

May 2006

FREE!
Please take one

Community News

The monthly newsletter of
the Moscow Food Co-op

Tuesday Growers' Market Begins Second Week in May

By Michelle Hazen

The rainy season is upon us, and you know what that means! It's springtime, and our local growers will begin selling their fresh, delicious produce very soon. When will all of this excitement begin? May ninth, the second Tuesday in May, you will see the alley-side parking spaces fill up with various veggies from our farming friends. Growers will sell from 4:30 p.m. until 6:30 p.m. every Tuesday throughout the growing season, which usually means through September.

The new Co-op space means a better place for our local growers to distribute their food. This year, they'll get to set up in the much more spacious parking lot, along the alley, under the protection of the shady trees. You may catch them tapping their toes to the sound of the Co-op's "Hot Off the Grill" Tuesday Night Music Series, soon to move outside for everyone's listening pleasure. All the

while, that classic summertime barbecue smell will entice community members to hang out, grab a bite to eat, and to take home some fresh goods from our friendly local farmers. The idea is to come to the Co-op on Tuesday nights, celebrate your community, and support your local growers.

The Tuesday Growers' Market has grown in size every year, and this year promises to be the most successful year yet. With more interested farmers than ever, a great new space, and a supportive community, it will be. See you on Tuesdays!

.....
Michelle Hazen can't wait to taste some fresh veggies from local farmers



www.moscowfood.coop

Published by

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

Opinions expressed in the newsletter are the writers' own, and do not necessarily reflect Co-op policy or good consumer practice. The Co-op does not endorse the service or products of any paid advertiser within this issue. All contents copyright by the Moscow Food Co-op. Contact the editor to secure reprint rights.

Writer's guidelines as well as current and archived newsletter articles are available on the Co-op website: www.moscowfood.coop

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

Printed on Recycled Paper
Deadline for Articles and Ads 20th of each month

Editor

Bill London

Issue Editors

Carol Spurling
Carol Hill

Graphic Design

Megan Prusynski

Advertising Manager

Aly Bean

Illustrations

Rachel Dugger

Distribution

Donald Stanziano—Moscow
Beth Hemmer—Pullman
Mary Zuber—Lewiston-Clarkson

Back Cover Design

Richard Elgar
events@moscowfood.coop

Webmaster

Bob Hoffmann
webmaster@moscowfood.coop

General Manager

Kenna Eaton (208) 882-8537
(208) 882-8082 fax
kenna@moscowfood.coop

Photographs

David Hall

Board of Directors

board@moscowfood.coop
Kim Vincent - President
Bill Beck - Vice President
Will Simpson - Secretary
Phil Ronniger
Kathleen Ryan
Joe Thompson
Donal Wilkinson

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

Community News



Bike Racks R Us (Almost)

By Kenna S. Eaton, General Manager

Last month, we were working to raise funds for the outdoor bike racks. Many thanks to everyone who bought a raffle ticket; together we raised \$687 toward our goal of \$1,700 for the 12 bike racks being made by our very own local "Bicycle Brothers."

So does this mean we won't get the racks anytime soon? Nope, we went ahead and gave the order for them anyway, since we're sure that one way or another, the money will materialize. And it is! Yesterday B&L Bikes, located in downtown Pullman, offered to buy one of the racks. Way to go Pullmanites — I sense a friendly competition in the running. Then Vicki was able to score two "nirve cruiser"

bikes for us to raffle off. Both bikes were donated by wine companies. One donated by Smoking Loon is a cool retro bike with a basket on the front; it's painted bright yellow and red with the logo tattooed artfully on the crossbar. The other cruiser, a bright red, is from BV Wines and has their logo on the crossbar and has the addition of fenders to keep ya' dry in the spring rains. So, look for these bikes in the store soon and purchase another opportunity to win the bike of your dreams!

The last raffle winners are: Oscar Hoffmann, the runt bike; Phil Cook, Kate Jaeckel, and LeeAnne Erickson all won recycled, handmade bike jewelry;

and Kathleen Ryan won the creative wine rack made from a recycled bike rim. Thanks to the artists who donated their arts and crafts, and thanks to you who bought the tickets — we couldn't do it without y'all!

“B&L Bikes, located in downtown Pullman, offered to buy one of the racks. Way to go Pullmanites!”

Donations Made Easy

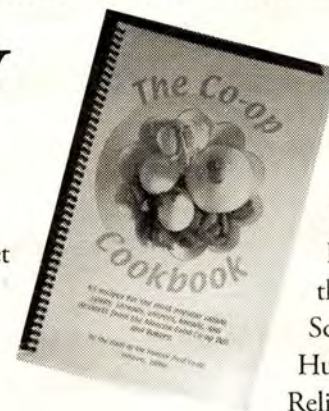
By Kenna S. Eaton, General Manager

The title may be misleading, but I do want to talk about the donations that this Co-op makes to our community.

Every day, I get letters, e-mail, phone calls, and walk-ins asking for money. In the past few years, since our government has backed off in their support of these organizations, the requests have multiplied many times over. All causes are good and worthy, but to be honest, the Co-op's pockets are not very deep and we can't give to everyone who asks. On the flip side, my heart wants to be able to help any way we can. Lately, we have been giving a piece of ourselves instead of money: our very own Co-op cookbook! This, plus a complimentary

membership, seems like a good balance in terms of giving and yet also pulling in those who may not otherwise shop here.

We primarily give to local, grassroots organizations that share similar values, but the net reaches beyond that to environmental, human rights, and educational groups, and to those interested in helping others. Last year, we tried really hard not to give any money away since we were in the process of moving and felt we needed every penny. Alas, we still managed to give away \$3,500 to the League of Women Voters, the Empty Bowl event, the Nez Perce tribe, the Moscow Civic Association, PCEI, the Martin Luther



King Human Rights Breakfast, the Moscow Charter School, and the Hurricane Katrina Relief Fund, plus numerous other small

groups. This year, our list of recipients already looks pretty similar

A few years ago, we began a more formal system of giving money to our community through the 2% Tuesdays program. And we are committed to looking at our financial position every quarter and assessing our readiness to bring that popular program back. However, we're still not ready ... cookbook anyone?

Co-Operations



Front End News

By Annie Hubble, Front End Manager

At this time of year, we always have to bid a sad farewell to various members of staff who have finished their schooling and are heading out into the world. But the good side is that we get to welcome new people too. And I want to welcome Kimberly King and Elise Lear to our cashier team. They are completing their training, and by time you read this, will be wonderful additions to the smiling and welcoming team of cashiers.

I want to congratulate my cashier team

"I want to congratulate my cashier team for their great work at Taste Fair. That day was the busiest day in Moscow Food Co-op history."

for their great work at Taste Fair. That day was the busiest day in Moscow Food Co-op history, and even though their feet hurt and the customers kept flowing by the registers in an unending line for many, many hours, the cashiers smiled and welcomed and also kept to a high degree of accuracy in their transactions. Well done, everyone!

Make sure you check out our Tuesday music nights. Recently, we were lucky enough to have the local marimba band 'Sesitshaya', and what fun it was. So many smiling, happy faces, and how infectious the rhythms were!

We all look forward to seeing you whenever you want to drop in, whether it is to shop, to look at the art, to listen to music, or to meet up with a friend and a good cup of organic coffee in a peaceful spot. See you soon!

The Volunteer Program

By Annie Hubble, Volunteer Coordinator

We have welcomed several new volunteers during the last few weeks, and I am almost caught up on the backlog of applicants. I am temporarily accepting applications again. Check out the notice board to the right of the meat department and fill out an application if you are interested in getting a position.

Volunteers help out so much in the store, and we do appreciate them. You will see them behind the deli counter; they help in the bakery and kitchen; help close our store at night; help stock and clean; and, of course, produce this amazing newsletter.

Thank you everyone for your hard work.

Art at the Co-op

By Annie Hubble, Art Show Coordinator

I am very excited about the May art show. A group of high school students, who have all taken at least two classes with art teacher Mel Siebe, are going to present a show of their collective works. These students have all proven themselves to have the self-discipline and self-motivation to be allowed to work independently. They are professional in their approach, and all show great promise as artists.

The show will open on Friday, May

12, with a reception from 5.30-7 p.m., and run until Saturday June 10. Do come and support these young people. Meet the individual artists at the reception and share their art. These are awesome members of our community who already have a passion in their lives, and who pursue this same passion daily with discipline and diligence. By supporting these artists, we may be encouraging further brilliance, and you just may be one of the first to view the works of a future maestro!



Tuesday Music at the Co-op

By Eric Gilbert, Co-op Music Coordinator

Our live music fun will continue indoors Tuesday evenings in May, but will move outside in June. This month, come in for dinner specials and free music, 6-8 p.m., every Tuesday.

Thanks to everyone that has been hanging out on music nights. It's been a lot of fun, the music's been great, and y'all are so cute and such a blessing to the Co-op community. Okay, enough of the gushing, here's what's coming in May. To gear up for the Renaissance Fair, we'll be having the Carliol Consort on May 2 playing music of the Renaissance period. On May 9, the

band formerly known as Hard to Please will bring their traditional country and bluegrass soul party to the Co-op stage. May 16 hails the return of the Acoustic Wave Machine (batteries sold separately). On May 23, The Boogie Doctors will give it another shot since they were, ironically, sick for their April date—makes ya' question their doctoral credentials, eh? The month will wrap up with Noi and Friends on May 30 with some Irish folk music.

The summer BBQ, Farmer's Market and outdoor music series starts in June!!! Music will move to 5-7 p.m. for the summer (still on Tuesdays).

Who wants to play?? You can call me at the Co-op or e-mail me: gilbert@oracleshack.com.

Upcoming dates:

May 2: Carliol Consort
May 9: Hard to Please
May 16: Acoustic Wave Machine
May 23: The Boogie Doctors
May 30: Noi and Friends



Movement is Life

Our goal is to make the impossible possible, the possible easy, and the easy elegant.

Individual Functional Integration® lessons by appointment

Awareness Through Movement® Group Lessons,
Monday 10 a.m. and Noon,
Tuesday 5:30 p.m.,
Thursday Noon, and 5:30 p.m.

Tom Bode 892-3400
Elisabeth Berlinger 883-4395
Guild Certified Feldenkrais Practitioners

112 West 4th Street in Moscow

Co-Operations



Oh, the Parking Lot

By Kenna S. Eaton, General Manager

Oh, I look forward to the day I no longer “get” to write about the parking lot! That’ll mean we’ve solved the parking woes and everyone is happy!

In the meantime, here’s the update. You may remember that our long-term goal is to make the lot a safer, greener, and easier place to park. To that end, we asked University of Idaho Landscape Architecture students to design us the “perfect” lot. While no single plan held all the answers, we’ve taken their best suggestions and created a blend

that we hope will satisfy the city, our landlord, and you, our customers. The Sustainability Committee has been working hard at analyzing the best layout and structure for the lot as part of our process of redesign; however, the process of checking in with all stakeholders will take some time, as will raising the funds to make the changes.

In the meantime, the Kiwanis Club will be re-stripping the lot this spring and adding the words “CO-OP PARKING ONLY” to the spots on the Fifth Street side of the lot and the alley side. And at

the beginning of May, the cashier team will take on the glorious task of helping shoppers to find a parking spot and at the same time encouraging non-shoppers to park elsewhere. And just so you know (because it has been asked), our staff is not allowed to park in the Co-op lot while working at the Co-op, and we have even asked them to park outside of the three-hour downtown zone whenever possible.

Finally, don’t forget to pick up your frequent shopper card to celebrate the fact you walked to the Co-op instead of

“Don’t forget to pick up your frequent shopper card to celebrate the fact that you walked to the Co-op instead of driving.”

driving. See, leaving your car at home can really pay off!

We Need Your Help!

By Kenna S. Eaton, General Manager

When we first developed our website, www.moscowfood.coop, it was so exciting! What fun to have a website that carried the latest edition of *Community News* (this in-house newsletter), as well as links to other co-ops, related groups, good websites, etc. I was, and am still, proud of what we accomplished, given our lack of funds. The development of our website was, in large, due to the hard work of volunteers, but it wasn’t until Bob Hoffmann, current webmaster, came along that the website actually became usable and up to date.

Flash forward five years, and now we see that our website needs refreshing. Technology has come such a long way over that time, and the possibilities of what a website can do has multiplied relative to that. So now we’re ready to

consider re-designing our high-tech alter ego. And this is where we need your help. We’re putting together a committee of volunteers, board members, and interested staff to help us figure it out. We’ll look at questions like: What is the purpose of our website? What do we want to do? We’ll look at how we’re going to pay for it and who’s going to make that happen, and we’ll see it through to the culmination. Interested in being involved? E-mail me, and as soon as I get enough people, we’ll put together an ad-hoc committee. I suspect it’ll take about six months to complete all the steps involved, so please make sure you can make that type of time commitment before taking the plunge and dropping me a line. You can contact me at kenna@moscowfood.coop.

How You Can Help:

Join the Committee to help with re-designing the Co-op’s web site. E-mail Kenna at kenna@moscowfood.coop.

Remember, this will take about six months, so be prepared for the commitment!



Graduation Party Plans

By Adam Stone, Meat Department Manager

Along with sunshine, new growth, and spring weather, the month of May brings us graduation time. Who on earth has the time to plan a party in the midst of writing a thesis and getting ready for the rest of their life? Well, we can’t plan your whole party, but we can help with some finger-food ideas. If you provide us with, say, one-week minimum of lead-time, we can make life easier for you in the food portion of the party planning.

Granted, what we have to offer still needs to be cooked, but you are still saving yourselves a ton of preparation time for some very impressive and tasty finger foods.

Some of the items we offer are the ever-popular Italian Style Meatballs, Indian Spiced Ground Lamb Kebabs, Bul-Goki Marinated Beef Short Ribs, Thai Chicken Sateh, Asian Sesame Marinated Pork Spareribs, and Tuscan Rosemary Rubbed Pork Tenderloin, just to name a few. We will provide you with easy cooking instructions and

some suggestions for other foods to go along with them. Before you know it, your guest will be savoring some of these delights, wondering to him or herself, “how did they find the time to make such tasty appetizers?” Of course, your secret is safe with us, although it is nice to hear people come to us and say, “I was having dinner with so and so and they said they bought the Asian Sesame Spareribs here at the Co-op, may I buy 10 pounds please?”

All joking aside, we just want to express our gratitude for all the folks out there that support us back in the Meat Department. Please remember to give us ample time to plan for your special orders and thank you for making our jobs interesting and fun.

“We just want to express our gratitude for all the folks out there that support us back in the Meat Department.”



Spring ...

Flowers, Fresh Produce, and Mother's Day

By Nikki Woodland, Deli Supervisor

Well, it's that time of year again. The flowers are beginning to bloom, the sun actually makes more than just a cameo appearance, and our mothers are in need of appreciation and thanks. That's right, Mother's Day is just around the corner, May 14 to be exact. Typically, Mother's Day is that holiday that we tend to forget about until the Saturday before. Then we run to the store to buy some eggs so we can make her breakfast in bed. The way I remember it, my sisters and I would attempt to fry some eggs (always with broken yolk), toast some bread (always burnt), and make some coffee (always weak). Dad would load everything on

a tray for us and then cringe as one of us tried to make it all the way from the kitchen to the bedroom without dropping our masterpiece on the floor. Well, it's about time Mom got a little more appreciation than a mediocre breakfast and a messy kitchen.

Have you ever thought about treating Mom to a gourmet dinner instead? You could wow her with a complete meal made with organic vegetables, all-natural products, and a nice bottle of wine, all without lifting a finger. Ok, you might have to lift your finger to dial the Moscow Food Co-op, but then all you have to do is choose which gourmet meal your mom, or the mother of

your children, would like the best. Just think, Mom still gets to enjoy staying in the comfort of her own home, surrounded by her adoring family, but without the messy kitchen and the lingering smell of burnt toast in the air. I think she deserves at least that much.

This year, the Co-op deli offered complete gourmet dinners for Valentine's Day. They went over so well that we decided we would do it again, this time for that other special someone in our lives, our moms. The special Mother's Day menu will feature all natural products from our meat department, spring produce like asparagus, and some local wines, all for a very reasonable price.

Everything will be fully cooked and arranged for you in a nice, neat package. All you have to do is pick it up, take it home and reheat. You can even pretend you made it yourself if you want, we don't care. If this is something you are interested in, pick up a special menu from the deli, then sit back, relax, and pat yourself on the back for planning ahead and giving Mom something she will really love this year.



The Buy Line

By Vicki Reich, Grocery Manager

The industrialization of organic food has been in the news lately, or at least in the news that I read. Sales of organic products are up 20% a year for the last several years, while conventional (a term I really don't like since it's only been conventional for the last 100 years or so) grocery sales are flat. Large corporations are seeing the dollar signs and buying up natural and organic companies at a rate with which I can't quite keep up. Mainstream brands are coming out with organic varieties of their most popular items. Even McDonalds is going to serve organic coffee.

On the surface, this seems like a really good thing. The more organic food that is sold, the more land goes into organic production and the less pesticides, herbicides, antibiotics, and hormones are used in the production of food. That means less of those things end up in the environment and in our bodies. But is that what's really happening? In some cases, the big corporations

buy up small companies and leave well enough alone and just enjoy the profits. However, what seems to be happening more and more, is big corporations are trying to water down the organic standards so they can grow organic food more cheaply (just like they already do with conventional food), but still charge more for the organic label.

The big fight right now is what access to pasture means in the organic rules. Big factory-farm dairies are barely within the letter of the law and certainly not in the spirit of what many of us imagine to be the organic standard when it comes to pasture for their cows. The milk these farms are producing goes mainly to store brand milk like Costco, Safeway, and Trader Joe's, but Woodstock Farms and Horizon also use these large-scale farms for some of their milk (visit www.cornucopia.org for more information).

