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March 2006

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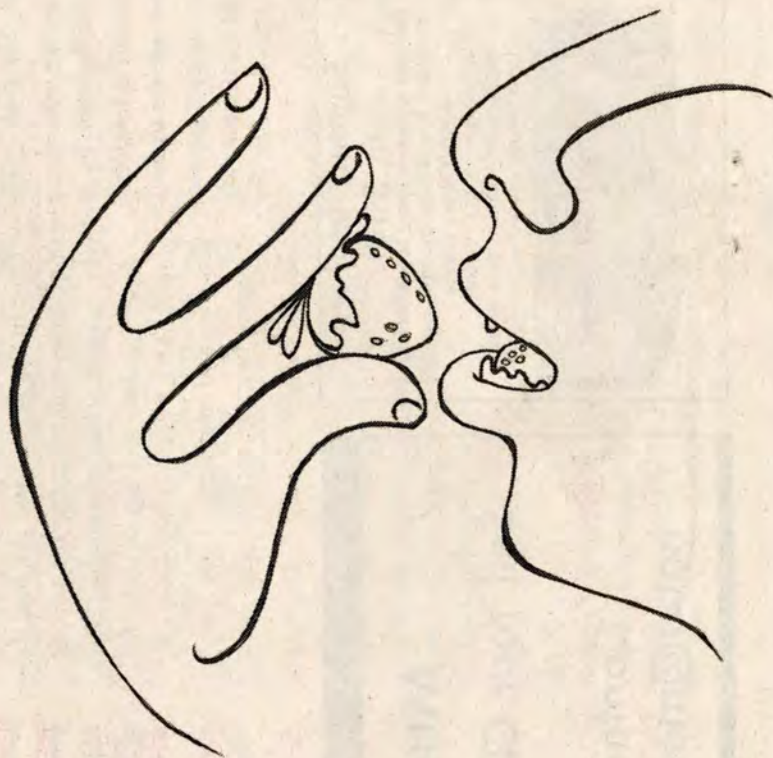
Community News

The monthly newsletter of
the Moscow Food Co-op

Taste Fair

By Vicki Reich, Grocery Manager

Wouldn't it be great if you could come in to the Co-op and have a little taste of that product you've been wanting to buy but weren't sure you'd like? Or maybe you've wanted to have a chat with some of our local suppliers and find out how they do what they do. Well, your wish will become a reality on April 8 from 11 a.m. to 3 p.m. when the Co-op once again hosts (drum roll, please) Taste Fair. This will be our first Taste Fair in the new store, but the ninth one we've thrown. If you've never been to a Taste Fair, you are in for a treat. If you've been before, I'm sure you've got your calendars out and are writing down the date. Taste Fair is a fun and crazy day at the Co-op where you can try all kinds of new products and taste all the great things our local vendors have to offer. We'll have tables set up in every nook and cranny of the store, piled high with a staggering



variety of tasty treats. I've got a long invitation list, so I am sure there will be lots of local vendors plus a variety of new products from national brands. You won't want to miss all the fun, so make sure you mark your calendars for April 8, and make sure you come hungry!

www.moscowfood.coop

Alchymia Life Coaching: 1 free session & \$25 off initial intake session, Katrina Mikiah, 882-1198

Anatek Labs, Inc.: Drinking water Bacteria Test \$10 & Comprehensive well water test \$90, Mike Pearson, Mgr., 1282 Alturas Dr, 883-2839, www.anateklabs.com

Ball & Cross Books: 10% off on any purchase, Mark & Kristin Beauchamp, 203 1/2 N Main St, 882-0684

Bebe Bella: 10% off organic baby clothing, Rebekka Boysen-Taylor, 1220 NW State St. #38, Pullman, 334-3532

Columbia Paint & Coatings: 15% off retail paint & supplies, Cory Triplett, 610 Pullman Rd, 882-6544

Copy Court: 10% discount, memb. Card laminated free, Michael Alperin, 428 West 3rd St, 882-5680

Culligan: Free Auto softener install up to 10 ft pipe & culligan water softener (Moscow only) & 10 free gallons of water to new delivery customer, Owen Vassell, 310 N Jackson, 882-1351

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

Ecostructure Financial: Free 1 yr General Interest or Entrepreneur Subscription to "Matchmaker" Internet Database/Service, Mark Winstead, 116 E 3rd St, Ste. 212, www.ecostructure.us

Full Circle Psychological Services: Free initial consult, Dr. Tina Von Moltke, Ph.D., 619 S. Washington #301, 669-0522

Hodgins Drug & Hobby: 10% off all purchases excluding prescriptions, Pam Hays, 307 S Main St, 882-5536

Inland Cellular: \$10 off purchase of any phone or accessory, Kelly Gill, 672 W Pullman Rd, 882-4994

Integrative Mindworks: Free 30 min consult for new private clients, April Rubino, 3400 Robinson Park Rd, 882-8159, www.integrativemindworks.com

Inspire Communications: 10% off Book Writing Consult, Jo Sreenivasan, http://members.aol.com/writebook64

Kaleidoscope Framing: 10% off any gallery item, Darryl Kastl, 208 S Main St #11, 882-1343

Kelly Kingsland, LMT: First 2 Massages \$40 each, 892-9000

Kimi Lucas Photography: 25% off initial photo session, 15% off photo session, instruction or products & free third pet photo session, 310-1064

Dr. Linda Kingsbury, Professional Herbalist: 10% off Customized Aromatherapy, Spa Treatments, Holistic Health & Nutrition Consultation, www.spiritherbs.com, 883-9933

Kinko's Copy Center: 10% off and free lamination of memb. card, Kris Freitag, 1420 Blaine St, 882-3066

Mabbutt & Mumford, Attorneys: Free initial consult, Mark Mumford & Cathy Mabbutt, 883-4744

Maria Maggi, Intuitive Astrology & Gardner: SE all astrological & flower essence consultations, Please call for an appointment, 882-8360

Marketime Drug: 10% off all regularly priced gift items, Joanne Westberg Milot, 209 E 3rd St, 882-7541

Denice Moffat, The Healing Center: \$10 off on first exam, Regular price \$65, 413 East 8th St, 882-3993

Moscow Feldenkrais: First individual lesson 40% off, & first group lesson free, Elisabeth Berlinger 883-4395, Tom Bode 892-3400, 112 W 4th St, 883-4395

Moscow Yoga Center: 10% off classes for new students, Jeri Stewart, 525 S Main St, 882-8315

Motherwise Midwifery: Free supply preg tea thru preg, Nancy Draznin, 1281 Sprenger Rd, Genesee, 224-6965

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

Palouse Discovery Science Center: 10% off Curiosity Shop items, Contact Mark, 2371 NE Hopkins Ct, Pullman, 332-6869

Pam's Van: \$10 off first Reflexology treatment & free sauna or Wisdom Eye Massage, 1115 S. Logan St., 596-5858

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

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

Glenda Marie Rock, III, Healer & Esotericist: 10% off Clairvoyant readings, past life regression & energy healings, gmrockiii@aol.com, 882-0403

Shady Grove Farm: \$10 off first 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: 10% reduction on initial consult to writers, 892-0452

SkyLines Farm Sheep & Wool: 10% off organically raised lamb, handspinning fleeces & prepared roving, Melissa Lines, 4551 HWY 6, Harvard, ID, 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 floral/gifts, 122 W 4th St, 892-0222

Tie Dye Everything: 10% off any purchase, Arlene Falcon, 527 S Main St, 883-4779

Whitney & Whitney, LLP: Reduced rate for initial consultations, 604 S. Washington, Suite 1, 882-6872

Wild Women Traders: 10% off clothing and jewelry, 210 S Main St, 883-5596

Community News



Free Box Dilemma

By Kenna S. Eaton, General Manager

The Co-op's Free Box has been a topic of discussion lately both within the Co-op and in the wider community. Several members have written letters or simply called to voice their concerns over its demise. To those of you who have felt frustrated or confused by the changes, I apologize. Our intention was to find a workable solution for the business and its staff, and in the process we managed to sound like we didn't care about our community or a long-held tradition.

During our daily operations, we come across product that is damaged or past date or simply unsaleable. The Co-op staff takes the items out of inventory and puts them in a designated Free Box rather than the dumpster.

Over the years, the Free Box has been the source of many additions to our meals and helped both staff and members stretch their food budgets. The Free Box has also saved tons of food

from the disposal in the landfill.

However, for the staff, the Free Box has also been a source of contention and many, many conversations and meetings. While we always liked the idea of giving this product to people who needed it, the reality was pretty gritty. Given the nature of distressed produce or other items, the Free Box frequently got funky and needed staff attention (that was strike 1). Given the "freeness" of the items in the box, many folks apparently thought that any item near the Free Box was free even when it wasn't (strike 2), and given the fact that the box often occupied a backroom space, it was usually not available to all staff until the end of their shift (strike 3).

With those three strikes against it, when we moved to our new home, we discussed where best to re-locate the Free Box. And we talked about whose responsibility it would be. Frankly, no one on staff wanted the box in their department, in their back

room or as their responsibility. That left the staff break room as the only other space available. And the staff had equally serious concerns about security, since that's where they leave their packs and purses while working. And that didn't work for me.

So we discussed this box for many more hours and in many more meetings. Ultimately, we decided that we wanted to continue to have a Free Box, but that it should first be available to our 95 employees. Then if there was anything left over (which frankly, there often isn't), that we would give it to the food bank.

So I think we found the answer that allows us to keep the Free Box, use it as a "perk" for the benefit of the staff, and continue to keep this usable, but not saleable, food out of the dumpster. And I think we found a way to both keep it and make it work for us in a way we can all feel comfortable with. We felt pretty good about our solution and, hopefully, others will too.

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Co-Operations



News from the Front End

By Annie Hubble, Front End Manager

As I write this, we are enjoying one more blast of winter. The temperatures have dropped and the outside world is so cold! Once again, I am grateful to have the Co-op in our town. I see so many people come in and take refuge from the storm. Sitting with a warm drink in the company of friends, quietly reading or writing, admiring the art shows,

enjoying the live music, or shopping for their groceries, folks can relax for a while and take a break from the elements. Yes, although the Co-op is in a new and bigger location, it is still the same Co-op. We still strive to welcome you in with friendly smiles, and make every effort we can to ensure your comfort. So come on in and visit for a while!

The Volunteer Program

By Annie Hubble, Volunteer Coordinator

As many of you have noticed, we have temporarily stopped taking applications for volunteer work at the Co-op. This is because I already have twice as many applications as there are jobs available. I thought I might take this opportunity to explain the volunteer program a little. My part starts with visiting with the various department managers and asking what sort of help they need. (A volunteer position is one that will help the Co-op, but that is not essential to its running). Once the management team has given me updated lists of their needs, I start to look through applications, and invite a group of

potential volunteers to an orientation. At this orientation, I show them around the store, explain the volunteer program in more depth, and try to get to know them a little in a brief half hour. I then set up meetings between the volunteer and the department for training. There are always more applicants than there are jobs. I do appreciate the interest shown in volunteering at the Co-op. If you do not hear back from me, it is simply because there is no need for volunteers at the moment. And I do want to thank all those who are already volunteering at the Co-op. Your help makes our jobs so much easier!

Newsletter News

By Bill London

This newsletter continues to expand its topical horizons. Jennifer Whitney is beginning a column about wellness activities and therapists. James Reid will be looking at the CDs from local musicians that are now for sale at the Co-op and giving us the lowdown on the music and the musicians.

And we have some changes in the volunteers who layout and design the newsletter. After this issue, Tami Prine will resign her position as designer. Tami has done some great work for us and will be missed.

Replacing Tami is Megan Prusynski, who is now designing the newsletter back page Bulletin Board. Richard Elgar will take over the back page from Megan.

Our thanks to all the volunteers who make this newsletter work — every month.

Bill London edits this newsletter and is pleased that the professionalism of the newsletter volunteers matches the quality of the new Co-op facility.

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For advertising rates and information:
contact Aly Bean at 882-1444 or aly@pcei.org

For letters to the editor:
Moscow Food Co-op
Bill London, Editor
121 East Fifth Street, Moscow, ID 83843
london@moscow.com

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Editor
Bill London

Issue Editors Board of Directors
Carol Spurling board@moscowfood.coop
Carol Hill

Graphic Design President
Tami Prine Mike Forbes

Advertising Manager Vice President
Aly Bean Kimberly Vincent

Illustrations
Rachel Dugger

Distribution Secretary
Donald Stanziano—Moscow Bonnie Hoffman
Beth Hemmer—Pullman Bill Beck
Mary Zuber—Lewiston-Clarkson

Back Cover Design
Megan Prusynski
events@moscowfood.coop

Webmaster
Bob Hoffmann Phil Ronniger
webmaster@moscowfood.coop

General Manager
Kenna Eaton (208) 882-8537 The Co-op Board of Directors
(208) 882-8082 fax monthly meetings are open to members.
kenna@moscowfood.coop

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

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Local vs. Not

By Kenna S. Eaton, General Manager

Lately, the issue of purchasing from local producers has appeared repeatedly in our community. For example, there's the proposal for building two Super-Wal-Marts in our communities and the effect it, or they, might have on our local businesses. We've also heard concerns about the Co-op's commitment to supporting local producers. Some of our members are worried that their Co-op has changed so much that we no longer support locally made products. Not true. I want to assure you that we have not changed our policy concerning locally made items. We still focus on supporting local producers and providing a marketing outlet for local entrepreneurs. Supporting local producers is part of our mission and we take it very seriously. This month, we're showing you a list of the local producers whose items are currently for sale at the Moscow Food Co-op. Next month, Scott Metzger, Produce Manager, will talk about the results of our January growers' meeting and let you know what locally grown fruits and veggies will be available at the Co-op in the upcoming months and when you can expect to see them.

We have a product guideline that we utilize when selecting new items that questions many different areas: (Is it organic? How is it packaged? And how and where it was made?). We still want to carry as many locally made items as possible. However, during the Christmas shopping frenzy, I noticed that although our store has doubled in size, the number of locally made products hadn't. So I can see why it may seem like there's fewer locally made products. It is also sadly true that there are less locally made items available to us than there was some years ago. I think the reality of manufacturing and selling a product is particularly challenging when you are far away from the large market and supply systems. When I look at the list of items we carry and who's making them, it becomes apparent that it's a challenging path to take and one that often can't support the manufacturer.

Our policy is to bring in as many local items as possible (ones that fit our other guidelines concerning ingredients, etc.), try them for a while, and if they don't sell, then discontinue them. But we're soft on that part. The reality is that our buyers let those items hang out far longer than they would if they didn't know who made them. We're partial to all our local producers and go to great lengths to bring their products to you, the consumer, and then let you make the decision. We not only support the "Buy Local, Buy Fresh" campaign, we actively worked, along with Rural Roots, to make it a reality and we are the only retailer in this area to utilize the signage and promote those products.

Four years ago, we created a "Local Growers' Market" (held every Tuesday night during the growing season) as an alternative outlet for local growers on the Palouse. And although it is not the biggest market in the area, we continue to feel strongly that we want it to be successful (even to the extent of giving up valuable parking spots and potential vegetable sales). As for produce sold in the store, we meet with the local growers every year to find out who is able to supply us with what. It's a fairly long process that hopefully allows every grower a piece of our market. And we hope to develop this process even further in the upcoming years to help both the Co-op and the growers have a better idea of what to expect.

So hopefully I don't come off sounding defensive — but I am. I will defend buying and selling locally made items until the proverbial cows come home (or until we can get a consistent supply of locally grown beef!).

Are you interested in supporting locally made products and retailers? Then please come to our Annual Taste Fair (scheduled this year for Saturday, April 8) and check out the local producers, talk to them, taste their wares and make your own decisions. Believe me, supporting local is where it's at.

Here is a fairly complete list of the local producers whose items are currently for sale at the Moscow Food Co-op (see next month's newsletter for more information on our local produce suppliers). Several years ago, we defined "local" as being from a county that touched Latah County, and "regional" as being from a state that touched ours. However, we found the definition of "regional" too broad-based, and instead settled with "regional" as being those items that aren't local but are close to home geographically. Plus the "regional" producers are folks that we usually buy directly from versus through a distributor, so it makes the relationship more intimate. We buy greeting cards from four different local artists; music CDs from four different local musical artists; produce from 14 different growers and eggs from 12 different harvesters!

The Local Producers List

(Moscow-based unless noted):

Paradise Farms/MaryJanesFarm — organic instant foods, magazines and book
Moscow Seed — lentils and split peas
St. Maries' Wild Rice, St. Maries, ID
Star Gardens Essences — flower essences
Idaho Ice — water, Elk River, ID
Potting Shed Creations — seed saving kits and gifts, Troy, ID
Earth Wisdom herbals — tinctures
Cowgirl Chocolates
Lone Hawk Farm — elk sausage
Sage Bakery, Uniontown, WA
Camas Winery
Sara-Joe's Pork Products, St. John, WA
Virginia's Salsa
Sumptuous Soaps — soaps and body care, Pullman, WA
Orchard Farms — soaps and balms
UI Ecology Conservations — journals
Bryan Burke — journals
West Park Elementary School — cookbook
Denise Moffitt — book
Langrove Coffee, Troy, ID
Harvard Honey, Harvard, ID
Larry Tracy Honey
Nelson Family Farms — pea and bean mixes, Troy, ID
Affinity Farms — produce and eggs
WSU Organic Farm — produce, Pullman, WA
Ed Steele — produce
Gresham Bouma — produce
Elizabeth Taylor — produce, St.

