in an omnivorous household may require a bit more work. If you are a teen who has some advice or questions on veganism/vegetarianism, or wishes to share recipes, PLEASE send an email and become part of a future newsletter. I would love to hear your voice!

BTW- Joseph Stengel has supplied the awesome illustrations for all of the Vegan Bites articles. Somehow, maybe this happens to many significant others, I've forgotten to credit his contributions and hard work. Many thanks, Joe!

Hope Matthews loves spending warm days walking around downtown Moscow, lounging on a blanket with a good book, or hanging out at the Arboretum. Email her at hopeemathews74@hotmail.com.

### Nacho Cheeseless Sauce

From *The Teen's Vegetarian Cookbook*  
Serve with tortilla chips.

- ⌘ 12 ounce package soft or silken tofu
- ⌘ ½ cup bottled salsa
- ⌘ ¼ tsp. salt, or to taste
- ⌘ ¼ tsp. turmeric
- ⌘ 1-2 Tablespoons nutritional yeast (optional, but give a cheeselike flavor, if you don't have it, add a little lemon juice or Dijon mustard)
- ⌘ ¼ cup water mixed with 1 Tablespoon cornstarch
- ⌘ 1 Tablespoon vegetable oil

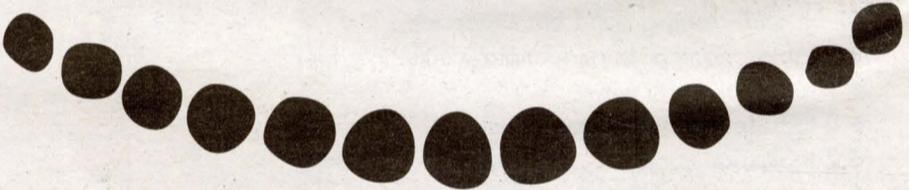
In a blender, puree tofu, salsa, salt, turmeric, and water-cornstarch mixture (and nutritional yeast, if using). Heat oil in a skillet and make sure bottom of pan is coated. Pour in tofu mixture and spread to cover pan. Cook tofu mixture on low heat for about 5 minutes, without stirring. Use a wooden spoon or spatula to mix up the tofu, stirring to get a creamy consistency. Pour/scrape sauce into a bowl and serve with chips.

*Variation:* For a spicier sauce, add 2 Tablespoons chopped canned green chilies to tofu mixture before cooking.

*To Make Loaded Nachos:* Spread some canned black, pinto or vegetarian refried beans on a plate (if using black or pinto beans, drain first). Warm in a microwave.

*Note:* this is the cookbook author's recommendation, but heating up beans in a small saucepan on the stove, set at low-medium heat, is fine or better. Top with salsa, warm Nacho Cheeseless Sauce, shredded lettuce, and chopped tomato. Serve with tortilla chips.

*My suggestions:* substitute ½ beans with ½ cup cooked t.v.p. for the Loaded Nachos and add chopped black olives. This sauce may also taste great with steamed veggies and rice, steamed broccoli on a baked potato, or the "cheese" in macaroni and cheese.



### Hope's Insanely Easy Rice n' Veggies

*Made this for dinner last week and it tastes great leftover. My son liked this cooked in a burrito shell accompanied by cheese (any cheese, including vegan, worked well for him but may depend on your taste).*

- ⌘ 1 ½ cups long grain brown rice
- ⌘ 2 7/8 cups of water
- ⌘ 1 Tablespoon EarthBalance margarine
- ⌘ 1 cup frozen peas
- ⌘ 1 lb. fresh broccoli
- ⌘ ½ cup frozen corn (optional)
- ⌘ salt (to taste)
- ⌘ pepper (to taste)
- ⌘ optional toppings: black olives, non-dairy sour cream, black beans, salsa of your choice (Emerald Valley medium is very good), avocado, hot sauce, diced green peppers

Rinse the rice and strain in a colander (with small holes). Add margarine to a medium-large sized cooking pot at medium heat. When margarine is just beginning to melt, add the rice. Cook rice in pot for about 5 minutes, constantly stirring, then add water and turn heat up to high. Stir well. As soon as water is boiling, add a few shakes of salt, reduce heat to just above the low setting and stir. Cover pot for ½ hour or so. As soon as rice is cooked, add peas and corn (if desired) and stir. Lay broccoli on top of rice and cover until broccoli is cooked to your liking. I prefer broccoli fairly crunchy and more vitamins are retained this way. Add salt and pepper to taste. Once rice and veggies are loaded in your bowl, add any desired toppings. Makes 4-6 servings.  
Recipe can easily be cut in half.

## Wild & Free: Wild Strawberries

By Sarajoy Van Boven

**T**hese are the gems of wild foraging: berries. I hesitate to write of them for two reasons. 1) They are so easy to spot and love that a forager barely needs encouragement or identification assistance. Wild berries are obviously enticing, radioing their bright red signals: "Berry! Yummy! Earth to Earthlings: pick me!" And 2) I'd like to keep them all to myself. But Wild Strawberries are a deeply delicious generosity of Nature that I cannot, in the end, in good conscience, hoard.

Latin: *Fragaria virginiana*. The "Fragaria" part I get. Just one of these tiny strawberries, whether fully ripened to red or still mostly white, has more flavor than a pound of store bought strawberries originated in California or Chile. The "virginiana" part could confuse as this wild berry is the original parent for 9/10s of all cultivated varieties of strawberries (as per *Plants of the Southern Interior of British Columbia and the Inland Northwest*, published by Lone Pine). Doesn't sound like she's been all that chaste to me. Perhaps,

*Just one of these tiny strawberries, whether fully ripened to red or still mostly white, has more flavor than a pound of store bought strawberries originated in California or Chile."*

though, virginiana is meant to indicate a wild, uncivilized purity of being, it's origins in the imaginative mechanisms of Nature, uncorrupted by the lesser imaginations of humankind whose only quest seems to be for bigger fruits with longer shelf-life's, irregardless of flavor.

Locate: Admittedly wild strawberries are tiny and challenging to spot. They can be found in dappled shade, or shady sun in wet and dry areas alike. Secret (until now): Field Springs Park, near Anatone, in June. Small children will walk 3 miles or more to the look-out and back, without complaint, in the hunt for wild strawberries.

Identify: For those of you who have spent most of your lives on other planets, strawberries are the fruit of a low growing plant. The leaves, perky as wild virgins, stand about 6-10" tall, and are divided into three, green, toothy leaflets atop one stem. The berries are tiny, barely visible from under the stem-cap, and anywhere from unripe white (though perfectly delicious and edible) to red/fuchsia (even more delicious), and brown, if past its prime.

The berries of *Fragaria virginiana*, and their accompanying white blossoms, grow in clusters lower than the leaves. The Wood Strawberry, *Fragaria vesca*, of Field Springs Park, grows on a stem that is higher than the leaves. One berry usually tops each stem that leans over like a street lamp, and can be hard to spot from above.

There are poisonous berries, however, this edible berry is so distinctive that mis-identification is unlikely. Some suggest that Poison Ivy and Hookers Fairy Bells could be mistaken for strawberries. I doubt it, but I should remind you to identify your edibles with 100 percent certainty before devouring. You'll recall that strawberries have their seeds on the outside of the berry. This fact should help prevent you from making a stupid mistake.

If you've ever eaten a wild strawberry, you won't be surprised that they were a prized find among Native Interior people, who ate them fresh from the stem, as do we. Only very rarely did they dry them in cakes for later use.

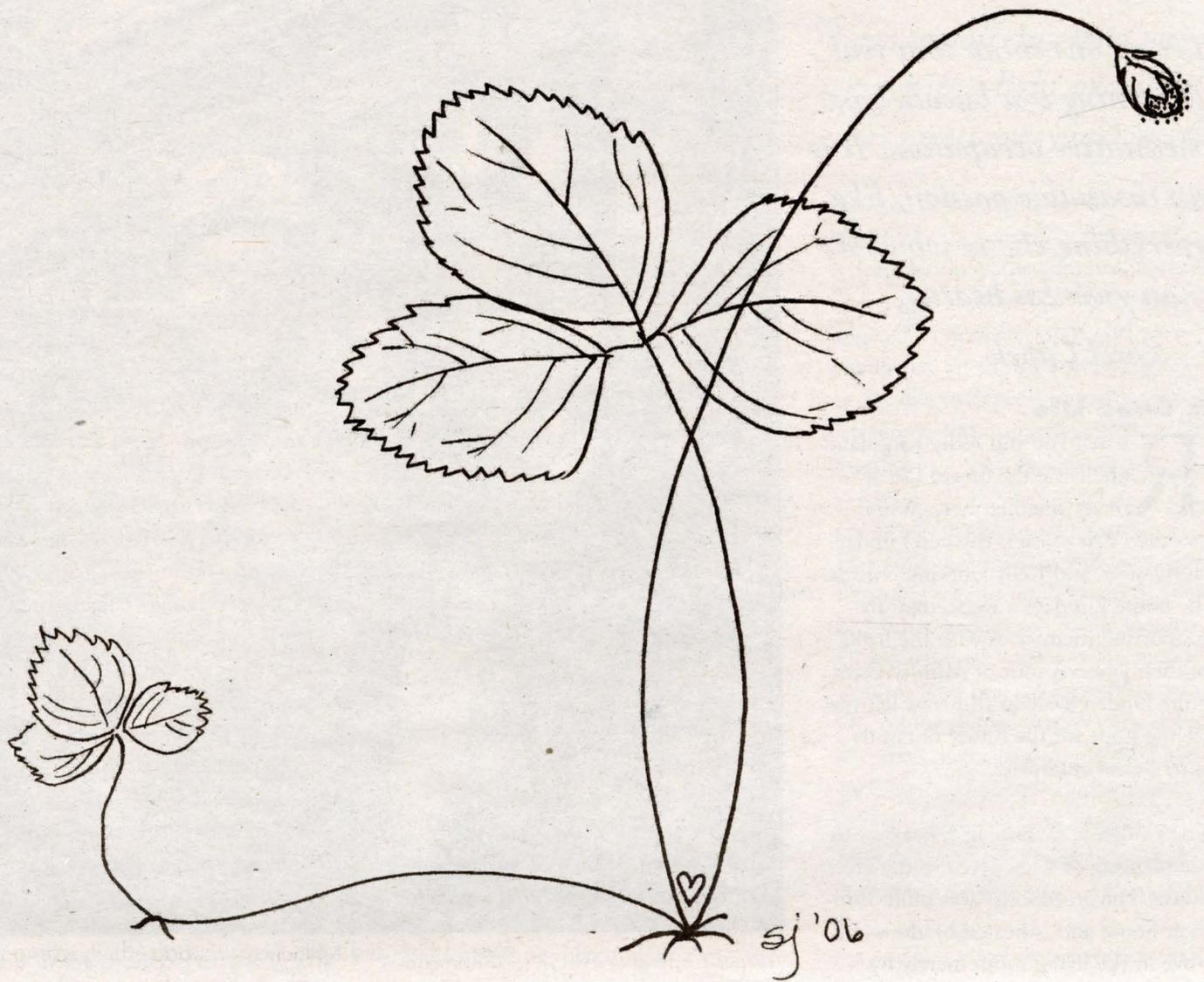
Dried strawberry leaves make a good tea that is traditionally used for relieving diarrhea and stomach aches (*Eating Wild Plants* by Kim Williams).

Some herbalists suggest combining strawberry leaves with mint for flavor and additional stomach ease.

Many wild edibles are difficult for our

Western, corn-syrupy palates to appreciate. Wild Strawberries will not be. Your tongue will welcome them with songs and poems of praise and glory. These berries are an invitation to one of the most divine revelations this earth can minister to our senses. Welcome to the Church of the Wild Strawberry.

Sarajoy watched only Ingmar Bergman's luscious film, *Wild Strawberries*, 1000's of times during a long recovery from college-induced mono.



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## In The Garden

By Holly Barnes

*Let no one think that real gardening is a bucolic and meditative occupation. It is an insatiable passion, like everything else to which a man gives his heart."*

—Karel Capek

### A Good Life

Russell Poe and Kelly Kingsland are living the dream life of many small farmers. With less than two of their five acres under cultivation, and Kelly working outside the home 2-3 days a week, they are supporting themselves with the fruits of their labor. A tour of Affinity Farm, quite hidden away in Moscow, left me feeling hope for the future of family agricultural enterprise.