It seems like every year or so, there is a new attack on the organic standards

to weaken them and make it easier for big corporations to make money off of our desire to eat better food. There are several sources that will keep you up-to-date on the latest battles and on who bought out whom. My favorite is the Organic Consumer Association (www.organicconsumers.org). They have an e-mail newsletter and a wealth of resources on the Web. Another website with a great chart that shows the interconnectedness of the big corporations and the brands you buy at the Co-op is www.certifiedorganic.bc.ca/rcbtoa/services/corporate-ownership.html.

I'm an optimist so when I hear that more people are being exposed to organic food I try not to think about how a few greedy people are trying to shortcut the system, but instead think about the fact that more acreage is being put into organic production despite them. I'm not hiding my head in the sand, however, and do my part to fight for strong organic standards. I also try to spend as much of my food

“Big corporations are trying to water down the organic standards so they can grow organic food more cheaply (just like they already do with conventional food), but still charge more for the organic label.”

dollar locally as I can. I buy a share in a CSA every year, I buy local and regional products from the Co-op, and I try to stay away from overly processed foods. When I do buy processed foods, I try to know a little something about their internal standards so I can feel good about spending my money on them. There is an amazing amount of information on the Web about this topic, so if you want to join me in knowing more about where our food comes from, take a few minutes to look at the websites I mentioned and see what else you can find. Happy Spring and here's to that first bite of local lettuce.

Co-Operations

April 2, 2006: Annual Co-op Member Meeting

By Phil Ronniger, Board Member

The Annual Co-op Member Meeting took place at the Unitarian Church on Sunday, April 2. Approximately 30 members, including staff, were present at the potluck dinner meeting. We shared some wonderful dishes and conversation.

Mike Forbes, the outgoing but not forgotten President, gave a Board summary for the last year. And Kenna Eaton, the General Manager, provided an energetic outline of 2005, focusing on the move to the new Fifth Street location and the wonderful parts and outcomes of the process, as well as the



Mike Forbes addresses the audience at the Member Meeting.

reality of such a transition.

The Board engaged the facilitation skills of member Jan Rauk, UI Business School faculty, to facilitate a dialogue among members, Board, and staff. We began with the following questions:

1. In what roles do you see the Co-op over the next 3-5 years?
2. What do you want the Board and the General Manager to start or stop doing in the next year?
3. What is the Co-op's role within the community in "building bridges"? Is there a specific role the Co-op plays as the downtown "anchor" store?

From this beginning, the following ideas emerged:

- Become more than an organic food

store now that "everyone" is selling organic food

- Build an impact and image around sustainability
- Develop educational programs related to healthy eating, organic gardening, and sustainable farming
- Build upon and strengthen the role as a cultural place in the community and the warm atmosphere where "hugs and laughter" take place
- Be welcoming to all, non-polarizing
- Be the example for [fill in the blank]
- Revive "dinner with directors"
- Conduct a member survey
- Expand the size of the Board
- Invite the owner of Tri-State to speak to the Board about maintaining an impact despite increased competition
- Increase/strengthen local and community partnerships
- Develop connections with community organizations, e.g. the C of C, Moscow Civic Association
- Provide special services for those who cannot come themselves to shop or



Members dig in to the Potluck spread.

need some assistance

- Resolve the parking situation
- Adopt SMART goals: Specific, Measurable, Attainable, Realistic, Trackable

The Board and staff will utilize these as part of our continued focus on methods to make the Moscow Food Co-op more and more responsive to the needs of members and our significant role in the Moscow-Pullman communities.



Springtime in the Produce Department

By Scott Metzger, Produce Manager

Spring is has finally arrived, and with it comes a cornucopia of seasonally fresh produce and flowers. Locally, Affinity Farm has locally grown baby spinach for sale in 1/2# and 1# bags. Look for them in the produce department for another week or so.

Also, we now have bunches of locally grown daffodils and tulip stems from Moffetts Organics, Linda Benson, and Flannigan Creek Farm. Look for the locally grown flowers in the produce department and at the check stands. Also look for flowers from Sweet Peas

and Sage for sale in the flower display near the check stands.

From elsewhere in the world, where spring is farther along, we now have organic asparagus from California, organic sugar snap and snow peas from California, organic rhubarb from Washington, and organic kale flowers, also from Washington. Keep your eyes out next week for organic asparagus from Washington as well.

Also if you're interested in trying something new, look for the baby arugula salad mix in the produce case.

Arugula is an aromatic lettuce green prized for its spicy flavor. Arugula is popular in many Italian dishes and is a good source of Vitamins A and C. I personally love an arugula and cheddar cheese omelet for breakfast in the mornings.

Arugula, Orange, and Red Onion Salad 4 servings

- ✦ 2 bunches arugula, washed and trimmed
- ✦ 1 tbsp. extra virgin olive oil
- ✦ 1 tsp. fresh lemon juice
- ✦ 2 large navel oranges, peel and white pith removed, cut into segments
- ✦ 8 very thin slices red onion, separated into rings
- ✦ Freshly ground black pepper

Drizzle the arugula with half of the olive oil and the lemon juice; toss to coat and divide among 4 salad plates. Arrange the orange segments and onions on top, dividing evenly. Drizzle with remaining oil and season with black pepper.

www.infozine.com/z0003/f-oil5.shtml



“Pretty Darn Gluten-Free” Case Now Up and Running!!

By Aven Krempel, Bakery Supervisor

Question: What does Moscow have that neither Spokane, Missoula, the Twin or the Tri-Cities have? **Answer:** A bakery with an extensive array of breads, pastries, and cookies made without gluten. As someone with Celiac Sprue, an autoimmune disorder that does not allow me to process the gluten protein found in wheat, barley, rye, or oats, I have been stoked, to say the least about the recent offerings now available. For months your Co-op bakers have been testing and perfecting recipes with the final results now ready for consumption in the new case located on the pastry and baguette table along with many other delicious treats from the bakery. What may surprise you is these gorgeous delights are good enough they can be served even for people without gluten intolerance. What you don't tell them, they won't know!!! So go ahead, try something new and yummy, it could be one of the delicious lemon cupcakes, or perhaps a

tasty tea cookie, or my personal favorite, the peanut butter and jelly cookies!! We are always open to questions or suggestions and for those of you with gluten intolerance, or wheat allergies, it can be comforting to know there is someone knowledgeable in this area working for you in the Co-op bakery. I hope you enjoy the new “pretty darn gluten-free” offerings as much as I do.

—Anna Carnegie-Marx, Baker

Where is the Garbanzo Bread?

Unfortunately, it has become impossible for us to continue to make and sell the Garbanzo Bread. We had been charging less than it cost us to make the bread! We are currently working on some new breads made without gluten that we can produce at a reasonable price.

If you loved the Garbanzo Bread and

want to try making it at home, here is the recipe. We've reduced it to a batch that should make two loaves plus a few rolls. Remember that this type of dough will be very different than dough made with wheat

flour, and if you have any questions give us a call. Good luck!



Gluten Free Garbanzo Bread

2 Loaves + 3 or so rolls

- ✦ 2 Tbsp. cider vinegar
- ✦ 3 Tbsp. canola oil
- ✦ 1 1/2 cups GF rice milk, room temperature
- ✦ 1 1/2 cups water, warm
- ✦ 1/2 cups maple syrup
- ✦ 2 cups garbanzo flour
- ✦ 2 cups brown rice flour
- ✦ 2 1/3 cups tapioca flour
- ✦ 1 cup arrowroot
- ✦ 1 cup Bob's Rice Cereal
- ✦ 2 Tbsp. xanthan gum
- ✦ 6 Tbsp. brown sugar
- ✦ 1 Tbsp. salt
- ✦ 2 Tbsp. yeast

Preheat oven to 350 degrees F.

Mixing: Stir wet ingredients together until thoroughly combined. In a separate bowl, stir dry ingredients together until thoroughly combined. Slowly add dry mix to wet, stirring until combined. With an electric or stand mixer, beat on medium speed for 10 minutes. The dough will be the consistency of thick cake batter and will be very, very sticky.

Shaping: Oil or butter two bread loaf pans. Oil, butter, or lay down parchment paper on a cookie sheet for the rolls. OIL YOUR HANDS OR YOU'LL BE SORRY. OIL EVERYTHING ELSE TOO (spoons, spatulas, etc.). Fill bread pans 3/4 full, divide remaining dough into desired size rolls.

Rising: Cover with oiled parchment and let rise until 1/4 inch above top of pan, 20-30 minutes.

Bake: Rolls 20 minutes, loaves 40 minutes.

Cool: Let cool 20 minutes in pan, no more, no less. Take out of loaf pan onto cooling rack and let cool completely before slicing.

Variations: Substitute Bob's GarFava flour for Garbanzo flour.

Motherwise Midwifery

Homebirth

Labor Support

Childbirth Education

Postpartum Doula

Birth Tub Rental

Nancy Draznin, CCE, CLA
(208) 310-3252

Just Trade

Fairly traded crafts
from around the world
inside Brused Books

235 E. Main St.

Pullman WA

509-334-7898

M-F 11-6 Sat 10-6 Sun 1-6

Keith Smith Carpentry

Level, plumb, & square with the world

Timberframes
Additions
Remodels
Custom woodwork

882-4938

MOSCOW YOGA CENTER

525 S. Main. 208.883.8315



New session May 22- July 21

“Get Ready for Gardening” yoga
workshop May 20, 11am-1pm

Schedules available on the
door of the Yoga Center.

Dr. Ann Raymer

Chiropractic Physician

Gentle holistic health care
for your whole body
and your whole family

1246 West A St.
Moscow
(208) 882-3723

Co-Operations

From the Suggestion Box

I love the Stacy's Pita Chips, but they also have bagel chips that are out of this world. Can you get them? They are not available from our supplier yet, but as soon as they are we will have them. I just tried them and you are right, they are out of this world. -Vicki, Grocery Manager

I would like to know all the ingredients that are in your bulk dried fruits. What types of sugars are added, are some sulphered [sic], are all of them organic, etc.? All the dried fruit that is organic is labeled as organic and well as the items that contain sulfur. Only the dried fruit that is labeled as sweetened contain any added sugar. I will find out what type of sugar is added to those and add it to the labels. -Vicki

Can you stock whole-wheat pastry flour? You have white wheat but not whole wheat. The white-wheat pastry flour is whole wheat. It is made from white wheat berries. Sorry for the confusion. -Vicki

Shopping in the store had become extremely inconvenient. There are always piles of boxes in front of the shelves, lining isles so I can't even get my cart thru. Also, employees are always whizzing by with carts. My suggestions are to retrain employees so they understand that the customers should be treated in a courteous manner and to let them know that customers are #1 (instead of getting their carts across the store as #1). Have employees stock shelves in the early and late hours instead of peak shopping hours and remove boxes immediately. Why don't other grocery stores have this problem? We are aware that this is a problem, and we have put some new policies in place to help alleviate the congestion. We hope you notice a difference. Please let us know if you don't. -Vicki

I love the little glass Down-to-Earth dishes with the fitted plastic lids — they're great for lunches and leftovers. Can you order bigger sizes? They're a little small for most of my leftovers. I'll see what I can find. -Carrie, Mercantile Buyer

Please ask the cashiers to prompt or remind us about rounding up for the bike racks! I never remember until I've already paid! Thanks for the suggestion, and thanks for your willingness to support our community bike rack effort. -Annie, Front End Manager.

Noticed that you phased out the Barbara's Bakery Puffins Cereal & Yogurt Bars and brought in the Yogurt & Fruit Bars instead. The Puffins Cereal Bars were really good, more nutritional value and fiber too. Could you bring them back, please? Thanks! These were really slow sellers for us, that's why I replaced them with the new Fruit and Yogurt Bars. I'd be happy to special order you a case of the cereal bars. -Vicki

I love dark chocolate covered cranberries instead of milk chocolate covered ones. Please put dark chocolate covered cranberries in stock. Some of my friends really love dark chocolate covered cranberries, too. Thank you. I much prefer dark chocolate to milk chocolate as well. Unfortunately, the manufacturer of the dark chocolate

cranberries discontinued them. I am getting the milk chocolate ones from a different manufacturer and it's the only kind they make. I'll let them know you want the dark ones back. -Vicki.

Any chance of getting Amy's Organics Veggie Burgers? They taste much better than Boca or Garden Burgers.

Thanks! We tried these at the old store and they didn't sell very well, but it's a new store and we're going to do some rearranging in the freezer this summer so look for them then. -Vicki

Love the new gray shopping carts! Thanks! I think they are pretty fun, too. And so much more maneuverable than the green carts, and they hold just about the same amount of stuff. -Laura, Financial Manager & weekly co-op shopper

What is the difference between soy-milk and rice milk (other than the soy/rice)? Is one better than the other or am I better off just sticking with cow's milk? Thanks! I believe rice milk was developed as an alternative to soy milk for people who are allergic to soy. Both are plant-based alternatives to cow's milk. People choose to drink rice and soy milk for two main reasons. One is they are lactose intolerant and cannot digest cow's milk. The second is for ethical reasons; they don't want to consume animal products. Soy milk contains almost as much usable protein as cow's milk, but rice milk does not. Both rice and soy milk, unless they are fortified, don't contain calcium or vitamin B12. Which one you drink is really a matter of taste as long as you are drinking the fortified varieties. -Vicki

Beer ordering suggestion: Eel River from Fortuna, California, especially organic amber, IPA and blonde.

Owner says they already have a distributor for the area. We've carried this beer in the past and it hasn't sold well, but I'll give it one more try, so buy lots. -Vicki, Beer Maven

You have very nice tortillas in a bag, but most of them are compressed and stuck together inside of the bag due to the fact that they were piled high. Can you stock them differently?

The compression occurs during the shipping process. They are like that when we take them out of the case. Unfortunately, there's not much we can do about it. We live very far from where they are made. I find if you flex the whole package like a stack of paper before you open it, they separate a bit better. -Vicki

I hope that you are not allowing your employees to park in the lot! Yes, we know the lot is full to overflowing at peak hours, and we are working on addressing that situation. Our employees do not park in the Co-op parking lot. We also try not to take up the three-hour parking spots anywhere else downtown, either, when we are working. As much as possible, we walk or ride our bikes to work! If you see a friendly Co-op staffer in the lot, it's probably because they're doing their weekly shopping trip on their day off. -Kenna, General Manager

For a few dollars more, the fan in the men's room can be dramatically quieter. To me it's a noise pollution issue. Thanks for the input. We'll have our Co-op Handy Dude look into

Would you please carry spelt tortillas? Rudi's Bakery makes them. Look for them in the open-faced cooler soon. -Vicki

Can you get brown sugar cubes for coffee? I enjoy Billington's Sugar Crystals, but prefer the cubes. Sorry, I don't have a source for these right now but I'll keep an eye out for them. -Vicki

Wireless Internet! We debated whether or not to have wireless Internet here when we moved and decided against it then. We may look into being a pay-as-you-go site in the future, but not anytime soon. Sorry. -Vicki

We desperately miss the Cloud Nine milk chocolate peanut butter

bars. Will they be back? I'm not sure. NSpire bought Cloud Nine a while ago and is in the process of discontinuing or repackaging many of the Cloud Nine products. I am not sure what the final list of available items will be, but if the peanut butter bars are one of them, we'll bring them back. -Vicki

Scott Jaklin did a great job with customer service! Thanks for letting us know!

Please consider carrying Aviva brand yerba mate? I've had both Guayaki and Aviva and have found Aviva a superior product. I've contacted them and will see if I can bring them in. -Vicki

From the Suggestion Box

it. Maybe it just needs to be fixed or cleaned. -Kenna

New Zealand Sauvignon Blanc. I'll look for a good one. -Vicki, Wine Maven

None of the spices have prices on them. More helpful if we know the price. We've had a problem with the prices rubbing off. We are in the process of rewriting all of them in indelible ink. Sorry for the frustration. -Vicki

Just hoping the bulk dried fruit might still happen. There's a great need to use less plastic, reuse already-available plastic. Plus the containers the fruit is in doesn't sanitize! Please reconsider! At this time, we are not going to move the dried fruit to bulk bins. We are looking for containers that will hold up to sanitation. -Vicki

Have paper bags available for fresh bread in addition to plastic.

We are trying to keep a supply of paper bags at the bread case all the time, if you don't see any ask a baker or a cashier and they will gladly get one for you. -Aven Krempel, Bakery Supervisor

We enjoy the wheat-free berry muffin, but would like a little more variety in wheat-free baked goods. Thank You.

We are working on providing more wheat-free products in the bakery. We just set up our "Pretty Darn Gluten-Free" case and have filled it with four kinds of cookies, lemon cupcakes, and berry muffins. Look for more flavors of cupcakes and muffins coming soon. -Aven

Muffins using applesauce for sweetener, no dairy, no oil, no ginger...blueberries, not raspberries. That sounds like a great idea, I'm not sure you'll see it in our case soon, but we'll work on it as an option for those who want a healthier muffin. -Aven

I'm a bit puzzled as to why the gluten-free muffins went up in price 50¢ each. It is now out of my price range. We periodically check our recipe costs, and when we introduced the new "Pretty Darn Gluten-Free" case we checked all the products made without gluten. Many of these recipes had never been properly priced at all. We were shocked to find out how much the non-gluten ingredients cost us, and in some cases were forced to raise the price by quite a bit. You can save a little by buying the muffins in packages of four, they're about 10% off full price. Or you can special order at least 6 and if you're a member, get a special order discount of 10% on top of the 10% packaged discount. -Aven

What happened to the day-old baked goods? I haven't seen them for several months. Where do all the wonderful muffins, scones, and cinnamon rolls go if they haven't found homes at the end of the day? I buy lots of fresh-from-the-oven items from the bakery, but I bought more when I got slightly discounted items the next day. Thanks.

