

Community News

FREE!
PLEASE TAKE ONE

November 2006

The monthly newsletter of
the Moscow Food Co-op

Turkey Time

by Scott Jaklin, Co-op Meat Department Manager

Again this year, we are proud to offer fresh turkeys from Diestel Turkey Ranch for your holiday meals. Located in the Sierra Foothills near Sonora, California, this family-run farm has been raising premium range raised turkeys since 1949. We received outstanding feedback from customers last year on how well they enjoyed the flavor of these turkeys and are glad to be able to provide them again.

We will have both the Diestel Free Range and Heidi's Organic Hens turkeys. Both are from Diestel, both are raised free range, and the Heidi's Hens are raised on organic feed. Both are raised longer (approximately 6 months) than conventional turkeys for real flavor without growth stimulants or hormones. They are fed a low-fat vegetarian diet consisting of grains and soybeans milled at the ranch, which results in a tender and juicy old-fashioned flavor that is sure to please. More meat, less fat, and

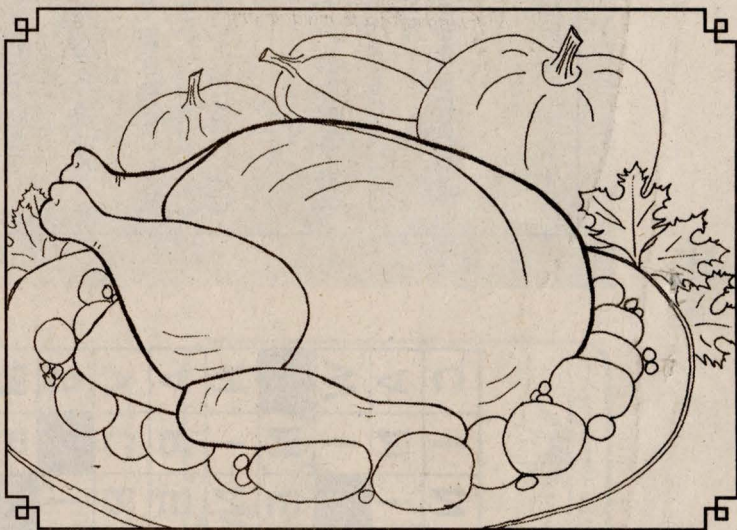
less water than commodity turkey makes them a great value.

This year we will be serving our customers with Diestel Free Range Turkeys and Diestel's

Organic Heidi Hen varieties in an array of sizes on a first-come first-served basis. We have a larger supply this year with more sizes being available in the Free Range variety - from 8-10 lbs. to 22-24 lbs. The organic Heidi Hens are available in the range of 10-14 lbs. or 14-18 lbs.

We will surely have fresh turkeys and possibly have the same varieties frozen as well. The meat department will not be taking reservations on turkeys. We will have them available for sale by Saturday, November 18.

We will have some on display, but any-



one can ask a meat department associate for assistance on getting the desired size and we will be happy to help you find what you are looking for. The best assurance of getting a turkey in a specific size range is to check with a meat department associate starting Saturday, November 18. The sooner, the more variety to choose from.

We will also have turkey breast, duck, goose and other choices to make a holiday meal tailored to your specific needs.

We all thank you for your support and wish you a truly Happy Thanksgiving.

Community News

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

Elizabeth Carney Sowards

Photographs

David Hall

Distribution

Donald Stanziano—Moscow
Kurt Queller—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

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.



Moscow, Thanks for a Great First Year!

By Kenna S. Eaton, General Manager

Hard to imagine it's only been one year since your Co-op moved to this location. From day one we felt comfortable and at home — as I imagine you did too. When I think back on that experience, I remember the hard work, the long hours, the dirt, the worry that we wouldn't open on time (remember we opened without a deli or meat department for the first week?). Yet feedback from shoppers has been extremely positive from day one. They love the ambiance, the greater selection, the meat, and all the great new additions that we were able to make in this larger space. Visitors from out of town always tell me how swell this store is, and these are folks from LA, Seattle, San Francisco! It makes my heart glow to hear these compliments and I treasure each of them. I know I didn't do all this by myself, it really did take a whole village to make it happen, and so I want to say "Thanks" to each and every one of you for supporting and believing in us.

So, how you may ask, has the first year been? And how is that in comparison to what we expected? Financially, it has definitely been interesting. We worked hard to project sales, but frankly, we really had to make some numbers up. With each department doubling in size, one would have been tempted to simply double the sales projection, but given the huge physical growth of

the deli and the addition of the meat department and the extreme re-location of produce (from the back to the front of the store), I knew it couldn't be that simple. And it wasn't. But basically, we projected 40% growth for the entire store and that number was based on our previous experience relocating seven years earlier. And year to date, that number has been consistently met and even exceeded, and for the year has averaged 45% growth. Wow!! It was awesome to exceed expectations. Each department did end up growing; some more than others, like produce. But the first year numbers are still to be finalized, so I won't give it all away yet, and save that for another article.