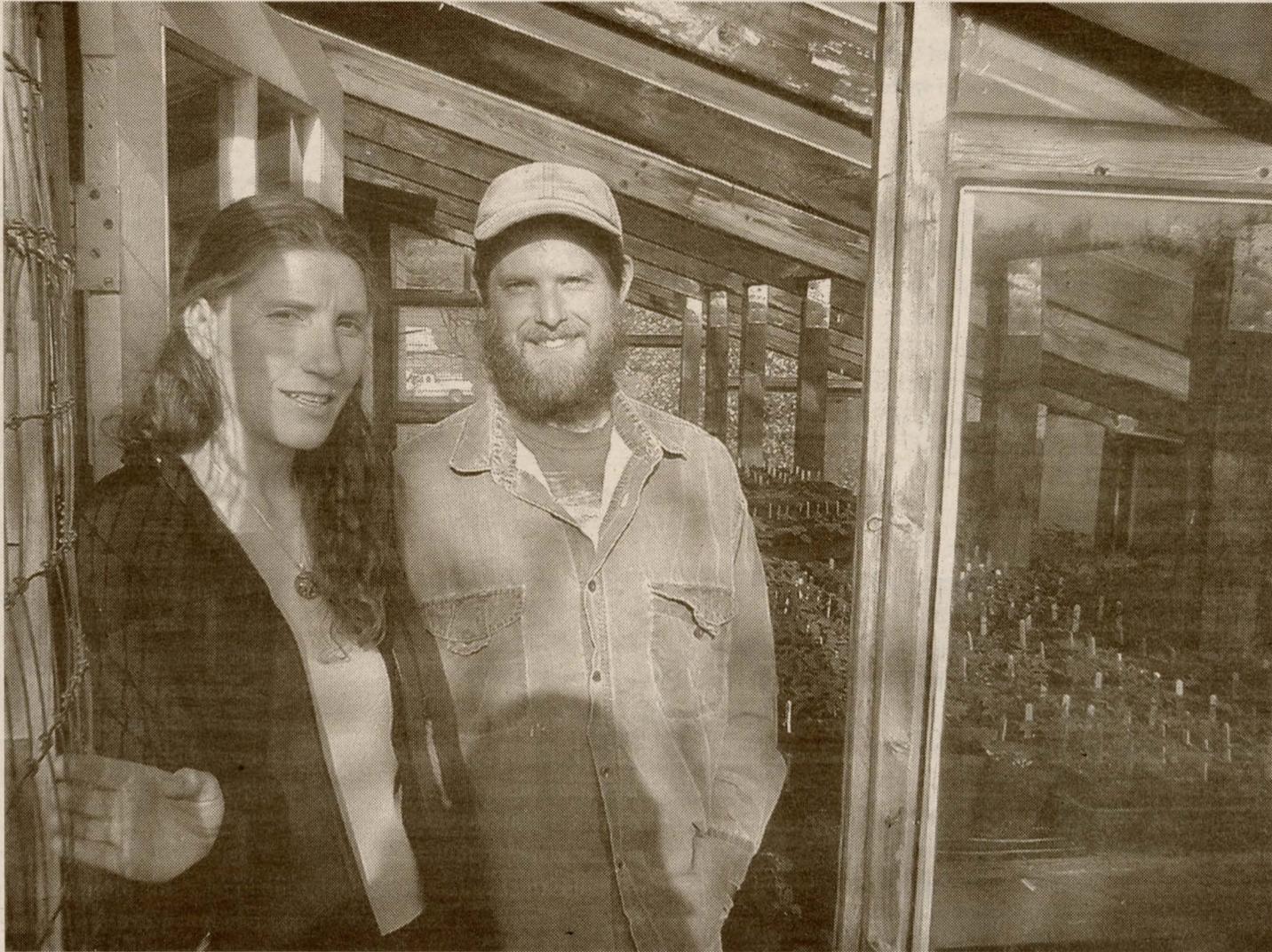
The garden year starts in January with the planting of a few seeds in the greenhouse. The greenhouse was built onto their house and is heated by the wood stove in the living room merely by opening the door.

By March the seed planting gets underway in earnest with the planting of the brassicas, members of the cabbage family. As it warms up outside the seedlings are moved to the plastic covered hoop houses.

The crops grown at the farm are tomatoes, basil, lettuce, spinach, brassicas, potatoes, garlic, corn, eggplant and cucumbers. Affinity Farm is usually the first to have local produce at the Co-op. The greenhouse provides all the starts for their retail business, a 15 member CSA (Community Supported Agriculture), their personal consumption, and seedlings for extended family members.

Russell's advice for the home gardener is to use succession planting. If you plant all your lettuce at once you're out of lettuce in mid July. If you plant all your carrots at once you go from eating tiny carrots to eating just perfect carrots to eating overgrown carrots. They plant a bed of lettuce a week. For a home garden you might plant 4 heads a week. Carrots, beets, and brassicas should all be planted this way.

Russell and Kelly have farmed at Affinity Farm for 4 years. They have chickens and throw weeds and greens into the coop and use the manure on the garden. They also get goat and sheep manure from another garden. They get compost from the Co-op. Coffee grounds from a local coffee shop



Russell Poe and Kelly Kingsland of Affinity Farm, in their greenhouse.

### In the June Garden:

- ✂ Prune or deadhead lilacs no more than 2 weeks after bloom.
- ✂ Plant seedlings of cosmos, Iceland poppies, lobelia, nasturtium, salpiglossis, petunias, schizanthus, snapdragon.
- ✂ Plant biennial plants from plant sales: hollyhock, foxglove and sweet William. Biennials grow leaves the first year and flower the next.
- ✂ Plant all warm season plants: squash, melons, tomatoes, beans.
- ✂ Divide iris any time after bloom. Cut segments so each has a fan of leaves.
- ✂ Plant a vine tepee for kids: Using 4 to 8 poles 6 feet in length, make a circle and tie at the top with strong twine. Spread the poles at the bottom and press firmly into the soil, leaving space for a door. Plant seeds 2" apart around the outside of the teepee. Good plants for teepees are morning glory, scarlet runner beans, or other pole type beans.
- ✂ Put up hummingbird feeders and change the nectar frequently.
- ✂ Pick flowers and put them in vases in your home.

are spread around the blueberry plants and are also mixed into the soil where the potatoes are growing to raise the acidity of that soil. The higher acidity is a deterrent to potato scab.

Row covers are used on crops to prevent insects from eating the leaves and for frost protection. The strawberry plants have a side dressing of sawdust from a friend's small sawmill on Moscow Mountain. The sawdust mulch is good for the plants and it also keeps the berries clean when it rains.

They plant other cover crops in the fall on most all of the beds, outside and in the hoop houses. They experiment with crop varieties every year in a search for the best. They learn by their mistakes. They feel very lucky to be living this life. Their requirements are not of the mainstream American standard of living but they support themselves quite

well and think they may eat better than anyone in town. Russell is fond of saying: "You can have everything you want if you want the right things."

Holly Barnes fills her house with flowers this time of year, and enjoys time out in the Adirondack chairs in the garden with her husband, The Sailing Guy, and dog, Daisy.

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## Letter from the Land: Light and Darkness and Land Use Planning

By Suvia Judd

May 18th I walked along a dirt road on Moscow Mountain, sometime after midnight. I had a small flashlight, which I used to avoid ruts, to check on strange noises, to see what the dog was getting into, and to see how the wildflowers were coming along. The night was warm but blessedly cooler than it had been. Two turns of the road blocked off the lights from Moscow and the suburban areas east of it. Still, I mostly I didn't need the flashlight to see where I was going, because the clouds overhead reflected enough human-made light to show me the road, and my hands in front of me.

May 16th, the Latah County Planning Commission held a hearing on the revised County Land Use Ordinance, an 8-year project that we just spent the last year and a half re-drafting, with constant public oversight and comment.

Testimony lasted three hours. Most of the speakers wanted to let us know that our proposed junk and light sections did not meet their needs.

Forty-one spoke against the lighting ordinance, and several more indicated

assent with those comments. Fourteen spoke in favor, and a petition in favor was handed in with 113 signatures. (To read the proposed ordinance, go to [www.latah.id.us/Dept/PB\\_Main.htm](http://www.latah.id.us/Dept/PB_Main.htm).)

At one end of the debate is the county resident who sees no need for a light-shielding ordinance, who values his/her security light for safety from human and animal intruders and predators, and for illumination while doing night time chores such as tending livestock or fixing equipment. This person values property rights, autonomy, and independence from government regulation. He or she values living in a rural area, values the opportunity to make at least part of his/her living from a land-related enterprise such as agriculture or forestry, associates living rurally with freedom from interference by others, and values private solutions over public regulation for resolving neighbor to neighbor conflicts.

He or she infers that land use regulation in the county is driven by city dwellers (Moscow residents) and incomers, who don't understand or respect the long time rural residents and their values. This person may feel

angry, resentful, or uneasy. The need for safety and security is met for this person by being able to protect self, family, pets, livestock and property, in the way he or she sees fit.

At the other end of the spectrum is the county resident who thinks the light-shielding ordinance is a great idea. This person values darkness as an element of the natural state of nature, and enjoys being able to watch the night sky undimmed. This person sees each new outdoor security light as a regrettable outward sign of the population growth in the county, and the destruction of the rural way of life and the rural countryside that he or she values. He or she may also experience the light coming into his or her own yard or dwelling from a neighbor's security light as an intrusion, and feel an unmet need for respect and consideration.

This person may want to use the ordinance to regulate something he or she finds personally annoying and contrary to his or her values, or, he or she may value land use planning as a way for residents to get together to make group agreements to prevent disputes. The increase in illumination of the night sky by reflected light from human

*I am wondering how we can craft a light provision that meets everyone's needs.*

enterprises, including unshielded lights, might be experienced by this person as a degradation of the common resource, and trigger feelings of sorrow and anger. The need for safety and security is met for this person in part by being able to depend on nature being left alone, and in part by entering into group agreements to make it so.

On June 7th the Latah County Planning Commission will meet again to decide whether to forward the entire ordinance unchanged to the County Commissioners, with a recommendation for adoption, to forward it with a few minor changes, or to settle down for some major changes, and be prepared to hold another public hearing in due course. I am wondering how we can craft a light provision that meets everyone's needs.

.....  
Suvia Judd lives in Moscow, owns property in the rural County, loves to walk in the dark, and has an unshielded security light in her barnyard.

## Critter Corner: The Dog Days of Summer

By Janice Willard, DVM

On the country road near my house, I recently watched a jogger run by, with springing step and body glistening with sweat. Behind him, doggedly trying to keep up, trotted his dog, its tongue hanging out so far it seemed he would trip on it. While many would smile at the sight of these two, I'll admit that I felt concern for the danger into which this person was unknowingly placing his companion.

One of the things we have in common with dogs is that we both evolved for endurance activities. However, there is an important difference: humans are adapted to dissipate heat, while dogs are not.

"Dogs are good at retaining heat," says Ray Coppinger, Ph.D, biologist and author of one of my favorite books, *Dogs, A Startling New Understanding of Canine Origin, Behavior and Evolution*, "but they are lousy at dissipating heat."

Humans and dogs both evaporate water to cool their bodies. But humans use the entire surface of their body, while dogs only sweat from the pads of their feet and use the evaporative surface

of their tongue. Dogs increase their breathing rate to pull air over that evaporative surface (panting) but this requires energy, which then generates heat, and is dependant on a properly functioning respiratory system to work.

Dogs have richly vascularized muscles that are highly metabolic. This gives them significant athleticism, but also generates large amounts of heat. And a metabolic process for cooling that we both share is that when we are getting hot, the body floods blood vessels near the skin to aide in cooling—but while our skin is mostly bare, dogs are covered with fur. Not many of us would exercise in a fur coat in the summertime.

We usually will quit when we are getting overheated, but so caught up in enjoyment of what they are doing, a dog might not. So while trotting behind a jogging owner or chasing a ball in a park, a dog's body temperature can become so elevated, that it is in serious trouble before the dog can recognize it and stop. Put simply, on a hot day, a dog can literally run itself to death. Also being left in a car, even with the windows open in the summer,

or tied in direct sunlight can quickly create dangerous, even fatal conditions for a dog. Humid conditions increase the danger.

If your dog has become overheated, here are some things to know: An overheated dog might be prostrate and panting, unsteady on its feet or actually lapse into unconsciousness. Lack of panting may occur if the dog is going into shock. The dog might vomit or have diarrhea and the mental status can vary from alert and anxious, to depression, stupor, unconsciousness, and even seizures.