Maries, ID

George Hey — produce, Santa, ID

UI Soil Stewards — produce

Hadley Farm and Garden — produce and eggs

Bobbi Calentine — produce, Troy, ID

David & Lucy Mendenhall — produce

Flannigan Creek Farm — produce

Genesee Daoist Hermitage — produce, Genesee, ID

Stacia Moffit — produce, Wawawai, WA

Potato Head — CD

Oracle Shack — CD

Lisa Simpson — CD

Noah Beck — CD

Irene Bain — greeting cards

Three Sisters Eggery — cards and eggs

CJ Expeditions — cards

Stillinger Herbarium — greeting cards

Mark and Cathy Cochran — eggs

Full Circle Farms — organic eggs

Vanderwall Girls — eggs

Roger and Bonnie McKenzie — eggs

Kay Meier — eggs

And a few more egg producers that we ran out of space for!

Regional

1. *Craven's Coffee*, Spokane, WA
2. *Small Planet Tofu*, Newport, WA
3. *Mountain Star Honey*, Peck, ID
4. *Aldersprings Ranch* — beef, May, ID
5. *Doma Coffee*, Coeur d'Alene, ID
6. *Sun Valley Smoked Trout*, Hailey, ID
7. *Bequet Caramels*, Bozeman, MT
8. *Garden City Seeds*, Ellensburg, WA
9. *Laughing Dog Brewery* — beer, Sandpoint, ID
10. *Richman Gulch* — eggs, Pomeroy, WA
11. *Santees Granola*, Spokane, WA
12. *Bumble Bar*, Spokane, WA.
13. *AC LaRocco* — pizza, Spokane, WA
14. *Ronnigers Potato Farm*, Moyie Springs, ID
15. *Kilarney Farms* — produce, Cataldo, ID
16. *Garden City Fungi* — mushrooms, Missoula, MT
17. *Hoodoo Valley Creamery* — cheese, Priest River, ID
18. *Lifeline Creamery* — cheese, Victor, MT
19. *Rogue Creamery* — cheese, Central Point, OR
20. *Anderson Ranch* — lamb, Willamette Valley, OR
21. *Country Natural Beef* — co-op ranchers from ID, OR, WA and WY

Co-Operations



Art at The Co-op

By Annie Hubble, Volunteer Coordinator

On March 10, from 5:30-7 p.m., The Moscow Food Co-op will celebrate the opening of a multi-artist jewelry art show at the Co-op. Several local artists, including Carolyn Doe, Hallie Seronko and Abigail Baron, will show examples of their craft. We have many talented jewelry makers in this area, and I think this will be a great opportunity to meet some of these artists and see their work. Most items will be on sale.

If you are a local jewelry maker and you read this before Thursday, March 9, you too could be in the show. Ask a cashier for an art show application form, or talk directly to me. You must have a safe way of displaying your work in a wall-hanging setting, and be prepared to put up your pieces at 7 p.m. on Thursday, March 9. (A staff member will be here to facilitate the hanging of the show).

Future art show news includes a multi-media, multi-artist show, run-

ning from Friday, May 12, to Thursday, June 15. The theme will be the honoring of mothers and fathers, and grandmothers and grandfathers. Applications for the show can be obtained from any cashier. All art, as long as it can be safely shown in the Co-op space, is welcome. If there are more applicants than can be shown, works will be chosen by jury, but hopefully each artist will be able to show at least one work.

It is always a lot of fun organizing these shows. Thank you all for your participation, either by allowing your work to be shown, or by coming to view the art and thus supporting local artists.

“We have many talented jewelry makers in this area, and I think this will be a great opportunity to meet some of these artists and see their work.”



Bucks for Bikes: A Fundraiser

By Kenna S. Eaton, General Manager

With all the hustle and bustle of getting the new store ready, we didn't exactly forget about the bike racks. In fact, we thought about them a lot, perhaps even too much. We spent many Sustainability Committee meetings talking about what kind of bike rack was the best and where best to locate them. We asked local bike enthusiasts to help us answer those questions and created a plan based on their responses. We then posted the plan in the old store and asked for and got lots of great comments. And then it got kinda crazy and chaotic, and I got wrapped up in trying to make the store come together in the time and the budget allotted. And I confess, I kept putting off the decision to purchase the bike racks until after we moved in. Oops. Bad decision. By the time we moved in and re-opened our doors and generally got business up and running, it was discovered that we didn't have enough money left over to buy the

bike racks (and other things, by the way). So here we are facing the spring bike-riding season (although it's 6 degrees today and hard to imagine) and we are in the position of needing to raise the money for the bike racks through your generosity. We're trying to raise \$1,700 to buy 10 bike racks made locally by the Bike Brothers.

So we've put together some items we had and some items donated by our generous staff, and now we're asking you to help by buying a raffle ticket for a chance to win a "Runt Mini Bike"; a very cool wine rack, hand-made from a bicycle rim, by Todd Brown; or jewelry made from bike parts by our bakery manager, Aven Krempel. Raffle tickets are available at the register for only \$2 each or 6 for \$10. As a second option, you can simply round up your purchases at the register, with your donations going directly towards the purchase of the bike racks.

Annual Membership Meeting

By CONTACT_Con-3FF439921 v v v Phil Ronniger, member, Board of Directors

"Undoubtedly the desire for food has been, and still is, one of the main causes of great political events." — Bertrand Russell

What better introduction to the Moscow Food Co-op's Annual Membership Meeting? Although this is certainly not what Bertrand Russell had in mind I am sure, we will be utilizing the ingredients of food + "politics" in the creation of a wonderful event. Please take note of the logistics of this year's event:

Date: Sunday, April 2

Time: 6-9 p.m.

Location: Unitarian Universalist Church, 402 E. 2nd, Moscow

Food: It's a potluck, so bring your favorite dish or a new food experiment to share. The Co-op will supply drinks, plates and utensils.

Agenda: The opportunity to celebrate the wonderful new store, share hopes about how we can continue to make it even better, and meet old friends and new. In short, do some of that "politickin'stuff" with the staff, board and fellow members around some great food.

Let's have a great turn out, maybe all 4,000 of us!

In addition to bringing you news about the Membership Meeting, I am also the voice answering the question, "Where is 2% Tuesday?" It has been a topic on our minds and on the agenda of the January board meeting. Unfortunately, we found we weren't

ready to give [financially] back to our community. However, we have agreed to keep it as a topic and hopefully be able to bring it back as soon as the financial situation solidifies a bit more after the move. We appreciate those of you who continue to let us know about your interests and desires in making the Co-op a wonderful place to shop and engage with others.

Annual Membership Meeting

Date: Sunday, April 2

Time: 6-9 p.m.

Location:
Unitarian Universalist Church,
402 E. 2nd, Moscow



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Co-Operations



Welcome!

By Laura Long, Membership Services & Outreach

Have you ever noticed the list of local businesses in this newsletter, and wondered why they are so special? That's our local Business Partner Program, and we really think these people are great. The philosophy of the Business Partner Program is to provide a connection between our members and the locally owned businesses of our community. Our members benefit from the wide selection of quality goods and services offered by our partners, and the businesses benefit from having our members shop in their stores and utilize their services. And of course our community benefits by keeping our dollars local and encouraging a sense of local pride.

The Business Partner Program consists of locally owned and operated businesses located in the Quad City area. In the past, I have limited the number of business partners, but with the recent expansion of our own Co-op and growing membership base, I think its time to expand this program as well. Just in the last couple of months, we have had six new additions to the partnership. I really want to thank all of these new businesses for offering such great discounts to our members.

Now I would like to encourage anyone out there who owns a business to

join our partnership. There is plenty of room for the list to grow, and I know the philosophy of the Business Partner Program is to provide a connection between our members and the locally owned businesses of our community.

Our community is full of wonderfully talented people that have great goods and services to offer. If you are interested in participating in this program, please call or e-mail me and I will send you a packet of information and an application. I always love to hear from our members! You can call me at 882-8537 M-F or e-mail me (which I love) at laura@moscowfood.coop.

For a complete and current list of our Business Partners, check out this newsletter (and every newsletter), or look on our Web site at www.moscowfood.coop for more links and information.

Laura grew up growing organic food, playing Back to the Farm board games, shopping at co-ops, and fondly remembers carob Easter bunnies, Kettle Chips and Tiger's Milk Bars.

Teen Authors Wanted

By Bill London

This newsletter is missing the perspectives of our teenagers. Our Co-op is filled with teens who leave Moscow High School during lunchtime looking for something meaningful in both food and a shopping experience.

I think we need to hear from these young folks. How do they see their lives, our culture, their future?

I invite young folks with poetry and essays to share them with us. The

work must be no longer than 300 words and e-mailed to us (editors@moscowfood.coop). We will use submissions on a space-available basis.

And to get this ball rolling, we are including this expressive vision of teen life:

Bill London edits this newsletter and is very proud to acknowledge that CeCe Hammond is his god-daughter.



Live Music Tuesday Nights

By Eric Gilbert, Co-op Music Coordinator

Oh boy!! What fun we've been having on Tuesday nights! Come to the Co-op Tuesdays, 6-8 p.m., for free live music and bargains on deli taste treats.

The March schedule features some new performers to the Co-op Music Series and a special St. Patrick's Week appearance by Potatohead (March 14). On March 7, Brian Taylor from Pullman will make his Co-op debut playing what he described as country-ish-folk. March 21 will feature Mark Cassidy coming all the way from Toronto, Canada — check him out at www.markcassidymusic.com. A new Moscow-based eclectic duo called The Slow Sky will play on March 28 — they sound very cool.

For those looking to play, the series is booked through May at this point. I probably will hold off booking June until at least April. Feel free to get a hold of me if you have any questions. You can call me at the Co-op or email me: gilbert@oracleshack.com. Music occurs every Tuesday 6-8 p.m.

UPCOMING DATES

Mar. 7	Brian Taylor
Mar. 14	Potatohead
Mar. 21	Mark Cassidy (from Toronto)
Mar. 28	The Slow Sky
April 4	The Boogie Doctors
April 11	Kami Miller
April 18	Sesitshaya Marimba
April 25	Zach Holden

Poetry for The Meyer

By CeCe Hammond, aged 15

so, i heard you wanted
to be rich.
maybe we should have a
soap opera of our lives and
hire actors more beautiful
than us to play
the main roles.

so, i heard you were
nostalgic
for our bank robbing days
back in San Francisco.
when gun shots fell like the
white rose petals
and your brother was our
~~metaphorical~~ Superman.

so, i heard you won
\$900 from that
~~bingo tournament~~
~~cage wrestling match~~
dog walking service.
which leaves me to wonder
just who's dogs
were you
walking?

so, i heard
that you heard
that i heard
that you were lost
~~on a desert island~~ in the hallways of
your high school.
stapling posters reading
WANTED: NEW HIGH SCHOOL
STEREOTYPE

to the foreheads of all
those ballerinas.

at least you didn't
deface my Phantom.
and in the end, i guess
that's all that really matters.

Co-Operations

From the Suggestion Box

The people want more "I (heart) my Co-op" buttons! We'll get them ordered. — Kenna, General Manager

Please, please get some bike racks! If there's something a volunteer could do to make it happen, let me know. Thanks. We are working on raising money for bike racks right now (see Kenna's article). Buy lots of raffle tickets and the bike racks will be there soon. — Kenna

When the parking lot gets redone, have it go clockwise so we have less of a chance to get hit when pulling out on to Washington Street. We are currently working with a landscape architecture class on a redesign of the parking lot, and that is one of the suggestions on the table. Of course, anything we come up with will have to be approved by the city. Look for the new layout in the late spring. — Kenna

Ida should be employee of the year. Always a smile and very eager to please! Excellent personality! We all love Ida, too, and it's always nice to hear it from customers. — Annie, Front End Manager

Your tapioca seems to have trouble setting up — sometimes a bit runny and sometimes soup. Is it something off in the mix? We have been having a lot of trouble with the tapioca, I'm sorry if you have been

How about a cookie card — kind of like a bread card. Buy 10 cookies, get one free! In order to keep the cashiers sane, we limit the cards we offer to bread and coffee. If you would like to get a discount on your cookies, you can buy Oaties, Troll Haus and Molasses Crinkles in kid's size by the bag of six for just \$0.45 each. You can also special order a batch of your favorite cookies, or assorted cookie or dessert tray. Check out our special order menu for details. — Aven

Order bread bags a little longer so bread fits easily. Attach bag sack to left of display case. We currently order 19" long bread bags and baguette bags. The baguette bags are kept on the little shelf directly under the bread-case doors. The plastic loaf bags are kept in a basket on the shelf where the baguettes are displayed to the left of the bread case. The only loaves that do not easily fit into one of these are the Challah braids. You'll just have to use two bags if you wish to seal up your Challah. We are trying very hard to normalize our bag orders, sorry for any inconvenience in the meantime. — Aven

More varied grains in the deli pizza crusts — some whole wheat, at least! Due to many requests, we are working on a new pizza crust containing whole wheat flour, it may have debuted by the time you read this newsletter. So, let us know how you like it. — Aven

What's up with the cinnamon rolls lately? They used to be amazing here, but the last week or two, they have really dropped in quality. Bring back the good roll! We have been trying out a new production system with the sweet rolls so that we can keep up with demand and the bakers don't have to get up at 3 a.m. It's a tricky thing. We apologize for subjecting you to our first few trials of good but not "amazing" rolls. Things seem to be under control now, and the cinnamon rolls are back in action. And remember, if are not satisfied with any deli or bakery purchase, feel free to come in and ask for your money back. — Aven

Can we get white chocolate for the espresso bar? Yes, back by popular demand, we are now carrying Ghirardelli White Chocolate Syrup. — Mariah Rose Hey, Service Supervisor

Why is there no discount for using a travel mug when purchasing coffee at the café? Thank you for bringing this back into the forefront of my mind and my list of things to do! We are now offering a 10-cent discount on all café beverages to travel mug carriers. Again, thank you for reminding me of the importance of this discount and the statement it makes. — Mariah

I like the 7th Generation Liquid Dishwashing Detergent (despite its plastic container) because the powder does not dissolve in the washer. Can you get it in Free & Clear? Sorry, 7th Generation does not make the dishwashing liq-

uid in Free & Clear. — Carrie, Wellness Manager

I love the Sunbeam and Pacifica candles! I hope you continue to carry them, especially the patchouli and Thai lemongrass scents. Thanks. Thanks, we will. — Carrie

How about carrying the Wellness brand cough syrup. I swear by that stuff. I will order it the next time I order from this company. — Carrie

Can you stock non-toxic nail polish and remover? Thank you! I am considering this, but I've not made a decision. We have tried two different companies with limited success. We are considering Logona, but it will depend on the colors available and the size of their new display, which they are currently working on. — Carrie

Tissues by make-up testers and chicken sausage not precooked. Great idea about the tissues. We'll get some out there. — Carrie

We are looking for a good chicken sausage, but in the meantime, have you tried the uncooked turkey sausages in the meat case? Yum. — Adam, Meat Manager

Could you please bring back the Canoe Ridge Gewurztraminer? We loved it. The current vintage has run out. When the new one is released, we'll have it on our shelves again. — Vicki, Wine Buyer

Dried unsweetened strawberries. I can't find a source for organic unsweet-

ened strawberries. I will keep looking. They are really yummy! — Vicki, Grocery Manager

Can we carry Stonewall meatless jerky? We carry all the flavors of Stonewall Jerquee. They are in Aisle 3 with the snack food. Ask a staff person if you have trouble finding them. — Vicki

Can you get the Mochi ice cream balls in Green Tea flavor? (You have mango and strawberry, but the green tea is BEST!) I have sad news. Our distributor has discontinued all the mochi flavors. I am very sad. They are one of my favorite treats, and I don't have any other source for them. I will keep looking for them, but until I find them we'll have to eat lots of them when we're in Seattle. — Vicki

Your water faucet (refill) is awful, and must the store be stocked on Saturday mornings? Aack! We're not that pleased with our water faucet either. Any suggestions you have for making it better will be appreciated. We are trying to find a solution. In regards to stocking, we stock all day every day. We stock different sections of the store at different times, but if we didn't stock on Saturday morning there would be a bunch of holes on the shelf. We'll try to keep our carts out of the way. — Vicki

Maybe you do this already, but I wanted to suggest that someone go out 1-2 times a day and pick up litter around the store and parking lot. And encourage other businesses to do the same! We have a volunteer who keeps an eye on the

I am so grateful for the fresh spelt bread. However, I am having trouble getting just plain whole spelt. It's only made 1 day/week and is often gone when I get here on Sunday. Any chance of making it more often or in greater quantity? We make a different kind of Spelt or Gluten-Free bread everyday to give our customers more variety. If you know that you'll be coming in on Sunday, please call us and ask to have a loaf or two of the Whole Spelt held for you. You can also special order a batch of 6 loaves any day of the week. — Aven

Co-Operations

exterior of the store and picks up litter once a week. Staff is encouraged to keep an eye on the lot as well. We could always use another volunteer to keep the place looking good. Want a job? —Vicki

What happened to washing the carts? It's been mighty cold lately, which isn't very conducive to running water outside. We were also hoping to not have to wash them as much since they are kept indoors now. We will get a volunteer on them as soon as it's warm enough to work outside. Want a job? —Vicki

1. Pen by the suggestion box. 2. Table by the bread slicer on which to place your bag while fooling around with machine. 3. Please, please tell us you have not discontinued Soyganics medium tofu! This was the #1 best tofu ever. 1. We'll put a pen up there right away. 2. We're looking for the perfect little table. 3. I can tell you that I haven't discontinued it, but I also have to tell you that our distributor did. I'm not sure what happened, but we were getting expired

Would you be able to carry dried porcini mushrooms? We've tried carrying dried mushrooms in the past with little luck, but it's a new store and we're willing to try again. I'll find a good source for them. Look for them soon. —Vicki

product for quite some time before it was discontinued. I think it might be a customs issue and it may come back some day. I'll keep my eye out for them. —Vicki

This is a Big Deal. 2 lb. tubs of Stonyfield Farms yogurt-maple sucks, and we've been eating strawberry and vanilla for years now — can we please try some different flavors in econo-size? I'm sorry, but those are the only flavors Stonyfield makes in the quart-sized tubs. —Vicki

Fresh ground wheat has a much higher nutrient content than stored wheat. Can you get a wheat grinder for wheat and other grains? We looked at getting a grinder for this store, but it was late in the construction project and they were too expensive. We may get one some day, but it is going to be awhile. Sorry. —Vicki

Kettle Chips—Tahiti Flavor. Thanks.