When there are leftover pastries, we feed them to our staff and volunteers to keep them friendly and well fed. And we are also looking for volunteers to take produce, bread, pastries, and other items to the food bank(s) on a regular basis. -Aven

Thank you for stocking XClear sinus nasal spray. I had been looking for it since it was mentioned in the pharmacy column in the Lewiston paper several weeks ago. No problem. -Carrie

Please order more Applegate Farms smoked turkey and roasted turkey. You always run out. Thanks! Wow, right before I read this suggestion I was talking to the Kitchen Manager about what deli meats we should order for May. How appropriate. The deli department is going to start carrying all of the pre-packaged meat instead of having these items in two different locations. Starting May 1, you will find Deistel all-natural, free-range turkey and Beeler's all natural hickory smoked ham in the "Grab and Go" section of the deli. I am going to be working very hard to make sure that we never run

Please more vegan/ wheat-free/ mildly spiced prepared foods. The deli is very committed to offering vegan and wheat free choices in our deli case. There are currently quite a number of these options that we rotate in our production schedule. If you would like a complete list of these items, please contact me personally and I will provide you with one. Also, the bakery has just started an entire menu of delicious baked goods and desserts made without wheat. You can find these tasty treats in the bread case, the deli case, the "grab and go" section, the deli counter and on the bakery table that is located in the aisle in front of the deli.

The issue of mildly spiced prepared foods is a hard one to address because it is a matter of personal taste. I, for instance, love what salt does for a dish and it's pretty hard to make something too salty for me not to eat it. But that is just me and I know a lot of people would disagree with my palate. For most people, it is one particular spice that they don't like and it overpowers the rest of the flavors in the dish. For someone who might like that particular spice, there is not enough of it in the dish. So to address your question as best I can, the deli will continue to introduce new and exciting items to our offerings. Hopefully you will find some that you love and think is a good balance of flavors. -Nikki

out of any choice of our deli meats.

I love the Greek Veggie Wrap and Travis makes a great one. However, other cooks may need more training as the quality really varies and today

I got mostly sprouts. On April 12, we introduced our new sandwich bar. Unfortunately, there are no wraps on our new menu because they did not sell well. However, a tomato tortilla is a choice of bread so you can build your own wrap and have it exactly how you want it. When I changed the menu I also re-trained the sandwich makers and gave them specific proportions of each item to put on the sandwich. From now on, your favorite sandwich or wrap should taste and look exactly the same every time you order it. -Nikki Woodland, Deli Supervisor

I love the \$2.00 veggie box. How

about either including dressing or selling small containers. Thanks!

Thank you for your comment. I love to hear feedback about new items we put out. We all love the veggie box too and it is here to stay, at least during the months when fresh produce is available. Typically this item does come with dressing. There was just a short period of time when we were out of the normal size containers and dressing would not fit in the container we had to use. From now on you should always be able to find the veggie box with Drew's buttermilk ranch dressing. -Nikki

Thank you for serving vegan sandwiches in the deli pre-pack section without tofu. You're welcome. I will tell the cooks to keep up the good work and keep providing a variety of vegan sandwiches so we can please as many people as possible. -Nikki



THE HEALING CENTER Dr. Denice M. Moffat

Naturopathic Services
P.O. Box 9151 Moscow, ID 83843

Free Monthly Health Newsletter
www.NaturalHealthTechniques.com
drmoffat@NaturalHealthTechniques.com

(208) 882-3993 9am-6pm M-F PST
For Appointment or Phone Consultations

May Business Partner Profile: Ecostructure Financial

By Jill Maxwell

Mark Winstein is a happy man. After five years of preparation, his vision of offering a fundamentally different model for assuring the health of the biosphere is becoming a reality. Winstein is the founder of May's business partner, Ecostructure Financial, whose purpose is to develop and provide ecological financing for businesses and projects that are working to benefit forests, rivers, coral reefs, open space and people.

Winstein describes Ecostructure as the first ecologically-minded financial services company dedicated to the total success of ecological leaders working in the for-profit sector. Through the company, Winstein has put together both a community loan program for young companies and a Private Equity fund into which pensions, endowments, and high-net-worth individuals can invest in companies who are operating primarily to achieve an ecological benefit. To find these companies, Ecostructure has established an "Eco-preneur Web Portal at www.ecostructure.us. Businesses who subscribe to the portal (ecopreneurs) can gain access to potential clients and investors. Ecostructure also helps them develop sound business plans and environmental strategies.

By working through the for-profit finance structure, Winstein believes he can accomplish something that the non-profit sector has had difficulty doing. "These tools allow us to realize ecological solutions at a meaningful scale," he says. "Money and the environment are not antithetical. The more we grow and the more we profit, the better we can help the environment. Profits allow for something. They allow for growth of ecological solutions."

There are as many as 4,000 entrepreneurs who are currently

Ecostructure Financial is planning a "Show and Tell" event to introduce themselves to the Palouse community. The event will be held **7-9 p.m. May 18 at the 1912 Center**. This is not a fund raiser, but rather a thank you and a way to acknowledge all of the people who have helped the company over the past five years. The company will also announce its new community loan program.

"We want the community to know what we are trying to do," says Winstein. "We may not succeed, but it's worth failing. It's worth trying. We can be proud either way."

starting and running businesses working to solve one ecological problem or another. Winstein sees these businesses as evidence of an emerging economic sector that is on the verge of exploding, but that is being restrained by a lack of start up capital. Through Ecostructure, he thinks he has removed this stumbling block.

Ecostructure's web portal is the vehicle for identifying promising businesses worldwide. Once an ecopreneur subscribes at a rate of \$5/month, Ecostructure will schedule a meeting with them to discuss their ideas and needs. Some people only need advice; others are searching for more substantial assistance. In addition to passing a financial diligence test, businesses in search of funding must pass an ecological diligence test. "Scientists know what the indicators of a healthy ecosystem are," argues Winstein. "These are our corporate metrics." Ecopreneurs must demonstrate the amount of good they

are going to do, whether there business is scalable, how they are going to produce their product or service, what their business model is, and how they are going to measure success.

Once a clear plan is established, the ecopreneur's business idea is entered into a database and made searchable to anyone visiting the site, helping connect potential clients, customers, and investors with the ecopreneur.

The portal, however, is not solely geared towards ecopreneur and investors. Individuals can also subscribe for \$1/month. This gives them access to the contact information of an ecopreneur. More importantly, says Winstein, it gives members of the community a way to support something that can achieve great things. "The \$1 subscription level is a model. A dollar a month from enough people can create a huge amount of money for projects. It's like a voluntary bond issue; essentially you get to vote once a month for something you believe."

One-third of the member fees from the portal will be used as seed capital to help launch new companies that pass the financial and ecological diligence tests. For example, Winstein says there are many cutting-edge companies ready to move beyond a petroleum-based industry. "Every petroleum-based thing should end," he emphasizes, "and it can. The experimenting has been accomplished. We are at the implementation phase ... Ecostructure can provide the financing."

One company already registered at the portal is a New Zealand-based company that manufactures an organic product made from waste paper that can replace tens of millions of acres of fossil fuel-based plastic agricultural films.

Another company is creating for-profit forest conservation preserves around the globe. That company, Winstein says, is in a race to protect some of the last wild forests on the planet, and that many of the places that can be protected with this for-profit strategy will not likely be saved any other way.

As a business partner, Ecostructure offers Co-op members an Individual or Eco-preneur membership at no cost for one year. Ecostructure is located at 116 E. Third Street, Suite 212 in Moscow. Mark Winstein can be contacted at 596-6500.



Staff Profile: Amanda Guericabeitia

By Susan Simonds

If you have ordered a coffee or a smoothie lately, you have probably encountered Amanda, a deli server who makes it clear that she strives for excellence in making cappuccinos. Said Amanda, "It's an art to get really good foam."

Amanda came on board last August. She and her boyfriend, Justin, who had recently moved from Boise, were looking for sushi in downtown Moscow when they came upon the Co-op. Although they didn't find sushi, Amanda found a job.

A transfer student from Boise State, Amanda is attending the University of Idaho, where she is majoring in radiology. She transferred because she wanted to live in a more student-oriented community in contrast to Boise. Unfortunately, she discovered that in order to complete her major, she will have to move back to Boise State in another year. She hopes to work in the nuclear medicine field, and is particularly interested in sonograms. She became interested in health

care after working with handicapped children in Boise, an experience she treasures and which, she said, "made me think about how people think and communicate." She has always enjoyed taking care of people, and is fascinated by the science of the human body. Her attraction to health care led her to take a course to become a certified nursing associate. It was in the midst of this training that she discovered that her body has a mind of its own, rebelling from the smells and sights that can go along with direct patient care, so she settled on a future in radiology.

Amanda's last name, Guericabeitia, is Basque, which is her father's nationality. The youngest of 12 children, her father was born in Spain and followed two brothers to Boise, which, according to Wikipedia, has the largest Basque community in the United States and the second largest community in the world outside the Basque regions of Spain and France. Amanda grew up surrounded by Basque culture: food, music, and dance. During holidays like Christmas, her family sits down to a typical Basque meal, which might



Amanda Guericabeitia: cappuccino artist offering service with a big smile!

include lamb, paella, or seafood. As a child, Amanda learned traditional Basque dancing.

Referring to herself as "a huge movie freak," Amanda is a fan of all genres of film, particularly independent and foreign movies. She also loves apparel and costume design. Her fantasy job would be to open a little boutique. Another interest is singing. Throughout her school years, she sang in the choir, and in high school, she danced and was in theater. In Boise, karaoke used to be one of her favorite pastimes, but she has yet to find a place offering karaoke in Moscow that fits her.

Amanda was attracted to working at the Co-op because she was familiar with Boise's co-op. Although she likes both co-ops, she rates Moscow's as friendlier due to its "community feeling." As a deli server, she particularly enjoys learning about different types of diets such as vegan and vegetarian. When asked if she was a cook, she replied, "I'm much better at eating." I can relate to that!

Susan Simonds likes to eat.



“Amanda grew up surrounded by Basque culture: food, music, and dance. During holidays, her family sits down to a typical Basque meal, which might include lamb, paella, or seafood. As a child, Amanda learned traditional Basque dancing.”

Omnivoria: The "Other" Red Meat

By Nathaniel Orion Cousins

Two hundred years ago, when our great nation was still wet behind the ears, mighty herds covered the central plains of our continent. These herds were made up of American Bison, also known (erroneously) as Buffalo. They were well adapted to their environment, and by the early 1800s, their population is estimated to have been 60-100 million animals. By the end of the 19th century, commercial hunting had reduced this number to less than 1,000. Fortunately, humanity was able to reverse its course in time to prevent extinction of this noble animal, and today there are estimated to be at least 350,000 American Bison, with at least 250,000 of those being raised for human consumption. This is excellent news for us at the Coop, since it makes it that much easier for our meat department to carry fresh bison.

I certainly consider it excellent news for me. I brought home a nice little 2-pound bison chuck roast, and cooked it up ala pot roast in my slow cooker. Wow! It was likely the tenderest meat I have ever cooked at home. I was unable to track down another source of fresh bison to compare in time for this article, but it sure beat any comparable beef roast for flavor and tenderness. Bison meat is naturally lower in fats and connective tissues than beef, so it stays tender and also manages to carry plenty of its own rich flavor without the fat. The flavor is not unlike that of beef, but it is indeed a more vital flavor.

The bison we carry in our meat depart-

ment is brought to us by Brown's Bison Ranch through a cooperatively owned processing plant called Northwest Premium Meats, out of Nampa, Idaho. This cooperative was started by Tim Brown, of the aforementioned ranch, and his wife, Debbie. They realized that the best path to growth and profitability for their business lay in slaughtering, processing, and selling their products themselves. They were able to team up with other bison and beef ranchers to purchase the NW Premium Meats plant in August of 2001, and have been quite successful with it ever since.

I find this very interesting. In my first three articles I wrote of meat growers who brought other growers into their own cooperative to grow a single brand. Here, we have multiple brands grouping together to share in costs and bounties of processing and marketing their own products. Once again, it is very nice to have a feel for where my dollars as a consumer go, and even nicer to see those dollars staying in Idaho.

I am including the recipe I made up cooking bison at home. This is merely the tip of the iceberg. I would highly encourage anyone interested in this meat product to check out bisoncentral.com, the website for the National Bison Association. It is full of information about the animal and its meat and hide products. It also has an excellent section on cooking and health. If you like red meat, you owe it to yourself to drop by our meat department and give our bison its day in court. You will not be sorry.

Simple Bison Pot Roast (Slow-cooker Style)

(Serves 3-4)

- ✦ 2-2 1/2 lbs. bison chuck roast
- ✦ 1 large onion, diced large
- ✦ 2 cups frozen corn, whole kernels
- ✦ 1 10-oz. can tomato soup
- ✦ 3-4 medium red potatoes, quartered

Combine all ingredients in slow cooker; start the cooker on high. Forget to turn the cooker down to low when you leave for your evening work. Come home six hours later to a perfectly cooked, if somewhat well-done, pot roast. This is how it went for me. Probably, 1 hour on high and 4-5 hours on low would work just as well. Cooking doneness for bison is the same as beef, so I would just say keep an eye on it towards the end and turn off the cooker when the roast is close to as done as you want. Serve with a tossed green salad and cornbread or biscuits for a meal that is about as American as it gets. Alternately, you could cut the roast into stew sized pieces and go that route. I am sure the meat would be just as tender and delicious.

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.

Vote for the May 23rd primary! Remember that if you'll be away, you can vote by absentee ballot. For information contact the elections office of the County Clerk at 883-2249, or call the Democrats.



**LATAH COUNTY
Democrats**
★★★★★★★★★★★★
882-6600 or latahdemocrats.org

Democrats meet (nearly) every fourth Thursday the Fairgrounds in Moscow, 7:30 pm in the 4H building.



All Natural
Locally Raised
No Hormones
No Antibiotics
No Steroids

Now Accepting Orders!

Cost: \$4.50 per pound
Quarter, Half or Whole

Cattle are fed all natural grain, hay, and grass.

Joe & Nikki Eaton
509-334-6406
neaton@pullman.com

11604 Wawawai Rd.
Colton, WA 99113
9 am-8pm

Vegan Bites: Livin' Raw

By Hope Matthews

Disclaimer: This article does not attempt to promote a raw food lifestyle. Because everyone's bodies and dietary needs are different, this article reflects my own experience and is for educational purposes only. Please consult your doctor, herbalist, or nutritionalist before making any major dietary changes. Thanks!

About once a year, I treat my body to a raw food cleanse. Sometimes I start with raw foods for several days, fast anywhere between 3-10 days, then go back to raw for a week or two. Last year, I succeeded in eating mostly raw for 1 1/2 months. Over the last 4 weeks, I've been eating raw with the exception of 5 or 6 days. My goal is to avoid eating many cooked or processed foods throughout the spring and summer in order invigorate my energy levels and become healthier.

When I was first introduced to the idea of someone being on a raw diet, these are the sorts of questions I asked: What is the definition of raw foods? What is a raw foodist? Why do people eat raw food? What does your body feel like? What do people on a raw food diet eat (besides apples and bananas)? Raw foods are uncooked and unprocessed. Most raw foodists define 'uncooked' as food that has not been heated at over 116 degrees F. Usually, raw foodists eat 75-100% raw, organic foods, filtered water, and no animal flesh, eggs, or dairy products.

There are many reasons why people consider eating raw. A raw food diet is considered beneficial because cooked foods degrade the nutrient values and enzymes present in food. It's environmentally friendly, as less packaging and electricity is consumed (much less recycling and trash crowds my kitchen these days). Giving the body a break from unhealthy foods like alcohol, caffeine, sugar, and excessive amounts of salt help revitalize the organs. Since enzymes assist in healthy digestion, bowel movements tend to be more regular, while indigestion and heartburn is less prevalent. Usually weight loss occurs, and within

a week of all raw, skin feels smoother, energy levels are way up, and emotionally one feels more at peace.

So why doesn't everyone eat raw food? Well, sometimes detoxifying and changing habits can make your body feel temporarily awful. Short-term fuzzy thinking, stinky breath, fatigue, and moodiness from alcohol, sugar, and caffeine withdrawal—normal detox symptoms—can make it difficult for some to stick it out. Cooking ethnic recipes, going out to restaurants, eating spaghetti on cold winter nights, and trying new beer are things that I enjoy, so becoming a full-time raw foodist is probably not for me.

What does someone on a raw food diet eat? Lots of fresh fruit and salads, most definitely. But also smoothies, raw nuts, and veggie-fruit juices (made with a juicer, and boy have I missed having one!) and creative concoctions like veggie-lettuce burritos (vegetables and homemade salsa wrapped in a lettuce leaf) and walnut burgers. Many people learn the art of sprouting at home. For those who can find raw nori, raw 'sushi' (filled with veggies) is a treat. I find myself snacking on lots of random veggies instead of making meals too—snow peas, baby carrots, celery, cucumber, red pepper.

Some raw and living foodists consider this diet the next step after veganism. If you have any questions about going raw or are/were on a raw diet and have some advice or thoughts, please e-mail! If there is enough response and interest, I will expand upon this topic in another article. Summer is snapping at our heels, so exploring nature's bounty in the raw is a great way to usher-in the warm weather and delicious produce.

.....
Hope Matthews loves spending spring and summer outdoors with family, friends, or a good book. She can be reached at hopeemattews74@hotmail.com.

Walnut Burgers

- ✦ 2 1/4 cups raw walnuts (soak for 2 hours)
- ✦ 1 1/4 cup carrots, grated
- ✦ 1/2 cup fresh parsley
- ✦ 1/4 cup spinach
- ✦ 1/2 cup sprouts
- ✦ 3/4 cup red onion, minced
- ✦ 1 portabella mushroom
- ✦ 1/2 red pepper, chopped
- ✦ 1 medium tomato, chopped
- ✦ 8 sun-dried tomatoes (soak for 2 hours)
- ✦ 1/2 tsp. sea salt
- ✦ 2 cloves garlic, minced
- ✦ Filtered water as needed
- ✦ Romaine lettuce leaves

Put walnuts, carrots, spinach, sprouts, mushroom, tomato, garlic, salt, and parsley in food processor or blender and blend until smooth but firm enough to shape into a patty (add a little water gradually as needed). Finely chop sun-dried tomatoes and add to walnut mixture with the onions and red pepper. Stir well and divide into 6-8 burgers and wrap in a leaf of lettuce. My significant other said this tastes like tuna salad.