A case of 'heat stress' in a dog may resolve on its own, once conditions for cooling itself are provided. But a moderate to severe case, called 'heatstroke' will need the services of an emergency veterinarian as this is a very serious condition, potentially causing death, and expensive to treat.

If you suspect hyperthermia or heat stroke in your dog, call an emergency veterinarian immediately. If able, take a rectal temperature as it will give valuable information for the veterinarian. Cool the animal by gentle hosing with

tepid water or immersing for a short time (no more than 15 minutes) in cool or tepid water (don't let their head get in the water). Wet their fur and blow air over them with a fan.

Be careful of overcooling your pet—once they have overheated, the thermoregulatory centers in their brain are impaired and it is possible to overshoot and get them too cold—both conditions, overheating and under-heating can cause shock and multiple organ failure.

Prevention, therefore, is the most important thing that you can do. Pay attention and don't let your dog get overheated to begin with. Recognize when conditions are too hot to exercise your dog and if out with your dog, stop and let him cool down before he starts to pant heavily. Summertime can be the most fun time to enjoy with your dog, just remember, as a rule, keep your dog cool!

.....  
Janice Willard, a veterinarian, lives in Moscow.

## The Moscow Food Co-op and Local Growers

By Carol Price Spurling

*Editor's note: This Co-op history was written in January of 2006 and published in the March/April 2006 issue of "Field and Feast" magazine and is reprinted with the author's permission.*

The Moscow Food Co-op was one of seven co-operative food stores in northern Idaho, all created in the 1970s in response to the increasing industrialization of agriculture and the search for healthy food.

"Destroying the international food distribution network and replacing it with local food distribution was the holy grail," recalls Moscow resident Bill London. London has been a Co-op member and its newsletter editor since 1984, and was one of the founders of the St. Maries, Idaho, food co-op in 1977. "It's what everybody was working for; all the co-ops were started with that goal in mind."

By the mid-1980s, however, the other northern Idaho co-ops failed. This reflects the national trend: where there were around 3,000 food co-ops in the U.S. in the 1970s, now, there are about 300. Now, in northern Idaho, the Moscow Food Co-op stands alone.

"But the original goal is still there, and supporting local producers is still a part of the Co-op's mission," London said. "And there are definitely more local producers now than there were 20 years ago."

The Palouse is the home of huge agricultural enterprises, but here and there, tucked into nooks and crannies throughout the region, smaller scale producers, committed to sustainable practices, are making a modest go of it. The Moscow Food Co-op has played a

**"The Palouse is the home of huge agricultural enterprises, but here and there, tucked into nooks and crannies throughout the region, smaller scale producers, committed to sustainable practices, are making a modest go of it. The Moscow Food Co-op has played a role, in their varying degrees of success."**

role, in their varying degrees of success.

"You can always do more to encourage local producers, but I've seen enough from my own perspective to know there are problems,"

London says. "There's a balance for the Co-op between creating a solid business and satisfying the local producers."

There are just over 50 listings for farms in the 2005 Inland Northwest "Farm Fresh Buying Guide" published by Rural Roots, Inc. But very few of these farms supply any of their products to the Co-op, for various reasons, Co-op-related or not.

Some have personality conflicts with particular Co-op managers; some get along with the managers all right but don't enjoy marketing enough to make the effort; some can't afford to obtain the organic certification that the Co-op prefers; some aren't happy with the Co-op system of verbal buying contracts that can break down with staff turnover and the unofficial "grandfather" system that gives established suppliers priority in the Co-op; some are too far away; some have enough direct sales to make selling to the Co-op less of a priority.

"I don't think we have any farmers dependent on the Co-op for economic survival," said Colette DePhelps, executive director of Rural Roots. "It's a benefit to local producers to have the Co-op as an avenue, but at the same time we don't have any producers that are large enough to rely on them."

"The Co-op was the first business to start carrying my elk sausage and has stuck with me for the past five years," says Carl Melina, of Lonehawk Farm near Moscow. "They include me in their promotional events on a regular basis. I probably sell about 10 percent of my gross there."

"Currently I do not sell anything through the Co-op," says Margo Kay, of Rosebrush Farm in Lenore. "My broadest customer base is word of mouth for my lamb, and I direct market wool and wool products at fiber shows."

"The Co-op was a great benefit to me as a grower," Patrick Vaughan says.

"The produce manager was accepting of almost anything I offered, almost

**"Destroying the international food distribution network and replacing it with local food distribution was the holy grail," recalls Moscow resident Bill London.**

anytime it was in season, and usually I would run out before she didn't want any more. So, it was a sure market for me. I was certified organic, so that probably helped. And it is an easy

market. Take your produce, drop it off, get your money. Plus, the Co-op helped broaden my market. It hosted the Tuesday market. And some customers would just see my produce in the Co-op and call to see what else I had. So, the Co-op helped me in a lot of ways."

But Vaughan, despite this relatively positive experience, no longer farms for a living. All his praise is couched in past tense.

Kelly Kingsland and Russell Poe, owners of Moscow's Affinity Farm, say that the Co-op is not on the top of their market list.

"The Co-op is a pretty small part of our business," Poe says. "We sell direct to the consumer, mostly at the farmer's market, and the Tuesday grower's market, and through our 15 CSA shares, which, by the way, are full with a waiting list. We get a better price selling direct, and there's no expectation about what produce we'll be able to get to market at any particular time."

"I don't need to sell to the Co-op, because the CSA is my niche," says Brad Jaeckel, manager of the Washington State University organic farm project. The farm currently offers around 80 shares, which were all sold out in 2005 and most likely will be completely spoken for in 2006.

"My overall impression from my interviews with local producers — which matches my experience as a grower — is that the Co-op has a requirement for much more produce over a much longer period than most local growers can consistently and reliably provide," Vaughan says. "And that was the Co-op in its previous, smaller location. Almost all are small family farms or truck gardens with a limited number of crops and a limited season. The biggest challenge was for the Co-op produce manager to count on a reliable supply of certain produce around a certain time frame."

Considering how difficult it is to make a living as a small farmer these days,

Moscow residents who don't grow their own should consider themselves lucky to have any local produce available, at the Co-op or elsewhere.

"As you probably know, it requires a complete time and energy commitment on the part of a small-scale grower to bring crops to market. The profit is extremely small. Though doable, I think the number of families able and willing to choose that lifestyle is decreasing," Vaughan says.

Co-op General Manager Kenna Eaton agrees that fulfilling the Co-op's "buy local" mission in practice is a formidable task.

"A place like the Co-op is willing to deal with small producers and take the time necessary whereas larger stores don't," she says. "But as we get larger, we're getting less willing to cope with very small producers. It just doesn't work anymore, say, to bring in six bunches of cilantro. We need larger, more organized producers who can be consistent. So, out of the thousands of products we carry in the store, our local products are a very small percentage. But we have put in a fair amount of time and effort into it."

Co-op Produce Manager Scott Metzger, hired in the fall of 2005, is looking forward to his first season working with the local producers. Since he's new to Moscow he has no way of predicting what percentage of Co-op produce will come from local producers during the height of the summer, but mid-winter he's willing to throw out 50 percent as a reasonable goal. He's already organized enough to have his local suppliers call him on a particular day and deliver on a particular day each week, reducing scheduling hassles.

No matter what percentage of the Co-op's produce comes directly from local suppliers, the indirect effect of the Co-op's presence in the community makes

a noticeable difference for most sustainable farmers.

"It's a magnet," London says. "Some people come to town for a particular church, some people come for the Co-op."

Jeanne Amie Clothiaux and her business partner Tracy Wright, owners of the Red Door restaurant in downtown Moscow, list the Co-op as one of the reasons they chose Moscow as home in 1998.

"When we saw that the Co-op and the Wine Company of Moscow existed and were successful, we knew that there were people here who really cared about food, who would be interested in the kind of 'slow food' restaurant we wanted to create," Clothiaux says. The Red Door buys local produce when it can, and Clothiaux would like to do more to support local producers like Affinity Farm.

"Having the established Co-op has made it easier for us," says Kingsland. "When we started, the market was already there, with customers primed to pay good prices and all these local purchasers. We get a lot of cooks who buy from us; they're so excited about particular crops and always telling us about their recipes. And I'm so grateful to the Co-op for the Tuesday Market, which has worked really well for us and also made Tuesday into one of the Co-op's busier days throughout the summer."

"A lot of the WSU organic farm project's CSA members are Co-op members as well," adds Jaeckel.

So even while the Co-op may have struggled with getting local products on the shelves, its very presence, plus its ongoing community outreach through its monthly newsletter, helps sustain a community of folks who are interested in getting local products. While there are Co-op members and customers who believe that simply shopping at the Co-op

*"The Co-op's very presence, plus its ongoing community outreach through its monthly newsletter, helps sustain a community of folks who are interested in getting local products."*

is the highest form of dedication to local, sustainable ideals, there are others who realize that when it comes to truly supporting the area's small farmers, an even more

conscientious effort is required. These are the people who shop at the Moscow Farmer's Market and the Co-op Tuesday Grower's Market, who sign up for the limited number of CSA shares available through Affinity Farm and the Washington State University organic farm project, and who personally contact the farmers listed in the Rural Roots guide and make arrangements to fill their freezer with local meat or harvest some U-pick fruit.

"I think the Co-op can be an important part of our community, valuing local, sustainably grown produce. The existence of the Co-op itself, a farmers market, restaurants that offer local menu items and CSAs are all reflections of a community, and it takes a whole community to support small farms and allow them to make it," Vaughan says.

As the store grows, marketing of local products at the Co-op will become even more attractive for growers, Eaton says. The staff, board and membership are all agreed that providing a market for local products is vital to the Co-op mission, she continued.

In the meantime, we all can dream

about farmers getting the respect they deserve — everywhere, not just at food cooperatives.

"Russell Poe and I," says Brad Jaeckel, "fantasize that someday, when people won't be able to ship food all across the country, that we'll have the skills people will want and need, and then we'll make the big bucks for a change."

Carol Price Spurling helps edit this newsletter and is a ruthless enforcer of word count limits. She loves the Co-op's new "Leave Your Car @ Home" incentive.

## Clearwater Colonic Therapy

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**"No matter what percentage of the Co-op's produce comes directly from local suppliers, the indirect effect of the Co-op's presence in the community makes a noticeable difference for most sustainable farmers."**



## Palouse-Clearwater Environmental Institute

### 3rd Annual Women's Mountain Bike Clinic

cost per clinic- \$65  
or \$120 for both

Part I: Mechanics  
Sunday, July 9, 9am-4pm

Part II: Skills Workshops  
Saturday, August 19, 9am-4pm

Register on-line at [www.pcei.org/bike\\_clinic](http://www.pcei.org/bike_clinic)  
Contact Aly Bean at (208) 882-1444 or [aly@pcei.org](mailto:aly@pcei.org)

## Co-op Kids! “Woolly Day”

By Rebekka Boysen-Taylor

Please join us Tuesday June 13th, from 9 to 10 a.m. for a Woolly Day!

Melissa Lines of SkyLines Farm will be bringing a baby lamb along for the kids to meet (so bring your camera!). We will meet out by the picnic tables and after the little lamb heads for home we will try wet felting with wool, and some simple spinning. What a great way to learn about where our wool comes from!

Please let us know if you are planning on coming so we will have enough wool on hand for our projects, or just stop by.

On Tuesday June 27th we will meet from 9 to 10 a.m. for seasonal snack

making that is easy for kids and adults. Look for us in the deli seating area or out at the picnic tables.

Co-op Kids is a great time to get together with other families in the community for some earth-friendly kids' activities.

Rebekka Boysen-Taylor, a mama, teacher and crafter is the Co-op Kids Volunteer. Please feel free to contact her at [amamaswork@yahoo.com](mailto:amamaswork@yahoo.com). See you there!

### Co-op Kids: Woolly Day

Tuesday, June 13th  
9 – 10 a.m. at the Co-op



## Meals Kids Might Eat: Bar Food

By Jyotsna “Jo” Sreenivasan

No, this column is not about feeding your kids cocktail peanuts and buffalo wings! It is about setting up dinner with the various components separated, and letting kids put together their own combination. My kids enjoy being able to have control over exactly what goes into their salad or sandwich. Of course, sometimes their idea of a “salad” consists of croutons, eggs, cheese, and dressing!