Sorry, Kettle doesn't make a Tahiti flavor. —Vicki

Is it possible to get 100% whole wheat fettuccini? You have other shapes of pasta in whole wheat, but not this. Sorry, I can't find a source for whole wheat fettuccini. —Vicki

Can you also carry Enjoy Life brand snack bars? There are 3 flavors, I think. These are not yet available from our distributor, but they are on their way. We'll bring them in as soon as we can. —Vicki

Want to thank and encourage you to keep getting some organic (cow's) milk that is normal, not ultra-pasteurized. The ultra-pasteurized tastes TERRIBLE! But we like organic! Rosauers now only has ultra-pasteurized. Yuck! We have no plans to get rid of the "normal" milk. We will continue to sell both the pasteurized and ultra-pasteurized Organic Valley milk. —Vicki

Ease up on the 80's music, please. Music is selected on a rather random basis, but if you are ever put off by what is playing in the store, don't hesitate to ask a staff person to change it for you. —Vicki

Gluten-Free Pantry Our Favorite Coffee Cake. Very Good! Please. I'll give it a try. —Vicki

Quadratini Vanilla Cookie. These were a slow seller in the old store, but I'll keep them in mind if a space opens up on the cookie shelf. —Vicki

1. Have bulk Braggs and also smaller containers. Only quarts available. 2. Please again recycle coffee bags like always. Saw sign and could not understand why not? It only had coffee in it before??? Thanx. Look for Braggs in bulk soon. We try to stock three sizes of empty containers in the bulk area, but sometimes they run out before we notice. Let a staff member know and they will get more. We are still recycling clean coffee bags (from whole bean coffee, not ground). You can put them in the Cravens coffee display or drop them in the recycling center at the front of the store. —Vicki

Please get Kozlowski Farms fat-free dressings. They have a wide variety and are carried by the Boise Co-op. Also Heaven Scent cookies. We carry the only flavor of Kozlowski dressing available from our distributors. Boise has the advan-

tage of being on a major interstate, and therefore has access to a wider range of products than we do. The honey mustard dressing is my favorite and if I could get the rest, I would. We carry Heaven Scent Windmill cookies and have carried their other varieties in the past, but they did not sell well. You can special order a case of six if you would like. —Vicki

Shitake Ya Shitake Mushroom Patties PLEASE!! You had them once and they sold out in no time at all! These were discontinued by our distributor. Sorry, we can't get them anymore. —Vicki

Try these (Sencha Naturals) green tea mints. They taste great and they work. Good Stuff! Also, the new version of the cinnamon rolls is a big improvement. Thanks! I just found these mints the other day. Several other people have recommended them, and our first shipment is on its way. Look for them soon. —Vicki

On items like cooking oil or most anything else, would it be possible to have a price per amount of weight like Winco has (i.e. \$.43/oz on the price tag on the shelf)? It is possible to do this with our computer system but it takes a lot of set up. We are working towards it, but it will be a while before you see them. —Vicki

Could you regularly order 32 oz. Nancy's low-fat vanilla yogurt? (The plain is too plain and the flavored is too sweet.) Thanks! Sure, look for it with the rest of Nancy's 32 oz. Yogurts. —Vicki

Clotted cream. This is from England and is excellent on scones. We carry Devonshire Double Cream. It's pretty close to clotted cream, and it's all we can get. —Vicki

Could you please carry canned chipotles? They are great blended with sour cream in the butternut squash soup. Sure, I'll bring them in. —Vicki

Could you please reconsider bulk bins for dried fruit? At this time, we don't have the money or the space for another bulk bin. I will keep it in mind for next year's budget. —Vicki

Sunbutter (brand name) the creamy kind without the hydrogenated oils. Website: sunbutter.com.

Also, Azure Standard stocks it. We do not currently order from Azure Standard, so I can't get this product. It looks like you can easily order it online. —Vicki

Suggestions for the Moscow Food Co-op:
1. French Meadow Organic 100% rye bread. 2. Eco-dent Daily Care Toothpowder. 3. Health Valley Original Rice Bran Crackers. 4. Kashi brand Organic Promise Cranberry Sunshine cereal. Organicville Tarragon Dijon Organic Vinegrette. 6. Hawaii Naturals Ginger Miso Dressing. 1. I've been thinking about expanding this line and will bring in the rye bread when I get room. 2. I'll have to ask Carrie about this one. 3. We had these in the old store and they were very slow sellers. I'd be happy to special order them. They come in cases of six. 4. Kashi discontinued this product. 5. I think I have room for this new line of dressings. I'll give it a try. 6. Our distributor discontinued the Hawaii Naturals line. —Vicki

Recycle bin at sample station for little plastic cups. Sesame peanuts in bulk section. Very tasty — can you get 'em? Dale's Pale Ale, Oskar Blues Brewery, Lyons, CO — best micro ever in a can. Please find some! Thanks. I will have to check with the recycling center to see if they want our plastic cups. If they will take them, we'll get a recycling bin at the sample cart. I can't find a "clean" source for sesame peanuts. I'll keep looking. The beer might take a bit of research, but I will try my best to bring it in. I've been looking for a good beer in a can. Rafting season is approaching. —Vicki

Why does the Nancy's organic yogurt in the 64 oz. tub cost more per ounce than the same yogurt in a 32 oz. tub? You'd think less packaging, lower cost, but no... This was a problem with our margins. I've fixed it. Thanks for bringing it to my attention. —Vicki

Any way to stock Naked Protein zone more often? It's always out; and do you know how to obtain hemp essential oil for tea light burners? We try to keep the Naked juices stocked, but they are really fast sellers. I will put it on our everyday stocking list and hopefully that will help. I don't know of a source of hemp essential oil. —Vicki

Co-Operations



Word of Mouth

By Vicki Reich, Grocery Manager

It's not often I get a request for a product taste test, so when a customer suggested we test all of the olive oils we now carry, I thought, "Why not?". It had been seven years (has it really been that long?) since we last tested olive oil, and we have so many new oils from which to choose. In fact, we have so many different kinds of olive oil that there was no way we could try them all in one night. I picked eight. They don't have a consistent theme except for the fact that I wanted to try these particular brands (it's great being the benevolent dictator of the grocery department). They are all extra virgin and, except for Newman's, are from the first cold press. I bought a crusty French baguette, ran it through the bread slicer, packed up my bottles of oil and headed for spinning and my unflagging testers, the Hog Heaven Handspinners.

I poured a sample of each of the oils in a cup and admired the beautiful array of colors before I got everyone together to start tasting. The oils

ranged in color from a pale yellow to a dark olive green. Seen together, they were very beautiful.

First up was Lucini Premium Select (Italy, 500 ml, \$10.99). It is medium green in color and has a slightly burnt or bitter flavor with a funny aftertaste. Needless to say, this was not a favorite. We tried Bragg's Organic (no country of origin, 16 oz., \$7.95) next. It has a light color and was described as oily, cheap and thin. It burned the back of my throat with its bitterness. This was the least-liked oil we tried. Next up was Spectrum Organic (no country of origin, 250 ml, \$5.95). Spectrum makes a wide range of olive oil, and I chose only one. It might be an interesting taste test to just try all of the Spectrum oils side by side. We carry this one in a variety of sizes, and it is our bulk organic olive oil. It is a beautiful dark green color. It tastes like olives and smells good. It has a bit of a bitter taste and made one tester's tongue feel funny. It is rich and mellow with good body. It would be a good all-around olive oil. Napoleon

Fruttato (Italy, 500 ml, \$7.49) was the next oil. It has a medium color and has a green or vegetable flavor. It is more olive tasting than the previous oils, although some described it as bland. It has a good aftertaste. Middle Earth Organics (Italy, 500 ml, \$13.29) is medium in color and is a mellow, yet olive-tasting, oil. It has a good bitterness to it, like a pungent olive. It has a nice bouquet and was a favorite of a couple of the testers. It would be good for salads. Aptera (Greece, 500 ml, \$6.99) is a dark beautiful green. It has a grassy flavor that fills your mouth with a nice medium thickness. This was definitely a favorite. I was glad to see it did just as well this time as it did in our last olive oil test. Newman's Organic (Tunisia, 750 ml, \$12.15) has a very light color with a mild, nutty flavor. It is thin with not a lot of depth, and some tasters found it had a bitter aftertaste. It would make a good cooking oil since it doesn't have a strong olive flavor. The last bottle that I brought to the taste test was Napa Valley Naturals Rich and Robust

(California and Mediterranean, 750 ml, \$12.29). It is light in color and was described as buttery, olivy, herby, edible, nutty, light but with body. It was another favorite and great olive to dip your bread in or toss in a salad. Sarah's husband, Dan, who joined in our taste test, happened to have some of the olive oil we sell in bulk in the house, so we tried that as well. The bulk oil is made by Spectrum (\$4.75/#) and is light in color with a mild and rich flavor. It is a great all-purpose olive oil and a great value as well.

We were feeling well lubed by the end of our testing and felt like we had learned a lot about olive oil. Laura is going to continue to buy Aptera, which she was happy to learn was still her favorite after the tasting. Sarah is going to buy a bottle of the Napa Valley Naturals for her summer salads, but continue to get our bulk olive oil for everyday cooking. And I started daydreaming about juicy ripe tomatoes to drizzle my olive oil over this summer. Yum!



Brand New Bakery Products!

By Aven Krempel, Bakery Supervisor

You may have come into the Co-op recently and tried a sample of some of the great new muffins that we're making. If you haven't tried these muffins, you're really missing out. The Best Day Ever Muffin is a great mix of fruit and seeds and I've been told it's almost like having Carrot Cake for breakfast (which isn't such a bad idea, really). This muffin has it all: carrots, pineapple, granny smith apples, coconut, raisins, sunflower seeds, pumpkin seeds, and just a hint of cinnamon to spice it up. It will make any day your best day ever. Our other yummy muffin is really just an update to the ever-popular Knockout Muffins. The

Banana-Banana Chocolate Chip Muffin has dried bananas, fresh bananas, chocolate chips and a splash of coffee to deepen the flavors. If you're missing the Bikini or Knockout Muffins, please don't hesitate to place a special order for them (minimum order is 6 muffins). But I hope you'll give these new recipes a try — they really are delicious.

In the dessert section of the deli case, you will be glad to hear that we will be making more chocolate cakes. The raspberry chocolate cakes we made for Valentine's Day were so popular that we will be making them a regular feature. And last, but not least, we are currently working on a rye bread for-

mula. The as-yet-to-be-named light rye sandwich loaf will debut in early March. As well as being sold in the

bread case, it will be available on the day(s) it is baked on sandwiches made-to-order. Yummy!

Valentine's Day Cake Giveaway: And the winner was...

By Aven Krempel, Bakery Supervisor

Congratulations to K. Wagner, the winner of our Valentine's Day Cake Giveaway. We hope you and your sweetheart thoroughly enjoyed it. Thank you to everyone who entered, and good luck next year. Also, a big thank you goes out to everyone who ordered a dinner or

dessert for Valentine's Day. Our first experience selling complete dinners was well received by Co-op customers. So well, in fact, that we're already thinking up more delicious menu ideas and will be taking orders for both Mother's Day and Father's Day dinners for the whole family.

Co-Operations

Omnivoria:

“So, THAT’S What Chicken Tastes Like...”

By Nathaniel Orion Cousins

Yeah, this is what chicken is supposed to taste like!” I quite literally said this to myself the other night as I bit into my first piece of Petaluma Poultry’s “Rocky the Range Chicken,” readily available in our meat department. I have worked with more pieces of chicken over the last 16 years than I care to think about, and I will go on the record right now as saying this is the best chicken I have ever seen OR tasted. If you like chicken at all, you owe it to yourself to pick some up on your next trip to the Co-op. You will not be sorry.

Petaluma Poultry looks to be a purveyor worth supporting, too. The Sonoma County-based company was founded in 1969 by Allen Shainsky, who started working on his family’s chicken ranch at the age of 6, back in the 1930s. These pioneers in the raising of natural and organic chickens now incorporate a network of chicken ranches in Sonoma and Marin counties. They are also pioneers in sustainability and conservation, earning official recognition from the state of California in 2002 for “exemplary resource conservation.” They appear to take excellent care of their employees and the community in which they operate, which is always nice to see from a company I support.

Their chickens are raised on an all-vegetarian diet of corn and soy. They live in well-ventilated and lit barns, and their free-range chickens have free access to outside yards. They also sell

what they call “Rocky Jr.,” which is not a “free-range” product, but is still fed the same diet and treated in the same humane manner. Rocky Jr. is harvested at a younger age for a smaller product. Commercial chickens are fed antibiotics to spur artificial growth characteristics, and their food is known to contain animal fats and “by-products.” Petaluma Poultry doesn’t use antibiotics or hormones, relying instead on good husbandry practices to maintain their birds’ health. If a bird does get sick, they then medicate that entire flock, and simply sell the birds as conventional poultry.

The Petaluma Poultry chicken is, quite literally, a bird of another color. I brought home a small package of bone-in, skin-on thighs (my personal favorite cut), gave them a light dusting of salt and pepper with a dash of garlic powder for luck, and baked them at 350 degrees for about 40 minutes. I wanted to keep their preparation simple to better appreciate the flavor of the chicken, and boy was I glad I did! The thighs came out of the oven golden brown on the skin side. The flesh was a beautiful dark color, somewhat darker than the “average” chicken. It seemed, to me, to be a bit “denser” than typical commercial chicken, almost more like a game bird. I think between the birds’ diet and their ample exercise, they really are a superior meat product. This chicken reminds me of chickens I ate as a young lad, when my family kept a small chicken coop behind our old

Mediterranean Chicken

1 can pitted black olives, drained	1 Tbsp. dried oregano
1/4 c. olive oil (extra virgin is best)	1/4 c. red wine vinegar
1 tsp. dried rosemary, crushed or crumbled	
4–8 cloves garlic, minced or pressed	1 Tbsp. dried basil
1 cut-up chicken or equivalent in parts	1/4 c. packed brown sugar
salt (optional, but good if you’re not salt-restricted)	
1/4 c. dry white wine (or broth or apple juice)	
2 Tbsp. chopped parsley	

Mix first 7 ingredients. Pour over chicken in large zipper-style plastic bag or plastic bowl with tight lid; seal bag or bowl. Marinate in refrigerator two hours or overnight, turning occasionally.

Arrange chicken with marinade in shallow baking pan. Sprinkle with brown sugar and a couple pinches of salt. Pour wine into pan.

Bake at 350° for 1 hour or until cooked through, basting every 15 minutes or so. Pile chicken on platter, scatter the delicious olives around, drizzle with some of the pan juices, and sprinkle with parsley.

Note: If you can get fresh herbs, by all means use them instead of the dried ones!

house in Palouse.