I'd say our biggest financial challenge has been in managing cash flow. Dealing with all the unexpected expenses on top of the expected has been difficult. We've had to make some tough decisions and look to our membership for extra support like in raising funds for the bike racks. However the staff has been wonderful in helping find solutions and ways to be cost efficient on a daily basis. I can't thank them enough for all the countless ways they have been creative, understanding, patient and flexible in the face of the many new challenges that have arisen in our new home, from drunk drivers running into our bakery wall at midnight to how to deal with the

increased use of TP in the bathrooms. All sizes and shapes of problems have come simply from dealing with twice as many customers in twice as much space. But all times, our staff has been professional and courteous, and willing to help.

“It really did take a whole village to make it happen, and so I want to say “Thanks” to each and every one of you for supporting and believing in us.”

As I write this, many of our figures are still evolving. In our (bookkeeping) world, we are either looking at what happened two months ago or what will happen two months in the future. Be that as it may, here is a small rough version of the first eight months of the year:

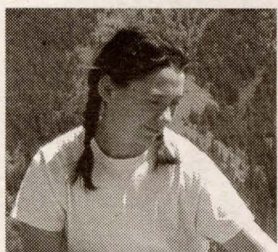
- ☛ The average transaction has risen from \$12.50 to \$16.50.
- ☛ Sales of \$3,855,771 represent a 52% growth
- ☛ Gross profit margin of 39.88% down from 40.03%
- ☛ Expenses (including payroll) of \$1,429,111 representing 42% growth and
- ☛ Depreciation went from \$22,571 to about \$150,000 (that a guesstimate, and you can do the math)

What this means is that your Co-op is doing well financially and should end up the year breaking even, which is great news since most businesses lose money in their first year. What it also means is that we've been able, with your help, to rise to the challenge of fitting into this new space, without raising prices and without sacrificing the sense of intimacy and community we have long enjoyed at our store. So I say, Moscow, thanks for a great first year and I look forward to many more!



October was National Co-op Month. To celebrate, a group of talented Co-op staff and volunteers created this window display at the Moscow Chamber of Commerce downtown. See page 27 of this issue for more pictures.

Co-Operations



Welcome!

By Laura Long, Membership Services & Outreach

It's been just over a year since we reopened here in our new location, but somehow it feels like it was just yesterday. Oddly, at the same time, I feel as if I've been here my whole life. It's that Co-op time-warp problem I guess. Or maybe it's the fact that I have now worked for our Co-op for over fifteen years. Can it really be that long? I had an epiphany recently when I realized that the daughter of the woman who hired me as a part-time cashier in 1991 is now working here beside me as a cashier. It seems to make the whole world complete somehow. I have seen many people come and go (and come and go again) over the years, and I have to say I've really enjoyed working with all of them. Each one has brought their special talent to our team, and made the Co-op what it is today.

Thank you Moscow, for making our Co-op such a success. I'm really glad I

I'm sure there will be more to come, and I'll be here with you every step of the way, counting the pennies and lending an ear to our members' suggestions and reflections. So that is what I give thanks for in 2006 as I look forward to another year at the Moscow Food Co-op."

got to see so many of you at our most successful Member Appreciation Day ever. It's just our way of passing on our heartfelt gratitude to you for making this our best year yet. I'm sure there will be more to come, and I'll be here with you every step of the way, counting the pennies and lending an ear to our members' suggestions and reflections. So that is what I give thanks for in 2006 as I look forward to another year at the Moscow Food Co-op.

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

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



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

Any cashier can help you join, just ask!