### Sandwich Bar

Choose your breads from the Co-op bakery selections (including bagels!), or investigate the pita bread, tortillas, and sprouted-wheat bread (“Ezekiel Bread”) sold in the refrigerated section. Protein fillings can include various real and fake meats, pre-baked tofu slices, cheeses, hummus or bean dip. Veggies can include lettuce, spinach, sprouts, tomatoes, bell peppers, cucumbers. Spreads – where shall I start? The Co-op has so many yummy-looking things, from the standard mustard and mayonnaise, to salad dressings, pestos, and chutneys.

### Salad Bar

Place a big bowl of greens in the center of the table or serving area, around which you can arrange smaller bowls containing some or all of the following: shredded cabbage, shredded carrots, sliced cucumbers, bell peppers, tomatoes, frozen peas (thawed – or not), croutons, sunflower seeds, hemp seeds, shredded cheese, hard-boiled egg pieces, olive slices, tofu slices – you get the idea!

I want to say something about hemp

seeds. One day I found my older son eating these straight from the bag with his fingers! They are that good! I was glad to see him eating something healthy, but in the process he was scattering the itty-bitty seeds all over the table and ground, so I convinced him to get a bowl and spoon. According to the company that sells them (Manitoba Harvest), hemp seeds are a good source of protein, iron, and essential fatty acids. By the way, the hemp seeds are located near the baking mixes – not near the salad dressings.

We just discovered the refrigerated salad dressings, which are near the eggs and butter. My kids love Toby’s Ranch dressing and dip. The company claims they created this dressing so kids would eat salad. Well – it works. This is their new favorite dressing (their old favorite is Annie’s Cowgirl Ranch).

### Taco Bar

The Co-op has packaged taco kits that my kids really like. Since I’m vegetarian, I use refried beans instead of ground beef, and just add the kit’s spice mix to the beans. Spread the bean mixture on the taco shells and let the kids fill with any or all of the following: cheese, lettuce, tomatoes, olives, sour cream or yogurt, avocados or guacamole, and salsa.

### Something good to drink with your bar food

When you eat bar food, you’ve got to have something to quench your thirst! Since beer is out . . . what else?

My kids love juice, but I’m hesitant to

buy it often because A) it’s expensive; B) fruit juice has a lot of sugar. Instead, when the weather’s warm, I often make herbal iced tea. Our favorite is made with

an herb native to South Africa called “rooibos” (pronounced “roy-boss,” and translated as “redbush”). One of my midwives, who is from South Africa, turned me on to this while I was pregnant with my second son. She says that everyone in South Africa drinks it and they even give it to babies. Rooibos makes a beautiful reddish drink with a somewhat sweet, fruity taste and is not at all bitter, as some herbal teas are. My kids love it.

Rooibos contains antioxidants, which are supposed to help prevent cancer and heart disease. Some people claim it provides more antioxidants than green or black tea, and some people say less. But the fact is that rooibos has no caffeine, making it much more suitable for children than green or black tea. Rooibos also contains small amounts of minerals, especially copper and fluoride. In South Africa, rooibos is used for infant colic, digestive upsets in older people, eczema and other skin rashes, and insomnia. I’m not an herbalist – all



Kids love a sandwich bar with lots of healthy toppings!

I know is that it tastes refreshing!

The Co-op sells bulk organic rooibos herb, which is very economical. They also have a bulk “rooibos chai” with added spices, from the Republic of Tea. Here’s how we make it. Put two tablespoons of the rooibos in a teapot (mine holds about three cups). Pour boiling water over the herb and let it steep for five or ten minutes. Meanwhile, fill a half-gallon pitcher full of ice. When the tea has steeped, pour it into the pitcher through a tea-strainer.

You can use this same method to make any kind of iced herbal tea. For example, you might like to try a combination of peppermint and chamomile, which is good for digestion. The Co-op has some interesting herbal tea mixtures in the bulk tea section.

Jyotsna Sreenivasan is looking forward to the hot weather and to drinking lots of iced tea!

## Join the Farm Fair Fun at MaryJanesFarm

By Megan Rae, fair coordinator

**P**lease join us for a good time down at the farm. MaryJanesFarm will be open to visitors during the third annual Farm Fair on Saturday, July 1, and Sunday, July 2, from 10 a.m. to 4 p.m. both days.

Admission includes self-guided tours of the farm, children's activities including face-painting and pony rides, and a full schedule of musical entertainment. In addition, 25 vendors will be offering hand-made crafts, antiques and farm collectibles, fresh vegetables and flowers, and meals. Admission is free for

children under 16, and \$5 for adults.

MaryJanesFarm is the home and business headquarters for MaryJane Butters and the organic prepared food business she created there in 1990. Her book, *MaryJane's Ideabook, Cookbook, and Lifebook for the Farmgirl* in all of us, was released by Clarkson Potter/Random House last May. Her newest book, *"Farmgirl Wisdom"* will be released in June. Butters will be at the Farm Fair both days to sign both books and share in the fun.

Musical entertainment will be head-

lined by Beargrass, the Watkins family country and bluegrass dance band from Deary, Idaho. The MaryJanesFarm u-pick fields will be available for those who want to gather the rare Sweet Lena super-fragrant iris, lettuce, peas, strawberries, or garlic scapes. Strawberry shortcake, with real whipped cream and fresh strawberries, will be available.

Self-guided tours of the farm will be encouraged. A 4,000 square foot tent will be set up to house the vendors and entertainment stage, so rain won't dampen the fun. Lawn chairs or picnic blankets are suggested.

MaryJanesFarm and the Farm Fair are located about eight miles southeast of Moscow. Head east from Moscow on Highway 8, toward Troy. Two miles from Moscow, turn right onto Lenville Road. From there you can follow the balloons and signs over Paradise Ridge on Blaine Road to the farm on Wild Iris Lane.

For more information, call Lucas or Megan at 208-882-6819 or visit the website, <[www.maryjanesfarm.org](http://www.maryjanesfarm.org)>.

## Moscow 2, Wal-Mart 0

By Mark Solomon

**A**fter six months of organizing, community discussion, petitions, letter writing, and public hearings, the Moscow City Council, by a 3-2 vote, upheld a Planning and Zoning Commission recommendation and rejected a request from a developer to rezone 77-acres to Motor Business. If the rezoning had been approved, it was Wal-Mart's intention to build a SuperCenter on what is now a wheat field across the Troy Highway from the Moscow Cemetery.

Wal-Mart is not without its supporters in Moscow. Ten years ago, they were so firmly in control of Moscow city government that the rezoning allowing the development of the current Wal-Mart on the west edge of town occurred before almost anyone was aware it was even under consideration. But beginning with the founding of the Moscow Civic Association a short three years ago, balance is being restored to civic decision-making. Defeating Wal-Mart's rezoning request would not otherwise have been possible.

If this were a baseball game, it would be bottom of the seventh, Moscow 2, Wal-Mart 0. The play is now focused on amending the Large Retail Establishment ordinance to include a size cap that would effectively ban supersized stores as out of scale with the Moscow community. The Planning and Zoning Commission is at the plate, expected to forward a cap recommendation to the City Council by late July. Meanwhile, the developer may come to bat with another proposal for a smaller area to be rezoned – still big enough for a SuperWal-Mart, but less than the 77-acres that just struck out. The "game" is not yet over.

But this isn't a game. This debate is about the very real heart and soul of Moscow. So let's celebrate all the good things the Council's decision embodies, but not forget that elections happen every two years.

Mark Solomon is a Moscow resident.

## Adventure Learning

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

\* denotes that parents are FREE!

Contact At: P.O. Box 8245 Moscow, ID 83843 (208) 310.3010

[donalwilkinson@yahoo.com](mailto:donalwilkinson@yahoo.com) [adventurelearningcamps.com](http://adventurelearningcamps.com)

## The Wonderful Moscow Renaissance Fair

By Andy Boyd, Fair Board of Directors

**D**uring the 33rd annual Moscow Renaissance Fair in May, East City Park was completely filled. The basketball court became the children's stage and play area. The open space in the southeast corner of the park held the maypole, climbing wall and numerous other activities. The western half of the park was jammed with food booths, craft booths, and of course the main stage.

It was another wonderful celebration of spring for all of us who survived the

Palouse winter.

And with this celebration, we can feel good about it later. We did not create a mountain of garbage to overload the regional landfill. About 80 percent of the trash created at the 2006 fair was either composted or recycled, thanks to the fair's aggressive recycling policy.

Specifically, at the 2006 fair, of the 2,069 pounds of trash generated, 1,220 pounds (59 percent) were composted, 409 pounds (20 percent) were recycled.

The fair is directed by a five-member board of volunteers. Presently, we are looking for people who love this fair and would be interested in helping make it even better next year.

If the idea of becoming a member of the Moscow Renaissance Fair board appeals to you, please send an email to Andy Boyd at [moscowrecycling@turbonet.com](mailto:moscowrecycling@turbonet.com).



Photo: Megan Prusynski

Renaissance Fair 2006 featured talented fire spinners.

## The Triumphant Return of Ed and Kim

By Bill London

Ed Clark and Kim Bouchard are visiting Moscow for the first time in a decade. Because they were such great members of our community, the Moscow Food Co-op is sponsoring a public potluck party to welcome them back. Everyone is welcome—spread the word.

The party will begin on Monday, July 3, at 4:30 p.m. with a potluck dinner at the covered picnic shelter at East City Park. The Co-op will supply a cake. Please bring food and beverages to share. Also, please bring your own plates, utensils, bowls and cups (and maybe a few extra for those who forget).

### Ed Clark & Kim Bouchard Welcome Party

Monday, July 3, 4:30 p.m.

Potluck dinner—B.Y.O. plates, utensils, bowls & cups.

East City Park—Picnic Shelter

Bring instruments for a musical jam after the potluck!

In addition, bring your drum or guitar or whatever to participate in a musical jam.

Do you remember Ed and Kim? They

arrived in Moscow in 1989 when Kim was accepted into the graduate program in theatre at the UI. They came with their kids, Paco, 6 and Bida, 3.

They immediately joined the Co-op, which had just opened at the old KFC building on Third Street opposite Subway. With the help of Kris Siess and George Mancini, Ed started the Co-op bakery. Ed eventually moved from the bakery to become outreach manager at the Co-op responsible for advertising, events, and P.R.

In 1995, Kim was hired in the Dance and Drama Department at the State University of New York at Potsdam.

Kim is now chair of the Drama Section and recently received a Kennedy Center Gold Medallion from the American College Theatre Festival.

Ed and Kim have been active members of the Potsdam Food Co-op since their arrival. Ed served as volunteer outreach coordinator and then on the Board of Directors for 6 years, two of those as President. He continues to write a regular column for their co-op newsletter.

Bill London edits this newsletter and fondly recalls the joy and playfulness Ed and Kim brought to everything they did.

## “Out Beyond Ideas” David Wilcox/Nance Pettit Benefit Concert

By Debbie Grieb

Come experience music written to sacred poetry and lend your support to a “songs for peace project.” David Wilcox and Nance Pettit take the words of mystical poets, weave them together with stunning harmonies, and create a truly unique musical gift to the world in their “Out Beyond Ideas” CD.

They will bring this gift to our area on July 1, when they perform at the Unitarian Universalist Church of the Palouse, 420 East Second, in Moscow. The concert is sponsored by the Palouse Folklore Society and the Compassionate Communication Network of the Palouse.

Singer-songwriters Wilcox and Pettit “heard a common voice” when reciting poems from Sufi, Christian, Jewish, Hindu and other faith traditions. “In a world where there is so much pain and hatred between these religious groups, these poems spoke of a shared experience of a love bigger than all that.”

Wilcox and Pettit donate CD proceeds to Partners in Conflict and Partners in Peacebuilding, an organization based at the University of Maryland that predicts violence. Members identify global hot spots and mediate peace agreements using citizens’ diplomacy and addressing human needs. They currently have projects in Africa and the Middle East, among others.

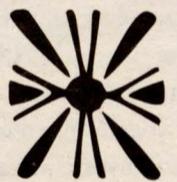
Locally, the Compassionate Communication Network of the Palouse is using concert proceeds to help sponsor teachers attending a Nonviolent Communication Educators Institute (based on the work of Marshall Rosenberg). We envision schools and classrooms where mutual respect and cooperation thrive, conflicts are reduced, and empowered kids have fun learning.