I hope that those of you reading who enjoy chicken will come down to our meat department and give Rocky the Range Chicken his day in court. Your taste buds will thank you for it, and it is worth noting that in an independent lab study, Petaluma Poultry’s products were shown to be 30–50% lower in fat (by weight) than conventional commercial chickens. Granted, this study was in 1997, in the San

Francisco area, but I can certainly attest that the thighs I tried DID seem less fatty than usual for thighs with the skin on. I hope those of you so inclined enjoy Rocky the Range Chicken as much as I did!

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



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Volunteer Profile: Kurt Queller

By Yvonne McGehee

This month's volunteer profile features Kurt Queller, who could be called the Man of Many Languages. Kurt says he was "born in only one place, Madison, Wisconsin, but grew up in many places between the Midwest and west coast." Kurt's father was a history professor, and the family took a sabbatical in Belgium when Kurt was 2 years old, and in Italy when he was 10. Kurt started gaining familiarity with foreign languages during these trips.

He started high school in Southern Pasadena, California, and finished it at an experimental lab school attached to the education department of the University of Illinois. Kurt joked that the lab school was for eggheads and misfits — people went out for sports, but lost all their games.

In 1970 during the Vietnam War, Kurt was drafted. He was classified as a conscientious objector, and did alternative service for two years in Germany at the International House of Friendship, established after World War I by Quakers and Mennonites to foster international understanding and cooperation, and promote world peace. Kurt went on to get a BA in history and an MA in speech pathology at the University of Illinois at Champagne-Urbana, and a Ph.D in linguistics at Stanford. Linguistics is the academic study of language. He teaches classes in the English Department at the University of Idaho. Some are related to English as a second language. He teaches discourse analysis, which examines language in its natural environment, where it occurs in larger units than the sentence. This deals with practical issues, like how to offer and receive a compliment, and how to manage agreement and disagreement in a variety of cultures. This area is called socio-linguistics.

Kurt also teaches a History of English class, which focuses on particular words and how they developed over time. Etymology is the term for the study of word origins. This relates to his research, which tracks how words change meanings and accrue multiple meanings over time.

He is writing a book on the word "over" and its proliferation of meanings in English. But English is just the tip of the iceberg. Kurt also speaks German, Italian, French, Spanish, Dutch, Mandarin Chinese, and a smattering of Russian, modern Greek, and Hebrew. When he entered the field of linguistics, it was common for people to come to it through an interest in mathematical models, rather than through practical applications. Kurt's interest in linguistics has always had an applied basis, both through his own acquisition of multiple languages, starting when he was a child living in other countries, and through his time spent as a practicing speech pathologist.

Kurt and his wife, Ellen Kittell, speak German and Italian to their children as well as English, so their children are multi-lingual also. Emily Kittell-Queller is 16, and Jonathan Kittell-Queller is 13. The family spent time in Germany in 2000, and in Italy in 2004-5 when Kurt taught abroad. The kids spent two weeks in the Concordia Language Villages in Minnesota before going to Italy.

Kurt's volunteer job for the Co-op is newsletter distributor for

the Pullman area. He picks up the newsletters from editor Bill London at the Co-op as bales, then opens the bales and distributes a certain number to specific places. He leaves as many as 40 at some businesses, to as few as five at doctor's offices, and distributes to about 30 places in Pullman.

Kurt and his family are Co-op members for several reasons. He doesn't want to leave the foods his kids eat in the hands of agri-business, but prefers to support local organic farms. He says organic foods can now be bought at chain stores, but the

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produce there is unlikely to have as much locally grown content as the Co-op strives to have. He feels it's important to support the local economy where possible, which reduces the amount of fossil fuel expended in transport of goods. In addition to energy, Kurt thinks two other big issues facing us are campaign finance reform, without which we can't have a true democracy, and health care reform. Kurt and Ellen ride their bikes to work every day, but Kurt knows that individual actions alone won't be enough to reduce energy consumption. Active political involvement by citizens is also necessary for change.

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>.

Business Partner Profile: Alchymia Life Coaching

By Jill Maxwell

Katrina Mikiah, owner of Co-op business partner Alchymia Life Coaching, offers her skills as a life coach to help Co-op members achieve their goals for a life that is meaningful and fulfilling.

Life coaching is not counseling or consulting, rather it's a blend of coaching and cheerleading, Katrina explains. Counseling focuses on challenges or difficulties that people are dealing with from their past. Life coaches partner with their clients to start in the present and work towards future goals. It is directed by the client and focuses on the parts of their lives that they don't think are working very well. Life coaches aren't hired for their expertise in a specific area like consultants are; instead, they are hired to create a supportive and creative climate that will help their clients discover their own solutions.

Katrina says life coaches also act as cheerleaders for their clients by getting them to acknowledge for themselves all of the great things they get done. "People don't get enough of that," she explains. "I want to be somebody who tells people they are good enough...who encourages them to love and accept themselves; because until we do that, it's hard for us to move forward."

People who seek out life coaches are people who are feeling like they want more out of life than they are getting. According to Katrina, "they feel like they have something to contribute, but they aren't getting a chance to contribute it. Some have a sense of a life purpose, but they are not achieving it." In a life coaching session, Katrina uses techniques such as attentive listening, asking powerful questions, providing strictly positive feedback, and helping her clients stay accountable to themselves, to support them as they discover how to live the best lives they can.

The style of life coaching that Katrina practices is the Fulfillment Coaching Model™, which she says focuses on the positive aspects of a person's life. The Fulfillment Model™ of coaching teaches that, for most people, 98% of their lives are working out for them and only 2% aren't. However, because we tend to focus on the negative, we focus on that 2% that we feel bad about, instead of the 98% that we should feel good about. By focusing on the positive, Katrina says, we will feel more positive about ourselves and create more success in our lives. In this model of coaching, the coach does not offer advice unless asked. The coach is not the expert with the answers. The coach creates a safe space to help the client get more clarity. The client has the answers; the coach just helps the client find them.

To help me understand what life coaching is all about, Katrina took me through a sample session. After introductions and a brief explanation of what life coaching is about, we began. She asked me to draw a circle on a piece of paper and divide it into eight sections. Each section was then labeled with a different aspect of life, including: finances, primary relationship, other relationships, personal development, physical well-being, physical surroundings, career, rest and relaxation. Then I had to score each of those areas from 1-10, depending on how positive I felt



about each of them. Finally, I had to choose one of those areas to focus on for that session.

I chose rest and relaxation. With a series of non-judgmental questions and feedback, Katrina helped me figure out why I rated that part of my life the way I did, and how I could take steps to move towards my goals. At the end of each session, Katrina likes to ask her clients to commit to taking certain steps before the next session. At subsequent sessions, she checks in with them about how taking those steps felt.

The name Alchymia comes from the medieval Latin version of "alchemy," which was the study of changing base metals into gold. For Katrina, the base metals are the daily details of our lives. Through Alchymia Life Coaching, she wants to help people recognize that instead of looking for the pot of gold somewhere else, they need to realize that these seemingly ordinary aspects of themselves are the gold in their lives.

As a business partner, Katrina offers Co-op members a free sample session and \$25 off of a fundamental session. She can be reached at 882-1198, or via her website at www.alchymia.us. A fundamental session is a 2 1/2-hour session, which gives her a chance to know the client and what their values, goals and constraints are. She can also work with groups, such as businesses.

Katrina is offering a free 90-minute workshop, "Ease, Please: Reducing Overwhelm," at the Intuitive Arts Moscow Holistic Fair, on March 25-26, time TBA. Call her for more information.

Jill Maxwell is anxiously awaiting spring.

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Staff Profile: Wendy Willis

By Susan Simonds

When Wendy first arrived in town, she stumbled upon the Cop and excitedly said to herself: "Wow! I'm gonna work here." She persistently pursued getting hired and has been a cashier since September.

Last May, Wendy graduated from a community college in Virginia and decided to come to the University of Idaho, due to her parents' stories about their idyllic years amidst the incredible beauty of Warm Lake, where they ran a lodge. Wendy was the byproduct of a long Idaho winter. Her parents left Idaho to help her maternal grandmother run a Mexican restaurant in Virginia, where Wendy grew up. Her grandmother is Mexican, and Wendy was raised bilingual. When Wendy was 10 years old, her grandmother retired and took Wendy and her sister to live in the Yucatan for four years, an experience she treasures. They lived about 30 miles from Belize in a little house with no running water.

Wendy has the impressive legacy of parents who each ran their own restaurants. When she was 12, her father started a barbeque restaurant called Bad Water Bills, which won many awards. Her mother eventually took over the Mexican restaurant, which came to be called Christina's, after her grandmother, after whom all the women in the family were named. Wendy's full name is Wendy Christina, her younger sister is named Christina Florencia, and her mother is Donna Christina. Wendy grew up working in her grandmother's restaurant and then worked in her mother's restaurant. She inherited her parents' love of cooking. "Not only is food one of the passions of life, it's a real social thing. It brings people together. For me, cooking is kind of meditative. It kind of slows you down. This art of chemistry — you combine all these things. It's real comforting for me even though it's ephemeral and you end up eating the end result."

A bird-watcher, Wendy enjoys going down to the river in Lewiston on weekends to continue her ongoing bird survey. She is also a nature photographer. At the moment, she considers herself a "long-term junior" at the U of I, where she is majoring in conservation and social science, "a marriage of science and the humanities." She is hoping to be done with her degree in a total of 10 years. "But life gets in the way. Different opportunities come up. I am in no hurry to grow up and enter the real world." Wendy is a traveler, having visited Guatemala, Holland, France, England, and numerous parts of Mexico that keep calling her back: "The food and culture are so alive. The people are friendly. It is diametrical to American culture."

Being a cashier can become somewhat monotonous to an adventurous journeyer such as Wendy. To enliven the job, which can be a continual repeat of the same old, "hello, how are you," she has set a goal for each shift to have at least one interesting conversation about what people are buying and what they are planning to cook. She has found that customers enjoy the conversation and that she learns about food and recipes. So here is a recipe straight from Wendy. Her voice cheers you on through the recipe with her helpful suggestions, historical tidbits, and her zest for life.



WENDY'S BLACK BEANS

Aaaaah, the art of the black beans...

Once upon a time, there were pinto beans and black beans. Of course, black beans are the superior race of these two legumes. The secret to black beans varies, depending on your tastes and preferences. If you are going to make what is typically known as "refried" beans (don't even compare this to the abominable dog food mush that comes in a can), you need:

- potato masher or blender - garlic
- onions - cooking oil or lard - oregano
- chipotles (canned smoked jalapenos in an adobo sauce, usually found in the Mexican section of any grocery store; they aren't necessary but and add a subtle smoky element)

METHOD:

- Sort and soak beans overnight (this will decrease cooking time and spare your teeth from crunching down on a pebble).
 - Rinse beans and put in a cooking pot with lots of water, half of a whole onion, a drizzle of olive oil and 1/4 tsp of oregano (I never measure, I just add a pinch. This herb can be overpowering, so take it easy).
 - Boil, boil, boil and let the cauldron bubble until beans are tenderly mushy soft. You might occasionally have to add more water to the pot.
 - When beans are cooked, discard onion.
 - Save juice.
 - Dice/mince onion and garlic (again, this quantity depends on your preference).
 - In a frying pan, place roughly 1/2 an inch of oil on mid-heat (if the beans stick or appear too dry, more oil can be gradually added later). Add onions and garlic and let cook until they start to look opaque.
 - Finely chop up chipotle and add (to taste for your palette's piquancy level).
 - Gradually incorporate beans and mash with potato masher (this is why it is important to let your beans cook until they are tender; it makes the mashing part easier) and add just a little bit of the juice left over from cooking the beans so that they don't over-dry. Mash, mash, mash, stir and let the beans cook and absorb the garlic, onions and oil. Add salt to taste. However, if you don't have a potato masher or are feeling indolent, a blender can substitute the mashing process. Put your beans and some of the leftover cooking juice in the blender and just lightly pulse them so that you still retain some texture instead of creating a puree. Then add that to your skillet with oil, garlic, onions and chipotles and cook down. VOILA. Before the days of refrigeration, it is said that Mexicans kept refrying their beans and adding more and more lard until they would reach their saturation point (very good delectable beans, but not very cholesterol friendly). Beans were and are still the staple diet of many "campesinos" who farm the Mexican countryside; their protein sustains the hardworking farmer throughout the day.
 - College students should take note: not only are beans an excellent source of protein, but they are also cheap!
- SERVING SUGGESTIONS:** Beans can be served as a side dish, a stuffing in quesadillas, or a topping on tostadas. My personal favorite is to use the frijoles refritos as a yummy sandwich ingredient: toast bread, spread with cream cheese, tomatoes, lettuce and a white cheese. If you're feeling adventurous, try roasting a sweet potato and mashing it with a little bit of cinnamon, brown sugar and butter. Spread the spuds, black beans and some cheese on toasted bread. Yes, it sounds odd, but try it!
- Bon appetit, or as they say in Mexico, "buen provecho."

Tofu: In A SoyNutshell In With Tofu and Out Like a Lamb

By Rachel Clark Caudill

It appears that, for me, March may come in like a lion. But not of the weather variety. [Though I admit I yearn for the days when the words “In like a lamb and out like a lion” were not tainted by the affliction of global warming.] No, my lion is another kind of affliction ...it’s the end of February and I have caught the bug. I guess it’s a lion bug.

My immune system kept illness at bay all winter long. But finally, I said “Yes” to one too many inquiries from the universe. And my body crumbled. So I am not surprised, as I sit down to write this column, that my thoughts linger on health. Tofu and health.

There is plenty of evidence, scientific and otherwise, to convince me of how tofu is delightfully healthy and good for me. But I have also found niggling words to the contrary. And I occasionally find it insulting when some companies insist on adding processed soy protein to what would otherwise be a whole food, unprocessed item. I’m thinking of things like canned chili, breakfast cereal, and the like. Still, on

the whole (yes, the pun is intended), I am all for soy and tofu, and the truly astounding health benefits they can confer on our own bodies, animals, and on the environment.

Nevertheless, given my cursory knowledge of what some call “the dark side of soy,” (see sources below for more information if you dare ...) I am reminded again of my strategies for a diet that keeps me and my family healthy: everything in moderation. Too much of anything can send our bodies out of whack because then we don’t get the vitamins, nutrients, and other building blocks we need from a balanced diet, rich in variety.

Besides, in my quest for healthy food, I want to find at the very least, acceptance. If I can’t be accepting of something, I’m going to stop eating it (for me, white processed flour and refined sugar fall neatly into this category ... mostly). Beyond acceptance lies the true joy of culinary art: enjoyment and enthusiasm. Rather than living in fear (duh!) I choose fun. So easy, delightful, sensible use of tofu, here I come!

Rachel hopes that in choosing delight and ease, she’ll invite some snuggly, soft and healthy lamb energy upon March’s departure. She’s had quite enough of lion, thank you very much.

Resources:

- “To Soy or Not to Soy?” By Tijn Touber. Ode Magazine. March 2006.
- “Whole Soy Story: The Dark Side of America’s Favorite Health Food”

By Kaayla T. Daniel, *Mothering Magazine*, Issue 124: May/June 2004
www.mothering.com/articles/growing_child/food/soy_story.html

Response to the Mothering Article:

- www.foodrevolution.org/mothering.htm
- www.mothering.com/sections/extras/soy-letters.html

Easy, Delightful, and Sensible Lasagna

It must be easy if I made it up on the spot last night while suffering from the “lion” bug! It took about 10 minutes to prepare, and both of my kids (prone to yet another kind of affliction: the turning up of one’s nose) exhibited great enthusiasm.

Gather together.

- 2 boxes of lasagna noodles
- 1 block tofu
- 1 bunch of spinach (steam for five minutes while assembling other ingredients)
- 2 28-oz. cans of crushed tomatoes
- 1 tub of cottage cheese
- Spices to taste: granulated garlic, garlic salt, dried parsley, basil, and oregano, and a smidgeon of cloves.
- 2 lasagna pans (one for now and one for the freezer!)

Assemble thus:

Into a food processor place: tofu, cottage cheese, and spices. Pulse until smooth. No food processor? Mix tofu, cheese, and spices in a bowl. Toss in chopped spinach.

Open canned tomatoes. Spread thin layer of tomatoes on bottom of each pan. Add a layer of uncooked noodles. Spread tofu/cheese mixture onto noodles. Add more tomato.

Repeat until you reach the top of each pan. Shred some cheese on top if you like (mozzarella, cheddar, and parmesan work well).

Bake at 350° for 45 minutes.

Did I mention easy? Yummy? Sensible?

Jubilee Pie

And because our family enjoyed it so much, and because I love the picture (which did not appear last time), I offer to you another easy, sensible, and delightful recipe (modified slightly to make it even easier) from last month.

For cherry filling:

- 2 cups fresh or frozen pie cherries
- 1 1/2 Tbsp. quick-cooking tapioca (cornstarch works, too)
- Dash lemon juice

Combine all ingredients and simmer lightly for 5-10 minutes.