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

Open Daily 7:30 am - 9:00 pm

Co-op Business Partners

- A Choir of Angels Massage Center:** 10% off all Gift Certificates, Patricia Rutter, CMT, choiramc@clearwire.net, Almon Plaza Bldg., 200 S. Almon, Ste. 212, Moscow, c. 208.413.4773. Also by mail.
- Adventure Learning Inc.:** 10% off base cost of any trip, Donal Wilkinson, 310-3010, adventure-learningcamps.com
- Alchymia Life Coaching:** 1 free session & \$25 off initial intake session, Katrina Mikia, 882-1198
- Anatek Labs, Inc.:** Drinking water Bacteria Test for \$10 & Comprehensive well water test for \$90, Mike Pearson, anateklabs.com, 1282 Alturas Dr, Moscow, 883-2839
- Anna Banks, Equine Massage Practitioner:** \$15 off Initial Equine Massage or Reiki Session, Moon Hill Ranch, 1255 Queener Rd, Moscow, 208-875-0109.
- Bebe Bella:** A Free Pair of French Terry Fleece Nursing Pads with your first purchase, Rebekka Boysen-Taylor, 1220 NW State St #38, Pullman, 334-3532
- Copy Court:** 10% discount, memb. card laminated, Michael Alperin, 428 West 3rd St, Moscow, 882-5680
- Culligan:** Free Auto softener install up to 10 ft. of pipe and culligan water softener (Moscow only) & 10 free gallons of water to new delivery customer, Owen Vassell, 310 N Jackson, Moscow, 882-1351
- Carolyn Doe, Massage Therapist:** First 2 1-hr massages \$35 each, 106 East 3rd St, Ste. 5-B, Moscow, 882-9320
- Clearwater Colonic Therapy:** Please call for details: Susann Clark, 208-743-5476, 412 Park Ave, Lewiston
- Ecostructure Financial:** Free 1 yr. subscription to "Matchmaker" Internet Database and Service, Mark Winstein, www.ecostructure.us, 116 E 3rd St, Ste. 212, Moscow
- EcoWater Systems:** \$100 off softener-reverse osmosis combo & free install up to 2.5 hours within 50 miles, 2 weeks free water to new bottled water customer, Michael Robison, 882-5032, 316 N Main St, Moscow
- Erika Greenwell, LMP:** First 2 Massages @ \$35 each, 882-0191
- Full Circle Psychological Services:** Free Initial Consultation, Dr. Tina VonMoltke, PhD, 619 S Washington St. Ste 301, Moscow, 669-0522
- The Healing Center:** Save \$10 off on first exam or phone consultation, Dr. Denise Moffat, drmfat@NaturalHealthTechniques.com, 413 East 8th St, Moscow, 882-3993
- Healing Wisdom:** 10% off Initial Consultation, Please call for appointment, Candace Magnuson, Clinical Ayurvedic Specialist, 208-699-3812
- Hodgins Drug & Hobby:** 10% off all purchases excluding prescriptions, Pam Hays, 307 S Main St, Moscow, 882-5536
- Inland Cellular:** \$10 off purchase of any phone or accessory, Kelly Gill, 672 W-Pullman Rd, Moscow, 882-4994
- Integrative Mindworks:** Free 30-min. consultation for new clients, April Rubino, integrativemindworks.com, 3400 Robinson Park Rd, Moscow, 882-8159, april@integrativemindworks.com
- Inspire Communications:** 10% off All Services, Jo Sreenivasan, http://members.aol.com/write-book64, 892-0730
- Kaleidoscope Framing:** 10% off gallery items, Darryl Kastl, 208 S Main St #11, Moscow, 882-1343
- Kelly Kingsland, LMT:** First 2 Massages \$40 each, 892-9000
- Kimi Lucas Photography:** 25% off initial photo session, 15% off on photo session, instruction or products & free third pet photo session, Kimi Lucas, PO Box 3432, 310-1064
- Dr. Linda Kingsbury, Professional Herbalist:** 10% off Customized Aromatherapy, Spa Treatments, Holistic Health & Nutrition Consultation, spiritherbs.com, 883-9933
- Mabbutt & Mumford, Attorneys:** Free initial consult., Mark Mumford, Cathy Mabbutt, 883-4744
- Maria Maggi, Intuitive Astrology & Gardener:** \$5 off astrological & flower essence consultations, 882-8360
- Marketime Drug:** 10% off gift items, Joanne Westberg Milot, 209 E 3rd St, Moscow, 882-7541
- Mindgardens:** Free initial consultation & 10% discount on services, Erik Tamez-Hrabovsky, erik@build-mindgardens.com, 220 NW Tingly St., Pullman, 509-595-4444
- Moscow Feldenkrais:** First individual lesson 40% off, and first group lesson free, Elisabeth Berlinger-883-4395 & Tom Bode-892-3400, 112 W 4th St, Moscow
- Moscow Yoga Center:** 10% off classes-new students, Jeri Stewart, 525 S Main, Moscow, 882-8315
- Motherwise Midwifery:** Free supply of pregnancy tea thru pregnancy, Nancy Draznin, 1281 Sprenger Rd, Genesee, 224-6965
- The Natural Abode:** 10% off of Natural Fertilizers, David & Nancy Wilder, 517 S Main St, Moscow, www.TheNaturalAbode.com, 883-1040.
- Now & Then Antiques:** 10% off any furniture, antique, collectible or gift item in the store (excludes vendor & consignment items). Jeff & Michelle Marks, nowandthen@moscow.com, 321 E Palouse River Dr, Moscow, 882-7886.
- Palouse Discovery Science Center:** 10% off on all items in the Curiosity Shop, Mark Goddard, 2371 NE Hopkins Ct, Pullman, 332-6869
- Pam's Van:** \$10 off first Reflexology treatment & free sauna or Wisdom Eye Massage, Pam Hoover, 1115 S Logan St, Moscow, 596-5858
- Dr. Ann Raymer, DC:** \$10 off initial visit including a patient history, physical, and spinal examination, 1246 West A St., Moscow, 882-3723
- Shady Grove Farm:** \$10 off initial English riding lesson or horse training session, Ashley Fiedler, 1080 Sumner Rd, Troy, 835-5036
- Sid's Professional Pharmacy:** 10% discount off Medela breast pumps and supplies, Sid Pierson-owner, Pullman Care Community, 825 Bishop Blvd, Pullman
- Susan Simonds, PhD, Clinical Psychologist:** 20% off initial life coaching session, 892-0452
- SkyLines Farm Sheep & Wool:** 10% off organically raised lamb, handspinning fleeces & prepared roving, Melissa Lines, 4551 HWY 6, Harvard, ID 83834, 208-875-8747, Sharon Sullivan, RN Herbalist & Holistic Health Educator, 10% off health consultations, reiki, custom formulas and bulk herbs, 106 East 3rd St Ste. 5-B, 883-8089
- Sweet Peas & Sage:** 10% off any purchase in floral or gifts, Kathy Gessler, 122 W 4th St, Moscow, 892-0222
- Tye Dye Everything:** 10% off any purchase, Arlene Falcon, tyedyed@moscow.com, 527 S Main St, Moscow, 883-4779
- Whitney & Whitney, LLP:** Reduced rate for initial consultations, 604 S Washington St Ste.#1, 882-6872
- Wild Women Traders:** 10% off clothing and jewelry, 210 S Main St, Moscow, 883-5596