As Rumi says, “Out beyond ideas of wrongdoing and rightdoing, there is a field; I’ll meet you there.” Join us as we create a musical space of peace and connection the evening of July 1. Tickets are \$12; doors open at 6:30; concert at 7 p.m.

*“Come experience music written to sacred poetry and lend your support to a songs for peace project.”*

For more info see: <[www.outbeyondideas.org](http://www.outbeyondideas.org)>; <[www.davidwilcox.com](http://www.davidwilcox.com)>; <[www.palousecc.org](http://www.palousecc.org)>; <[www.cnvc.org](http://www.cnvc.org)>

Debbie Grieb is grateful for the warmth of the sun, the gift music brings to her life, and the love of family and friends.



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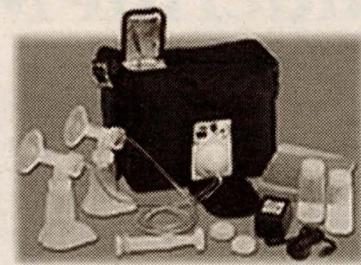
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## New at the Library

By Chris Sokol, Latah County Library District

*The worst thing about new books is that they keep us from reading the old ones.*

— Joseph Joubert (1754-1824)

The Moscow Library is headquarters for the Latah County Library District, which serves the residents of Latah County with six branch libraries in Bovill, Deary, Genesee, Juliaetta, Potlatch, and Troy. Materials mingle freely among our libraries, so that we can buy fewer copies yet still provide library patrons with a diverse array of titles.

As of February 2006, we are also members of the VALNet consortium. This means we share an online catalog, and library materials, with member libraries in the Lewiston-Clarkston valley. A few dollars in annual property taxes can lay tens of thousands of dollars worth of good library materials at your feet! If you have not yet visited a public library in Latah County, check out our web site at <www.latahlibrary.org>, or call 882-3925 for more information. The Moscow Library is located at 110 South Jefferson Street.

### FICTION

**Buy the Chief a Cadillac**, by Rick Steber. A stirring portrayal of the ignorance, greed, and madness of reservation life during the disastrous 1961 termination of the Klamath Indian tribe.

**Idaho Code**, by Moscow resident Joan

Opry. A funny book about love, family, and the freedom you can find in a state that values individuality more than common sense.

**Tsotsi**, by Athol Fugard. A psychological thriller about an angry young gang leader named Tsotsi (sot-se) in a black township in Johannesburg. Amidst a life of killing and robbing, he inadvertently steals a baby, and his life is turned upside down.

### NONFICTION

#### Food:

**Vegetable Love**, by Barbara Kafka. Vegetables, delicious alone or with pasta, seafood, poultry, meat and more. There are even recipes for nettles.

**The Whole Foods Allergy Cookbook**, by Cybele Pascal. Two hundred gourmet and home-style recipes for the food allergic family, free of milk, eggs, wheat, soy, peanuts, tree nuts, fish and shellfish.

#### Gardening:

**Basic Composting**. Complete guide to tools and techniques; easy-to-follow plans for homemade bins; and suggested uses for finished compost. Includes information on worm composting.

**Rainwater Harvesting for Drylands**, by Brad Lancaster. Welcome rain into your life and landscape, beginning with the first fully illustrated volume of a three-volume guide.

#### Outdoors/Nature:

**Hiking Montana**, by Bill Schneider and Russ Schneider. Twenty-fifth anniversary edition of the Falcon guide, with 24 new hikes.

**Kayaking & Canoeing for Beginners**, by Bill Mattos. A practical and comprehensive guide to paddling for novices and intermediates with hundreds of color illustrations.

**The Reindeer People**, by Piers Vitebsky. The many-faceted historical relationship between the Eveny people of northeast Siberia and the extraordinary mammals upon whom they depend.

#### Spirituality:

**Eastern Religions: Origins, Beliefs, Practices, Holy Texts, Sacred Places**. An accessible illustrated introduction to Hinduism, Buddhism, Taoism, Confucianism, and Shinto.

**Wicca for Beginners**, by Thea Sabin. A primer that covers basic Wiccan beliefs and sets the record straight on what Wicca is—and what it isn't.

#### Politics/Business:

**Let My People Go Surfing**, by Yvon Chouinard. The memoir/manifesto from legendary climber, businessman, and environmentalist Chouinard, founder and owner of one of the world's most inspiring companies, Patagonia Inc.

**Lighting the Way: Nine Women Who Changed Modern America**,

by Karenna Gore Schiff. Chronicles how these remarkable women worked behind the scenes and against the odds.

**The Wal-Mart Effect**, by Charles Fishman. How the world's most powerful company really works.

#### Miscellaneous:

**Outwitting History**, by Aaron Lansky. The amazing adventures of a man who rescued a million Yiddish books. (the June selection for the Library Book Club)

**The Thinking Woman's Guide to a Better Birth**, by Henci Goer. Clear, comprehensive information on cesareans, inducing labor, IVs, epidurals, home births, midwives and obstetricians, hospital births, birth centers, and alternatives to high-tech birth.

### DVD

**Oil on Ice** (U.S., 2004) Documentary connecting the fate of the Arctic National Wildlife Refuge to decisions America makes about energy policy, transportation choices, and other seemingly unrelated matters.

**Paradise Now** (Palestine, 2005) Two young Palestinian men—childhood friends—are recruited by the extremist group to which they both belong for a suicide mission.

**Tony Takitani**. (Japan, 2004) Tony Takitani meets a beautiful woman who transforms his life. The only problem is that she has a secret.

## Crisis Closes the Crisis Line

By Debi Robinson-Smith

*As the Chair of the Board of Directors, it is my sad duty to inform the community that as of May 1st at 8 a.m., the Crisis Line will be closing its phone lines. There is no chance of saving it as it presently exists.*

I have to say, this was a heart wrenching statement.

For 28 years, the Palouse Regional Crisis Line has served five counties in Washington and Idaho. It has been one of the last 24-hour all-volunteer crisis lines in the US. Each year, the Crisis Line answered and made more than 15,000 calls from and to individu-

als experiencing real difficulty in their lives.

The Line began as an effort on the part of a few concerned people in Whitman County. Through numerous changes in location, staff, and structure, the Line has always been available, 24/7.

Unfortunately, for the last five years it has been getting more difficult to recruit volunteers, resulting in the one paid staff person taking on 300+ hours of phone answering in a month. The budget for the Line did not accommodate more paid staff.

The director of the Line, Steve Bonnar, put enormous effort into attempts to keep the service going. He deserves some sort of award for heroic effort, and a nice long all-expenses-paid vacation.

Thanks to the hundreds of people who, over this past 28 years, have volunteered with or donated to the Line. You have been invaluable in enhancing life on the Palouse, and I know you will all have memories to carry with you. It has been a very rewarding experience for me, both as a past Director of the Line and as a board member, to participate with you in such a noble effort. As Steve says, "Hope is contagious". Keep hoping, and in memory of the Crisis Line, pass it along to others....

The cartoon image of the crisis clinic going over the waterfall in flames resonates too much with Debi Robinson-Smith right now.



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## Feeling Alive, Vibrant and Well: Utopian Health Care

By Jennifer Whitney

I have enjoyed greater peace, balance and a sense of well-being from alternative medicine therapies for some years now. I also realize and affirm the need for modern medicine practices, having had the need to use them periodically in my life. It seems to me, they each have information and techniques that complement and supplement each other, if we could only get them together.

My desire for harmonious, non-segregated health care peaked when I read, "The best alternative therapies combined with the finest in technological medicine would be a great breakthrough in health care." (Inge Dougans, *The Complete Illustrated Guide to Reflexology*.) To see my dream in writing gave me goose bumps. Imagine my joy when I learned this vision of utopian health care is already becoming a reality on our very own Palouse.

The Integrative Health Department, at Gritman Medical Center, is weaving the benefits of alternative health care into the modern medical system. Located in Gritman's newest facility, Therapy Solutions, they work cohesively with the hospital's physical, occupational and speech therapies to bring the best of both the traditional and modern

medicinal worlds to their clients.

Gritman's website states, "True to our commitment to remain at the forefront of advancements in medicine, you will find that many of the programs and services we offer are not commonly found in a community hospital." Some of Integrative Health's therapies include: relaxation and therapeutic massage, reflexology, pregnancy massage, and CranioSacral therapy, to name just a few. Yoga, Pilates, Movement Matters, sports injury prevention and mindfulness-based stress reduction classes are also available to the community. Most of these therapies you aren't going to find at your average hospital! Being at the forefront means recognizing all avenues that bring greater health.

According to Paul Weston, Integrative Health Coordinator for the department, more and more insurance companies are covering alternative therapies because they are realizing the benefits. The old adage, *an ounce of prevention is worth a pound of cure* is the direction health care is starting to take. With this goal of utopian health care comes a natural mental progression to preventing sickness and disease in the first place.

Ryan McAllister, Director of Therapy

Solutions, said they are aiming for a "paradigm shift" in the way people look at health. When you think of the word hospital, they want you to think *health*, not *health care*. In addition to the advanced modern medicine and compassionate health care, they would also like our hospital to be a place where people can come for education, preventative therapies and general well-being.

The Gritman website even has an herbs and supplements listing on their health information page that gives in depth information such as history, uses, scientific evidence, dosage and safety issues. It covers hundreds of herbs, vitamins, minerals, and other food supplements, all of it put together by physicians and pharmacists.

I believe the Palouse is the ideal place for this revolutionary change, blending alternative therapies with technological medicines because we abound in open minded people, have a rich field of excellent alternative medicine practitioners, and an innovative, exceptional healthcare system. Our world's collective thinking is returning its awareness to health and well-being, not just for the environment, but also for its people. With this shift, we are searching for healthier, more holistic practices

*"I believe the Palouse is the ideal place for this revolutionary change, blending alternative therapies with technological medicines."*

and the Palouse will be a role model for other communities seeking the utopian health care system.

Visit <[www.gritman.org](http://www.gritman.org)> to learn more about Gritman's Integrative Health Department, Therapy Solutions, Community Classes and Herbs and Supplements.

**Future Article:** How do you attract and maintain healthy, giving relationships in your life? What boundaries do you have that prevent parasitic interactions so you can use your energy in more fulfilling ways? Share your experiences at [jenwhitney@gmail.com](mailto:jenwhitney@gmail.com).

Jennifer Whitney will be teaching classes for those with naturally curly hair who want to celebrate their curls, not curse them; based on the book *Curly Girl* by Lorraine Massey. Email [jenwhitney@gmail.com](mailto:jenwhitney@gmail.com) for more information.

## Co-op Crossword

by Craig Joyner

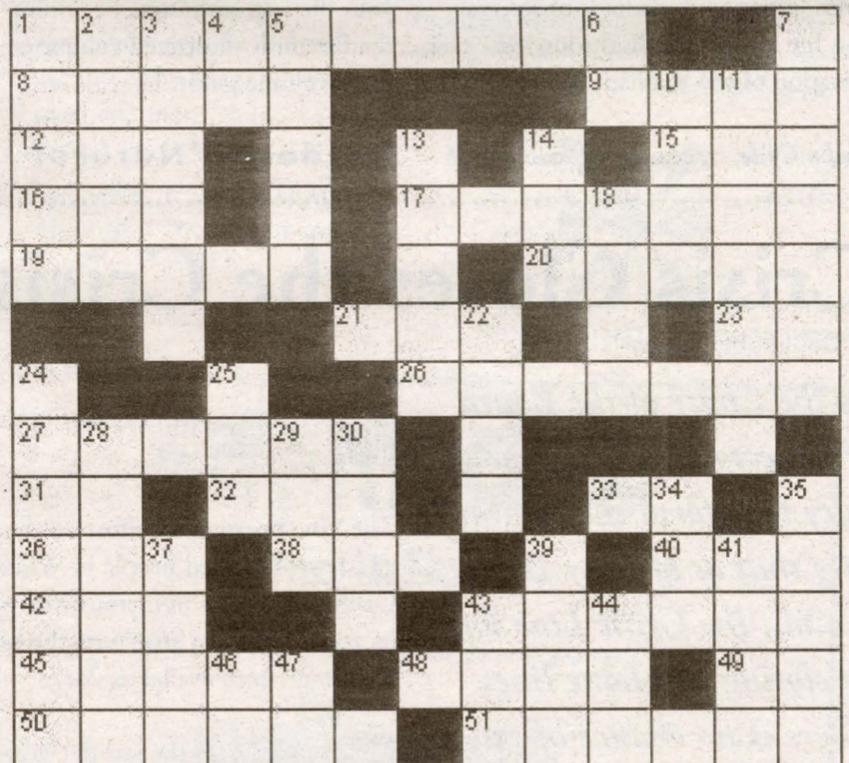
### ACROSS

- 1 The new bakery goods case is filled with these kinds of treats
- 8 What a green banana needs to do
- 9 Bringers of bread, The \_\_\_\_\_ Baking Co.
- 12 Conclusion
- 15 Weep
- 16 The European Union's military, abbreviation
- 17 The best pharmacy and hobby shop on the Palouse
- 19 The voice of Futurama's Turanga Leela, \_\_\_\_\_ Sagal
- 20 African ethnic group
- 21 Limb
- 23 Preposition
- 26 Polish empanada, the recipe is in the May newsletter and online
- 27 Staff member profiled in May's newsletter, \_\_\_\_\_ Guerricabeitia
- 31 This state was named after an English Duke, abbreviation
- 32 Name attached to a local restaurant
- 33 Another term for a doctor, abbreviation
- 36 Attempt
- 38 Incense scent \_\_\_\_\_ Champa
- 40 Arab sleeveless garment or camel hair fabric