“My goal is to avoid eating many cooked or processed foods throughout the spring and summer in order invigorate my energy levels and become healthier.”



Raw Fruit Smoothie

- ✦ 2 medium-large bananas
- ✦ 6-12 ice cubes
- ✦ 1 mango, fresh or frozen
- ✦ 1/2 cup blueberries, frozen
- ✦ 1/2 cup peaches, fresh or frozen
- ✦ 1/2 cup raspberries, frozen
- ✦ 3/4 cup strawberries, fresh or frozen
- ✦ Filtered water
- ✦ Orange juice from 3 freshly squeezed oranges

My blender is medium sized and this fills it to the rim. Those with small blenders may want to cut the recipe in half. Blend bananas, mango, orange juice, and 6 ice cubes (if most of the ingredients are fresh instead of frozen, you will want to use 12 ice cubes instead of 6). Add rest of ingredients and filtered water as needed. Blend well and serve.

Asparagus-Lime Pie and Other Excursions

By Judy Sobeloff

I steamed asparagus for the first time this spring while my two-year-old looked on from a stepstool, eating the stalks I handed him and begging for more. Somehow, in the it's-already-past-dinnertime-and-I-have-no-idea-what-we're-having crunch, we had all the ingredients for "Easy Elegant Asparagus" on hand, and when the kids sat down and stirred the remaining ingredients together, the four-year-old liked it. True, the two-year-old no longer did, but I considered the experience a net positive.

Like many other vegetables, asparagus is: a) ancient (first discovered growing wild by the Greeks along the shores of the Mediterranean and cultivated by the Romans as early as 200 B.C.); b) was believed to heal various maladies (the Greeks thought it could cure toothache and prevent beestings); and c) was a favorite of the elite (the Roman emperors kept special boats, the "asparagus fleet," solely for the purpose of obtaining it, and Louis XIV built greenhouses so he could have asparagus year-round.)

A member of the lily family along with onions and garlic, asparagus has a mystique all its own. Consider the following, which may or may not increase your enjoyment of National Asparagus Month (May) and Asparagus Day (May 24). Some detect an odor in their urine after eating asparagus, apparently due to a compound named methanethiol.

Researchers are divided as to whether those who do not detect the odor lack the compound or the ability to smell it. The smell is allegedly so potent that WWII survival kits included instructions to eat asparagus and urinate into the ocean to attract fish (www.unb.ca).

A more useful fact: skinny stalks are not necessarily younger or more tender than fatter ones, as the diameter of the stalk is only an indication of the age of the bed it was grown in. While the most amazing asparagus I ever tasted was handed to me fresh from someone's

garden, cooking until slightly tender is usually preferred. We are told to snap off the tough ends rather than cutting, though we're not told why. A preferred steaming method is to stand a bundle of asparagus in three inches of water, cover and cook for eight minutes or until the tips are tender (homecooking.com). Asparagus also works well in stir-fries.

On to a riskier project. My daughter was far from thrilled to discover that the pie we were going to make together was Asparagus-Lime. Her enthusiasm grew once we began, however, and I must say that everyone—adults and children alike—who tasted this pie enjoyed it. While it does taste like key lime or lemon meringue, the asparagus flavor is prominent as well, and the balance between sweet and citrus and asparagus works. While the adults mused about the pie's virtues, my daughter knew for sure: "I think it's the sugar that makes it so good!"

Inspired by this success and by the prevalence of such statements as 1) "In medieval times the roots were boiled in wine and drunk several days in a row while fasting" (hometown.aol.com) and 2) "The great French lovers of yesteryear dined on three courses of this shapely green vegetable on the night before the wedding" (www.eros-london.com), I pressed on with my research. For the grand finale, I would make the famed asparagus of Madame Pompadour, the mistress of Louis XV, for whom asparagus was reportedly a favorite aphrodisiac (something about the Law of Similarity, by which the shape of a vegetable dictates its properties). Widely divergent recipes for Mme. Pompadour's dish abounded, however, with only egg yolks in common, for "increased vigor."

As the mace (mace?) and spelt combo held little appeal, I chose the feta-avocado variation instead. Stopping into the Co-op for the feta, I wondered whether anyone suspected my purpose, a feeling reminiscent of a time long

ago when I was assigned to buy pornographic magazines for a women's studies class.

I won't go into detail here about the results, except to say that it was tasty and that I ended up lying awake for much of the night, whether or not due to increased vigor I can't say. Surely with May being National Asparagus Month, you'll want to try one of these variations yourself.

Q. What tastes sweet like a popsicle, smells like violets, and looks like a mermaid? A. Asparagus, according to Judy Sobeloff's daughter.



"I would make the famed asparagus of Madame Pompadour, the mistress of Louis XV, for whom asparagus was reportedly a favorite aphrodisiac."

EASY ELEGANT ASPARAGUS

(from Moosewood Restaurant Cooks at Home)

- ✦ 1 lb. fresh asparagus
- ✦ 1 1/2 Tbsp. pine nuts
- ✦ 2 Tbsp. melted butter
- ✦ 2 tsp. balsamic vinegar
- ✦ Salt and pepper if desired

Steam asparagus until bright green and just tender. Toast the pine nuts at 350 for about 5 minutes. Stir together the melted butter and vinegar. Drain asparagus and arrange on serving platter. Drizzle butter sauce on top and sprinkle with toasted pine nuts. Serve immediately.

Be careful not to boil. Add salt and pepper to taste.

ASPARAGUS-LIME PIE

(adapted from Asparagus: All Ways ... Always) (Makes 2 pies)

- ✦ 3 eggs, separated
- ✦ 1 cup sugar (divided in two)
- ✦ 1/4 cup lime juice
- ✦ 2 tsp. grated lime peel
- ✦ 1/2 tsp. salt
- ✦ 2 cups smooth asparagus puree (3/4-1 lb. fresh asparagus)
- ✦ 2 pie shells

Boil asparagus and puree in blender. Preheat oven to 325 degrees F. Separate eggs and set aside whites. Combine egg yolks, 1/2 cup of sugar, lime juice, lime peel, and salt in the top of a double boiler and beat until well blended. Place over simmering water, stirring constantly. Cook until thickened and coats a spoon. Remove from heat and fold in asparagus puree. Beat egg whites until stiff, adding remaining 1/2 cup of sugar while beating. Fold egg whites into filling. Fill cooled crusts with filling and bake for 30 minutes. Cool on rack.

MADAME POMPADOUR'S ASPARAGUS

(adapted from many Internet sources, including www.austparagus.com, www.onecer.net, www.salon.com, www.mademedepompadour.com)

Variation 1: Serve asparagus with crushed hard-boiled egg.

Variation 2: Slice asparagus obliquely toward the tips in pieces no bigger than the little finger. Take only the choicest sections. Mix 100 grams (about 3 oz.) of feta and avocado together, a good pinch of powdered nutmeg, and the yolks of two eggs diluted with four spoonfuls of lemon juice. After mixing this sauce, drop in the asparagus tips and serve in a covered casserole.

Variation 3: Substitute 10 grams of flour and a lump of butter for the feta and avocado.

Variation 4: Similar to #2 except substitute the following for the feta and avocado: Empty half box of butter into a silver pot, along with a little salt, an abundant pinch of mace in powder, an average spoonful of spelt flour and two fresh yolks diluted in four spoonfuls of Muscat grape juice. Cook the sauce in a bain-marie. Must serve with a spoon and eat with a fork.

Tofu In A SoyNutshell: Banana-Tofu Abundance ... A Celebration of Life

By Rachel Clark Caudill

It's halfway through April and I am yearning to celebrate life, mourn death, and to somehow honor the cycles of life and death. I am aching to remind myself of beauty, delight, joy, and abundance.

Last night at the Co-op, the exuberant sounds of marimba poured into my body and my heart began to smile. My kids watched, wide-eyed, as the soulful, joyful pounding rang clear through their little bodies. A woman who looked familiar—as everyone in the Co-op does—turned to me and said, “That’s happy music.” An apt description! And looking around me at the gathering of my dear friends and community, I could see that the happy music was working its magic, healing sadness, opening hearts back up again, and reminding us all of the thumping, insistent pulse of life!!

Inspired, I resolved to ritualize my own small celebration of life through the execution of my monthly tofu offering. I found exactly the kind of meal that symbolized this for me. It is an abundant, almost raucous, symphony of foods and flavors. It was enough to

remind me that life truly is abundant. That life is even in the face of death. That its cycles, rhythms and pace continue, always.

Best of all, in a ritualized salute to life spawned from the sorrow of death, the meal is an honest and pleasant surprise ... and relief. This seemingly simple repast reminded me that nourishment is out there—yes, I just had to look. Now, of course, I am deeply yearning to find ways to help those who cannot look for the nourishment they need for themselves. But that’s another topic, for another day.

With thanks to the “Death by Curry” website (<http://rubymurray.com>), and the posted recipe I found called “Banana-Tofu Curry, Deluxe Edition,” I offer you this potent little breath of life.

Beyond bananas and tofu, Rachel found the following website helpful last month: www.save.org. And with ecstatic, marimba-like energy, she invites you to discover a new way to nourish people, Moscow, and the planet at the May 18 Open House for Ecostructure (see Business Profile in this issue).

Banana-Tofu Abundance

- ☛ 1 package extra firm tofu, drained and cut into 3/4" cubes
- ☛ 1 can coconut milk
- ☛ 3 large or 4 medium bananas, split and cut into chunks
- ☛ 1/4 cup dried shredded coconut
- ☛ 1/2 cup raisins
- ☛ 2 Tbsp. curry powder
- ☛ 1 tsp. cumin
- ☛ 3/4 tsp. nutmeg
- ☛ 1 20-oz. can pineapple chunks in their own juice
- ☛ 3/4 cup frozen peas
- ☛ 1 14-oz. can garbanzo beans (chick peas)
- ☛ (optional) 1 14-oz. can straw mushrooms, drained.
- ☛ (optional) 1/4 cup cashews

First, make whatever you want to serve with the curry: brown rice, basmati, couscous, or some other creative grain. One of the beauties of this little number is the sheer speed with which it unfolds! When you start the curry, you'll be done and eating in sheer delight less than 15 minutes later.

Plunk all of the above in a medium sauce pan except the tofu and bananas. Heat to simmer. When you are ready to eat, add the tofu and bananas. Let these simmer for only 5 minutes, unless you love mush (granted, it's good mush). Then serve it up, sit back, and feel the pleasant heat and unifying themes of this meal radiate through your body, healing whatever parts of you that may need nourishment.

And, for those of you under 5, you might want to add ketchup.

Eurasia to Moscow: Pieroge (Polish empanada)

By Karon Szelwach Aronson, M.D., J.D (retired)

If your home cooking is anything like mine, you always make too many mashed or whipped potatoes and run out of ways to use them as leftovers. Here is a new way called pieroge, the polish variety of empanadas or spring rolls, stuffed with potatoes and cheese.

My grandmother used to make dough by hand using ingredients from scratch, but I substitute egg roll skins, available at the Co-op. Pieroge can be filled with ground meat, prunes, cheese, sauerkraut or mushrooms, but my favorite is potato and cheese.

For each cup of cold mashed potatoes, lightly mix in a cup of low-fat cottage cheese with a fork, a tablespoon of chopped green onions or chives, and salt and pepper to taste. Using a small ice cream scoop, put a scoop of the mixture on an egg roll skin, seal the edges with a beaten egg yoke, and press the edges together. Fry the pieroge in butter in a non-stick pan until the skins are soft or crisp, depending on your desire. I like them a bit crisp. Serve with sour cream on the side.



Meat filling

- 1 lb. ground beef
- 1 onion (chopped)
- 1 Tbsp. butter or olive oil
- 1 Tbsp. flour
- 1/2 tsp. dill
- Salt and pepper to taste

Sauté the onion lightly in the oil. Add ground beef and sauté until the mixture crumbles. Drain off excess fat and then stir in flour and dill. Fill and cook as above.

Karon Szelwach Aronson, M.D., J.D., graduated from U of Colorado School of Medicine in 1973 at the age of 24. She attended when women were less than 10 percent of the class and when nutrition wasn't part of the medical curriculum. She collected all the articles and books she could on nutrition throughout her medical and legal careers because she believes that diet is a key to a healthy and long life. She spent most of her medical career in trauma centers, rural and metropolitan; including Aspen and Vail, Colorado. Karon taught the Advanced Trauma Life Support Courses for the American College of Surgeons at the Denver Trauma Institute for over a decade. Now she enjoys writing and watercolor painting.

Critter Corner: Putting Things Into Perspective

By Janice Willard DVM

Today, I was attacked by a sheep. Not just any sheep, mind you. Not a big, tough ram with powerful testosterone-induced muscles. I have had aggressive rams before. This usually occurs when a ram lamb is overly socialized, such as with bottle feeding, and imprints on people. This is cute when it is a baby and comes running, baaing to be fed, whenever it sees you. This is not so cute, and truly dangerous, when it weighs 250 pounds and it is asserting its territorial imperative by driving competitors (which it now thinks you are) away from its harem of ewes. These confused rams don't quite know that you aren't a sheep and will challenge you to duels. One should carefully consider where the phrase 'battering ram' comes from before accepting such a challenge or presenting yourself as a target to a guided-missile ram's head packing the force.

"Animals teach us about the world & ourselves. And there is nothing like a sheep to teach you humility."

of a horizontal pile-driver.

Still, with the image of big horn sheep crashing horns in the mountains in mind, there is at least something romantic about being challenged to a duel of rams. With all that testosterone in the air, now that's powerful stuff.

Being attacked by a ewe just doesn't seem to produce the same swashbuckling image. Ewes are fluffy, rather silly creatures, with wooly faces. They are the very image of gentleness. Nothing could be frightening about a ewe. And being chased clear across the barn by one, well, it doesn't do wonders for one's self esteem. Still, the ewe in question was protecting her lamb and that evokes another romantic image. You can imagine scenes of courageous wildebeest mothers driving lions from their babies. Maternal instinct, now that's powerful stuff too. But rarely does it generate fears of ewes.

I have had the occasional ewe lightly butt me when I came into the lambing stall, warning me to stay away from

their lambs. I have seen them butt a dog that gets too close. But in all the 20 years experience I have had raising sheep, this is the first time that I have had one chase me, butting all the way, clear across the barn because I got too close to her baby. All that I was trying to do was move her lamb and her to a bigger stall, when a hammer-head shark in wooly disguise appeared, smashing me with her heavy, bony head. Maybe I can salvage my self respect by thinking of myself as the lion. But no. If I were a lion in this relationship, she would have stayed in the stall next to her lamb, not chased me around the barn. No, she didn't fear me that much.

I tried to restrain her, but it was a hopeless proposition. So, in order to get her where she and her lamb needed to go, I resorted to the lowest of tactics. I grabbed her lamb and ran. And when slowing to open the gate let her catch up with me, furious with murderous intent, I protected myself by holding her lamb between me and her. Then I dropped the lamb and ran.

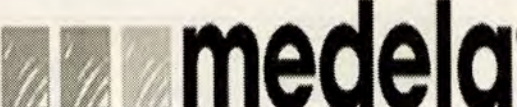
How do you like that—protecting myself from Ewe-zilla with a one-week-old lamb? If I am the lion in this relationship, it is not the "King of the Jungle" variety, but something more in the order of the cowardly one in Oz.


Animals enrich our lives in ways we can never completely comprehend. They open our eyes and widen our perspective. The wild ancestors of my sheep roamed these hills before the last ice age. And when the mammoth and saber-toothed tiger disappeared, the sheep endured. By entering a partnership with humans, the domestic versions have followed us in our roaming, increasing their range around the globe, giving us food and fiber in exchange for our care. Where sheep couldn't cross, humans could sail. The domestic ancestors of my sheep went from Asia to New Zealand before coming to this continent.

Animals teach us about the world and they teach us about ourselves. And there is nothing like a sheep to teach you humility.

 Above the Rim
Gallery
All Original Art
Gifts
Up the Stairs in Paradise Creek Bikes
513 S. Main St. - 208 882-3361

KONA GIANT RALEIGH HARO
PARADISE CREEK
BICYCLES
SALES • REPAIRS • RENTALS
208.882.0703
513 S. Main
Moscow 83843
Open 7 Days a Week

 medela®
Pump In Style®
The #1 selling personal use breast pump



Full line of Medela® pumps and accessories
Daily and weekly rentals
10% discount on any Medela® purchase for Co-op members

Sid's Professional Pharmacy
825 SE Bishop Blvd. Pullman, WA
509-332-4608

skyLines Farm
Purebred Romney & Romney-Cross Sheep
Organically raised since 1992

Natural-colored & white fleeces for handspinners
Organically raised, grassfed freezer lamb

Harvard Idaho 83834 208/875-8747
www.skylinesfarm.com

Hand Raising Sheep the Old Fashioned Way
with Tender Loving Care

Dr. Moss Valentine
▲
ADVANCED
ACTIVATOR METHODS®
CHIROPRACTOR
▼
892-8239
IDAHO LICENCE: CHIA-711

Nature in the City: The Killdeer's Broken Wing Act—Have you Fallen for It?

By Sarah Walker

Have you heard killdeer around the edges of town? They're the ones making the persistent and shrill "didideer! didideer!" while they run away from you looking just like they're dragging a broken wing. This is an act, and it means a nestful of eggs or chicks is nearby. The killdeer parent is making its famous "distraction display" to lure you away. When danger comes, adult killdeer don't sit tight and hide quietly, they get loud and conspicuous. Scientists argue about how this kind of behavior evolved in ground-nesting birds but agree that fear is the motivator, because tame birds don't do this.

Killdeer are shorebirds, but often live far inland from water. They have freely adapted to human-modified environments. Some of the nesting sites they seem to prefer are golf courses, soccer fields, railroad beds, and vacant lots. The broken-wing act is one of the survival tricks they use to keep their nests and chicks from being stepped on, snarfed up by a dog, or run over by a lawn mower.