For the tofu filling:

- 1/2 block tofu — room temperature!!
- 1 oz. square unsweetened baking chocolate, melted
- 1/4 cup (or more, to taste) maple syrup, rice syrup or honey

Combine and mix in food processor or blender until smooth. Refrigerate until ready to use.

- 1 graham cracker crust (plain or cocoa)

Assemble the pie. Put the cherries in first, reserving some liquid to drizzle over the top of your pie slices. Then spoon the chocolaty tofu over the cherries, slide the pie into the oven, and bake at 375° for about 45 minutes.

Serve with the reserved cherry liquid drizzled over the top of each slice. It’s a jubilee of love!



Cabbage Head

By Judy Sobeloff

Recently, upon encountering purple cabbage in a salad, I discovered that someone had tampered with the area of my brain responsible for storing information about cabbage. "Beets!" I exclaimed. Later I sought to bolster my knowledge about cabbage, but some confusion remained. Grocery stores, I read, carry three main types: Savoy (wrinkly and green), and two smooth-leaved types, red and green. The phrase "red cabbage," for me, brought up a memory of working at a café long ago, chopping cabbage and carrots for salad. I could see sunlight pouring in through the window, imbuing everything with a rosy hue, the cabbage center stage glowing a deep ruby red.

CUT! Fast forward to the present, where I try to buy a "red cabbage" and learn that there is no such thing as a cabbage with red leaves, only so-called "red cabbages" with purple leaves. Clearly, someone has been coloring the movies of my memory.

My friend, Lahde, creator of the aforementioned purple cabbage salad and former Co-op produce manager, had a theory: "Something I noticed working in produce is that people don't want to call anything 'purple,' maybe because purple seems like too much of a woo woo or hippie color." Good point, I thought, picturing purple-hued "blue" potatoes.

Cabbage, I learned, is one of the world's most ancient and remarkable vegetables, so I say it's time we let it be what it is and call it what it is. While Roman mythology tells of how cabbages sprung from the tears of the King of Edonia, a more modern view of cabbage history is that they originated in Asia and were brought by the Celts to Europe around 600 B.C. A staple for many cultures, cabbage is not only inexpensive, but reliable. "Taking only three months growing time, one acre of cabbage will yield more edible vegetables than any other plant," notes food writer Peggy Trowbridge (www.homecooking.about.com).

Highly nutritious as well (except per-

haps for people with thyroid problems), cabbages were deemed by the Roman orator Cato to have more medicinal value than any other vegetable. Historically, cabbage was used by Captain Cook as a compress to prevent gangrene in wounded soldiers,

with Cato himself recommending that women bathe in the urine of a frequent cabbage-eater (Clifford A. Wright, *Mediterranean Vegetables*). Nowadays, new nursing mothers are advised to line their bra cups with cabbage leaves to reduce discomfort, and cabbage is recommended as a hangover remedy when pickled in vinegar.

"If you think you hate cabbage, as so many people do, try eating it raw," suggests Mark Bittman in *How to Cook Everything*. "Many of the nasty things people say about cabbage result from overcooking it." In other words, those who don't like the smell could try cabbage in coleslaw or Lahde's salad below, while those who suffer from cabbage-induced gastric distress could try blanching the cabbage for five minutes and then changing the water. Note, however, that boiling is said to be the least appealing way of preparing cabbage.

I was drawn to the purple/red variety by its color and beauty (due to the compound anthocyanin, also present in other red/blue/purple vegetables and fruits), but the Savoy cabbage is considered the sweetest and most tender, with the standard green or purple varieties considered tougher and said to work better when shredded or eaten raw. Fred, who had exclaimed upon tasting Lahde's Purple Cabbage Salad, "It's my favorite food ever!" also responded heartily to Asian Amaranth with Purple Cabbage, a dish that to my surprise was enjoyed by consumers young and old alike. Our 2-year-old liked purple cabbage both raw and cooked, and the 4-year-old, despite initially directing me to "take the purple things out!," liked the Asian Amaranth with Purple Cabbage as well, saying, "I want a whole jug of it as big as the house!" This dish was extremely easy to make, apart from the

LAHDE'S PURPLE CABBAGE SALAD

1/4-1/2 cup olive oil
 1/4-1/2 cup balsamic or apple cider vinegar
 1 Tbsp. honey
 1 tsp. mild curry powder
 Salt and pepper to taste
 1 or more minced garlic cloves
 1 purple cabbage, chopped
 3 carrots, chopped
 Toasted sunflower seeds

Mix the first six ingredients in salad bowl. Add remaining ingredients and mix.

ASIAN AMARANTH WITH PURPLE CABBAGE

(adapted from www.fooddownunder.com)

1 c. red bell pepper, sliced
 1 c. purple cabbage, sliced
 1 c. brussel sprouts or chopped asparagus
 6 Tbsp. toasted sesame oil
 6 Tbsp. tamari
 Optional: 4 Tbsp. gomasio (a Japanese seasoning used as a salt substitute)
 Salt to taste
 4 cups cooked amaranth*
 4 Tbsp. fresh chopped parsley

Sauté the first three ingredients in the oil over medium heat for 3 to 5 minutes. Add the remaining ingredients, mix well, and cook an additional 3 to 6 minutes.

*To cook amaranth: Sauté amaranth in olive oil with salt and pepper for up to 3 minutes. Combine with vegetable broth and/or water in a saucepan at a 1:2 grain:liquid ratio. Bring to a boil, reduce heat to a simmer, and cook, covered, for 25 minutes or until the liquid is absorbed.

question of how to obtain "cooked amaranth." Though I deemed my own cooked amaranth "glue stew," none of the recipients seemed to mind, all of them either asking for the recipe or asking for more.

Judy Sobeloff is coordinating Latah County Writes, a series of free community creative writing workshops and literary readings in Latah County in March and April. For more information, see the back page of this newsletter or www.latahlibrary.org.

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Vegan Bites: Tempeh Cookin!

By Hope Matthews

One of the fabulous pleasures in life is sitting on the couch, snuggled up with a pillow and blanket, while reading a book. I lived with my grandmother for several years as a young teen, and surely picked up the love of lounging from her. Regardless of season, we would sit opposite from one another on our own respective couches and read before dinner or late into the night, with a blanket draped over our laps. Since then, getting “comfy,” as my son affectionately refers to this activity, has become my favorite pastime.

The other evening, getting ready to plop down on the couch, I perused the titles on the cookbook shelf and pulled down a copy of *The Tempeh Cookbook* by Dorothy R. Bates. Seems worthy of some couch reading, I mused. Curiosity emerged while regarding the cover, and I wondered, “how many tempeh recipes can this author actually fill the book with that I would want to make and eat at home?”

What is tempeh, you might be asking at this point? It is a soy-bean-based food like tofu or soymilk, with a twist. This soy product is cultured and found in a rectangle-like block, with soybeans visibly intact. Originally a staple in Indonesian cuisine, it has now become widely accepted amongst the health-conscious in the West as a substitute for poultry or meat. Tempeh contains good sources of iron, protein, vitamin E and vitamin B12 (although, as the author of *The Tempeh Cookbook* points out, the amount of B12 is dependent upon the batch of tempeh).

Now you are probably wondering, as I was, what recipes actually lay inside *The Tempeh Cookbook*? Mock Tuna Salad, Hungarian Paprikash, Couscous Pilaf with Pine Nuts, Picadillo with Masa Harina ... yummmmm. Reading can be such hard work! My appetite

now whet, I removed its brother, *Tempeh Cookery* by Colleen Pride, from the shelf. This book is awesome, I thought enthusiastically, mentally creating these dishes for friends and family. If you like tempeh, both books are highly recommended, as each offer a wealth of easily made tempeh recipes.

Most of the recipes are vegan, and nearly all the rest could be converted from lacto to vegan.

Even more exciting (hold onto your hats), each book gives instructions for home tempeh making! Not that I’m going to make tempeh from scratch at home anytime too soon, but what a nifty idea! If you would like to make tempeh, however, *Tempeh Cookery* goes into more detail. If you are an online kind of person, there is a wonderful looking website at

www.tempeh.info that provides tons of instruction.

Over the years, I’ve learned that tempeh can be just about as versatile as tofu. A few, simple, recipe-independent ideas I enjoyed long before reading these cookbooks were tempeh lasagna, tempeh tacos (with grated or crumbled tempeh), tempeh barbeque kebobs, and the Tempeh Reuben (a classic). If you are trying to make a dish sans recipe, do not forget to thoroughly cook the tempeh first.

Hope Matthews spends her free time on the couch, with blanket and book, or enjoying time with family. She can be contacted at hopeemattthews74@hotmail.com.

Tempeh Reuben

(something I make at home quite often) makes 2

- 8 oz. package Lightlife Tempeh (I like Three Grain)
- 1 1/2 c. Bubbie’s sauerkraut
- 2 Tbsp. Nayonaise
- Bragg’s Liquid Aminos (optional)
- Olive oil spray
- Ketchup (optional)
- Thinly sliced tomato (optional)
- 4 slices of rye bread

Divide tempeh into 2 halves and steam for about 20 minutes. Then slice crosswise into 2 thin slabs. Cook tempeh in a frying pan or iron skillet sprayed with olive oil on low-medium heat until slightly browned on each side. If desired, squirt on a bit of Bragg’s Liquid Aminos. Lightly toast the rye bread and spread Nayonaise thinly on each slice. Layer toast with sauerkraut and tempeh. If desired, add thinly sliced tomato or some ketchup (although if using the Bragg’s, I would probably nix the ketchup, as it would make the sandwich taste much too salty). Serve and eat immediately!

Cold Curried Rice and Tempeh

from *Tempeh Cookery* by Colleen Pride (this sounds delicious and easy to make)

Have ready:
8 oz. tempeh, steamed, cooled and grated
3 c. cold rice, cooked

Chop small:
2 stalks celery
1 Tbsp. green onions

Mix:
2 Tbsp. lemon juice
2 Tbsp. tamari
1/2 tsp. curry powder
Add this to tempeh, tossing lightly.

Mix:
2/3 cup non-dairy mayonaise (like Nayonaise)
1/2 tsp. curry powder
Add celery, onion, and mayonnaise mixture to rice, fluffing, then add tempeh, blending well.

Sprinkle with:
1 Tbsp. toasted sesame seeds
Arrange on beds of lettuce with wedges of tomato.



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As seen on the Coop walls!

Outdoors

In The Garden: Spring!

By Holly Barnes

“All through the long winter, I dream of my garden. On the first day of spring, I dig my fingers deep into the soft earth. I can feel its energy, and my spirits soar.”

— Helen Hayes

It is appropriate that I am writing my first garden column for the March issue. This is the month of the Vernal Equinox, occurring on March 20 this year. This date symbolizes to me the beginning of the gardening year.

A little background: My husband (“The Sailing Guy”) and I moved to Moscow almost two years ago. We are retired, originally from the Puget Sound area, and were snow birds for five years between Tucson and the Northwest (first Port Townsend, Washington, then Bayview, Idaho) before settling in Moscow for our year-round home. My interest in gardening was piqued more than 30 years ago, and I enrolled in the Horticulture Program at Edmonds Community College in Washington State. Gardening has, since then, been my favorite hobby wherever I have lived. I

have planted several perennial gardens in homes I have lived in, and that is my primary interest. Last summer, though, The Sailing Guy built some raised beds to grow a few vegetables using the Square Foot Gardening System, so I will be learning how to do that. I am currently enrolled in the Master Gardeners’ program through the University of Idaho Latah County Extension Office. I feel the program will provide a good introduction to gardening in this area.

My plan for this column is to share with you my gardening thoughts and ideas and provide a brief mention of what’s going on monthly in the garden, along with tasks to be done. For me, gardening is where I find my center, and I hope to convey the spiritual side of my passion to you. I also plan to introduce Co-op producers to you in hopes you will appreciate that for many this passion is also a way of life.

I’m happy to report that the die-hard gardener can get outside from time to time on the Palouse, even in the middle of winter. On the last day of January, I spent a few hours in the gar-

In the March Garden:

Sow seeds of cool season vegetables: beets, carrots, lettuce, salad greens, peas,* radishes, spinach, chard;

Sow seeds of hardy annuals: annual phlox, bachelor buttons, calendula, California poppy, clarkia, larkspur, Shirley poppy, sweet alyssum;**

Move dormant shrubs and roses;

Prune fruit trees on a moderate day;

Welcome back migrating birds with high protein snacks such as nuts.

*Phenology, the study of cyclic and seasonal natural phenomena, especially in relation to plant and animal life, holds that peas (both floral sweet peas and edible peas) should be planted when the pussy willow trees flower.

**Encourage sweet alyssum to reseed, especially near plants that have suffered from aphids in the past. The flowers attract hoverflies, whose larvae feed on aphids. Also, their early blooms draw bees to pollinate early blooming fruit trees.

den, cleaning up branches from the previous day’s windstorm; adding manure to, and stirring up, a cold compost pile; raking leaves left over from fall cleanup; and searching for any life besides the slugs I found under an old door mat. I was pleased to see that a rosemary plant I put in last summer is still alive, Veronica ‘Sunny Border Blue’ has many bright-green shoots, snowdrops are blooming, as is a perennial I love, *Knautia macedonica*, a dependable workhorse that has two burgundy blossoms on it. My rhubarb plant is showing some fresh red growth, and it looks like two of my three *Lavatera thuringiaca* ‘Barnsley’ plants have made it this far. ‘Barnsley’ is one of my favorite shrubs and will probably not make it in this zone, but I always have to see for myself.

As I write this column, there are two inches of fresh snow on the ground. After shoveling the sidewalk this morning, I headed to my garden shed to find pots for bulb planting. I returned this week from the Olympic Peninsula, via the Skagit Valley, and am feeling a hunger for spring. Many

early blooming plants were on display in gardens on the Peninsula and an ‘open’ nursery sign in the Skagit Valley beckoned to me. I purchased tulip bulbs, which have been outside all season and should have the proper amount of chilling and will hopefully have time to grow roots before bloom time is here. I planted them in potting soil and put them outside for the next rainfall. I expect they will come up this spring, but perhaps a little later than if they had been planted in the fall. I’ll let you know.

Also in January, the cedar waxwings, robins and starlings all descended upon Moscow’s berried trees and had a gorgefest. The waxwings moved on, but I’m pleased to see that the robins have stayed and are looking quite healthy with their plump stomachs. They seem to be finding enough to eat.

Holly Barnes is delighted to be the new Co-op newsletter gardening columnist. She is also counting the days until it will be warm enough to spend a whole day in the garden.



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Letter from the Land:

More About Hunger in Our Community

By *Suvia Judd*

The Idaho Foodbank has three distribution centers, including a recently enlarged facility in Lewiston, which serves the north central Idaho counties of Latah, Clearwater, Idaho, Lewis and Nez Perce, and Asotin County, Washington. The regional director, Chuck Whitman, has asked me to help publicize the Hunger in America 2006 report, which was released February 23. The study was commissioned by America's Second Harvest, a national anti-hunger organization with which the Idaho Foodbank is affiliated. You can read the national report at www.hungerinamerica.org, and the Idaho subreport at www.idahofoodbank.org. The firm Mathematica did the survey research, which was based on interviews with clients and questionnaires to emergency food providers, including pantries, soup kitchens and shelters.

The number of Americans reporting food insecurity has increased 9 percent since 2001, 12 percent for Idahoans. The Lewiston branch of the Idaho Foodbank has had a fivefold increase in food distributed from 2004 to 2005 for Nez Perce and Asotin counties; the amount distributed has doubled for the entire region served. Some of that is due to an expanded facility, but some of it is a real increase in the numbers of hungry people. As nationally, at least a third of the people served are employed, the so-called "working poor." At least 3,400 resi-

dents of Latah County are probably hungry or food insecure (don't know where their next meal is coming from). Even full employment and federal programs such as foodstamps do not enable people to feed themselves, and this is where foodbanks come in. In our region, about a third of foodbanks are run by churches, the rest by other nonprofit organizations.

I am grateful to all the people who run the Idaho Foodbank and the local foodbanks that serve Latah County. I also want to open for discussion the idea that we might collectively want to do more as community. I have been thinking about what criteria I want in a program to feed all our residents well. First of all, I would like us to return to thinking about food as coming from the land, which it, in fact, does. We have assets here in deep soil and unpaved open space. Growing food locally to feed our community makes sense to me.

Second, I would like to think local. For reasons of efficiency, the foodbank organizations do bulk buying, and this is part of how they can move a lot of food around where it is needed. This may become more difficult if one accepts the likelihood that fuel will become more and more expensive. Also, before oil, most food worldwide was grown locally. Even when I was growing up in the 50s, cities like New York got their food from surrounding regions, like the truck farms of New

Jersey. I think it will build local security for communities to start planning now for more local food production.