- 42 Supposedly some of the last words uttered by Caesar
- 43 Earth \_\_\_\_\_ Essentials, local producer of tinctures
- 45 Antelope
- 48 Fictional captain or cartoon fish
- 49 Yes in Spanish or Italian
- 50 Maker of green tea mints \_\_\_\_\_ Naturals
- 51 Local healer, Dr. \_\_\_\_\_ Moffat

### DOWN

- 1 The meat department makes this type of lamb and hamburger
- 2 Local herbalist and healer \_\_\_\_\_ Kingsbury
- 3 What seven down is in need of
- 4 You in French
- 5 Brand of dairy and soy free semi-sweet chocolate chips \_\_\_\_\_ Life
- 6 German pronoun
- 7 Bob Hoffmann is the master of this aspect of MFC
- 10 Food brand with spicy kung pao or roasted peanut dishes, Simply \_\_\_\_\_
- 11 Sponake university
- 13 Cabot extra \_\_\_\_\_ Vermont cheddar
- 14 Academic degree
- 18 Absurdly costumed heavy metal band



- 22 Organic Valley, Woodstock Farms, or Silk
- 24 This trail treat comes from Spokane, \_\_\_\_\_ Granola
- 25 Tolkien's sentient tree
- 28 This leaf can be used for respiratory infections
- 29 Where some animals slumber
- 30 The meat department manager, \_\_\_\_\_ Stone
- 34 Thai Kitchen entee \_\_\_\_\_ Thai
- 35 MFC cashier with red hair,

- \_\_\_\_\_ Stolp
- 37 Chinese dynasty or coin
- 39 Cowgirl Chocolates spicy \_\_\_\_\_ tequilla bar
- 41 Pear
- 43 Marry
- 44 Boy
- 46 President Polk and Johnson came from this state, abbreviation
- 47 American author \_\_\_\_\_ Lawrence or baseball abbreviation

## Moscow Food Co-op Wins 2006 Mayor's Earth Day Award

By Carol Price Spurling

Doing good is its own reward, but isn't it nice to get a pat on the back every now and then?!

The Moscow Food Co-op was recognized this spring for its commitment to sound environmental principles when Moscow Mayor Nancy Chaney announced that the Co-op won the 2006 Mayor's Earth Day Award in the Business category.

This award, said Chaney, "commemorates the Co-op's efforts to foster environmental sustainability through environmentally responsible building and design, energy efficiency, public outreach and examples of sustainable living, including re-use, recycling, and socially and environmentally responsible merchandising... Congratulations on this well-deserved recognition and keep up the good work!"

The Co-op was fortunate to have such a golden-green opportunity to walk the talk, with its move even further downtown in 2005.

"The adaptive re-use of an existing building in downtown Moscow was a top priority for the Co-op when relocating," Co-op general manager Kenna Eaton said. "The ability to add green elements to it became equally critical."

The Moscow Chamber of Commerce member who nominated the Co-op for the award noted that the Co-op is "a leader in recycling, water conservation, energy conservation, and sustainability," our new building "was fitted with environmentally conscious fixtures, lighting, wiring, etc.," and not only that, but that we "encourage organic production."

The Co-op's Sustainability Committee along with the Co-op staff certainly deserves most of the credit for the award — they were the ones putting in the hours and hours of work necessary to insure that the new building's retrofit was as environmentally sound as possible.

Eaton noted that Kathleen Ryan (who was on the Committee but is now a Board member) was key in helping the Co-op find sources of alternative materials.

"Without her help I would have been lost!" Eaton said.

But the rest of us, the members, can feel great about the award too — after all, it's our collective support and the direction we provide to our elected board (and the comments we put in the

*"The Moscow Food Co-op was recognized for its commitment to sound environmental principles when Mayor Nancy Chaney announced that the Co-op won the 2006 Mayor's Earth Day Award."*

Suggestion Box!) that sets Co-op policy.

So feel free to give yourself a pat on the back. And keep up the good work.

.....  
Carol Price Spurling helps edit this newsletter and is a ruthless enforcer of word count limits. She loves the Co-op's new "Leave Your Car @ Home" incentive.

## Recycle Your Dead Computer

By Andy Boyd, Manager, Moscow Recycling

Latah Sanitation/Moscow Recycling, the City of Moscow, Latah and Whitman County Counties will be collaborating this spring to hold a One Day Computer Recycling Event. This event will be held on Saturday, June 17th, between 9:00 a.m. and 3:00 p.m. at the Whitman County Transfer Station and Moscow Recycling.

Items that will be accepted for recycling include:

- Computer System:
- Monitor, CPU\*, Mouse, Keyboard, Speakers \$7.00
- Monitors and Laptops \$5.00
- Laser Printers (desktop only, under 25 lbs.) \$3.00
- Printers \$2.00
- Scanners \$2.00
- Fax \$2.00
- Printer/Scanner/Fax Combo \$2.00
- All Pulled Drivers\* \$0.50

- Keyboards/Mice/Speakers \$0.25
- Wires and Circuit Boards FREE
- Cell Phones FREE

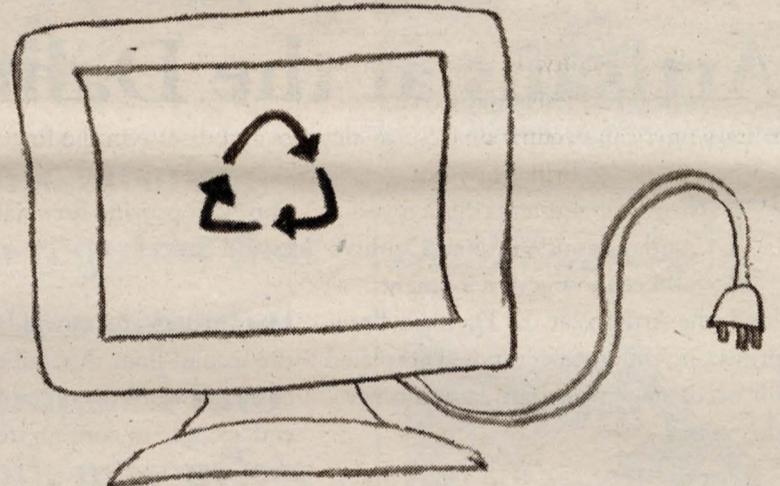
\*All hard drives are put through a 'one pass' process that writes zeros to the hard drive for security purposes.

It is important to realize that computers are not easily recycled. The reason there is a fee is due to stringent environmental standards that must be met when dismantling computers and the manual labor required in demanufacturing them. The prices above are significantly reduced from regular computer recycling costs.

So why is it important to recycle computers? First of all, recycling saves energy since producing products from recycled materials consumes less energy, also resulting in less pollution. Second, recycling reduces the environmental impacts from such activities as mining, harvesting and processing raw materi-

als. Third, many electronic components contain hazardous materials that should be kept out of landfills or incinerators. Finally, reuse and recycling would reduce the need and the cost of long term monitoring of landfills and the potential high cost for future corrective actions, burdening future generations.

If you are interested in recycling your old, stored computer equipment, we are asking that residents call or e-mail either Moscow Recycling at 208 882-0590/moscowrecycling@turbonet.com, or Whitman County Recycling at 509-



397-4622/cindi.lepper@co.whitman.wa.us to set up an appointment for the one day event. At this time we will also determine an approximate cost for your computer related recyclables. We appreciate your commitment to recycling and the environment and look forward to helping you dispose of your computer equipment responsibly.



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## PCEI and The Nature Conservancy Team Up

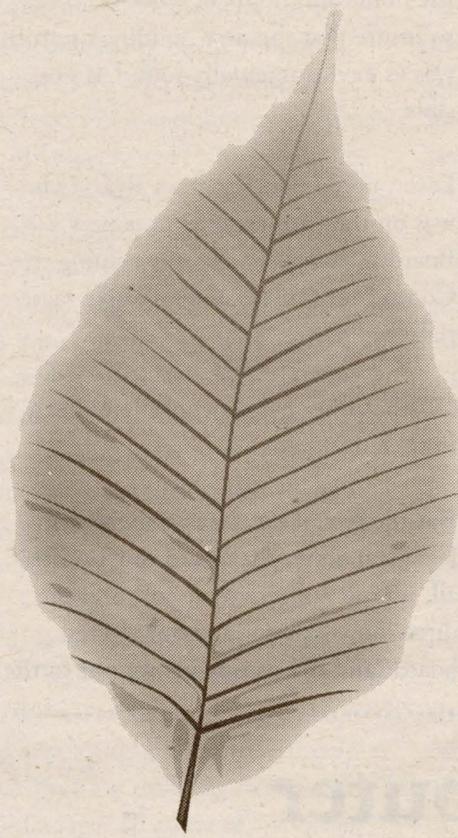
By Tracy Brown, PCEI

The Palouse-Clearwater Environmental Institute (PCEI) has contracted with The Nature Conservancy <[www.nature.org](http://www.nature.org)> to take the lead role in the management of the Rose Creek Preserve, north of Albion, Washington. The Preserve is one of the best examples of the black hawthorn-cow parsnip-quaking aspen community type remaining on the Palouse.

The relationship between the hawthorn and aspen is particularly complex. As the aspen grows, it shades out the hawthorn, which dies back to rootstocks, only to re-emerge when the short-lived aspen falls victim to heart rot. Following a dormant period, the aspen sprouts again and the cycle repeats. The Preserve is home to more than 250 species of vascular plants.

A perennial stream that flows into the South Fork Palouse River, Rose Creek bisects the Preserve. In winter, long-

eared owls roost in the dense hawthorn thickets as red-tailed hawks hunt the adjoining hills. The preserve provides



food, habitat, and refuge over 100 species of birds and many mammals ranging in size from shrews and voles to porcupine, coyote and white-tailed deer.

PCEI's role as stewards of the Preserve involves weed control, on-going restoration of the native aspen forest (monitoring and tree caging), and trail maintenance. Many community groups and individuals involve students in research and restoration work at the Preserve.

The Preserve is open year round. Access is limited to a small trail that winds through the riparian and uplands areas. Please stay on the marked trail and tread lightly. Financial and volunteer participation by the local community is necessary to successfully steward this community resource. PCEI is working with The Nature Conservancy and local organizations to expand the benefits of the Preserve to adjacent properties. To contribute to the Rose Creek Preserve

### Rose Creek Work Day Saturday, June 17, 2006:

9:00am-1:00pm

Carpool Location: 1040 Rodeo Drive, Moscow

Join PCEI for a day at Rose Creek Preserve! The day will consist of aspen restoration, trail care, and weeding. We will carpool from PCEI to the site and will be leaving PCEI a little after 9:00 am. If it is easier for you to meet us at Rose Creek Preserve, plan on meeting us at the entrance of the Preserve at 9:45 am. Need directions to Rose Creek? Visit <[www.pcei.org/rose\\_creek.htm](http://www.pcei.org/rose_creek.htm)> Please remember to wear work clothes and sturdy shoes. Be prepared for both sun and cold weather. Remember sun-block, hat, water bottle, snacks, sunglasses, etc.

Fund please contact Tracy at 208-888-1444. For directions and more information, visit <[www.pcei.org/rose\\_creek.htm](http://www.pcei.org/rose_creek.htm)>.