Front End News

By Annie Hubble, Front End Manager

A warm welcome to Megan Vandehey, our newest cashier. She joins a wonderful group of friendly, smiling and efficient cashiers. And congratulations to Elise Lear, who has been promoted to Floor Coordinator.

I feel so blessed with my team. They smile, they are gracious, they are efficient and accurate, and they are just plain fun. Thank you Front End team for all your hard work! This is one of the nicest teams I have had in my years as Front End Manager.

Finally, it feels as though Fall is here. The rains are falling; the leaves are fall-

ing and it is time to plant those Spring bulbs and garlic. Now that the cooler weather seems to be here, there is no better place than the Co-op in which to find a warm drink and good company. It is so true that the Co-op is much more than a grocery store. It is a meeting place for community; a place where you can listen to good music on Tuesday evenings; eat pizza at Monday lunch or Friday dinner; meet up with friends accidentally or purposefully; and generally get that good feeling that community brings.

Come by and see us. Your smiles make our day.

The Volunteer Program

By Annie Hubble, Volunteer Coordinator

Finally a few volunteer positions have opened up. (The scarcity of volunteer jobs proves how attached Co-op members get to their positions and also proves their loyalty to the Co-op.)

Application forms are on the notice board at the back of the store (next to the meat department). Fill out a form and return it to the envelope on the notice board. Volunteers must be Co-op members.

I will call small groups of applicants for an orientation and hopefully soon after that match applicants with jobs. Some volunteer jobs are defined by particular

skills and time slots. Others are more open.

As always, we all appreciate the work done by our awesome volunteers. It makes our lives here at the Co-op so much easier.

Volunteer at the Co-op!

See the notice board at the back of the store for open volunteer positions. (It's next to the meat department). Return your completed application to the envelope on the notice board.

Art at the Co-op

By Annie Hubble, Art At The Co-op coordinator

Our next art show will open on November 10, and will feature the art of Carolyn Doe. Carolyn has shown at the Co-op before and her art has always attracted viewers. She is a very talented artist who works in many mediums. This show will include watercolour paintings and carved mulberry paper stencils.

Carolyn says of her work, "Years of working in batik and katazome, (Japanese stencil/rice paste resist), have led me towards this recent work in watercolors. My subjects most often reflect the natural world."

Carolyn Doe Art Opening

Friday, November 10

5:30 - 7:00 p.m.

Carolyn loves to travel but always finds herself returning to Moscow.

Meet the artist from 5.30 p.m.-7 p.m. on Friday, November 10. The show will continue until the first week of December. Those who wish to see more of Carolyn Doe's work can go to The Bank Left Gallery in Palouse.



John Cooper is shown at his art opening at the Moscow Food Co-op in October. You can enjoy his work, a stunning series of photographs taken in Greece, until Wednesday November 8th. Photo by David Hall.



Provender Field Trip

By Kenna S. Eaton, General Manager

Every year, for more years than I should probably admit to, I have attended the Annual Provender Alliance Conference, and every year I face the same challenge: how to write and encapsulate three days of personal experience into 300 words.

Provender Alliance is an organization of natural food manufacturers, brokers, distributors and retailers, like us. The annual educational conference is a time for all of us to catch up on the state of the industry, talk about food politics and to become re-inspired to spend another year doing what we love ... and usually we learn a thing or two as well.