Here's a good description from David Attenborough's *The Life of the Bird*: "As you approach one of their nests, whether unwillingly or knowingly, the sitting bird will leave it, often unob-

trusively. When it is some distance away, it suddenly makes itself conspicuous by trailing one or even both its wings and screaming, for all the world as if it were crippled." Then it "suddenly and apparently miraculously recovers and rises into the air." It seems suicidal to rely on this kind of deception, but "the birds' priceless ability to rise into the air seems to save them every time."

Other ground-nesting shorebirds take risky acts for their young. A sandpiper that nests on the tundra imitates a fleeing lemming by running with its tail

down and wings trailing to lure Arctic foxes away from its nest. A member of another bird group, the green-tailed towhee, runs with its tail held up to make coyotes think it might be a panicked chipmunk.

Shorebirds, of which 40-50 species can be seen in the Pacific Northwest, include birds with intriguing names like stilts, avocets, snipe, oystercatcher, sandpipers, plovers, and phalaropes. Most shorebirds are gregarious and undertake long migrations between breeding and wintering grounds. Golden plovers make annual trips between the arctic and South America. But killdeer may breed and nest only short distances from their wintering grounds, and are usually seen in small groups. There are killdeer in Idaho year-round, and on the Palouse from March to October.

Killdeer belong to the plover group of shorebirds. Plovers are visual hunters with large eyes that take prey from the ground surface. When they spy a beetle, grasshopper, ant, tick, or caterpillar, they run to it, tip down and peck it off the ground, then run until they see another insect. Running and stopping, running and stopping, identifies plovers from sandpipers, which keep moving when feeding. On the Palouse when spring rains saturate our soils, soil-dwelling invertebrates are forced to the surface, a bonanza for killdeer.


"When danger comes, adult killdeer don't sit tight and hide quietly, they get loud and conspicuous."

Birds that adapt to human-modified environments develop some pretty strange behaviors. For instance, some killdeer like to nest on flat gravel roofs! But when the chicks hatch, they need to get off the roof or they will starve. Killdeer parents don't bring food to their young like many birds do..... Instead, they lead their young, which are born downy and mobile, to food and let them peck at it for themselves. Some killdeer chicks have survived leaps from seven story buildings, but many succumb from the fall. If there is a ledge or parapet around the edge of the roof that's too much for the chicks to climb, they will be trapped there and die.


Killdeer are birds that say their own name, "kill-DEER, kill-DEER." Have you heard them this spring?

.....
Sarah Walker sees new stuff every time she explores vacant lots or creekside thickets.


KILLDEER
10" shorebirds with 2 black breast bands



Killdeer spread their wings, shriek, and dash across open ground to distract predators from their nest.



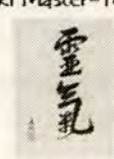
Killdeer nests are out in the open but hard to see. Parents position the eggs with pointy ends together and incubate 24-28 days.



Killdeer chicks are well camouflaged against these bark chips.

Photos by Terry Gray
LI Arboretum
April 27-28, 2003

James Johnson
Reiki Master-Teacher



Complimentary Care For Mind Body and Spirit

Reiki Training
Reiki or Reconnective Healing Sessions - By Appointment
208-892-8395
fireheart@moscow.com

Natural Fertilizers



Coop Members take
10% off

The Natural Abode
517 South Main Street
Moscow ID, 83843
208 883-1040
www.TheNaturalAbode.com

For all your gardening needs

Wild & Free: Stinging Nettle

By Sarajoy Van Boven

*Tender-handed stroke a nettle,
And it stings you for your pains;
Grasp it like a man of mettle,
And it soft as silk remains.*

—Aaron Hill, early 18th century, Scotland

The sting by which we know this nettle is shot from tiny hairs on the underside of its leaves. Upon contact, these ferocious hairs shoot poison darts of uric acid into your skin, provoking a persistent sting and red welts. Stinging Nettle's Latin name is *Urtica Dioica* (medical name for hives: *urticaria*). The sting is a rumored therapy for arthritis and is apparently an aphrodisiac for some.

Three centuries after Mr. Hill's poem, the debate is ongoing among eaters of the wild plants: Can you pick nettle without getting stung? The other side claims: pluck with intention, connection, and permission of the plant. With one afternoon of such psychologically demanding nettle picking, my hands were

uselessly swollen and painful; perhaps because I am a woman, rather than a "man," of mettle. Based upon other passages by Mr. Hill (quoted above) about women, as well as my personal painful experiences, this poem is obviously pure, male-chauvinistic metaphor. And since when is not getting stung more manly than getting stung?

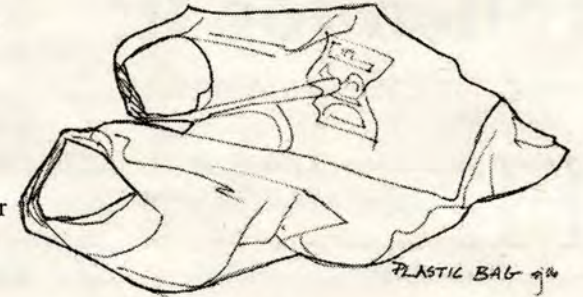
I realize I've said nothing thus far to cause any sane person to seek out this plant, much less pluck and devour it. But once you've experienced the powerful energy and rich flavor of this oft-feared, moist-land plant, she will become a coveted springtime treat.

In our arid prairie, nettle congregates along rivers such as at Koppel Farm Community Gardens in Pullman. I wonder what affect, if any, pollution of our local streams has upon nettles and subsequently myself.

Identification shouldn't be too hard; just reach out and touch it! The green leaves grow two at time up the stem, are mint shaped, with pointy ovals and toothy edges. When they are too old to eat and 3-9 feet tall, seeds dangle like elegant earrings beneath the leaves. Baby wild mint and baby red dead nettle look similar to baby stinging nettle. However, the mint is soft and red dead nettle has a purplish tinge to the leaves, under which emerge pink flowers. Whereas red dead nettle and wild mint aren't poisonous, indubitable identification is still a good idea. I once mistakenly picked red dead nettle, rejoicing that I had finally mustered the required mettle for a manly stingless forage. Then a real nettle stung my hand and ego.

I chose to collect my nettles using a few basic tools: two plastic bags. I cover my sinister, incredibly dominant, left hand with one bag and hold the other bag open with my nearly useless right hand. I pluck the top few inches of each little baby plant (plants less than 10" tall) with my plastic-bag-gloved hand, dropping the tops in my other bag. Although less quaint than a basket and less dashing than leather gloves, this method was developed with a lot of passionate debate and experimentation.

Rest assured, most men and women



of varying degrees of mettle do not eat nettle raw. You have nothing to prove here. Steam or boil them for 10-15 minutes, after which time they cannot hurt you. Warning: don't use your bare hands to guide fresh nettles into their pot. They will continue to sting until they are cooked or dried.

I plop my lumps of steamed, phenomenally green nettles on noodles and marinara sauce, on rice with soy sauce, in soup, even in a lasagna layer. Anywhere cooked greens go, cooked nettles go too.

Dried nettle also works in soups, sauces, and curries. Perhaps dried nettle is best as a nutritious infusion: pour boiling water over nettles (and whatever else), cover, steep for 4 hours. For the last 10 minutes, I toss in mint for flavor. Add honey when still warm. Strain/drink or strain/refrigerate/drink.

The nitty gritty on nettle nutrition (from *Healing Wise*, by Susun Weed): Very high calcium, magnesium; high iron, potassium, zinc, Vitamin B's and A; supply niacin, protein, vitamin C, D and K. Excellent for the liver, low back, and anemia.

*Grasp it with a bag of plastic,
No test of mettle! It's fantastic!*
—Sarajoy Van Boven, early 21st century, Palouse

If you can pick stinging nettles without getting stung, you're welcome to it, but Sarajoy doesn't want to hear about it anymore. Thanks.



In The Garden: Plant Sales

By Holly Barnes

“In the spring, at the end of the day, you should smell like dirt.”

—Margaret Atwood

A subject very dear to my heart in spring is plant sales. Last month's column discussed starting seeds indoors, but I am going to assume that not all of you readers did that, and those that did surely need more seedlings to expand your gardens, both flower and vegetable. Gardeners always need more plants. I patronize the local nurseries and especially the growers at the Farmer's Market starting this month, but my very favorite venue for finding additional plants is at the seasonal sales of arboretums and plant societies. Two very special ones are coming up in June: the University of Idaho Arboretum Associates sale on Saturday, June 3; and the Friends of Manito (Park), on June 17, in Spokane. These two sales provide wonderful selections of ornamental plants. Arboretum plant sales are great for finding out-of-the-ordinary selections

as well as the more common. A feature I love is that everyone who helps out at the sale is an avid gardener. You can ask them any question regarding culture and if they don't have an answer,

they will find someone who does. Workers are usually put in charge of a section they choose and their knowledge and enthusiasm is exciting and motivating. If you need advice for 'what plant, where,' you'll have it. Often there are only a few of a very special plant selection and you may be the lucky recipient. Gardeners love to share their knowledge, their experiences, their biases, and their plants. These sales are manned by volunteers and all proceeds go back to the arboretums and public gardens they support. Go and enjoy. I'll see you there!

U of I Arboretum Associates Plant Sale, June 3, Latah County Fairgrounds, Moscow.

Friends of Manito Spring Plant Sale, June 17, Manito Park, Spokane.

Please e-mail me at: inthegarden@adelphia.net with your favorite plant sales.

Holly Barnes can barely contain her enthusiasm for this time of year. As soon

as the weather warms up and the soil dries out, she clears her calendar for endless days in the garden. Her husband, The Sailing Guy, takes over meal production and begs her to spend some of her days sailing on Lake Pend Oreille.



In the May Garden:

- ✂ Continue sowing seeds of cool season vegetables and hardy annuals directly into the garden;
- ✂ Continue sowing seeds of more tender plants indoors according to when they can be put out in the garden;
- ✂ Plant into individual pots previously-sown seedlings that have grown too big for their flats;
- ✂ Prune or deadhead lilacs no more than 2 weeks after bloom or you may cut off next year's blossoms;
- ✂ Plant irises;
- ✂ Put clear plastic over raised beds to dry them out sooner;
- ✂ Avoid working in or walking on garden beds until the soil dries out. Soil clumps formed from digging in wet soil will be difficult to cultivate later;
- ✂ Plant these plants to attract butterflies: caryopteris, asclepias, lavandula angustifolia (English lavender), gaura lindheimeri, liatris (gayfeather), echinops (globe thistle), helianthus, agastache, and salvia;
- ✂ Research butterfly and bee conservation on the Xerces Society web page: www.xerces.org. In the Pollinator Conservation section, you will find information on how to attract these beneficials to your garden, including plants to provide and nesting boxes for bees;
- ✂ Clean up pots and prepare soil mixes for summer annuals;
- ✂ Sit in the sun and take in the beauty of your garden space.

Letter from the Land:

Spring Wildflowers are Blooming and We Finished the Ordinance!

By Suvia Judd

This column started out a few years ago with a focus on the natural history of Moscow Mountain, and that's still a favorite subject. Last week, I sat on the log by the spring at Idler's Rest and saw a trillium blooming, which amazed me, because in the rest of the woods, the glacier lilies were just coming out. Last Tuesday, the dogs went for a walk on the mountain without me, because I had a Planning Commission meeting, and their human companion reported that the grass widows (*Sisyrinchium inflatum*, now *Olsynium douglasii*, var. *inflatum*) are blooming on the high rocky southwest facing ledges. And still the glacier lilies in the woods are lagging; every year differs in what blooms first.

So I went to Planning Commission, and, after EIGHT YEARS, we finished the land use ordinance revisions. This is the second time we have finished

“Two good places to go see spring wildflowers are Idlers Rest Nature Preserve north of Moscow, and Kamiak Butte State Park north of Pullman.”

them; in January of 2005 we took them

to a public hearing to be greeted by 100 residents upset with our proposed feedlot (confined animal feeding operation, or CAFO) provision. Many were also concerned about the horse stable requirements.

The newly revised ordinance will go to public hearing on May 16 in the Moscow High School auditorium at 5:30 p.m. If you have an issue you care about, you will want to attend this hearing as well as the one the County Commissioners will have later. **Even if you have e-mailed in your opinion, the numbers heard from on a subject at a hearing do make a difference.**

The contentious issues are going to be junk and outdoor lighting. The junk ordinance defines what is junk, and requires it to be screened if it is on a public highway or can be seen from two neighboring residences. This issue has drawn strong opinions on both sides from the beginning. The lighting ordinance requires outdoor security lights to be shielded so they don't shine up or out to the horizon. People can have as many lights as they want of whatever wattage. Opinions are very strong in favor and against.

The horse stable provisions were dropped, and horses covered with other livestock. I believe the CAFO provisions now meet with the approval of

the Latah Cattleman's Association. Any year-round confined animal feeding operation with more than 250 cow-calf equivalents must have a conditional use permit.

We spent a lot of time revising the mineral resource provisions, which cover gravel pits, and I don't think this is a highly contentious issue now, but, I could be wrong ...

Over a year ago, we requested to the County Commissioners that we wait to take up the complicated issue of second homes on single lots, and they agreed. Meanwhile, we had a request for a provision to accommodate farm-worker-apprentices on small acreage farms. Other residents expressed interest in being able to house customers coming from afar to inspect valuable livestock for purchase, and being able to house a caretaker. We came up with an accessory cottage provision that cov-

ers all three needs, and which I think could work well. I do worry that the Commissioners will enlarge the cottage size to make it equivalent to a second home, which I think would undermine our land division (density) ordinance without public discussion.

I regret that we still have not been able to incorporate protections for sensitive lands and wildlife, and the scraps of remaining Palouse Prairie. We need easy-to-use criteria for our small planning department for this to happen.

So, if you care, come. Meanwhile, remember that two good places to go see spring wildflowers are Idlers Rest Nature Preserve north of Moscow, and Kamiak Butte State Park north of Pullman.

Suvia Judd lives in Moscow.

Come see our WIDE selection of trees!

Planning a xeriscape garden? We've got the new drought tolerant lawn seed plus a wonderful selection of perennials

Prairie Bloom Nursery

"Great plants, good advice!"

5602 State Route 270
Pullman, WA 99163
(509) 332-4425

Something for everyone... **Hodgins Drug & Hobby**

**New Extended Hours
Mon-Fri 9-7**

Architectural Model Building
Supplies Top Quality Model
Railroad Kits Radio Control
Models & Supplies Model
Rocketry Doll House Kits
Miniatures Military
Simulations, Breyer Horses
Erector Sets, Brio
Playmobil Puzzles and
much more...

Hobbies • Gifts • Hearing Aids (FREE 30 DAY TRIAL)
Free Local RX Delivery • Drive in Window
24 Hour Emergency Prescription Service
Most Insurance Plans Honored

Dependable Prescriptions Since 1890
Special Orders Welcome • Layaways Available

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

Beanie Babies!

Meals Kids Might Eat: Advice from a Holistic Nutritionist

By Jyotsna "Jo" Sreenivasan

Sometimes it seems like an impossible task to get my kids to eat good foods! They want candy, sweets, and McDonald's any chance they get.

For this month's column, I interviewed a local holistic nutritionist, Dr. Linda Kingsbury, about how to help kids eat more nutritious foods. Many of you might know Linda as an herbalist, but she also has a PhD in holistic nutrition. She raised her son holistically and has helped families and children with nutritional problems. I learned a lot from Linda and I hope you do too!

J.S. What do you think is the major food and eating problem among "normal" kids and families?

L.K. Overeating and obesity. When kids come home from school, they snack while watching TV or playing on the computer. The kids tend to eat high-fat, high-sugar, and high-salt foods. Whole-grain snacks can make a difference here, but still you've got to be moderate about it. You don't want to become a natural-foods junkie either!

Linda's High-Protein After-School Snack Suggestions

- ✦ hard-boiled eggs
- ✦ yogurt cup
- ✦ celery and peanut butter
- ✦ sunflower seeds with dried fruit (the orange-flavored cranberries at the Co-op are fantastic)
- ✦ blue corn chips with hummus
- ✦ half a bagel with cream cheese and jelly (Linda likes Nancy's cultured cream cheese, which provides beneficial intestinal bacteria)
- ✦ cheese sticks (the Co-op sells both mozzarella and cheddar varieties)
- ✦ whole-grain granola and milk
- ✦ whole-grain bread or tortilla with a nut butter (such as almond butter or sesame tahini) and jelly
- ✦ quesadilla — corn tortilla with melted cheese
- ✦ cottage cheese and canned pineapple
- ✦ tuna fish on crackers
- ✦ dried fruit, walnuts, and dark chocolate chips — a small Dixie-cup-sized portion

I recommend going as natural as possible — eating as close to the source as possible. Dried fruits and walnuts are better than a jelly-filled cookie. Walnuts contain omega-3 fatty acids, which can enhance learning. Those blue corn chips with sesame seeds are great — the sesame seeds supply calcium.

J.S. After school is a challenging time for us. My older son comes home absolutely starving and wants sweets. If we have those in the house, I give him a small portion, but he's still hungry! I give him fruits, and he still shouts about how hungry he is! How can he be hungry when I've just given him a bunch of food?

L.K. He might actually still be hungry. The foods you mentioned — sweets and fruits — both cause a spike of blood sugar and then a drop in blood sugar. After school, what he probably needs is protein and some fat, which can help him feel satisfied longer. Try to serve a snack with at least five grams of protein. (See Linda's list of good after-school snacks on this page.)

J.S. I've gone back and forth about

whether or not to keep sweets in the house.

L.K. If you don't want to eat certain kinds of foods, it's important not to have them in the house. Make it more difficult to get them. At the same time, you don't want to "awfulize" certain foods! Don't say, "You can't have that because it's bad!" Then they'll want it even more.

Here are some things to try regarding sweets. Serve sweets with a protein source, such as nuts or milk. This can help offset the blood-sugar rush caused by the sweets. A glass of water can help you feel full too. Try to help kids be conscious of impulse control. Years ago, I learned the "three-bites" rule. With three bites of a treat your body can be satisfied, if you savor each bite. The whole family could split one of those giant Co-op cookies, for example. Kids need to learn how to say no, how to stop.