## Artisans at the Dahmen Barn on Target

By Leslee Miller, Uniontown Community Development Association

Thanks to a grant awarded yesterday from Whitman County's .08 economic development fund, the Artisans at the Dahmen Barn project in Uniontown can be completed for occupancy by artisans late summer this year.

Artisans at the Dahmen Barn is being developed by the non-profit Uniontown Community Development Association. In the barn there are art studios where the public will be able to watch the artisans at work, classroom space where workshops and demonstrations will be offered to the public, and a retail shop where visitors can purchase arts and crafts made by Palouse area artisans. A large space on the second

floor will provide for small performances and dances.

More artisan spaces will be located on the second floor. A retail operator is currently working at getting artists and craftspeople to consign items for the shop space.

An artist who loves to teach art in numerous mediums will be conducting many classes at the barn, for both children and adults. Programs are being developed in conjunction with the local school district and the Uniontown Parks and Recreation Commission, and will reach out to families that home school. During the summer the emphasis will be programs for kids. Other classes will be taught either by the resident artisans or specialists in their craft from the Palouse region.

Additional funds for the project are being raised through a quilt raffle. The following businesses are selling the \$1 raffle tickets:

- Uniontown: Deluxe Used Goods, Green Cottage Antiques, Littlefield Antiques and Splendid Old Stuff.
- Pullman: Bank of America, Bank of Whitman, The Quilted Heart, U. S. Bank, and Washington Mutual.

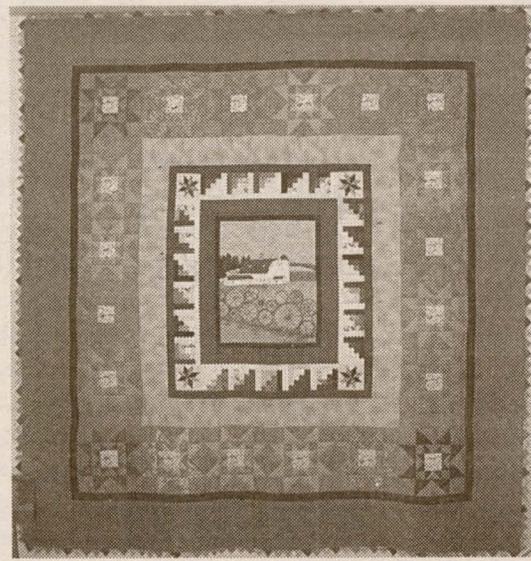
• Moscow: Becky's Fabrics & Bernina, and Book People.

• Colfax: Two Old Gals coffee shop.

• Lewiston: Nelson's Sew Line, and Becky's Fabrics & Bernina.

• Clarkston: Valley Art Center.

The drawing for the quilt will take place at the gala grand opening to be held in September at the barn.



This beautiful quilt is being raffled off to raise money for the Dahmen Barn project.

For more information about Artisans at the Dahmen Barn contact either Leslee Miller, 509-229-3655 or [dlmiller@inlandnet.com](mailto:dlmiller@inlandnet.com), or Mary Aegerter, 509-229-3672 or [aegerter@inlandnet.com](mailto:aegerter@inlandnet.com).

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## Why Organic Matters on the Palouse

By Scott Metzger

Everyday I see parents with young children shopping at the Co-op, hopefully because they are aware of the health benefits that Certified Organically Grown fruits and vegetables provide for their family.

But is it enough just to buy organic food when living on the Palouse? I don't think so, because when I leave the Co-op I see workers spraying herbicides along the sidewalks and green spaces in town, while outside of town I see giant machines with tanks full of chemicals systematically spraying the fields.

In 2005, Latah County had 99,000 acres of land planted in wheat, according to the USDA National Agricultural Statistics Service; only a few acres are Certified Organic. There are just 3 organic farms in Latah County, and only a few dozen more practicing no-spray techniques.

Non-organic produce is called "conventionally" grown, and that sounds like "normal," but in reality, conventional produce is grown using dozens of toxic chemicals.

An employee of the Wilber Ellis Fertilizer Co. stated that the chemicals most commonly applied to local wheat fields are Mesosulfuron-Methyl, Clodinafop-propargyl, Flucarbazone, Bromoxynil-octanoate, Thifensulfuron-Methyl, Dimethoate, Propiconazole, and Azoxystrobin. Their presence in our food and environment is not normal or healthy.

Research at Washington State University has shown that organic agriculture is a viable alternative to conventional agriculture. The Palouse could be the organic wheat, pea, and lentil capital of the world.

One way we can make a difference locally, other than by buying organic food at the Co-op, is by supporting the few local organic farms we do have, encouraging farms to switch to organic practices, and by thinking beyond organics to build truly sustainable local agricultural systems that directly benefit the communities they are near. We live in a globally commoditized society, but we could be cultivating community-based solutions to the problems of imported and unsafe food, contaminated water supplies, and chemical exposure.

On top of all the chemical exposure in the food supply, the city is applying 20 different herbicides to just about every green space in town. According to the City of Moscow Street Department, the purpose of this program is to keep weeds down along the curbs and side-

walks. You can contact the city if you do not want them to spray on or near your property. Scott is the produce manager at the Co-op. For complete toxicity information on the above named chemicals visit the Pesticide Action Network at <[www.pesticideinfo.org](http://www.pesticideinfo.org)>.

## Can Organic Farming Improve the Nutrition of Our Food Supply?

By Preston Andrews

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

In my commentary last month, I gave two reasons why organic food is better for us than food that is grown conventionally.

First, eating organic food can reduce exposure to pesticides in our diet. Organic foods are also better for us because, more often than not, they provide more health-promoting phyto-nutrients than conventionally produced foods. Phyto-nutrients include important dietary constituents, like vitamins, minerals, antioxidants, and other beneficial compounds. Overall, however, what is the current nutritional status of our food supply, and can organic farming make it better?

In a recent study, Dr. Don Davis and his colleagues at the University of Texas (*Journal of the American College of Nutrition*, Dec. 2004) compared the U.S. Department of Agriculture's records of food nutritional composition in 1999 with those from 1950. What they found was that over the last half of the twentieth century the nutritional quality of 43 garden crops declined for six key phyto-nutrients, including protein, calcium, phosphorus, iron, riboflavin, and vitamin C. In tomatoes, vitamin C contents declined by an average of 17 percent from 1950 to 1999, while iron declined by 25 percent, vitamin

A by 43 percent, and calcium contents declined by 65 percent over those 50 years! If you thought that tomatoes just didn't taste good anymore, consider also that they are less nutritious.

The authors of this study speculated that the main cause for this decline in nutritional quality of modern foods was the "dilution" of phyto-nutrients resulting from breeding for maximum yields and product size, that is "more and bigger." However, there may be other explanations.

One alternate explanation is that the practice of conventional agriculture using synthetic fertilizers is depleting our soils of the organic matter essential to feeding the microorganisms that recycle nutrients within the soil. Organic farming, which requires that organic matter be incorporated into the soil, may offset the diluted nutritional quality of the foods we eat today.

In my study of organic and conventional strawberries produced in the Watsonville area of California, modern varieties grown organically contained more vitamin C than those same varieties grown conventionally. This shows that organic farming, even in an intensive production situation, can offset the "dilution" effect of plant breeding. Of course, "heirloom" varieties, which are more flavorful, may naturally contain more phyto-nutrients, as well.

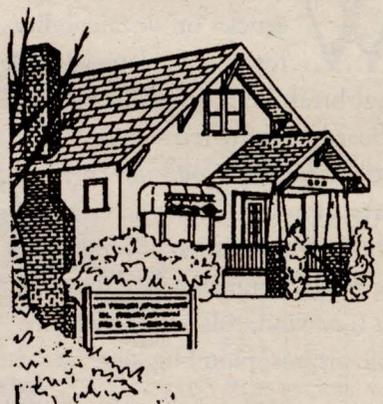
**“Organic farming, which requires that organic matter be incorporated into the soil, may offset the diluted nutritional quality of the foods we eat today.”**

One wonders whether the less nutritious food of today invites us to eat more of it in order to get adequate nutrition at the expense of excess consumption and a national obesity crisis.

Preston Andrews is Associate Professor of Horticulture at WSU. He has studied organic and sustainable farming of horticultural crops for over 10 years. He is a lifetime member of the Co-op, shopping there first in 1979. He welcomes questions and comments at [andrewsp@wsu.edu](mailto:andrewsp@wsu.edu).

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## Book Review

By Bill London

*Harvest: a year in the life of an organic farm:* By Nicola Smith, with photographs by Geoff Hansen

*Harvest* is an improbable book. It's thick and heavy, weighted by the slick paper commonly used in coffee table photo books. About one-fourth of the 274 pages are full-page photographs, so most of the book is text. That's an unusual ratio for a slick photo book.

The topic is unlikely as well. The entire book focuses on a year of operations of the Fat Rooster Farm in South Royalton, Vermont, and the lives of the family that lives there: Jennifer Megyesi and Kyle Jones, and their four-year-old son Brad.

Fat Rooster is a small organic farm, surviving by selling vegetables, eggs, and meat raised carefully and methodically.

This book could have been a sentimental stroll through the farm's flower-filled meadows, but instead is a realistic, honest, and surprisingly intimate portrait

of a well-educated and well-intentioned couple who chose this organic path for all the right reasons.

Life at the Fat Rooster is difficult. The stress associated with not enough money and too much work piles up as the year goes on. Their winter planning session finally devolves into a discussion of the d-word — divorce.

Throughout the book, Smith's prose draws the reader onward. Even more than the photos, the words tell the story of their difficult lives and difficult choices. This is a fascinating book for anyone who cares about organic agriculture, or really for anyone who eats.

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

Bill London edits this newsletter and reports that he is thrilled to watch his grand-daughter, Leyna Grace, perform all the usual tricks (sit up, roll over, smile toothlessly) through the wonders of emailed video.

## Mother's Day

By Bill London

I live with an actual mother, and therefore felt duty-bound to celebrate Mother's Day in some appropriate fashion.

What we wanted was a delightful dinner that combined the familiarity and comfort of eating at home with the ease of a restaurant meal and the quality of the gourmet natural food available at the Co-op.

And the kitchen wizards at the Co-op brought us satisfaction on all counts.

We had two of their special complete take-it-home holiday meals on Mother's Day. I tried the pork tenderloin, and Gina had the crab cakes. We just called in our order in advance, picked them up on Mother's Day, and consumed them gleefully.

It's a great idea, and I expect we'll get this gourmet meal-to-go the next time it's available — on Father's Day.

Bill London remembers when Gina was a carefree young woman living in her VW van, her long hair bleached by the California sun to the color of orange blossom honey.



## The Sustainability Review: Refrigerators

By Mike Forbes

Well I'm back to writing articles on sustainability for the newsletter. I took a 4-year break from this to sit on the Co-op board with my term ending this last election. Some of you know me and my interests but for those who don't, I like to tinker with all sorts of projects that have an environmentally sustainable bent (i.e. wind, solar, biodiesel, electronic gizmos, plumbing, etc...)

My intent in these articles is to weed through much of the information out there and give a synopsis and/or recommendation on a type of product/method/idea/whatever. Currently my wife, Lahde, and I are in the process of moving/building a new home (with Kurt of 3 Little Pigs doing most of the work) outside of Moscow where we are going to implement many of the items I'll talk about in articles to come.

I just purchased a new refrigerator. It's a Kenmore #67889 (top freezer, black, no icemaker, Energy Star, \$472.49). Until about 3 years ago you really couldn't get a refer that would really perform well without going to a Sunfrost and spending \$2000+. The Sunfrost is still the best fridge out there but I think it's safe to assume that most people are not going to spend that on a fridge no matter if it pays for itself over the course of

it's lifetime at our cheap electric rates here in ID/WA. I wasn't willing to spend this so my search started for an alternative.

At our previous house we supplied the power to the fridge via solar/wind generation so I needed the fridge to use the absolute minimum of power, somewhere in the range of 100-200 kilowatt-hours (kWh). A kWh is the unit of electrical energy equal to 1 kilowatt or 1000 watts of power used for 1 hour. A 100-watt light bulb operated for 10 hours uses 1 kWh. Clear? Let's move on....

Since 1993 there have been standards for appliance energy use and as of 2004 the Energy Star program has been in existence. These standards have greatly improved the efficiency of appliances but in my opinion there is a small flaw that affects our purchasing decisions. All fridges are required to have the little yellow card that shows the estimated kWh use for a year in them. It's my opinion that most people don't look at this and the salespeople don't know much about them. The marketing is presented to us as "Energy Star" compliant, a.k.a. the most efficient thing available. True and not completely true.