In the early years, staff from the Moscow Food Coop attended primarily to learn the nuts and bolts of running a natural food store and cooperative. And we learned a lot, like how to price the products we sell. But over the years, not only have our needs changed, but also so has the rest of the industry. Today we use the conference for deeper questions like where is the industry going? What issues should we be concerned about? And how can we best influence the folks who grow, make and sell this food to meet our evolving standards.

This year's conference was the 30th one, and as a result many came to help celebrate our collective past successes

and stories. We began the conference with a BBQ at Equal Exchange's coffee distribution warehouse in Hood River, Oregon. After a wonderful dinner, we watched the "Future of Food," an educational and moving film about genetic engineering and seed patenting made by Deborah Koons Garcia (yes, of the Jerry Garcia fame). Not only did it explain some of the new challenges the food industry faces, but Deborah was there herself to speak and answer questions! She is a sincere speaker and passionate about this cause, which in turn becomes inspirational for the listener. As the week progressed, we saw many old faces in amongst the new and it really became a celebration of

the accomplishments of the past and a coming together on the challenges of the future including how to define and grow our local producers and what do we mean by the word "sustainability"? Another thread running throughout the conference concerned the definition of the "Organic Standards" and how we can ensure the standards address our concerns, such as access to pasture for dairy cattle. There were plentiful discussions around the dinner table, often heated, but mostly friendly. No easy answers were found, but everyone I talked to came away ready to face a new year of buying and selling whole foods and ready to shape the future of food.

"Today we use the conference for deeper questions like where is the industry going? What issues should we be concerned about?"

Co-Operations

Board of Directors News

By Donal Wilkinson, Board Member

The board of directors has been working on official policies and guidelines now for over a year. Something that comes up quite frequently is how does the Co-op serve the community. This leads to two interesting questions. What does it mean to serve? And, Who is our community? I feel like I am looking at this with fresh eyes having only lived here for the past two years.

I am currently making a quilt of patches that I have collected throughout my life. In a way they tell a story of my life. Recently I have been thinking in quilt metaphors. I view our community as a patchwork of people, occupations, hopes, fears and desires. Moscow is an amazing community, full of diversity and dialogue about art, culture and other aspects of life. The Co-op has served as a place where the community's diversity is represented in its customers and staff. It is a place of dialogue, where people meet to figure out their lives, share their joys and concerns, and come to feel safe and at home.

Our community has many different circles of people. Just think for a minute how many you are in. The Co-op is a place where most of these circles meet. We meet here to see local art, to listen to that funky Muzak™, hear local musicians, and visit the bulletin board to see what is happening around town. The Co-op is the stitching that holds the patchwork of blocks together to make up our community. You can see this in a more visual way by standing up and walking over to the produce section and by the recycling bins in the deli area and look at the ceramic "quilts" there.

It is a big responsibility being the quilt that helps keep the community feeling warm and fuzzy. We'd like to hear about how you think the Co-op serves the community. Do you have ideas? We'd like to hear them. In the near future there will be a survey where you can make your needs and views known; please take the time to fill it out. Send letters to the editor for this newsletter and share your views and stories. E-mail the board members, or talk to us in the store. We want to hear from you!

This is a poem that I wrote after spending an entire day in the Co-op listening and watching.

People.

*Making the patchwork of our lives,
Colorful, vibrant.*

*Adding authenticity and hope that
helps us strive,
strive for more, or for less.*

People.

*Helping us to diversify our perspective,
allowing us to accept our neighbors
differences,*

*to be more objective,
tying together our human existence.
Making us whole.*

People.

*All different shapes and sizes,
Opinionated, no opinions,
All of them are a prize.*

People.

*Young and old, timid and bold
Their laughter reflecting their soul.
People.*

Co-op Board Seeks Candidates

by Bill Beck, Co-op Board of Directors

The Co-op is seeking candidates for election to the Board of Directors. There will be elections in March to fill four open positions on the Board of Directors. To be included in our election process, you must return a completed candidacy declaration to the Co-op by January 10, 2007. Candidacy packets (including a declaration form) will be available November 15. If you are interested in becoming a Board candidate you may pick up a candidacy packet at the Co-op or contact Bill Beck at wbeck@moscow.com. Bill can also be reached by calling (509) 872-3025. Serving on the Board of Directors is a great way to support our Co-op.