Craving sweets also can mean that you're trying to bring joy and pleasure in from the outside. Talk with your kids about what else you could do to elevate the mood and have fun.

J.S. Is there a better time of day to serve sweets? I've been doing it after school, but what about after dinner?

L.K. I recommend serving dessert after they've eaten a good dinner. That way they won't be so hungry, and can be satisfied with a smaller portion. And you don't have to have a rich dessert every day. Once a week is fine for a high-sugar, high-fat dessert.

J.S. My 8-year-old used to be really good about trying new foods, but as he has gotten older, he refuses to eat a lot of things. And his younger brother copies him! I know some families have a "one-bite" rule — where the child has to try at least one bite of every food. I haven't wanted to pressure my kids



Linda Kingsbury cooks with her niece, Dalia.

about eating, but what do you think of the one-bite rule?

L.K. You don't want to have too much rigidity around food, because that can cause problems. I don't think it's good to insist that children eat everything on their plates, for example. However, I see nothing wrong with the one-bite rule. My seven-year-old nephew is an extremely picky eater — I joke that he has only five foods he'll eat! So if he wants more of one of his favorite foods, we ask him to eat a bite of broccoli, or a bite of salad. You can also educate kids about what they're eating — tell them, "This has protein, to build your muscles. This has calcium, for strong bones. This vegetable will help you see better."

Support Women in Birth

Become a professional labor assistant/
birth doula and earn income, usually
\$300-900 per client.

- ♦ increase women's comfort in labor and help women avoid unnecessary cesareans



Moscow, ID
June 23-25, 2006
Contact: Nancy
(208) 310-3252

WWW.ALACE.ORG

Families

Feeling Alive, Vibrant and Well: Aliveness with Age

By Jennifer Whitney

I always love those old ladies in movies or books that are full of spunk, sass, and spark. They are usually short and stout, with words of wisdom and the ability to lick a grown man. To me, they represent aliveness with age, which I firmly believe is possible outside the realm of fiction.

This past month, I spent some time thinking about those people in our community that inspire me with their energy, physical activities, joy, endurance, and determination. Searching for people who could prove my theory that we can be healthy and happy with age, I asked these five individuals for the recipe to their good health and happiness.

John Dickinson is co-founder of Sirius Idaho Theater, where he serves as chair, directs lighting design, heads set construction, and even acts! Last month, I caught him after his performance as a Soviet diplomat, to ask him how he's able to do it all on top of his city council duties, babysitting, and everyday life. John replied in a Russian accent, "Don't worry about nothing ... and eat lots of dried mangos." Helping John, aged 62, build a set for one of their productions this year, I discovered he could out last me in a set build-

ing marathon. So those mangos must really be working; either that or there's something to not worrying about things. If we could just trust more and worry less, we'd probably all have fewer wrinkles too.

The top ingredient in **Gail Cochran's** recipe is being active! Her list of physical activities includes: walking, hiking, biking, water aerobics, working out at the gym, contra and swing dancing—all on a regular basis. Before she retired, Gail was a schoolteacher for 29 years and feels that connecting with others in multi-age settings is also important to her. "Spending all day around kids, I realize how much I enjoy all the good things that come from the young people, of all ages. I volunteer at the Food Co-op and get [to be around] their energy; it's just awesome!"

At the age of 73, **Ranin Coahran** is partly retired from what he calls "acting like an engineer." He stays active by being interested in a wide variety of functional activities. "I don't exercise; I do things," as Ranin puts it. These things range from minor landscaping and repairs such as fences, power tools, and speakers, to contra dancing and biking or walking around town. He and some friends even re-roofed

his Pullman home last year. "I am going to keep doing things as long as I am physically and mentally able."

One of **Jimmi Mead's** aims in life has been to get along with less. She does this by not owning a car, buying most things secondhand, making her own clothes, and growing all of her and Ranin's fruits and vegetables for the year. She has reduced the amount of time she needs to spend making money by reducing the amount of money she needs to spend. Jimmi is 69 years old, "I worked hard to be this old," and she's going to enjoy it!

One of the happiest people I know is **Carol Hill**, Creative Director at MaryJanesFarm. She always has a smile to share and her laugh is absolutely contagious! Even her clothes seem to be saying happy things to you, cheering you up as you walk by. So I asked her what makes her so happy. Her answer was, "Lately, playing the ukulele and singing with my friend." Which she boiled down to mean, "Find a passion

"Find a passion in life and be lucky enough to have a best friend to share it with you. I think this ingredient is as important to our health as water is to soup."

in life and be lucky enough to have a best friend to share it with you." I think this ingredient is as important to our health as water is to soup. Passion fuels our life; it's our flame for action. It provides us with motivation to hope for our dreams and reach for the moon.

Blending trust, activity, community, interests, simplicity, and passions into our lives sounds like an excellent recipe to me. I found so many people living the life I dream of, I no longer have any doubt in its possibility!

.....
Jennifer's long-time passion is helping others break free of their clutter, both physical and spiritual, to live a simple life. She would love to write about the passions of someone you admire. E-mail her! jenwhitney@gmail.com
.....

Calling all Co-op Kids

By Rebekka Boysen-Taylor

We are beginning a series of family activities at the Co-op. We hope you can join in the fun.

Please join us in the Co-op deli to kick off Co-op Kids! on Tuesday, May 16, from 9-10 a.m. Children ages 3 to 5 are invited to come with a parent or caregiver to make a fun, free seasonal project. At the first Co-op Kids! on May 16, we will plant spring seedlings in recycled containers. On May 30 (also 9 a.m. at the Co-op deli), we will be making recycled musical instru-

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

.....
Rebekka Boysen-Taylor, a mama, teacher, and crafter, is the Co-op Kids! Volunteer. Please feel free to e-mail her with any questions: amamaswork@yahoo.com.



Intuitive Arts Moscow (I A M) Holistic Fair

Holistic Healing Practitioners, Intuitive Readers
Wellness- and Spirit-based Products

Booths and Events:

Fri., June 23 noon-8

Sat., June 24 10-7

Workshops Only:

Sun., June 25 10-5

Free General Admission!



For more info about booths, events and workshops,
visit www.theorchardstudio.com or call (208) 882-8159.

2006 Koppel Farm Spring Fair

Come see the Spring Fair and open house for the Pullman Community Gardens at Koppel Farm. Garden plots are available for rent for only \$20-35/year, including the use of hand tools and water. This is an organic garden on rich, river-bottom soil, adjacent to the South Fork of the Palouse River. 10 x 10-ft. or 20 x 20-ft. plots are available. We will have a plant sale at the open

house—bedding and vegetable plants. Get advice on gardening from the Master Gardeners. Activities include Slinky the Clown and the Pullman Fire Department. A number of other community groups will be there, including the Palouse Prairie Foundation, the Community Action Center of Pullman, the Palouse Food Project, Whitman Humane Society, and the WSU Community Service Learning Center.

Vegetables from some of the plots grown by WSU students go directly to the Community Action Center food bank. Find out how you can be more involved in community gardening, even if you do not have your own land. You can e-mail us at koppelfarm@pullman.com or visit our website at www.pullman-wa.com/svcorg/pcg/default.htm.

2006 Koppel Farm Spring Fair
Saturday, May 13, 10 a.m. - 2 p.m.
Koppel Farm/Pullman Community Garden
Corner of Derby St. and Professional Mall Blvd.

Life's a Book! A Moveable Feast.

Escape this summer! Give yourself a taste of the delectable prose of some of the greatest food and travel writers: M.F.K. Fisher, Calvin Trillin, Michael S. Sanders, Ruth Reichl, and others who will take us on their culinary journeys at home and abroad. Here's a class with all the fun of a college literature course but without the hassle and term papers! Bon appetit, and bon voyage!

Instructor: Carol Price Spurling, a lifelong bookworm, is a former bookstore manager and has a master's degree in literature.

Date: Thursdays, May 18-June 8, 6:30-8 p.m., 4 sessions

Location: Bookpeople, 521 S. Main, Moscow

Fee: \$37 (Early Bird Fee \$35, pay by 5/11)

Course offered through University of Idaho Community Enrichment program. Call Alison Oman at 885-6486 to register, or see their program booklet available at various locations in the community.

PCEI: Coming Events

☛ PCEI Booth at the Moscow Renaissance Fair!

Saturday, May 6, and Sunday, May 7: 10 a.m.-6 p.m. at the Moscow's East City Park

PCEI will fire up the grill and our signature "bike blender." Come sample our berry blast frozen drink and our fresh, organic vegetarian food. The Village Bicycle Project will be offering free bicycle repairs both days at the PCEI booth. The booth will be up and running all weekend. All proceeds will support the Moscow Community Garden.

☛ PCEI Nursery Learning Work Day

Tuesday, May 9: 3-6 p.m.

Projects will include plant care, weeding, watering, sowing seeds, potting, site maintenance, and lawn care.

*Please remember to wear work clothes and sturdy shoes. Be prepared for both sun and cold weather. Remember sunblock, hat, water bottle, snacks, sunglasses, etc.

E-mail us or call to volunteer or for more information. Aly Bean, aly@pcei.org, 882-1444



Most Colorful

Little Shop Downtown!

Check out our bigger store!

Behind Mikeys Gyros,

527 S. Main

Monday-Sat 11:00-5:30

*Don't forget - co-op members

get 10% off!

208-883-4779

www.tyedye-everything.com

Re-elect Margaret Dibble

May 16th

to the Moscow School District Board of Trustees

Margaret demonstrates leadership, experience, and commitment to public schools.

Vote at the District Office at the corner of F & Cleveland Sts. For absentee or District Boundary information, call the District Office at 882-1120.

Mindgardens

Eco-consulting,
 Natural Building, Carpentry, Remodeling,
 Electrical, Plumbing,
 Garden and Landscaping
 Building from Conception to Finish
 Recycling materials
 Utilizing local resources
 Teaching how to build WITH Nature
 Specializing in Curving the Square
 Preserving our health,
 life force, and future.

www.buildmindgardens.com

Vision your surroundings evolving into
 who you want to be.

(509) 595-4444

10% discount for Moscow Food Co-Op members

Solar enhancements!

Naturalscaping!

Low VOC Painting!

Free Estimates!

Moscow Community Theater Presents "The Music Man"

By Carla Chandler, Moscow Community Theater

Moscow Community Theater will present Meredith Willson's "The Music Man" in May. Set in a small town in 1912, the musical tells the story of a charismatic salesman who sells band books, uniforms, and instruments with the pretense of starting a school band. Even though he is a shyster, he influences and is influenced by the townspeople in unexpected and humorous ways.

The musical is filled with the kinds of colorful characters that Moscovites know can be found in small towns. These include the charismatic shy-

ster Harold Hill (played by David Hathaway), his accomplice Marcellus (played by Jerry Schutz), the skeptical librarian Marian (played by Natalie Greenfield), a bumbling Mayor Shinn (played by Don Fitch) prone to Spoonerisms, and a group of gossips (played by Mayalisa Bordenkircher, Carolyn Fitch, Kim Reed, Julie Ruder, and Sheryl Scott) whose attempts to be "cultured" are hilarious. The music is great and it's a fun play for the whole family.

Look for your friends and colleagues among the cast and crew, as Moscow

Community Theater consists entirely of local volunteers with day jobs! The cast includes a barbershop quartet (Garrett Brammer, Dan Pierce, Philip Wells, Paul Zambino), traveling salesmen (David Armstrong and Joe Williams), the Paroo family (Luann Scott, Natalie Greenfield, and Isaiah Qualls), the Shinn family (Don and Carolyn Fitch, Jerica Haley, and Sydney Falen), Amaryllis (Elizabeth Brown), Tommy (Michael Douglas), and townspeople (Edmund and Katherine Brown, Ellen Dennis, Quentin Falen, Talitha Jensen, JD Kent, Kathryn Kinkeade, Annarose and Mary Katherine Qualls, Aurora

and Sierra Miller, Dalton Mortensen, Jaylynn Reed, Jackie Riendeau, Darla Star, Ian Tanimoto, and Natalie Williams). Don and Carolyn Fitch are the director and musical directors.

You can catch "The Music Man" at the Moscow High School auditorium on May 4, 5, 6, 11, 12, and 13 at 7:30 p.m. and on May 7 and 14 at 2 p.m. Tickets (\$13 adults, \$9 seniors and students, \$5 children) can be purchased at the door, at BookPeople, and through TicketsWest at 1-800-325-SEAT.

Peace Village 2006

By Chip Laird

NASRUDIN was eating a poor man's diet of chickpeas and bread. His neighbor, who also claimed to be a wise man, was living in a grand house and dining on sumptuous meals provided by the emperor himself.

His neighbor told Nasrudin, "if only you would learn to flatter the emperor and be subservient like I do, you would not have to live on chickpeas and bread."

Nasrudin replied, "and if only you would learn to live on chickpeas and bread, like I do, you would not have to flatter and live subservient to the emperor."

—A Sufi Story

This story challenges us to open our minds, to change our habits in order to see our world from a new perspective, to step out of our dependence on those things that perpetuate injustice.

Representatives from local faith communities, campus and community organizations, and businesses are coming together to help plan a day camp to help young people ages 8-13 to do just that. Peace Village is an interfaith, multicultural summer day camp that provides our young people with tools to live peacefully with one another

without buying into the strong current of popular culture. The camp includes spiritual practices such as meditation and yoga, nonviolent conflict resolution, creative arts, conscious eating, environmental issues, and loads of fun! Activities will include a public recycled art project with the assistance of the WSU Recycling Center, hiking, and much more.

Peace Village will be happening on June 19-23 in Pullman at the facilities of Community Congregational UCC (525 NE Campus), daily from 9 a.m.-4:30 p.m. If you'd like to register your child, get more information, or volunteer to help out, call Chip Laird at 332-6411.

"And if only you would learn to live on chickpeas and bread, like I do, you would not have to flatter and live subservient to the emperor."

Do You Feel Like You're On A
Roller Coaster?



Are You Experiencing
Any of These Symptoms?

Stress Depression Fatigue
PMS Mood Swings Hot Flashes
Menopause Male Andropause
Diminished sex drive

Your Hormones May Be Out of Balance

To learn more, attend a class on

Bio-Identical Hormone Therapy
A More Natural Approach to Hormone Therapy

Thursday May 25th, 6:30 p.m.

Pullman Regional Hospital Conference Room D

Presented by: Yew-Por Ng, MD

Charge \$20

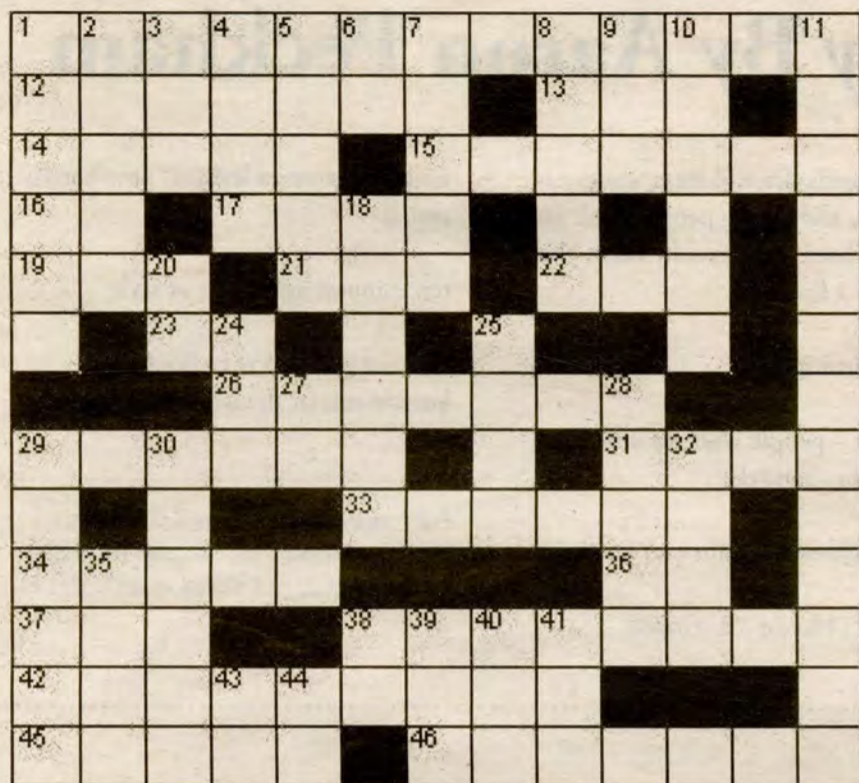
Registration fee includes a copy of the book
What Your Doctor May Not Tell You About Menopause

To reserve a seat for this
special presentation, call

509-332-0630

Sponsored by:





ACROSS

1. MFC's fundraiser for new bike racks
12. Adams County, Washington town that's also a Shakespeare play
13. Boxer Muhammad
14. The first farming town in Idaho and a stringed music instrument
15. Moscow's sister city or a railroad sleeper car
16. French pronoun

17. Downtown eatery _____ Pit
19. Movie director Spike _____
21. This answer goes well with a beat
22. Request for silence
23. Music notation or one of the portable Nintendos
26. Local grower of produce _____
Bouma
29. Full spectrum light bulb brand
Blues _____

31. Central European river
33. Spontex, Natural Value, or dehydrated
34. Pungent oil useful for treating tooth aches
36. Exclamation
37. MFC newsletter's Word of Mouth taste testers _____ Heaven Handspinners
38. Italian composer or violinist
42. Local optometrist and newsletter advertiser
45. Dark beer named to honor the historical Amazonian women brewers
46. Mango variety

18. Power bar brand _____
Milk
20. Local produce grower _____
Steele
24. NCO
25. Buckeye state
27. Music syllable
28. MFC newsletter designer _____
Prusynski
29. Bloomsberry & Co. chocolate flavor that mocks an anti-wrinkle procedure
30. Japanese feudal governor and name for an epic book made into a miniseries
32. Sixth oldest Utah city that had three different names before this one
35. Places
38. What bad corporations use to look good, abbreviation
39. Architects' organization, abbreviation
40. Pro-biotics like lactobacillus helps to keep this healthy
41. Traditionally, female Japanese divers for pearls and food stuffs
43. Electronics brand
44. Symbol for gold

DOWN

1. Latah County town with over 300 residents
2. Useful
3. Insightful comedian Margaret _____
4. Seaweed
5. Dead
6. The sunshine state, abbreviation
7. Chinese black tea
8. Blue Q soap _____ for Women
9. Disease
10. Spicy Korean dish
11. Italian sparkling mineral water brand

Think Globally, Shop Locally: Fighting Off the Big Box Invasion

By Mark Solomon

Due to Moscow's somewhat remote location and our scant 21,000 residents, we've so far largely been spared invasion by the forces of global marketing: the corporate chain store. Not just SuperWalmart, but Lowes and Chilis and Best Buy and all their look-alike cousins. Unlike towns that accepted the invaders, we can still spend our money in vibrant, locally owned businesses that are part of the Moscow community. Keeping it that way is something worth fighting for.