Third, I want empowering programs that build community. I would like to see programs where people garden and produce food together and teach and share skills. I value this because I think that it meets people's need for respect better than an emergency donation. It also meets people's needs for safety better if they can be involved in planning ahead to be fed rather than "hoping to figure something out" (which was one response in Second Harvest interviews to the question, "What would you do if this foodbank food were not available?"). I would like to see

local food programs that come from community strength and, in turn, build community strength. For a future article, I will continue looking for good examples from around the world of programs that meet these criteria. I would love to hear from readers.

Suvia Judd writes, farms and eats in Moscow, Idaho. Lazymsuris@earthlink.net



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Nature in the City:

A Rare Visit from River Otters

By Sarah Walker

One day this winter, much to everyone's surprise, three river otters showed up in the lower pond at the UI Arboretum. No one had seen an otter there before.

Arboretum Manager Paul Warnick was one of the lucky few who got to watch them all day, swimming on their backs, sliding on the banks, and feasting on bass and bluegill. "They caught three of them in 15 minutes," he said, "they were fun to watch." Richard Williams saw them too, during his daily walk. They stayed at the far end of the pond, gradually got closer, then "frolicked around on the surface. They were a delight to watch. There was no sign of them when I went back the next day."

These otters were likely a mother with her young from last year.

Otters' high metabolism keeps them on the move in search of fish, crayfish, frogs or turtles, and they will investigate the smallest of creeks and drainage ditches leading to ponds. They have been known to range 30–40 miles along a waterway in their search for food. The Arboretum pond, stocked with fish, proved a bonanza for them. A plentiful food source, and the absence of danger (there are no dogs in the Arboretum, for instance), can make otters surprisingly tolerant of people, who take great interest in them.

North American river otters are large members of the mustelid family (skunks, mink, weasels) that weigh up to 30 lbs. Like other mustelids, they can emit a stinky substance for "scent marking," and they are fierce about protecting their young. Otters are carnivores, with large teeth.

Unlike most mustelids, otters tend to be social and play together. They are well adapted for life in the water and are strong swimmers, with webbed feet, streamlined muscular bodies, and powerful, tapered tails that measure nearly a third of their four-foot body length. Their soft dense underfur and stiff guard hairs shed water and insulate them. Their stiff whiskers help them sense prey in dim light under-

water, even in the darkness beneath winter ice and snow. They can swim 5 mph or more and stay underwater for five minutes.

On land, otters can reach 15 mph by alternately "bounding" and sliding on their bellies over slippery mud or snow.

In March or April, otters have two-three pups in a "natal den" inside an old beaver lodge. The pups weigh only 4–6 oz. and their eyes won't open for a month. At six weeks, they'll make their first trip outside the den for swimming and hunting lessons, and spend their first year with their mother.

Playing is thought to be a way for young otters to practice hunting techniques and form social bonds. But for adult otters, finding food and caring for young come before playing. Biologist Wayne Melquist, who has studied otters in Idaho, says "in captivity, where all life requirements are provided, play behavior by all age groups is much more prevalent, perpetuating the belief that otters must spend most of their time playing and sliding down muddy stream banks."

Otters' silky fur is highly valued, and was once their downfall. Otters originally lived along clean waterways throughout North America, but were trapped out of many parts of their range. Today, reintroduction programs and protection efforts have restored otters to all states except New Mexico.

Around Moscow, we might see other aquatic mammals in our creeks and ponds. Mink are smaller than otters, their feet are not webbed, and their tails don't taper. Beavers are stouter and have wide, flat, scaly tails.

Sea otters are much larger, up to 80 lbs. and 6 feet long, and live primarily at sea in floating beds of kelp. River otters inhabit coastal areas, too, and in this food-rich marine environment they can be larger than inland otters. Both river otters and sea otters might overlap when sea otters come to land to give birth to their young.



Three river otters spent a day in the lower pond at the University of Idaho Arboretum this winter. Photo by Caleb Jensen.

Otters are rare visitors to Moscow. By now, this winter's threesome could be miles away, a mother with her new litter tucked into a secluded den, the yearlings on their own searching for new territory and foraging miles every day in search of a meal.

Sarah Walker keeps an eye out for otters, muskrats, mink and beavers on her creek walks around Moscow. Have you seen them? Write [HYPERLINK](mailto:sarahwalker@moscow.com) "mailto:sarahwalker@moscow.com" sarahwalker@moscow.com.

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Wild & Free: Just a Dandy Lion

By Sarajoy Van Boven

"Whether the weather be fine
Or whether the weather be not,
Whether the weather be cold
Or whether the weather be hot,
We'll weather the weather
Whatever the weather,
Whether we like it or not."

— Anon

Spring on the Palouse is an unsettling series of steps and missteps, mixed in with a lot of winter, which, we pray, will eventually lead us to summer. The arrival and readiness of our wild spring greens is less a calendrical matter and more an event determined by weather, erratic and labile. The key to getting your spring greens is to wander outside, keep your eyes open, and pay attention to the earth beneath your feet.

Because you will not want to eat dandelion greens too late in the spring, I'll tell you about them first: Dandelions are the iconic, quintessential hippy edible green; the emblem, the family crest, of the VW bus, bell-bottomed set.

Six cold, sunless months ago, we discussed the virtues of the lower half of the dandelions. Now they would like to nourish you with their tops.

Identification review:

"do-you-like-butter?" yellow flowers, one tops each stem, during the warmer half of the year.

Break the stem and inedibly vile white milk flows: a rumored wart remedy, applied topically.

Leaves, lobed like a variety of ocean waves: sharp teeth, deep curves, no curves. Hairless under-leaf, except for the spine, which is (depending on which source you turn to) either hairy or hairless.

You may have tried dandelion greens before and tasted something like you'd imagined poison to taste: satanic bitterness. Whereas, they are considered a bitter green, the key to getting your dandelion greens is to get them early and to use a flavorful salad dressing. The greens of dandelions are offen-

sively bitter once the plant flowers. When you get used to the ferocious taste of Dandy-Lion greens, you'll know exactly when their bite is too harsh.

Dandelions should not be hard to find, despite civilization's best efforts at eradication. You will not need to go on safari in your hunt for these lions, just check in alleys, gardens, and yards. In early spring, their yellow, lion's-mane flowers are not yet out, so look for a circular spread of leaves in the grass. As always, identify your prey with certainty. Not all green growing things are edible.

Collect them by the handful from relatively clean places. If they look funky or diseased, don't pick them. One lawn expert recently told me that Round-Up was so safe, he could drink the stuff, and I thought maybe he should. Lesson: herbicides are an entrenched institution on the Palouse, so keep an eye out, okay? At any rate, wash your healthy looking collection. Dry in a salad spinner. In the alternative, wrap in a dishtowel, go outside, swing your arm in a circle like a cartoon winding up for a pitch: the human salad spinner. Not only is it showy, it also works! Sort out the yellow leaves and the grass.

Dandelion greens are perfect in a salad, mixed with other wild greens, spinach, or grocery greens and a honey mustard dressing. They are a good spinach substitute in pasta sauce, pasta noodles, green curry, lasagna, soups, etc. They can be wildly bitter, especially in recipes calling for greens by the pound, so mix them with milder greens. You can store them in your fridge for a few days. Don't bother drying them.

Dandelion greens are considered very high in vitamin A, vitamin C, potassium and calcium. They are high in iron, B-vitamins, thiamine, niacin, and liver-lover choline. The leaves are also a filling 19-32% protein (*Healing Wise* by Susun S. Weed). Susun Weed quotes William E. Dodge from 1870, noting that the Digger and Apache "scour the country for many days' journey in search of sufficient to appease their

appetites. So great is their love for the plant (dandelion leaves), that the quantity consumed by a single individual exceeds belief."

I can't say I'm as madly in love with dandelion greens as the Digger and Apache were, but I do regard them with high esteem and reverence, devouring exhilarating quantities each spring. I'll be in my Birkenstocks, going no further than my neighborhood- nuisance lawn, gathering bowlfuls of bracingly healthy dandelion greens, and thanking the earth for her persistent, under-appreciated Dandy-Lions.



As a child, Sarajoy dubbed herself "Queen of the Dandelions," slaughtering many loyal subjects in the making of her crowns and jewels.

Women's "HerStory" Month Events for March

Sponsored by UI Women's Center • (208) 885-6616

Wednesday, March 8

11:00 a.m. – 3:00 p.m.
International Women's Day fair
Clearwater Room, Idaho Commons,
University of Idaho
FREE

Thursday, March 23

7:00 p.m.
LunaFest — a festival of short films
by, for and about women
Kenworthy Performing Arts Center,
508 S. Main, Students/Seniors: \$3,
General public: \$5
Tickets available at Book People, UI
Women's Center, and at the door

Saturday, March 25

6:00 p.m.
Spring Step and Stroll Competition
Memorial Gym, University of Idaho,
Moscow
Tickets \$8 in advance, more at the
door — available online and at the
UI Ticket Office: 885-6466

Wednesday March 29

12:00—2:00 p.m.
Virginia Wolf Distinguished
Service Awards
Luncheon banquet with keynote
speaker Minty Jeffrey, co-founder
of ColorsNW Magazine
Silver & Gold Rooms, Student
Union Building, University of Idaho
Reservations required —
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Wednesday, March 29

6:30 p.m.
American Indian Film Series
"Thunderbird Woman" —
Winona LaDuke documentary
Kenworthy Performing Arts Center,
508 S. Main

Meals Kids Might Eat: Instant Middle Eastern!

By Jyotsna Sreenivasan

My kids love dips. I can trick them into consuming actual vegetables if I provide something to dip them into. And a Middle Eastern dinner is a great way to accomplish this, especially because you can buy so much of your dinner ready-made or as a mix.

The Co-op has ready-made hummus in the deli case and in the refrigerated case at the back of the store. Besides the regular flavor, you can choose from roasted red pepper, kalamata olive, spinach and feta, olive and garlic, or jalapeno and garlic. Makes me want to eat hummus every day! You can also buy a dry hummus mix in the bulk section. I was skeptical about this, but it is quite tasty. Add your own scallions or other herbs for additional flavor.

In terms of tabouli, take your pick from deli-made or the Fantastic Foods mix (you add water, oil, lemon juice, and tomatoes). We like both.

No Middle Eastern dinner is complete without a yogurt dip — at least, in my opinion. Try mixing one of the Fantastic Foods Soup and Dip Recipe Mixes with yogurt. You can choose from vegetable, onion or garlic flavors. Absolutely delicious!

In terms of dippable vegetables, we like: baby carrots, bell pepper, celery, cauliflower, broccoli, mushrooms, cucumber, and sunchoke (tastes kind of nutty).

And of course, you'll need pita chips.

Plain or Fancy Pita Chips

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

3 (6-inch) pita pocket breads — white or whole wheat

3 to 4 tablespoons olive oil

Optional seasoning mix:

1 tablespoon grated Romano or Parmesan cheese

1 1/2 teaspoons white sesame seeds

Any or all of the following: 1/2 teaspoon dried basil, marjoram and/or oregano;

1/4 teaspoon garlic powder, caraway seeds, and/or cumin seeds.

Put oven rack on center shelf and preheat oven to 350 degrees. Cut pitas in half cross-wise. Cut each half open along the seam. Place the 12 half-circles inside-up on your work surface. Brush the surfaces with the olive oil (a pastry brush helps with this).

Sprinkle the seasoning mix over the pitas (optional).

Arrange two half-circles to form a whole circle and cut into eight wedges (a pizza cutter is helpful here).

Use a pancake turner to transfer pieces to ungreased baking sheets. They should be in a single layer.

Bake for 10 to 12 minutes, or until golden. You can store the cooled chips in a plastic bag at room temperature.



Brushing the pita with oil.

Buy them in a bag, or try the recipe on this page for homemade pita chips.

Round out your meal with olives from the deli's olive bar, the deli's dolmas (stuffed grape leaves), and feta cheese.

If you have time, you might like to make the herbed carrot soup featured on this page. I think it goes really well with this meal, and my younger son loves using the blender to puree the soup!

NOTE: *In a future column I will be interviewing a registered dietician who specializes in working with children and families. If you have questions for her in terms of feeding your children, please send them to me at jyotsna64@aol.com.*

Herbed Carrot Soup

(adapted from *Moosewood Cookbook* by Mollie Katzen)

1 tablespoon butter or oil	1 cup chopped onion
2 medium cloves garlic, minced or crushed	1/2 teaspoon thyme
1/2 teaspoon marjoram or oregano	1 teaspoon basil
2 pounds carrots, peeled and chopped	
1 medium potato (the size of a medium fist), peeled and chopped	
4 cups water or vegetable stock	
1 1/2 teaspoons salt (if your stock is salty, you might not need this)	

Sauté onion in butter or oil for about five minutes. Add garlic and dried herbs, and sauté for one or two more minutes. Add carrots, potato, water or vegetable stock, and optional salt. (To make an easy vegetable stock, we like using the Celifibr brand vegetarian bouillon cubes, available in the soup section). Bring to a boil and cook for 10 to 15 minutes, until vegetables are tender. Let soup cool somewhat, and then puree in batches in a blender. (I have found that a food processor does not work well here — you want a very smooth soup, and a food processor tends to produce a grainy soup).

Feeling Alive, Vibrant and Well: A New Series

By Jennifer Whitney

Remember the last time you felt absolutely alive with good health and joy? Do you ever wonder what other people in Moscow do to feel alive? How do we increase our sense of well being, keeping our bodies and souls feeling good? Do you walk your dog or practice yoga, climb mountains or get massages? What is it you do that keeps you healthy and happy?

I'm looking for ways that people retain their vitality, including alternative health care therapies, movement, music, art, outdoor activities, exercise, essentially anything that brings you aliveness in body or soul. Through your stories, I'll share what works through this monthly series in the Co-op newsletter. I want to know what people are doing, not just what one could do. I want to know what people I know are doing because that makes it real to me. It's my hope that this type of personal connection will awaken and inspire our own aliveness.

So, what have you felt helpful in your quest for greater health and aliveness? What books have you read that were life-changing? Did they initiate new activities that brought you more vibrancy? Are you part of

a recreation or men's/women's group that does something from which you benefit? What do you do to feel good? What alternative health treatments have you had and what were they like? Did they increase your sense of wellness? Maybe there's someone you know who causes you to wonder, "Where do they get that extra energy?" Let's find out.

Here are some potential topics for future articles: Hiking or Swimming, Iridology, Sweat Lodges, Hot Stone Therapy, Feng Shui, Ecstatic Dance. Have you tried one of these? What was it like? Did you feel more alive? Or tell me about some other treatment you had or activity you do that brings you a greater sense of health. If you are an alternative medicine practitioner/therapist, what do you do and how does a potential client contact you? I hope to hear from you soon; in the meantime keep alive, vibrant and well.

Jennifer Whitney can be reached at jenniferwhitney@gmail.com or 882-1942. She feels most alive after a Nia class or a rebirthing session.

A Cat Friendly Home

By Janice Willard, DVM

You have heard it said that a man's home is his castle. But an important question for cat lovers to ask is whether our castle is also a place of refuge and comfort to our cats, who share that living space with us.

Cats can't walk into a furniture store and pick the comfortable couch of their choice, and, if they are indoor-only cats, they don't even have the choice to leave, if the environment they live in all the time doesn't suit them. And it turns out that having a living space that gives them what they need is not just an issue of kindness and respect, it is a medical issue as well.

In the past, animals in zoos were kept in barren, boring cages and many developed physical and behavioral problems as a result. Then zoos started designing living spaces that suited the environmental needs of different captive species, and zoo animals are much healthier and happier as a result. We can apply these same principles to our house cats as well.

When moving into the human world, the domestic cat did not leave behind the needs that evolved in the natural environment. Cats evolved as small desert predators. Because they are predators, they have a need for mental stimulation. However, because they are small enough to also be prey of larger predators, they have a need for safe hiding places, safe places to sleep and places where they can see and not be seen. While we tend to think in terms of floor space; they also need vertical spaces. And it is a basic biological need of all cat species to claw-rake their claws on objects in their home range. This claw-raking serves numerous functions such as social signaling, stress reduction, stretching and limbering muscles, and conditioning the claws.

To live optimum lives, cats need to feel safe and have their basic biological drives satisfied. They need mental stimulation, hiding places, vertical spaces, clean places to void their wastes, places to engage in claw-raking and appropriate social activity.

In a study of cats with chronic lower urinary tract problems, Tony

Buffington, DVM, PHD at The Ohio State University College of Veterinary Medicine, found that the addition of environmental enrichment resulted in a significant improvement in these cats. "Not only did their diseases signs improve but there was also an improvement in their behavior as well," said Dr. Buffington. He has provided the principles of environmental enrichment in a web site www.nssvet.org/ici. You can go to this site and do an interactive survey of your home, with suggestions for improvement.

"We have found that people tend to think in terms of square feet instead of thinking cubically," said Bob Walker of San Diego, CA, who with his wife Francis, applied their fine arts background to designing a unique and attractive cat-friendly home. You can see photos of their home at www.catshouse.com or "The Cats' House" book.