Word of Mouth

By Vicki Reich, Grocery Manager

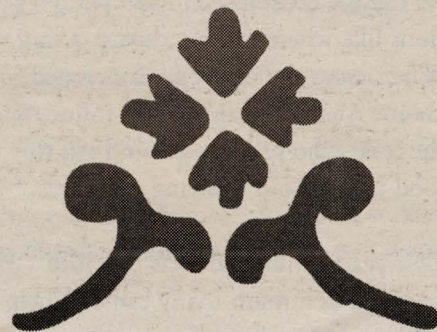
When I think of cheese crackers, I imagine small bright orange squares with a dimple in the middle. Biting into it in my mind, I taste that slightly cheesy, slightly salty, crispiness that I've eaten since I was a kid. Alternately, I see little orange fish swimming across the palm of my hand right into my mouth. Nothing like that happened when I gathered the Hog Heaven Handspinners together to taste test the five varieties of cheese crackers we carry in the Co-op. I was met with "I'm full," "Do I have to?" and "How many do we have to try?" After convincing everyone that five little crackers wouldn't kill anyone, we began the test.

The first box we opened was Back to Nature Crispy Cheddars (\$2.99/7.5 oz). These were a pleasant and non-artificial light yellowy-orange color. They are not particularly cheesy, but did end up being one of the cheesiest we tried. They are crisp and crunchy. They were many tasters' favorite. Next came the bunnies. Annie's Homegrown Cheddar Bunnies (\$2.69, 7.5 oz) were

by far the cutest of the crackers we tried. Of course everyone knew what they were, no blind taste testing of these little guys. They have a good crunch, almost like a water cracker in texture. They've got a good salty flavor, although it's not an intense cheese flavor. And they're darn fun to eat. The next box also contained cute shaped crackers. My Family Farm Captain's Catch Cheese Crackers (\$2.75, 6 oz) were the least favorite of the crackers we tried. No amount of cuteness could overcome the strange taste of these crackers. Late July Organic Bite Size Cheddar Cheese Crackers (\$2.59, 5 oz) are the only cheese cracker we carry made with organic cheese. They have a buttery texture and were the cheesiest tasting of the group. They were another favorite of the night. Last up was Kashi TLC Country Cheddar (\$2.89, 8 oz). These are the largest of the crackers we tried and some tasters liked the fact that they were big enough to spread something on, which is a good thing because they don't have a very strong flavor. They are crispy and a good color.

"Tasters went back for seconds of the Back to Nature, Bunnies and Late July crackers. Then we all had a tall glass of water."

Tasters went back for seconds of the Back to Nature, Bunnies and Late July crackers. Then we all had a tall glass of water.



Healing Your Spirit



Monday night Classes 7:00-9:00 pm

Meditation Sept. 18-Oct. 9
Learn to clear your head, be centered, discern your own truth, set healthy boundaries, validate your spirit, and increase intuition.

Chakra Awareness Oct. 16-Nov. 6
Learn spiritual empowerment through conscious awareness of your energy body. This awareness is a form of preventative medicine.

Spiritual Healing Nov. 13-Dec. 10
Everyone has the ability to heal themselves & can learn to consciously heal. Learn to move energy in your aura and chakras to create healthy change in your whole life.

Register today by calling
208-883-9933

www.spiritherbs.com

MOSCOW
YOGA CENTER
525 S. Main. 208.883.8315



Current Session
Oct. 23 - Dec. 15

Drop-in for a class, only \$10

view our schedules online at
www.moscowyogacenter.com



Vegetarian Alternatives for Holiday Feasting

By Ivy Dickinson, Co-op Grocery Buyer

The Co-op offers holiday feasters a host of vegetarian and vegan alternatives to meat entrees.

If you do not want to eat or serve turkey, maybe you would like to try Tofurky. Tofurkys, tofu-based meatless holiday roasts, have been made by Turtle Island for years. A load of them are coming to the Co-op in early November and will be available in the freezer. You have several Tofurky options:

The Stuffed Tofurky Breast weighs 26 ounces and is a vegan entree, complete with stuffing. It's ready to heat and serve.

The Tofurky Vegetarian Feast includes the stuffed roast with several side dishes, including dumplings and gravy.

The Tofurky Giblet Gravy is also sold separately and is a vegan product.

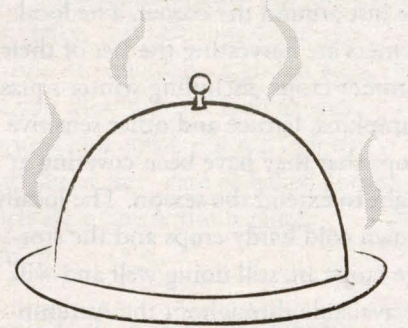
In addition to the Tofurkys, we offer the Quorn Roast. This is also in the

freezer. The roast weighs one pound, and is vegetarian (contains dairy and eggs). The Quorn Roast looks like a small, round meat loaf.

Of course, there are unlimited other options for non-meat holiday entrees. The Co-op offers everything you need for a delicious meatless main course. A stuffed squash, a quiche, or a spanokopita (layered phyllo) can be made with traditional holiday flavors, ingredients and spices. The Co-op also provides all the ingredients for the more traditional

side dishes, including sweet potatoes, cranberries and green beans.