The Energy Star program says that

if the appliance exceeds the federal standard by 15 percent or more than it gets the label. The key component I see is that the appliance configuration (top freezer, side by side, etc...) greatly affects how the kWh numbers are set but yet they can all get the label making you think you are getting a very efficient appliance that actually uses a bunch more energy than other configurations. We'll use a typical 21 cu.ft. fridge as our standard fridge and compare side by side (SS), bottom freezer (BF), and top freezer (TF) configurations.

The Energy Star standard gives their badge of efficiency if the appliance uses less than 519 kWh for SS, 472 kWh for BF, and 410 kWh for TF. That is 109 kWh difference between a SS and TF model yet they get the same sticker and get marketed to you the consumer in the same manner.

I'm not sure if that seems reasonable to me if the goal is efficiency. It's clear that TF fridges are always the most efficient by nature of design and from looking at brands, Kenmore almost always stands above (except Sunfrost). Most of the competitors are within 20 or so kWh but for those of us who pinch our kWhs that can be significant.

### My recommendation:

1. Top freezer
2. 18-19 cu. Ft. capacity (most fridges in houses are between 18-25) the mid 18's is definitely the best in efficiency
3. Ice maker or no icemaker doesn't significantly affect things
4. Color doesn't matter
5. No through the door fixtures (ice/water)
6. Look and compare the little yellow tags (many times they are missing or hiding in the owner's manual)

### Websites worth noting:

1. <[www.energystar.gov](http://www.energystar.gov)> - searchable database by brand/model with kWh listings
2. <[www.aceee.org](http://www.aceee.org)> - Most Energy-Efficient Appliance listing by brand/model

Mike Forbes and his family are moving into a yurt near Moscow Mountain until their home is finished this coming winter.

## Auntie Establishment

By Joan Opyr

I had thought of Missoula, Montana as just a bigger version Moscow, Idaho. We have about 21,000 people living here; Missoula claims 57,000. By Western standards, that's pretty large and, one might think, cosmopolitan. What I didn't reckon on was that Missoula is in Montana, and Montana is like nowhere else on earth. For one thing, it's full of Montanans.

Now, you Montana readers — this is not the time to toss the paper aside and say something like, "Who the hell is that Auntie Establishment, anyway? Does she think she's the go\*da'n cat's a\*\*?" Go on, you know that's what you were saying — that or something like it. What we non-Montana folk call swearing passes for polite conversation in your neck of the woods. When my cowgirl friend from Plevna calls me, I get out a notepad and pen and write down all of the best stuff. My dearest Bicky has a heart of gold, but she's got a mouth on her like the trap in the kitchen sink. Her latest observation (and my current favorite) is about overpaid bureaucrats.

"I'll tell you what they do," she says. "They sit up there on Mahogany Row and spend all day picking splinters out of their a\*\*."

I take what Bicky says — particularly

her more colorful expressions — and I use them shamelessly in my fiction. I rob from my late grandfather in the same way. Montana folk and Southerners have much in common. The difference is that Southerners save their colorful swearing for the front porch. In Montana, people say exactly what they think exactly as they like wherever they are — in church, in Wal-Mart, in government, and in front of grandma (who, if she's from Montana, too, simply responds in kind).

I would love — LOVE — to have a Montana native in the Oval Office. Not Conrad Burns, I think, but perhaps Governor Brian Schweitzer. We as a nation are in desperate need of some genuine Montana tell-it-like-it-is, complete with swearing. Someone needs to tell us what a load of bullsh\*t artists we've all become; that gas isn't free; that there's a limit to what the military can do with limited personnel and limited resources; that diplomacy doesn't mean lying to everyone else and also lying to ourselves; that if our greatest net export in this country continues to be jobs, we are up sh\*t creek without a god\*\*mn paddle. What we need is a brainy SOB from Montana who will get the job done.

While touring urban and sophisticated Missoula, I saw a woman walking

a couple of sheep on dog leashes. I turned to my companion, a Missoula native who was kindly acting as my tour guide and taxicab, but she didn't bat an eyelash, and so I said nothing.

Not five minutes later, we happened upon three mule deer crossing the bridge over the Clark Fork and heading into downtown.

"Does that happen often?" I asked.

"Huh? You mean the deer. I suppose so."

I tried again. "Why would deer be heading into downtown Missoula? I've never seen a deer in downtown Moscow, and we're arguably more remote and about half your size."

"I don't know," she said. "Maybe the deer don't like your downtown." A few minutes later, she added, "That's nothing, you know. A couple of weeks ago, I saw a mother black bear and her cub crossing Broadway."

Broadway is the main drag through downtown Missoula and bear traipse across it. Cougars come down from the hills and take naps on peoples' back porches. People fly fish along the Clark Fork, right behind the DoubleTree Inn, Missoula's finest hotel. Wild life and

*"I would love — LOVE — to have a Montana native in the Oval Office. Not Conrad Burns, I think, but perhaps Governor Brian Schweitzer. We as a nation are in desperate need of some genuine Montana tell-it-like-it-is, complete with swearing."*

city life are one and the same.

I was in Missoula for a book reading. Afterwards, the people in attendance tried to explain to me the difference between Idaho writing and Montana writing. What I was told was that Montana writing — whether fact, fiction, or Montana's own special brand of hilarious horse-puckey — absolutely must feature "a glistening fly line." No exceptions.

I thought for a moment and then offered to write my own book about Montana. I've already got the title. Are you ready? *A Lesbian Runs Through It.*

Joan Opyr is currently writing a sequel to her recently published novel *Idaho Code*.

### Letter to the Editor

Greetings Moscow Co-op members! We would like to share with you the happenings of a new consumer Co-op in the eastern Idaho town of Idaho Falls. Although our town is twice as large as Moscow, we are currently without a consumer food Co-op that can provide citizens the opportunity to buy fresh produce, organic foods, gourmet cheeses, and fresh breads and deli items.

We are still in the early stages of the planning and development process. We have released a survey with the goal of identifying product desires of our future shoppers. At this time we have received 500 completed surveys, which is half of our target number. Similar to your Moscow Co-op, people have requested the sale of fresh organic produce, bulk goods, international food items, gourmet cheeses, fresh breads, organic food brands, organic meats, and a deli.

We have a dedicated group of 30 individuals who meet every few weeks and discuss accomplishments and future tasks. Currently there are 5 committees that are responsible for membership, locations, potential item shipping and stocking, and budget related tasks.

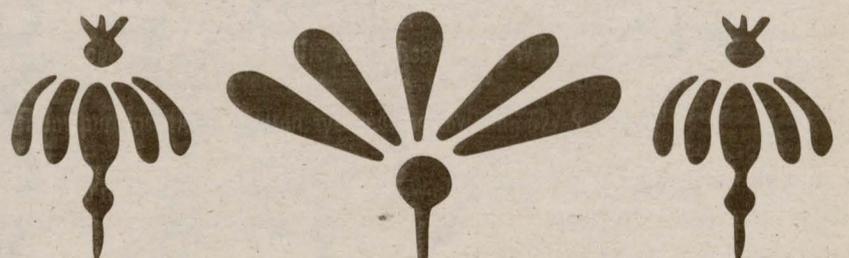
We are always looking for advice and have been researching other food Co-ops around Idaho and neighboring states. This organization will likely start small but expand as months pass by. The closest food Co-op is 5 hours to the west in Boise, ID and there is a huge demand for organic outlets besides the overpriced grocery stores.

So cross your fingers for us and if you think you may be able to give us good advice, we always have open ears. Otherwise, look for our consumer food Co-op when you drive through Idaho Falls.

Please contact Marilynne Manguba, with further ideas and questions: 208-522-4350 or mmanguba@fnc.org.

—Shannon Dickson, Consumer Co-op Volunteer

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Moscow Food Co-op  
121 East Fifth  
Moscow ID 83843

# Bulletin Board

MOSCOW FOOD CO-OP

## Vigil for Peace Moscow: Fridays 5.30-6.30pm

Meetings in Friendship Square and at Third and Main.

☎ 882-7067  
sperrine@potlatch.com

**Pullman: 1st Fri. of month, 12.15-12.45pm** Under the clock by the Public Library.

☎ 334-4688  
nancycw@pullman.com

## Co-op Kids!

Co-op Kids is a great time to get together with other families in the community for some earth-friendly kids activities.

**Tue June 13, 9-10am 'Wooly Day'**

Kids can meet a baby lamb (so bring your camera by the picnic tables. Afterwards we will try wet felting with wool, and some simple spinning. If possible, let us know if you are planning on coming so we will have enough wool on hand for our projects.

**Tue June 27, 9-10am**

**Seasonal snack making** that is easy for kids and adults. Contact Rebekka Boysen-Taylor amamaswork@yahoo.com.

## Artwalk Exhibit

**Fri June 16, 5-8.30pm**

The Moscow Food Co-op will celebrate the art of Moscow native, Janna Jones

## Visitors

**Mon July 3, 4.30pm**

**Ed Clark and Kim Bouchard** visit Moscow and the Co-op is sponsoring a public potluck party to welcome them back. Meet at the covered picnic shelter at East City Park. The Co-op will supply a cake. Bring food and beverages to share. Don't forget plates, utensils, bowls and cups...

In addition, bring your drum or guitar or whatever to participate in a musical jam.

## Farmers' Market Concert Schedule - June

9.30-11.30am each Saturday from May through October.  
Jun 3—Brian Gill  
Jun 10—Laddie Ray Melvin  
Jun 17—Steptoe  
Jun 24—Lanny Messinger  
Jul 1—Acoustic Wave Machine

## Moscow Arts Commission

**Fri Jun 16, 5-8pm**

Opening reception for *Faces from the Land: A Photographic Journey through Native America*, by Ben and Linda Marra. 3rd Street Gallery until Aug 11.

## Computer Recycling Event

**Sat June 17, 9-11am**

Moscow Recycling Center will accept all computer monitors, mice, keyboard, printers, scanners, boards, drives, etc. Items can be recycled for a small fee.

Please call or visit Recycling at moscowrecycling.com. Whitman Center 509-397-4600. cindi.lepper@whitman.edu. set an appointment.

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

**Sat June 17, 7.30pm**

Everyone is welcome! Live music by House Blend from LaGrand, Oregon. Location: Blaine Schoolhouse \$4 newcomers, \$5 members, \$7 non-members. www.palousefolklore.org ☎ (208) 892 0730

## Michael Young in concert

**Thu June 22, 7.30pm**

Fingerstyle guitar player from Minnesota at The Attic, 314 East Second Street, Moscow. Cost: by donation www.michaelyoungmusic.com

## PCEI Work Day at the Rose Creek Preserve

**Sat June 17, 9am-1pm**

Carpool Location: 1040 Rodeo Drive, Moscow. The day will consist of aspen restoration, trail care, and weeding. Carpool from PCEI. ☎ 882-1444

**Sat/Sun Jul 1&2, 10am-4pm**

MaryJanesFarm sponsors the 3rd annual Farm Fair on from Admission includes self-guided tours of the farm, children's activities and musical entertainment. Also hand-made crafts, antiques and farm collectibles, fresh vegetables and flowers, and meals. Under-16's free, \$5 for adults. ☎ 882 6819 www.maryjanesfarm.org

## Nia

**Mondays May 15-Aug 7** 5.30-6.20pm at UI SRC

**Wednesdays June 2-Aug 9** 5.15-6.15pm at Spectrum II \$6/class or \$50/10-class card Ashley Martens ☎ 883-4998 ashmartens@yahoo.com

## Herbalism-Linda Kingsbury

**Wed. nights, June 7-28**

Herbal Wisdom Series Pullman Parks and Recreation. Register at ☎ 509-338-3227. **June 17, 9.30am-4.30pm** Women's Stress Relief Retreat Sponsored by Emergence, Grangeville Idaho. Register at ☎ 883 9933 www.spiritherbs.com

## "Out Beyond Ideas"

**Sat July 1, 7pm**

David Wilcox/Nance Pettit Benefit Concert at the Unitarian Universalist Church—\$12 Proceeds help local educators receive nonviolent communication training. Debbie Grieb ☎ 882-3460

Submit community announcements to events@moscowfood.coop by the 24th of each month. For additional events & info, visit our web site: www.moscowfood.coop/event.html