But you do not need to totally remake your home to provide your cat with a cat-friendly home environment. "You can rearrange furniture to provide

steps for the cats to get to places to hide and higher locations," suggests Walker. "And you can bolt down your lamps and use a product called "Quake-hold" so that belongings don't get knocked over."

My friend Mike Miller has a cat-friendly home with several cat trees and sunny resting places in the window sills. He also took the door off the cupboard above his refrigerator, placed bedding on the shelves and created an ideal sleeping place for his most shy cat, Furlful. Now she can rest comfortably in a place where she can survey the whole room and no one can sneak up on her. "It wasn't an easy space for me to use, but is ideal for her," said Miller.

"Our cats are home more than we are," observed Walker. "If possession is nine-tenths of the law, then our place is truly the cat's house." With some creativity and respect for your companion's environmental needs, it is a simple matter for any cat lover to turn their home into their cat's castle as well.

Fresh Food Diets for Dogs

By Yvonne McGehee

Holistic Guide to a Healthy Dog, by Wendy Volhard and Kerry Brown, DVM, is a useful oldie. The diet alone can be ordered separately for about \$8 from Dogwise. Good parts: this diet has been used successfully for over 20 years. The book includes charts for different sizes of dogs, nicely broken down into amounts of each ingredient. Bad parts: it contains a cereal-only meal, which dogs may not relish; and it uses a lot of ingredients, complicating the life of the owner. Also, in efforts to balance the calcium:phosphorus ratio, it uses quite a bit of calcium, potentially a problem for growing puppies of large-breed dogs, whose joints are adversely affected by

too much calcium in the diet. With these diets' calcium-heavy slant, I would not personally use them to raise a large-breed puppy. The knowledge about high levels of calcium and its role in causing developmental joint disease for large-breed puppies is relatively new, so may not have made its way into this rather old book.

Every dog is an individual. For any breed or age, there may be specific caveats, affecting both commercial and homemade diets, applying to this kind or age of dog and not to dogs in the general population. The examples of commercial foods that have damaged specific parts of the canine population are legion, simply because not even large manufacturers know all the

answers. Until recently, large amounts of calcium have been used in commercial puppy foods, causing life-long suffering to breeds genetically prone to developmental joint disease. This occurred because everything regarding feeding dogs is not yet known. The typical levels of calcium in puppy foods are not damaging to small and medium breeds, but are devastating to large-breed puppies; so now we have large-breed puppy foods, learning from past mistakes.

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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Looking for Artisans and Those Interested in Handmade Quilts

The Dahmen (wheel fence) Barn in Uniontown is being renovated for the purpose of bringing fine and folk art to the public. The barn was donated to the Uniontown Community Development Association (UCDA), a 501(c)3 non profit organization, by Steve and Junette Dahmen in 2004 and is well on its way to becoming an artisan showcase. There will be studio spaces where visitors can watch artisans at work, a retail outlet that will feature art pieces and high quality handmade items by regional artisans working in many different mediums, and classroom space where workshops for the public will be held. The facility's proximity to the highway and the fact that

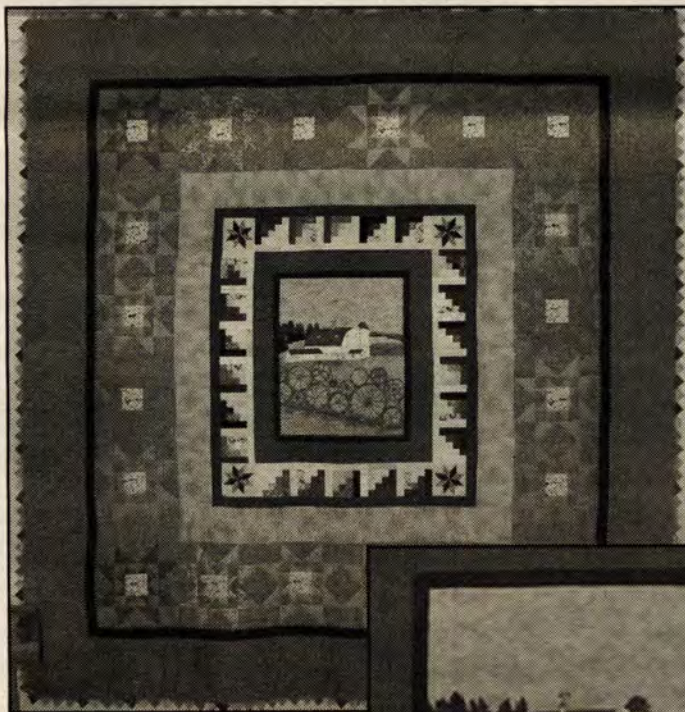
because the landmark barn and wheel fence has attracted photographers for years. The interior has been gutted and re-built to include restrooms and a future elevator. The second floor features a large space that is open to the high, curved roof of the barn. Activities such as the barn dance that was held October 2005, and which attracted 400 attendees, are planned in this space, along with performances by regional individuals and groups such as the Palouse Cowboy Poetry Association.

On Sunday, March 5, the barn will be open to the public for a preview during the Uniontown Sausage Feed, 10 a.m. to 4 p.m. Raffle tickets for a beautiful quilt designed and constructed by Uniontown's

master quilter, Sharon Dixon, will be available for \$1 each. The quilt features the barn and fence, and the green, gold and brown color scheme is reminiscent of the Palouse. Fabric for the quilt was donated, and Sharon spent 275 hours working on the masterpiece. Funds will go to the renovation of the barn.

Artisans or retail entrepreneurs interested in learning more about this unique

opportunity and those interested in purchasing tickets for the quilt may contact Leslee Miller, publicity coordinator, at dlmiller@inlandnet.com, 509-229-3655.



it is destined to become the visitor information center at the south entry to the Palouse Scenic By-Ways route, ensures great exposure for the participating artisans and provides easy access for those who drop in. The ground floor is expected to be open this summer, and UCDA is searching out artisans and a retail entrepreneur at this time. The exterior of the barn has been preserved for its historical significance

Free Tax Help!

By Mary Hughes, AARP Tax Aide Volunteer

Here we are again, deep in the heart of taxes. But fear not, for the AARP Tax Aide Program is here to help. You've never heard of the AARP Tax Aide program? This is a program sponsored by, you guessed it, the AARP (American Association of Retired Persons) and the IRS (Internal Revenue Service) and staffed by volunteers from our community. We serve folks from Washington as well as Idaho. We have undergone training in both Federal and Idaho tax preparation, and we have several hours of update training each year to learn about changes to the tax codes. Most of our volunteers this year are seasoned veterans of the program. We offer free tax preparation for taxpayers with low and middle incomes, with special attention to those

over 60. We do personal tax returns only, no partnerships, trusts, corporations etc. We're available every Wednesday and Friday from 9 a.m. to 4 p.m. from now until April 12 at the Federal Building (Post Office), 220 E. 5th St., Moscow. Go to the door on the south side of the building around the corner from the Post Office entrance. Since you are entering the Federal Courthouse through this door, you will have to go through a metal detector. Please leave your guns, knives, rocket launchers, etc., at home. The people who run the detector are very polite and patient with folks who forgot their keys were in their pocket.

To facilitate the process, please bring your last year's tax return, if possible, as well as your own, and all your dependents', social security numbers. You'll also need all W-2s and other income documents such as unemployment compensation statements, all 1099 forms from any source such as SSA-1099 (for Social Security), 1099-Int (interest) 1099-DIV (dividends), 1099-R (pension income or IRA withdrawals), 1099-Misc (rents, royalties, self employment, etc.) Bring

receipts and/or canceled checks if itemizing deductions. If you sold any stocks, bonds or other capital gains property, be sure to bring the purchase documentation as well as the sale documentation. Bring all forms indicating any state or federal income taxes paid, such as estimated payment forms. To possibly reduce your Idaho tax, bring all information relating to medical insurance premiums paid in 2005. We can file self-employed individuals, provided they are eligible to use the Schedule C-EZ. You can check the requirements for using Schedule C-EZ at www.IRS.gov. If you paid for dependent/child care, bring care provider information including name, employer ID or Social Security number (you can get this from the provider) and documentation of

amounts paid. We can e-file most returns, provided all taxpayers (not dependents) listed on the form are available to sign the return. If you wish to have your refund direct deposited to your bank account, bring a check or deposit slip. Hope to see you there!

We have undergone training in both Federal and Idaho tax preparation, and we have several hours of update training each year to learn about changes to the tax codes.



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Intuitive Arts Moscow (IAM) Holistic Fair

By April Rubino

The Intuitive Arts Moscow (IAM) Holistic Fair will be held on March 25–26 from 10 a.m.–7 p.m. at The Orchard Studio and Retreat Center, 3400 Robinson Park Road, Moscow. The fair is sponsored by Integrative Mindworks with April Rubino

Join us in the new season of renewal for a joyous and uplifting celebration of the Intuitive and Healing Arts. Sample the offerings of Holistic Healing Practitioners, Intuitive Readers, and Wellness and Spirit-based Product Vendors from Moscow and around the Pacific Northwest.

A variety of events, from talks, workshops and classes to concerts and dances, will be presented in a separate

space throughout the day.

Bring your appetite as well and enjoy delicious food and refreshments from Moscow's own Wheatberries.

Admission to the IAM Fair is free; there are varying fees for individual services and products. For more information, call 882-8159 or go online to www.theorchardstudio.com to see the IAM Holistic Fair participant list and schedule.

What better way to celebrate the Spring Equinox?

April Rubino, Integrative Mindworks practitioner, is delighted to share the joy of creating this event with all those who participate.

Moscow Volunteer Peace Band

By Fritz Knorr

Let's fire up the Peace Band again. We've played at various peace activities, marched in the Moscow gay pride parade and lots of other fun gigs. And this year, we have two for-sure performances and we could add a whole lot more if we actually had some sort of act together. The for-sure gigs are the RenFair parade, Saturday, May 6, at 4 p.m., and the Johnson Parade on whatever day we celebrate the 4th of July this year.

This year, we're gonna be better than ever, because we're going to have a secret weapon — practice. I'll do my darndest to have some sort of written music for people to look at.

Hey, we also have heavy peace artillery. I got a 28" bass drum on eBay! So we need a peace field

artillery squadron to deal with this thing.

Oh yeah, for PR use, I'm kind of thinking of elaborating the name of the band to "The Moscow Volunteer Peace Band." It seems a little more descriptive and syllabic. Think of the cool embroidered patches we could have. How about a catch phrase of, "Will play for peace."?

Are you interested in joining the Moscow Volunteer Peace Band? Everyone is welcome, but keep in mind electric powered instruments might be difficult, and we do move around on the streets. If you have questions, please contact me at fritz_knorr@verizon.net. Thanks! Peace is more fun!

Moscow Mentors Program

By Aubrey Harris

The Moscow Mentors Program is a school-based program that provides social and emotional support for students in the Moscow School District. Research has shown that a positive one-to-one relationship between a youth and a caring, responsible adult can make a significant difference in a child's ability to recognize and move toward their potential. The Moscow Mentors Program aims to enhance our children's social, personal and academic development by involving concerned community members in their school experience. Volunteers work closely with a child as his or her mentor. A mentor is a trusted friend, a role model, a tutor and a guide. Mentors spend a minimum of one hour with the child at school, during school hours, once a week.

The Moscow Mentors Program is currently seeking volunteers. We are especially in need of male volunteers. If you are interested, please download the entire application packet from our website: www.sd281.k12.id.us/sdfs/mentors or contact one of the program coordinators.

Contact

Angela Schweigert

schweiga@sd281.k12.id.us

892-1149

Aubrey Harris

harrisa@sd281.k12.id.us

892-1118

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Radio Free Moscow Celebrates Mardi Gras

By Garrett Clevenger

Eaten a good Cajun dinner lately? I haven't, but get to Saturday, March 4, when Radio Free Moscow's KRFP 92.5 FM hosts a Mardi Gras Cajun Feast from 6:30 to 9 p.m. at the Moscow Unitarian Church, 420 E. 2nd St. There will be plenty of crayfish gumbo, vegetarian jambalaya, collards, beer, wine, soda and other snacks, on top of Dixieland dance music provided by the Snake River Six, entertainment by Fiddlin' Big Al, and a silent auction. Plus, when KRFP hosts a fundraiser, there is always a full regale of festive party spirit.

KRFP is proud to be the region's only nonprofit community radio station. KRFP has been broadcasting locally produced programs with the aid of community members since October 2004. Those who have tuned in have heard thought-provoking and entertaining shows not heard on other stations. KRFP is truly an independent media source.

KRFP is completely financed by donations, fundraisers and grants. This

means we appreciate any support you can provide. Anyone can donate time by volunteering for the various tasks needed to keep KRFP on the air. Annual membership dues are \$25 or \$15 for students. Those who donate \$100 or more become a Founder, someone committed to supporting free speech, independent thought and community communication.

If you would like to support KRFP, eat good Cajun food and have a great time, come to the Mardi Gras Feast March 4 at the Unitarian Church. Doors are open from 6:30 to 9 p.m. Tickets are \$20, or \$5 if you just want to come to enjoy the music and not eat the food provided. Bring an ID if you plan to drink alcohol. Tickets can be purchased at Book People, Bruised Books, Copy Court, Patty's Kitchen, Tye-Dye Everything, and Wild At Art.

Garrett Clevenger has been a board member of Radio Free Moscow since its inception in 2000. Visit KRFP at www.krfp.org and his site at mysite.verizon.net/garrettmc.

Spring into the Moscow Renaissance Fair!

By Chris Pannkuk, Renaissance Fair President

Although winter is still in the air, the friends of the Moscow Renaissance Fair are busy preparing for the 33rd annual celebration of spring to be held May 6 and 7 at East City Park. The fair is directed by a private, non-profit community group (this could be you!) and is the only self-sustaining festival of its kind in the region.

The Renaissance Fair Board is seeking entries for our annual poster competition. Each year, community members create masterful pieces of artwork to publicize our annual celebration of spring. The winner of the competition has their artwork displayed on our poster, and the runner-up has his or her artwork displayed on the cover of the Renaissance Fair's Program. The winner will receive \$200, and the runner-up receives \$100. Poster entries are due at Book People of Moscow on March 22 by 8 p.m. For more information and guidelines for the poster competition, please visit www.moscowrenfair.org or e-mail sutt5974@uidaho.edu.

Applications for both food booths and craft booths are available now on our website (www.moscowrenfair.org). Food booths must be sponsored by local community non-profit groups and the food served must be judged "tasty and interesting." Individual artisans may apply for craft booths to display and sell their handmade work. All craft booth applications are judged for both quality and originality.

Each year, the Moscow Renaissance Fair is kept going by dedicated individuals who generously donate their time, making our fair a resounding success. This year, we are hoping to find 50 volunteers to help with the many different tasks that make our fair so fun. Volunteer times are flexible, and lots of positions are available, including recycling, crafts, set up, and tear down. If you are interested or know someone who is, contact Meghan at alto_cello@yahoo.com or 360-305-9748. Please consider becoming a part of this great community event.

Moscow Civic Association Opposes Proposed Wal-Mart Supercenter

By Brad King, MCA president

The Moscow Civic Association (MCA) opposes the development of a Wal-Mart Supercenter in Moscow. The MCA Board of Directors made this decision at their February 8 meeting, and the MCA membership supported that decision.

In addition to supporting the local No Super Wal-Mart group, www.nosuperwalmart.com, the MCA opposes the development of a Wal-Mart Supercenter in Moscow based on the principles of Smart Growth and the following specific reasons:

1. A Wal-Mart Supercenter will not contribute to the kind of long-term economic development that provides a net benefit to this community and

region.

2. Wal-Mart is a leader in predatory business practices locally and globally. We believe development of a Supercenter will hurt local businesses and Moscow's thriving downtown area.

3. Moscow currently has a Wal-Mart and a Winco that offer low-price items to residents. A Wal-Mart Supercenter is beyond the scale of what makes sense for a town of 25,000.

4. Wal-Mart is well known for offering mostly low wages, limited health benefits, and imposing illegal labor practices on their workers.

5. The proposed 80-acre east-side site

is the least appropriate place for big box development. This development will exacerbate sprawl and congestion, while causing further damage to the downtown core by diverting traffic elsewhere. An east-side location will make the east/west traffic situation worse.

6. Moscow is, and should remain, a thriving rural community with the ability to continue directing its development towards locally owned, technology-based, and homespun cottage industries and services.

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

inform community members about important local issues and encourage civic participation. More information is available on the MCA website, www.moscowcivic.org.