Happy Feasting.



All You Have To Cook Is The Turkey!

By Amy Richard, Kitchen Manager

Thanksgiving is definitely a time to be with the people most special in your life. Some people spend that time together in the kitchen, cooking and talking all day (and maybe sipping a little wine here and there). Others prefer to enjoy their time together playing games at the dining room table or watching football on the couch or walking outside together, bundled up in their new winter coats. For these folks who enjoy life outside the kitchen more than inside, we are offering Thanksgiving side dishes and desserts from the deli and bakery. Then

all you have to cook is the turkey! And we will even give you instructions on how to do that.

The deli will be offering cranberry sauce with marmalade and cinnamon, stuffing made with bread from our bakery, 'natural' green bean casserole, rosemary mashed potatoes, and garlic roasted sweet potatoes. Turkeys, fresh and frozen, will be available from the meat department and if you order side dishes from the deli we will reserve a turkey for you so you can pick everything up at once! The Bakery will be offering

dinner rolls, a layered pumpkin pecan torte and a cranberry-cherry jam cake with bittersweet chocolate frosting.

To place an order for your easy Thanksgiving dinner grab a brochure from the deli and fill in everything you need. We'll have it ready for you on Wednesday evening (Thanksgiving Eve). Then you can enjoy your friends and family wherever you want without being tied to the kitchen! Happy Thanksgiving!

"For these folks who enjoy life outside the kitchen more than inside, we are offering Thanksgiving side dishes and desserts from the deli and bakery. Then all you have to cook is the turkey! And we will even give you instructions on how to do that."

November Community Dinners

By Amy Richard, Kitchen Manager

We have two great community dinners planned for November. We have received some feedback from folks about the price of most dinners being too high, so we are planning a cheaper, casual dinner for November 9. Abigail Baron will be cheffing up some great chili (vegetarian and meat), cornbread and other deliciousness yet to be announced. We are hoping to sell these tickets for about \$10 each. Look for more information and the full menu at the register.

For our second dinner on November 16, we will be offering up a traditional Thanksgiving-style feast. This will be a four-course dinner including dessert. This is a great opportunity to give thanks for your great community by sharing a meal together.

To sign up for a Community Dinner, check out the menus posted around the store then sign up with a cashier to reserve your seat at the table. Then just show up at the Co-op dining room and prepare to enjoy a dinner with friends old and new!

November Community Dinner Dates

Thursday, November 9
Casual chili dinner — tickets only \$10 each.

Thursday, November 16
Traditional Thanksgiving-style four-course feast.

See the full menu at the Co-op and sign up with a cashier.



Giving Thanks for Good Food!

MOSCOW FOOD CO-OP

Let the Co-op take care of all your Thanksgiving needs this season.

Order your:

- Turkey,
- Side dishes
- Desserts
- Wine
- Centerpieces

All on one easy form. (Look for order forms at the deli and cash registers.) And pick up delicious recipes and samples throughout the store, all month long!





Produce Department Happenings

By Scott Metzger, Produce Department Manager

The air is crisp, most of the gardens are dead, and the leaves are turning colors before dropping to the ground. The holidays are just around the corner. The local farmers are harvesting the last of their summer crops, including winter squash, pumpkins, lettuce and other sensitive crops that they have been covering at night to extend the season. The locally grown cold hardy crops and the storage crops are still doing well and will be available throughout the Autumn including potatoes, beets, cabbage,

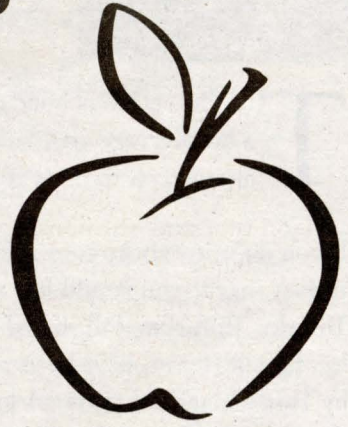
leeks, kale, onions, garlic, apples, carrots and assorted greens.

Washington-grown apples are just coming on strong with a wide selection of varieties and excellent quality. These should remain available throughout the fall and into winter. Kiwi season just started in California and they will be in abundance for quite some time and citrus season is just around the corner. Summer crops like berries and figs are getting scarce and the quality is declining but the greens and cole crops from

California are just coming into their prime.

It's time to be thinking about holiday meal planning and the Co-op produce department will have everything you need to create that incredible Thanksgiving feast your planning on awing your family with. We are already carrying 3 varieties of Sweet Potatoes, Organic Cranberries, Local Organic Pie Pumpkins, Organic Celery, and a wide selection of Organic Apples. Why not try putting together a side dish com-

prised of all locally grown produce? We will have a selection of recipes available to inspire you, just look for them in the produce department as the holidays approach.