A study in Maine found that three times as much money stays in the local economy when you buy goods and services from locally owned businesses instead of large chain stores.

Because chains funnel more revenue out of the local economy, a Texas study concluded that, for every square foot of space occupied by a chain, the local economic impact is \$105, compared to \$179 for every square foot occupied by an independent business.

The invaders are at our door. Two separate proposals that together could add over two million square foot of Big Box retail space are before us. For comparison, Tri-State is 60,000 sq. ft., the Co-op is 15,000 sq. ft. Hawkins Companies of Boise has proposed a 200-acre Big Box development just across the state line in Whitman County. The Thompson family wants to develop 77 acres right across from the Moscow Cemetery for

a SuperWalmart and other Big Boxes.

Hawkins has temporarily withdrawn their state-line proposal, following a protest by the City of Moscow to Whitman County over the county's environmental impact analysis required by Washington state law. By the time you read this, the Moscow City Council will have held a public hearing on May 1 and likely have made a decision on the Thompson/SuperWalmart development. Here's hoping the Council supports our local businesses.

For more information: www.nosuperwalmart.com

“A study in Maine found that three times as much money stays in the local economy when you buy goods and services from locally owned businesses instead of large chain stores.”

Commentary

Book Review: *Urban Dictionary* By Aaron Peckham

By Bill London

Joe called me recently from his home in LA. He had been hearing a word, "booyah," and had no idea what it meant. For some reason, he called to ask me (is it because I live in Moscow, the center of the known universe?)

And I could answer his question, because I knew where to look. Sure enough, there it was on page 53 of the *Urban Dictionary*.

Booyah is "an interjection used to

express excitement and satisfaction" and is one of the 250,000 new slang words and phrases that Aaron Peckham collected and defined first on his website (www.urbandictionary.com) and now in his book.

Peckham started collecting slanguage in 1992 by creating that website and asking for new words and definitions. He sure got plenty – his site now houses a million definitions, and has become the authoritative place to find and understand emerging language.

New words, from skaters, gangsters, stoners, and young people of all kinds, fill the book and actually make this dictionary a fun read.

Here's just a few:

sheeple – people who are unable to think for themselves

ridonkulous – absurd and laughable

big girl's blouse – a coward

hasbian – former lesbian, now heterosexual

ten minutes ago – out of style

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

.....
Bill London edits this newsletter and reports proudly that his grand-daughter, Leyna Grace, got madd street cred, fo' rizzle!

Dining With Marimbas

By Bill London

There may not have been dancing in the streets, but there sure was plenty of wiggling in the aisles. *The Co-op* was bopping on April 18, when the Sesitshaya Marimba Band brought their bouncy and energetic music to the weekly Tuesday music series.

The music was big-time fun for the multigenerational audience, but equally compelling was the great food.

Tacos for two bucks! Big hefty puppies, too. Choice of tofu or beef. One was a real handful, and two was a huge meal. I had two and could not even consider a third even though they were so tasty...

Even the casual observer might note

that this was a real deal. Great music to lift the spirit and tap the toes PLUS great tacos to fill the stomach and satisfy the senses—in sum, a cheap date at \$4 for dinner and entertainment, Co-op style.

And the tacos continue with the free music all May on Tuesdays, from 6-8 p.m. In June, the fun moves outside, and it's BBQ time.

.....
Bill London edits this newsletter and is pleased to announce that the Co-op now prints 2,500 copies of this newsletter (we had been printing 2,000 copies each month, but the demand exceeded that supply).

Safer Paint - Healthier People

Safecoat Paints are made **without** hazardous chemicals, and actually seal in outgassing from underlying building materials.

See them in action at **The Coop**


The Natural Abode
517 South Main Street
Moscow ID, 83843
208 883-1040
www.TheNaturalAbode.com



Adventure Learning

"Where learning is fun"



Adventure Learning is a non-profit whose mission is to provide an opportunity for people of all ages to learn about themselves and the natural world through exciting, challenging and interactive wilderness experiences.

2006 Trips

Visit the website for more information and trip itineraries

April 28 to 30	Kirkwood Ranch Hells Canyon, Idaho
Base Cost: \$60	Beginner Trip—All ages*
May 26 to 29	Wenaha Canyon NE Oregon
Base Cost: \$80	Beginner Trip—all ages
June 12 to 16	Glacier Nat. Park, Montana
Base Cost: \$100	Beginner Trip—all ages
June 21 to 25	Canoe John Day River, Eastern Oregon
Base Cost: \$100	Beginner Trip—all ages*
June 26 to 30	Newberry Crater Nat Monument, E. Ore
Base Cost: \$100	Beginner Trip—All Ages*
July 2 to 4	Climb Mt. Adams, Southern Washington
Base Cost: \$75	Novice Trip—10 and up
July 6 to 9	Backpack Seven Devils Wilderness, Idaho
Base Cost: \$80	Novice Trip—8 and up
July 11 to 15	Oregon Coast
Base Cost: \$100	Beginner Trip—all ages*
July 16 to 20	Olympic National Park, Western Washington
Base Cost: \$100	Beginner trip—all ages*
July 25 to 30	Mt. Rainier National Park, Central Washington
Base Cost: \$120	Beginner trip—all ages
July 31 to Aug 13	Pacific Crest Trail (PCT) 140 miler
Base Cost: \$160	Novice Trip 10 and up Southern Washington
August 14 to 19	Crater Lake National Park, Southern Oregon
Base Cost: \$165	Beginner Trip—all ages*
August 20 to 24	50 mile PCT Backpack in Southern Oregon
Base Cost: \$100	Novice Trip 10 and up

* denotes that parents are FREE!

Contact At: P.O. Box 8245 Moscow, ID 83843 (208) 310.3010
donalwilkinson@yahoo.com adventurelearningcamps.com

Off the Record: Noah Beck

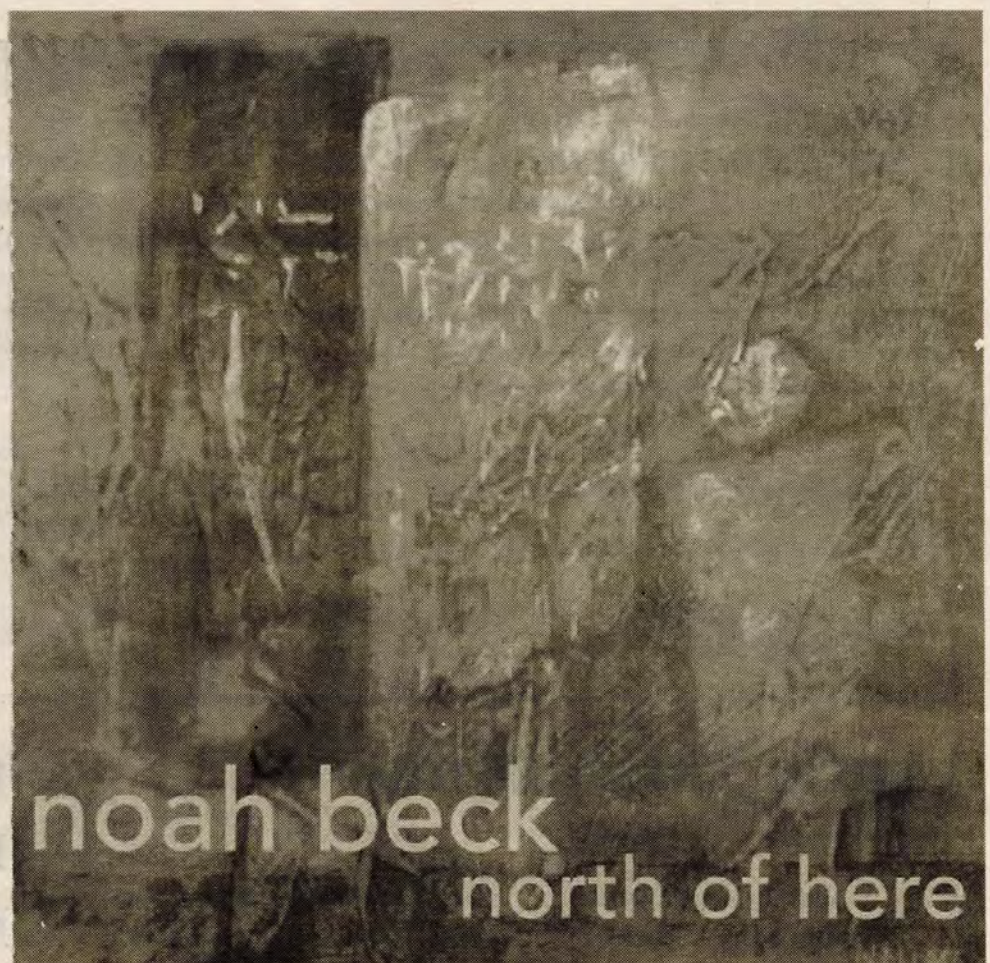
By James Reid

Noah Beck's CD *North of Here*, available for purchase at the Co-op, is the subject of this month's column. Beck is a local product (almost), as he grew up in the Coeur d'Alene area before moving to Moscow to attend the University of Idaho about five years ago. He studied music at North Idaho College and then completed a degree in guitar performance at the Lionel Hampton School of Music last spring. Area music fans will likely be familiar with Beck as the guitarist for Oracle Shack, a group that has performed extensively in our town and region. Since I have known Noah as a guitarist for several years, I thought this might be a CD of solo guitar music on acoustic and electric instruments. There is some of that, but there is also quite a bit more variety here than I anticipated. Every track seems to be substantially different from its predecessor. The first track on this recording is a contemplative steel-string guitar solo entitled "Windswept," but the CD's next track, "Riding High," couldn't be more different. "Riding High" begins with a groove that would be at home on quite a few rap albums and a voice that reminded me of the old recordings by Alvin and the Chipmunks. The song morphs into a more conventional song soon, with Beck handling lead vocals, drums, guitars, and percussion (using overdubbing, naturally). "Riding High" is followed by a mellow song in which Beck accompanies himself on acoustic guitar

Area music fans will likely be familiar with Beck as the guitarist for Oracle Shack, a group that has performed extensively in our town and region.

and sings lyrics lamenting things that shouldn't have been done. Here, the style is laid back and the tone is one of remorse. "Someday" features Beck along with vocal support from Lisa Simpson and Eric Gilbert. The style is reminiscent of some of the early songs of Crosby, Stills, and Nash, and the three-part harmony underlaid with acoustic guitar creates a relaxed, comfortable ambience. Oracle Shack could be described as a jam band somewhat in the mold of the Grateful Dead. "Carefree Lane pt. II" uses a static harmonic background as the foundation for a long, meandering guitar solo that could be an homage to some of the solos Gerry Garcia created back in the 1960s and 70s. Beck uses short melodic phrases of consonant intervals to weave a hypnotic spell over the background of various percussion instruments and bass.

The most interesting song in my mind is "a very brief synopsis of a pre and post-conscious life." It begins simply with an acoustic guitar that is followed by Beck's voice describing waking up and "failing to notice a crack in the sky" that suggests an alternate reality — one that is always close at hand and yet infinitely distant. The song develops nicely through additional verses with the addition of percussion and back-up vocals. The lyrics of all the songs contained on the disc have an introspective quality reminiscent of artists like Joni Mitchell or James Taylor (Beck's voice is even a bit like Taylor's — breathy and intimate) even though the instrumental backgrounds are quite different here. The sonic landscape opens up quite a bit on "You Never Know," including electric guitar, keyboards, and more traditional percussion. On "different moments always" Beck expands further instrumentally using some electronic effects, bass, guitar, and percussion to create an expansive elongated trip through sound that is often minimalist in style. There are two different versions of the title track "north of here pt. 1" and "north of here pt. 2." The first is an acoustic guitar track



that utilizes an opening tuning to create a nice drone that is later supported by bass. The second version is a live recording by Oracle Shack and contains a much fuller texture including percussion, keyboard, and electric guitar augmented by audience noise. Overall, this was a surprisingly diverse CD held

together by Noah Beck's well-developed musical vision.

James Reid will be performing music of Leo Brouwer with the Rendezvous orchestra on July 23 here in Moscow.

B	U	C	K	S	F	O	R	B	I	K	E	S
O	T	H	E	L	L	O		A	L	I		A
V	I	O	L	A		P	U	L	L	M	A	N
I	L		P	I	T	A		L		C		P
L	E	E		N	I	K		S	H	H		E
L		D	S		G		O		I			L
				G	R	E	S	H	A	M		L
B	U	S	T	E	R		I		E	L	B	E
O		H			S	P	O	N	G	E		G
C	L	O	V	E					A	H		R
H	O	G			P	A	G	A	N	I	N	I
O	C	U	L	A	R	I	U	M				N
X	I	N	G	U		A	T	A	U	L	F	O

Letter to the Editor

Just wanted to send a huge thank you to all of you at the Co-op for offering the incentive card for walkers and bikers (and any other folks who get to the Co-op without using their car). I have always been a firm believer in finding alternative ways to get places without using my car, and I applaud the Co-op for supporting this in such a big way. Moscow is a great little town, and it's even better on foot. My daughter Molly and I walk everywhere and she is learning so much about the world around her just by being out in it instead of zooming around in a metal box with wheels. There are so many cool things to discover by walking — like ladybug nests ...and tiny sprouts coming up through the dirt ...and lots of friendly people walking down the street ...and worms ...and puddles! I think we could all benefit by getting out of our cars and appreciating all of those little things around us.

Again, thank you SO much to the wonderful Co-op people for all of the thousands of little things they do that respect, honor, and protect our environment. I hope that other businesses around town follow their lead.

Thank you thank you thank you! We love our Co-op!

Sandi and Molly Klingler

Auntie Establishment

By Joan Opyr

On April 15th, gay and lesbian citizens across Idaho were obliged to pay some percentage of our hard-earned income to our elected state government. Our money will help keep our highways safe, our schools up and running, our farmers farming, and our ranchers ranching. Unfortunately, it will also pay the salaries of our state legislators, a majority of whom recently voted for HJR2, a new and repressive way to insult us, to offend us, and to ensure that gays and lesbians remain second-class citizens in the state of Idaho.

HJR2 is a proposed amendment to the Idaho constitution defining marriage as between one man and one woman. I drive on Idaho's highways; my kids attend Idaho schools; I am friendly with many farmers and ranchers. I don't enjoy paying taxes, but I usually don't begrudge it. This year, however, I'd like to shake the state's blood money onto my barbecue grill, douse it with lighter fluid, and strike a match. I hope the smoke blows all the way down to Boise and chokes House Speaker Bruce Newcomb. Why am I expected to be financially complicit in my own oppression? I object to that; I object strongly.

Thankfully, I'm not alone. On April 12th, Mikey's Gyros in downtown Moscow was the site of an organizing

meeting for those of us who oppose HJR2. Though this proposed constitutional amendment died twice in committee in previous years, Bruce Newcomb made it priority number one for the 2006 legislative session. The majority vote was depressing, but for the first time since that asinine vote, I actually feel a glimmer of hope. Democrats and Republicans, gays and straights, liberals, conservatives, moderates, libertarians, and all possibilities in between, packed the back room at Mikey's and began talking in earnest about what we could do to fight the state-sanctioned bigotry of HJR2.

Two seasoned organizers, Wendy Morgan of the Idaho Women's Network (<http://newvoices.aed.org/fellows/Wendyprofile.html>) and Pam Baldwin of the Interfaith Alliance (pbaldwin@rmci.net) led the discussion. Aided by Elizabeth Brandt, a law professor at the University of Idaho and a veteran of the successful 1994 against the virulently anti-gay Proposition One, the conversation was intense and focused. Now is the time for community outreach, for reminding people that HJR2 is counterproductive to our ongoing public relations fight against Idaho's hate-mongering image. (I recently wrote about our ongoing image problem recently in a New West Magazine piece called "Idaho: We're Not As Bad As You Think." Come

HJR2 is a proposed amendment to the Idaho constitution defining marriage as between one man and one woman.

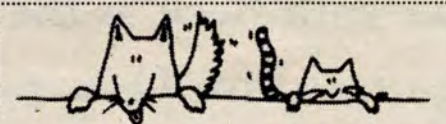
November, when HJR2 is put to the vote, I don't want to write a retraction entitled, "I Take It Back; We Really Are Bass Ackward.")

As Wendy Morgan pointed out, "Denial of rights is a violation of rights." We do not need to breed hate in our state's constitution. We don't know what effect HJR2 might have on Idaho adoption law, on co-habitation agreements, on living wills and guardianship agreements. According to its far-right supporters, contracts made between individuals would still be valid under HJR2, but the amendment would negate any private contract or agreement made between same-sex couples that in any way "mimics" the rights and privileges associated with heterosexual marriage. It would only take a couple of bad court decisions to take us back not to 1994 but to 1954. A couple of right-wing "activist judges" could well undo most of the gains we have made as gay and lesbian citizens in Idaho.