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Co-op Crossword

By Craig Joyner

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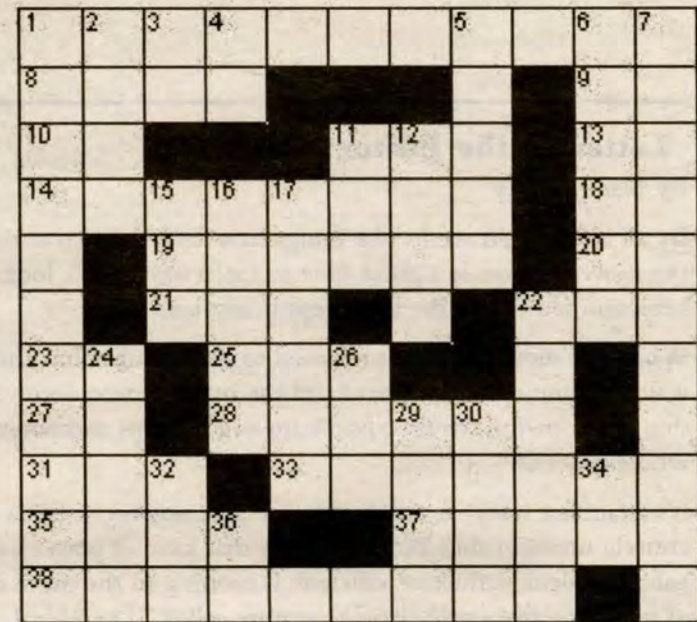
- 1 MFC bakery manager
 8 Cowgirl Chocolates' spicy _____ tequilla bar
 9 Double
 10 For example
 11 Cleopatra's poisonous killer
 13 Live
 14 Dagoba's dark chocolate bar with chilies, cacao nibs, and nutmeg
 18 Professor's helper, abbreviation
 19 Burt's Bees come from this family
 20 Bone
 21 Increase
 22 One of the days MFC serves pizza
 23 KUOI or KRFP
 25 You'll want more than one of these baby backs from Sara-Joe's
 27 This abbreviation can be a language or malt liquor
 28 San Francisco micro brewed beer _____ Steam
 31 Unusual
 33 Eagerly awaiting the return of the Mid-week

- _____ Market
 35 Wapiti
 37 February's profiled volunteer Kate _____
 38 Laughing Dog Brewery is located in this Idaho town

DOWN

- 1 Maker of gourmet potato wedges, French fries, and mashed potatoes
 2 Spanish seaport that is also a food company
 3 Spectrum, abbreviation
 4 Direction, abbreviation
 5 Coombs Family Farms makes this sweet syrup
 6 Bill London
 7 Steeping Orion is this local musician's album that's available at MFC
 11 Music recording standard, abbreviation
 12 Mountain _____ Honey from Peck, Idaho
 15 Jaguar or Viper
 16 Madam Butterfly or Carmen
 17 Martha Stewart's _____ magazine
 22 Endangered Species dark chocolate with mint, Rain _____ Bar
 24 Euripides play that's

- also an Algerian city
 26 Regional ranchers that provide organic meat
 29 North American Indian
 30 Ontario sound that's also a masculine name
 32 Room
 34 Blood factor
 36 Street, abbreviation



Tune into Craig's alter ego, brentbent, every Friday at 8:30 p.m. on 89.3 FM, otherwise known as KUOI.

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Current session ends Mar. 10
NEW SESSION BEGINS
March 20-May 12
 Schedules available on the door of the Yoga Center.

Book Review

By Bill London

Everything Bad is Good for You
 By Steven Johnson
 Riverhead Books, 2005

For a grumpy old fart like myself, reading a book that inspires hope for the future is soooo refreshing. And that is what Steven Johnson's new book about today's popular culture is all about.

Johnson dissects three of the biggest parts of modern techno-culture: video-gaming, television-watching, and Internet-based communication. These entertainment vehicles have been repeatedly blamed for both the dumbing-down of America and the rise of public sex and violence in our culture. Just ask almost any park-bench critic: we're going to hell in a hand-basket because of our younger generation's devotion to gaming, TV, and blogging.

But Johnson explains why he thinks

that negative assessment is wrong. He says this kind of technical entertainment is building brain power, training kids to think in terms of relationships, and is much more complex and interactive than the entertainment options of the past.

I'm not going to rush out and get a TV based on Johnson's upbeat assessment of the power and strength of modern television shows. But thanks to his analysis, I won't ever see TV as the devil's handiwork either.

This is a great book to shake your viewpoint about today's culture. You can get a copy at BookPeople or borrow one at the Moscow library.

Bill London edits this newsletter and eagerly awaits a return visit of his granddaughter, Leyna Grace, aka the most adorable child in the known universe.

Letter to the Editor: Proposals

By Nancy Casey

By all accounts, it seems like things have settled down at the Co-op since the move. So now is a good time to catch our breath, look where we've been and see where the next steps might take us.

When the move was first presented to the membership, the decision to do it was a done-deal. The board and the management decided that membership participation would complicate negotiations and potentially mire the whole process.

It's a familiar story — enhanced executive powers in times of crisis are not entirely unreasonable. But relying on that kind of power can get to be a habit. It's sleek, seductive, efficient. Reverting to the more chaotic process of involving that cumbersome creature called "The Membership" feels too dang daunting.

So just to get things rolling in the other direction, I thought I'd try my hand at a little participation here.

In an ideal world of my design, these are some things the Co-op would do next:

1. Restore the Free Box. Give it a special place because we are proud of it.
2. Elevate the stocking of clean, recycled containers to the same priority as the stocking of items to purchase.
3. Replace the signs that say "Enter" and "Exit" with signs that say "Produce"

Letter to the Editor:

By Linda Kingsbury

I volunteer as a DJ for a radio show on Radio Free Moscow, 92.5 KRFP-FM, called "Ask the Herbalist." I answer questions from the listeners and wanted to invite the readers of the Moscow Food Co-op newsletter to submit questions for me to answer on the show.

Listen to KRFP-FM at 92.5 on Wednesdays from 12:05–1 pm. If you have health questions that you'd like some natural options for, e-mail me at drlinda@spiritherbs.com or call 883-9933. You can also call KRFP at 892-9200 with your questions and I'll provide some holistic possibilities on the next show.

If you are out of the KRFP listening area, you can access the show through streaming audio on the Internet by logging on to KRFP.org to benefit from the show.

and "Deli" respectively.

4. Revisit the complaint about the overpowering scents that was dismissed recently in the newsletter, and address it seriously.
5. Quit growing and spawn. Dump the big-box model and become a business incubator.
6. Cultivate dissent.

Nancy Casey is a lifetime Co-op member whose obnoxious attitudes about consumption have long made her contribution to the store's bottom line negligible. E-mail her at nancy@turbonet.com.

Auntie Establishment

By Joan Opyr

My first novel will be published at the end of this month. It's called *Idaho Code: Where family therapy comes with a shovel and an alibi*. It's a black comedy, a story about family, murder, life in a small town, and — here's the kicker — it's about lesbians. And gay men. And people of color. *Idaho Code* is a perfect trifecta of Southern Baptist horrors.

All of which has my Southern Baptist grandmother worried. Not that she's told me she's worried. Instead, she's been quizzing my sisters.

"What is Joan's book about? Is it something I can share with my friends at Sunday School?"

"Well," they hedge. "It's a murder mystery. Joan says it's funny."

"What kind of funny murder mystery?"

"The kind about dead people," my sis-

ters reply.

"Hmmp," says my grandmother. "I'll bet it's about those people."

I've given them a perfect answer for this, but they've refused to use it. "Tell her *Idaho Code* is about *those* people, and it's about negroes, too." So much for my Sunday School sales.

I love my grandmother; I really do. I've arranged for Amazon.com to mail her a copy of *Idaho Code* as soon as it's published. It's the decent thing to do, and besides, I have no fear whatsoever that she'll actually read it. My grandmother hasn't read a book since 1971 — a sleazy exposé called *Teddy Bare* about Senator Kennedy's troubles at Chappaquiddick.

[My grandmother has a thing about the Kennedys — Ted, JFK, Jackie, Bobby, Caroline, the late John Jr. — and the long-dead Mary Jo Kopeckne. Why? Who knows? Perhaps it's because while they're "those people"

they're not *those* people. The Kennedys are famous for "you know what," but not for *you know what*. They're not *funny*.]

I am *funny*; I am also funny. I am funny ha-ha and funny gay, just like my book. *Idaho Code* is very gay — it's as gay as a goose, as queer as Dick's hatband, as bent as a dog's hind leg. If *Idaho Code* were any more gay, you have to tie it down to read it. The pages would waft up to the heavens on an airy cloud of lavender.

Not that *Idaho Code* is graphic. I don't do pornography. I don't object to pornography; I'm just not any good at writing it. Given a choice between *Fanny Hill* and the Three Stooges, my heart belongs to Larry, Curly and Moe. There are sex scenes in *Idaho Code*, but you won't learn any new techniques by flipping ahead to the steamy bits. Still, I have written sex scenes, and those sex scenes are between women. Straight friends have

read and enjoyed *Idaho Code*, but as characters, they don't get much play. What I write is queer. It's gay, lesbian, bisexual and transgendered. I don't write about *those* people; I write about our people. I'm a lesbian writer in all senses of the word.

If Granny gets past the acknowledgments page, she'll find this out — hell, all she has to do is read the back cover. According to the blurb by Val McDermid, "Joan Opyr is the most entertaining new voice in lesbian mystery." Lesbian. Mystery. Funny and *funny*. Take that, Grandma's Sunday School.

Joan Opyr, AKA Auntie Establishment, invites (nay, begs) you to buy her new book as soon as possible. There will a reading/book party launch at 7 p.m. on March 8 at Moscow's BookPeople. Be there or be square!

Off the Record: Lisa Simpson

By James Reid



This column inaugurates a monthly feature in which I will review a CD available for sale at the Co-op. I will focus on local artists, and if I run out of those, I'll select a suitable Putamayo CD while I wait for a new local artist to emerge. You may wonder what makes me think I'm qualified for this duty. First of all, I was the first person to respond to the call for a reviewer. If that's not enough, I've been a musician most of my life. I began playing the guitar when I was 12, played in a variety of bands through high school, and I hold degrees in music performance from

the San Francisco Conservatory and the Hartt School. Since 1978, I have been a music professor at the University of Idaho, where I continue to teach and play the guitar and also teach a class in the history of rock and roll.

Our first featured recording is *Steeping Orion*, released by Lisa Simpson in 2001. A native of New Hampshire, Simpson moved to Moscow seven years ago. She began playing guitar in high school, and started writing songs at about the same time. She had already been writing poetry, and adding music to the words seemed a

natural extension. Lisa admits to listening to Simon and Garfunkle

during her high school years, but also a wide variety of other artists, so the influences that have shaped her are diverse. She is currently working on a new CD that should be available this spring.

Steeping Orion is a recording that follows the tradition of the singer-songwriters of the early 1970s, artists such as Joni Mitchell, Carole King and James Taylor. The first thing one notices about the recording is that it is very direct and honest. In today's music market, over-produced recordings are the norm, and it is very refreshing to hear music that is presented in a simple, yet effective, manner. Front and center are Simpson's voice and guitar, but she is accompanied by percussion, bass and, occasionally, another guitar. Simpson has a strong, clear voice—the voice of a woman rather than a girl (that's a good thing!).

The lyrics in Simpson's songs are full of the themes that are often present in contemporary songs: alienation, loneliness and regret. There are also occasional regional references, although none that specifically mention the Palouse. I think my favorite song might be "Eternal Holiday." The guitar introduction is reminiscent of Kansas' "Dust in the Wind," and the first stanza of lyrics will ring true for anyone who laments a lost relationship: "Like a dusty jukebox in a bar in some forgotten town, I play the memory of you over and over again. I just keep plugging in those nickels." The ache

The lyrics in Simpson's songs are full of the themes that are often present in contemporary songs: alienation, loneliness and regret.

over a lost love is timeless, but there are also contemporary references in Simpson's songs that remind us of how the world has changed in recent years. In "NY Song" she sings: "Ten dollars got me to the Top of the World, and only one plane made 110 fall down."

If you are wondering about the title of the CD, *Steeping Orion*, so did I. It refers to a band that Simpson was in that also included many of the musicians who accompany her on this disc. She also confesses having a strong affinity for the constellation of Orion. For those who want to appreciate Simpson live, she will be performing at the Daily Grind in Pullman on April 14.

James Reid recently completed the National Diploma Course in Goalkeeping offered by the National Soccer Coaches' Association of America in Ft. Lauderdale, and this spring he will coach the girls' U16 team for Moscow United.



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Bulletin Board



MOSCOW FOOD CO-OP

Vigil for Peace

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

Meetings in Friendship Square and at Third and Main. 882-7067, sperrine@potlatch.com.

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

Under the clock by the Public Library. 509-334-4688, nancycw@pullman.com.

Co-op Music Nights

Tuesday nights, 6-8 pm
Free live music at the Co-op and food/drink specials.

March 7: Brian Taylor

March 14: Potatohead

March 21: Mark Cassidy (from Toronto)

March 28: The Slow Sky

Ask The Herbalist

Wednesdays 12:05-1 pm

Listen to KRFP 92.5fm Wednesdays from 12:05-1 pm. If you have health questions that you'd like some natural options for, e-mail me at drlinda@spiritherbs.com or call 883-9933. Or call KRFP at 892-9200 with your questions and I'll provide some holistic possibilities on the next show.

Latah County Writes!

Free creative writing workshops and literary readings, open to the public. For more info & dates, or to sign up: www.latahlibrary.org.

Deary-Aimee Phan: Thurs. 3/2: 6-9 pm reading & workshop.

Juliaetta-Andrea Clark Mason & Billy Merck: Sat. 3/4: 1-4:30 pm workshop & reading.

Troy-Mary Clearman Blew: Wed. 3/22: 7-8 pm reading; Sat. 3/25: 9:30 am-12:30 pm workshop.

Genesee-Paula Coomer: Wed. 3/29: 7-8 pm reading; Wed. 4/5: 7-9 pm workshop.

Forum on Darfur

Thurs. Mar. 2, 4 & 7 pm

Several community organizations will be sponsoring two screenings of "Darfur Diaries: Message from Home." The film will be shown in AG Sci 106 on the UI campus. Screenings will be followed by a panel discussion. Free and open to the public. For info, please contact Jason Kelly at jasonhkelly@hotmail.com.

Public Art Town Meeting

Tues. March 7, 7 pm

The City of Moscow's Public Art Task Force will hold a town hall meeting on at the 1912 Center, 412 East Third Street, to report on the Task Force's accomplishments and to gather community input on their work. For info call 208-883-7036 or e-mail dheath@ci.moscow.id.us.

Book Signing-Joan Opyr

Weds. March 8, 7 pm

Book signing for "Idaho Code" by Co-op newsletter columnist Joan Opyr, AKA Auntie Establishment at Bookpeople of Moscow.

Green Building Workshop

Thurs. March 9, 7 pm

City of Moscow Green Building Program Information Workshop in Moscow City Council (3rd & Washington St) about Green Building source Conservation community. More info: Jim City of Moscow 883-

Co-op Art Open

Fri. March 10, 5 pm

A Reception at the Moscow Co-op for the opening artist jewelry show, featuring artists, including Carl Hallie Seronko, and

Call for Artists

Deadline: March 13

The Moscow Arts Commission issues a Call for Artists for a group sculpture exhibition scheduled to open in the Third Street Gallery on April 7. Artists may obtain an application by calling 883-7036 or e-mailing dheath@ci.moscow.id.us by March 13. Only sculpture will be considered for this exhibit.

Zugenrue in Concert

Fri. Mar. 17, 7:30-9:30 pm

"Folk with an Attitude" at The Attic, 314 E. Second Street, Moscow. Cost: by donation. For more info call: 208-310-9139.

Contra Dance

Sat., March 18

Wear green if possible! Live music by Potatohead by Joseph Erhard-Hill at 1912 Building (412 E. Third) in Moscow. \$4 new members, \$7 non-members. For more info: www.palousepeace.org, or 208-892-0731

Renaissance Fair

Deadline: March 15

Annual poster competition for the Moscow Renaissance Fair is now! The winner will receive \$200 & the runner-up will receive \$100. Poster entries are due at Bookpeople of Moscow on March 22 by 8 pm. For more info and guidelines, visit www.moscowrenfair.org or e-mail tt5974@uidaho.edu.

Unafest at Kenworthy

Thurs. Mar. 23, 7 pm

The Women's Center presents Unafest at the Kenworthy Performing Arts Center. \$5/adult, \$3/student or senior.

An Evening of Bluegrass

Friday, March 24, 7 pm

The Kenworthy Performing Arts Center will present the Grangeville Bluegrass Company and Prairie Flyer. For info, call 208-882-4127.

Anniversary Peace Rally

Sat. March 25, 12 noon

Rally to mark the 3rd anniversary of the war in Iraq at Friendship Square, Moscow. Palouse Peace Coalition: www.palousepeace.org.

Intuitive Arts Moscow

(IAM) Holistic Fair

Mar. 25 & 26 10 am-7 pm

Join us for a celebration of the Intuitive and Healing Arts. At The Orchard Studio and Retreat Center, 3400 Robinson Park, Moscow. Sponsored by Mindworks with April 15. Free general admission. For info, call 208-882-8159.

moscow food co-op
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moscow idaho 83843

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Albert Sabiu
Virologist

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