As a state, I believe that we are better than this. I believe that we are farther along in our community relations and our respect for one another as citizens than the Idaho legislature imagines. My partner and I have paid our taxes.

We didn't pay them cheerfully, but we paid them on time. We are good Idaho citizens. Even the most rabid homophobe, the kind of nut who believes that all gay and lesbian people should be lined up against a wall and shot, ought to be able to understand why we might object to the Idaho legislature expecting us to pay for the bullets and the blindfold.

Joan Opyr is a Moscow writer, community activist, and co-host of the Auntie Establishment and Brother Carl Show on Radio Free Moscow. She will be selling and signing copies of her novel, *Idaho Code*, at the Moscow Food Co-Op from 11 to 2 on May 20th. Please come out and see her!



Animal Care Center P.A.

328 N. Main, Moscow, Idaho 83843
8:00 a.m.–5:30 p.m. Mon.–Fri.
(Tues. & Thurs. until 7 p.m.)
(208) 883-4349

Certified Acupuncturist
Nancy Maxeiner, D.V.M.

New at the Library

By Chris Sokol, Adult Services Librarian, Latah County Library District

Libraries are a role model for sustainability: Get as much use out of a book, magazine, DVD, audiobook, or music CD by as many people as possible with a minimum of expense and packaging. It's still good to buy these things, of course, when you really want to have your own copy or buy someone a gift. In fact, many people decide to buy a book or CD after they've borrowed it from a library. But libraries offer a vast range of possibilities for those who want to sample freely across subjects and genres, and don't want to add to their consumer stockpile of stuff (or can't afford to).

This column is intended to give you a glimpse of the new items available at your local public library that may be of special interest to Co-op clientele. Check out our website at www.latahlibrary.org, or call 882-3925 for more information. The Moscow Library is located at 110 South Jefferson Street.

Fiction:

The Joys of Motherhood, by Buckle Emecheta. The story of a young mother's struggles in 1950s Lagos is a powerful commentary on polygamy, patriarchy, and women's changing roles in urban Nigeria.

Pomegranate Soup, by Marsha Mehran. Fans of "Chocolat" and other cooking-overcomes-cultural-differences stories will savor the tale, not to mention the 13 recipes, including one for pomegranate soup.

Whale Caller, by Zakes Mda. A romantic comedy of sorts — in which the changing face of post-apartheid South Africa is revealed through prodigious, lyrical storytelling — this novel follows two misfits who fall in love in a country where just living from one day to the next can be challenge enough.

Nonfiction:

Bicycle Repair Manual, by Chris Sidwells. This fully illustrated guide helps you keep any bike in peak condition.

The Complete Book of Zen, by Wong Kiew Kit. Shaolin Grandmaster Wong Kiew Kit traces the history, principles, and practice of Zen.

Garbage Land: On the Secret Trail of Trash, by Elizabeth Royte. A staggering exposé telling us that as the quantity, variety, and toxicity of our garbage increases, we must, like nature, evolve ways to reclaim and reuse everything we make.

Green Clean, by Mikki Halpin. The environmentally sound guide to cleaning your home.

Hunger: An Unnatural History, by Sharman Apt Russell. Using fasting periods from 18 hours to 30 days, the author shows the extraordinary ways in which the deprived body tries to save itself when food is withheld. Her choices for the historical overview of hunger include hunger artists, religious and politically motivated fasting, therapeutic fasting, famines, experiments on starvation, anorexia, and efforts to combat world hunger.

Kids Weaving, by Sarah Swett. Moscow resident Swett teaches kids and adults how to weave using everything from their hands to cardboard to an easy-to-make portable loom.

Mad Cowboy: Plain Truth from the Cattle Rancher Who Won't Eat Meat, by Howard F. Lyman. An impassioned, no-nonsense account of the dangerous and potentially fatal practices of the cattle and dairy industries, told by a man uniquely qualified to blow the whistle — a former cattle rancher who has become a high-profile advocate for vegetarianism.

Watersheds: A Practical Handbook for Healthy Water, by Clive Dobson and Gregor G. Beck. Illustrated overview of the fundamentals of ecology from the simple concept of a watershed to the biological intricacies of a wetland ecosystem and its implications on the environment.

"I find television to be very educating. Every time somebody turns on the set, I go in the other room and read a book."

—Groucho Marx

DVD:

Dear Frankie (U.K., 2005) To spare the feelings of her fatherless boy, Lizzie secretly authors letters from his "father" recounting seafaring adventures around the world. Torn between exposing the truth and protecting her son, Lizzie hires a handsome stranger to play the role of a father and gets more than anyone bargained for.

The Edukators (Germany, 2004) Three radical activists like to make their point by breaking into the homes of the wealthy, rearranging their belongings and leaving cryptic messages. When one such break-in goes wrong, they are forced to kidnap a wealthy businessman.

Man Without a Past (Finland, 2002) After a man is beaten and declared dead, he suddenly sits up and walks out of the hospital on his own. Determined to start his life over in a new town and unable to remember his name or anything about his past, he becomes involved with a lonely woman. Everything seems good until his past comes back to haunt him.

Wal-Mart: the High Cost of Low Price (U.S., 2005) Takes you behind the glitz and into the real lives of workers and their families, business owners, and their communities, in an extraordinary journey that will challenge the way you think, feel, and shop.

CD:

Susana Seivane: ***Susana Seivane***. The music of the northwestern Spanish coastal province of Galicia consists of a persistent Celtic strain grafted onto centuries of Portuguese, Spanish, and early music influences. The local mouth-blown bagpipe is called the gaita. Seivane is descended from generations of pipers and she is joined on the gaita by other band members playing tin whistles and flutes, squeezeboxes,

fiddles, mouth harps, plucked strings, and occasional vocals.


The Rough Guide to Bollywood

Legends: Lata Mangeshkar. Whether singing a bhajan (a Hindu devotional hymn), a liltingly romantic song about rebirth or a raga-based film hit, Lata Mangeshkar is one of India's greatest vocalists and the pre-eminent artist in the history of the music of Bollywood — the Bombay-based center of the Hindi-language film industry.

Oojami: ***Urban Dervish***. With an uncompromising attitude toward musical freedom of expression, this CD is as fresh as the modern days of punk, with the party feel mixed with jazzy worldwide flavors. Oojami fuses Turkish elements with a myriad of cultural traditions.

Chris Sokol is a long-time resident of Moscow who never has enough time to read even a fraction of the books that matter. She provides reference service and selects adult materials for the Latah County Library District.

Elect
Jennifer Watts



Moscow School Board Zone 2
Vote May 16th, 2006
at the district office.
Call 882-1120 to determine your zone.

Commentary

Is Organic Food Better for Us?

By Preston Andrews, Associate Professor of Horticulture, WSU

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

With the coming of spring and the opportunity to eat more fresh fruits and vegetables again, the question about whether organic food is better for us keeps being raised by the media. The rapid growth in organic food sales has intensified the debate about its benefits. The American Dietetic Association (www.eatright.org) states that “nutritionally there is NO EVIDENCE [my emphasis] that organic produce is better or safer than conventionally grown produce.” I assume one reason the ADA takes this stance is that they don’t want to discourage parents from feeding their children fruits and vegetables, especially if organic produce is less affordable for them. But, what about the question, is organic food better for us?

“These results suggest that our children are being bathed internally with pesticides as part of an unfinished “experiment,” the outcome of which is still unknown.”

When it comes to pesticides, routine monitoring has established that there are fewer incidences of organic produce having pesticide residues than conventional produce. This is mostly because the synthetic pesticides that

are used in conventional farming are not allowed in organic farming. But, what effects may the lower frequency of pesticide residues on organic produce have on the pesticide intake and safety of consumers? An important study (Environmental Health Perspectives, Feb. 2006) conducted by Dr. Alex Lu while at the University of Washington, found that switching elementary school-aged children from conventional to organic juices and fresh fruits and vegetables for just five days dramatically reduced the presence of two major pesticides in the children’s urine. After five days on the organic diet, the children went back to their conventional diets, and the pesticide levels in their urine rose immediately. The two pesticides, malathion and chlorpyrifos, are used extensively in the production of conventionally grown fruits and vegetables. According to EXTOXNET (extoxnet.orst.edu), malathion is toxic to the

immune and central nervous systems, adrenal glands, liver, and blood of animals, while chlorpyrifos inhibits an important enzyme required for proper functioning of the nervous system. These results suggest that our children

are being bathed internally with pesticides as part of an unfinished “experiment,” the outcome of which is still unknown.

Besides the negative effect of pesticide exposure from eating conventionally grown produce, are there positive health benefits from eating organically produced foods? There is a small but growing body of evidence supporting the claim that eating organic food is better for us. Unfortunately, the critics of organic food only point out the flaws in studies that are poorly designed. The biggest problem with many of these comparison studies is that the crop varieties, the climate, and soils are not matched between the organic and conventional farms, so any differences between the organically and conventionally grown produce could be due to variables other than the farming method used. In a well-designed study from WSU, where the crop variety, climate, and soil were identical, we found that organic Gala apples had higher antioxidant activity than did conventional apples, especially after being stored (HortScience, Feb. 2006). Combining this study with six other well-designed comparisons of organically and conventionally grown fruits, in two-thirds of the cases the organic fruits contained more phyto-nutrients than the conventional fruits. Phyto-nutrients include important dietary constituents, like vitamins, minerals, antioxidants, and other beneficial compounds. Besides apples, the other fruits represented in these studies were peach-



es, plums, strawberries, and tomatoes. In other words, more often than not, the organic fruits had higher levels of phyto-nutrients than did conventional fruits, when grown side-by-side.

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

Announcing the 2006-2007 Season:

September 21
Music from the Palouse

October 19
Onyx Brass

November 30
American Chamber Players

For more information: www.auditoriumchambermusic.org or chmusic@uidaho.edu

Auditorium
Chamber Music
Series
UNIVERSITY OF IDAHO

January 25
Pacifica Quartet

March 20
eighth blackbird

PIANO
TUNING
and
REPAIR
Since 1971

Moss Valentine
892-8239



Thorough, Personal Eyecare
High-Tech, Quality Materials
Down-to-Earth Atmosphere
Your Best Value

Dr. William R. French, Optometrist
Dianne French, Optician

202 E 7th St, Moscow
883-EYES (3937)
dfrench@moscow.com

Taste Fair Lives Up to Its Name

By Carol Price Spurling

Bustling crowds, children run amok, tantalizing aromas, dizzying amounts of food, music from a nearby stage, anticipation to begin, and exhaustion at the end — those are all the elements of a well-done fair, and they were all evident in abundance during the Co-op Taste Fair on April 8, 2006.

So, without consulting with Co-op staff, who are still recovering and whose

music, and almost everyone had food in their mouths.

I headed toward the produce section to sign up for a door prize, sampled some Lifestream waffles, SweetLeaf bottled tea, Lisanatti soy cheese (the aforementioned pepper jack), and moved on to Annie Chun's teriyaki noodle meal kit and Lundberg broccoli cheddar risotto, which struck me as some awesome kid food. Really cheesy and quick to make,

probably a good substitute for mac n' cheese.

I was just in the middle of trying the really good Natural Sea crab au gratin (nothing on the ingredient list I couldn't pronounce) when Annie called my name over the P.A. I'd won a door prize! I never win door prizes! I rushed

back to the front to collect my goody bag and gloat.

Then, back to the food. Toby's Tofu Pate tasted great on veggies and crackers, but the Kettle Bakes chips just aren't quite enough like fried chips for me.

I lingered a long time at the next table, with Cherrybrook Kitchen chocolate chip cookie mix cookies, really good for being free of so many allergy-exacerbating ingredients. With trepidation I dipped into the Woodstock water buffalo milk yogurt, but found it creamy and delicious, helped along with some sweetener. I'm curious to know what it tastes like plain, though.

And then, the local vendor's samples I'd been hoping for: Cowgirl Chocolates! The staffer at the table opened dozens of Cowgirl chocolate bars and chopped them into pieces. She guesstimated

“Thanks to everyone who made the Taste Fair happen. I'll be looking for it next year. And maybe there could be a ferris wheel or funhouse in the parking lot? (Just kidding, Kenna.)”

having gone through about 50 of them so far.

Things started to blur after that: Rice Dream horchata and smoky green Guayaki yerba mate latte, Doma coffee from Coeur d'Alene, Raw Dog action snacks from Palouse (judged edible by our Fiona dog at home, later), Anderson Ranches naturally grown lamb, Tasty Bite stir fry and Pacific Natural Foods chili from pouches, back to the Cowgirl Chocolate table for some Ben and Jerry's low fat frozen yogurt and another nibble of chocolate.

By the time I reached the meat department I felt a little full, but still I pressed on, to the Bumble Bars from Spokane and the aged gouda cheese, the Silk soy yogurt (more like pudding than yogurt but very tasty), and finally to the front to meet Virginia Solis, local maker of Virginia's Salsa. I've got a bottle in the fridge at home and stopped to chat.

Elsie Sakuma and Laura Aichele of Wok n Roll Catering served up samples of their Dressin' Up! raspberry vinaigrette salad dressing, and just around the corner was Amy from Amy's Cakes. She forced (ha ha!) some kahlua truffle on me, since I didn't bother to tell her that I've already eaten more than one of those babies before.

Thanks to everyone who made the Taste Fair happen. I'll be looking for it next year. And maybe there could be a ferris wheel or funhouse in the parking lot? (Just kidding, Kenna.)

.....
Carol Price Spurling helps edit this newsletter and writes the monthly Palouse Palate food feature for the Moscow-Pullman Daily News.



Annie Simpson, Iris Scott, David Schlater, and Anne Adams sample Garlic Butter Shrimp and other delicacies.

votes therefore don't count, I hereby pronounce it a success. (I do have qualifications to judge, as I've been to lots of county and state fairs in the Midwest, where we really know how to overindulge right.)

My Taste Fair experience began outside the store, actually, when I met my husband and son on their way out the door after their two-hour odyssey through the aisles.

“You have to try the shrimp! And the pepper jack!” shouted young Reed. “And look, we won a prize!”

His enthusiasm was contagious. My rainy Saturday mood lifted immediately, and rocketed upward as I opened the doors next to the deli and was greeted by the sweet bluegrass sounds of Steptoe. Children were lined up at the deli counter, babies sat in their strollers, adults lounged listening to the



The truffles (foreground) were a big hit with the crowd.



Bulletin Board

MOSCOW



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

OP

Fair
pm

Vigil for Peace Moscow: Fridays 5.30-6.30pm

Meetings in Friendship Square and at Third and Main.

☎ 882-7067
sperrine@potlatch.com

Pullman: 1st Fri. of month, 12.15—12.45pm

Under the clock by the Public Library.

☎ 334-4688
nancycw@pullman.com

Co-op Tuesday Live Music 6—8pm at the deli

- May 2 Carliol Consort
- May 9 Hard to Please
- May 16 Acoustic Wave Machine
- May 23 The Boogie Doctors
- May 30 Noi and Friends

Co-op Kids!

We are beginning a series of family activities at the Co-op...
Tue. May 16, 9—10am
Children ages 3 to 5 are invited to come with a parent or caregiver to make a fun, free seasonal project.
Tue. May 30, 9—10am
We will be making recycled musical instruments.

Rebekka Boysen-Taylor
amamaswork@yahoo.com

Tuesday Co-op Farmers' Market

Tuesdays from May 9 through September 4.30—6.30pm. Local growers will sell fresh delicious produce at the Co-op parking lot

Co-op Art Exhibit (@ Deli) Fri. May 12th 5.30-7pm

Reception for collected works of Moscow High School art students. Show runs until June 10.

Booksigning at the Co-op Sat. May 20, 11am—2pm

Joan Opyr (Auntie Establishment) will be signing copies of "Idaho Code"

Moscow Community Theater

May 4—14 'The Music Man'
At Moscow High School Tickets (\$11 adults, \$9 seniors & students, \$6 children)
Cathy Brinkerhoff ☎ 882 5230

Moscow Renaissance Fair Sat and Sun. May 6 and 7

10am to dusk, East City Park, rain or shine—Free! Live entertainment, huge children's activities area, crafts, food, fun. Celebrate spring at the fair!

Historic Walking Tour Sat. May 6, 10am

Walking Tour of our Historic Downtown starting at Farmers Market.

(509) 336 2701

vents
lay 6&7,
-6pm
w Renaissance
"bike
e repairs.
pm Nursery
y—plant care,
etc.
ean:882-1444

for Peace am—2pm

Rummage
Universalist
Church in Moscow. Proceeds help six Iraqi peace activists from Baghdad receive non-violent communication training in London. Donations/ Volunteers welcome.

☎ Nancy Hampel 835-3313
☎ Veronica Lassen 882-2562

"Life's a Book! A Moveable Feast"—Class in Moscow

May 18—June 8, 6.50-8pm
Food and Travel Writing, with Carol Spurling at The Bookpeople, 4 sessions, \$37

Kopp Sat. 1

Koppel I
Communi
corner o
Professio
Come to
open hou
Communi
ka

Moscow Fair Mon. May 15, 6.30-8pm

In Cold Blood, by Truman Capote. All are welcome. The library is at 110 S. Jefferson St
Debra: indexer40@yahoo.com
Chris: ☎ 882-3925 ext. 16
chris@latahlibrary.org

Moscow School District Board Trustee Election

Tue. May 16, 8am—8pm
Candidates who have filed are:
Zone 2:
Mark C. Hubbard & Jennifer L. Watts
Zone 5:
Margaret S. Dibble (incumbent) & Larry C. Woodbury
District Office Board Room, 650 N. Cleveland (corner of F St. & Cleveland) ☎ 892-1139

One World Café—May Music

Moscow bands unless indicated
Music starts at 8 or 8.30pm
May 5 UI Songwriting Class
May 6 Ben Walden & friends
May 11 Bluegrass Jam
May 12 Stripe & Yellow
May 13 Jazz Night
May 19 The Flying Eyes & Yukohama Hooks (Spokane)
May 20 Brian DeMarcoof (Flagstaff)
May 25
May 27 Machine



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

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