Coffeeshouse Connection

By Joseph Erhard-Hudson

Our concert series continues with four fine acts in November. Join us Tuesday evenings from 6 to 8 p.m. in the Co-op for music and good grub from the Co-op deli. We were unable to confirm this at press time, but rumor has it the deli will be re-establishing the Tuesday Taco specials this month, or an equally tasty dinner special.

Our first concert this month features a nationally famous artist!

Charlie Sutton appeared on Prairie Home Companion when Garrison Keillor brought his show to Pullman last month. This month hear Charlie Sutton live right here at the Co-op. We are excited to be able to present such a wide variety of local talent. If you would like to perform, or want to know more about any of our artists, send e-mail to music@moscowfood.coop.

November Music Schedule

November 7: Charlie Sutton

November 14: Mark Greene

November 21: Noi & Friends

November 28: Porch Swing

Joseph Erhard-Hudson is an amateur musician himself, and wishes his mother had made him continue his piano lessons in third grade.



Short-Term Rental

One bedroom upstairs apartment
Near downtown Moscow
Fully furnished & equipped
High-speed wireless internet
Cable television
Daily, weekly, and monthly rates

Carol Spurling (208) 882-3489
book-worm@moscow.com

From the Suggestion Box

Please consider carrying Fage yogurt products—particularly the yogurt with honey. I've had their Greek yogurt and it's really good, but I can't find a distributor for their products in this area. I'll keep looking.
—Vicki, Grocery Manager

How about some labels for the spice jars—love the cobalt blue ones—thanks for a great store. I will look into this. There are some available to special order so if you are interested ask for me next time you are in.
—Carrie, Wellness Manager

Please carry the Trimmed Wick soy products candles and soap. You have nothing like it! They sold here for a weekend. I will look into this.
—Carrie

I noticed that the bulk gummy cubs

are more per pound than the pre-packaged ones. This makes me sad. I just checked the prices on gummy cubs. The bulk are \$6.75/# and the packaged work out to be \$7.42/#. Please don't be sad any more.
—Vicki

I highly recommend the cookbook "One Bite at a Time," nourishing recipes for cancer survivors and their friends, by Rebecca Katz. Great recipes for anyone using the best and simplest ingredients! I will put this on my next book order.
—Carrie

Endangered Species Tiger Bars (dark chocolate and coffee beans). I'll make room for it. Look for it again soon.
—Vicki

Please order in wild rice sticks in bulk. Bozeman, MT Co-op carries

this product. We'll swap out the cheddar cheese sticks for these. Look for them soon.
—Vicki

Could we carry cranberry sauce regularly? It's almost the holiday season—and I like it year-round with liver...mmm... We've tried carrying cranberry sauce year round and it sits on the shelf 10 months out of the year and only sells in November and December. I'd be happy to order you a case so you can keep it on hand in your pantry.
—Vicki

Some area to recycle lightbulbs and old batteries and #3-7 plastics. Glass bottles to buy to fill up olive oil and oils (bulk) etc. The Moscow Recycling Center would be happy to help you recycle those items. We'll see if we can find some cool empty bottles for your bulk liquids.
—Vicki

Please consider French Roast Decaf Swiss Water Process and bulk whole-wheat pastry flour. Making a French Roast Swiss Water Decaf is very difficult. The decaffeinating process browns the beans before they are roasted so if you roast them to a dark roast they come out almost burnt. Doma makes a Mexican Decaf that is pretty dark for decaf as well as Café Mam's Decaf Espresso. We carry whole-wheat flour in bulk. The label is slightly misleading. It says White Wheat Pastry Flour, meaning it's made from soft white wheat berries, but it's the whole grain.
—Vicki

Could you carry "Belly Bars" from NutraBella? They are delicious energy bars for pregnant and nursing moms. We'll bring them in.
—Vicki

From the Suggestion Box

Open on time please. Third time you've opened after 7:35 am (by your clock). Our goal is to open on time every day, and in fact our staff strives to do the very best by our customers. However there are many different pieces to getting the store open on time and occasionally we will encounter problems that will push the opening back a few minutes such as when we have to re-boot all the registers (the classic solution to any PC challenges) or if for some reason we have trouble getting the money for the tills to be correct. So, thanks for your patience and understanding. —Kenna, General Manager

Wash the carts. A volunteer could do this. How about hand sanitizer or hand wipes near the cart area? On a wall or post? Cart washing is a volunteer job—are you volunteering? Check in with Annie! In the meantime we'll see if we can find a brave, hardy soul to do it before winter sets in. Thanks. And I'll look into adding sanitizer wipes on or near the carts. Thanks for your suggestion. —Kenna

Establish a wireless Internet connection thru your existing network. If you need help, call me. We did consider adding a wireless connection in our seating area, but decided against it when we saw how crowded the area already is without folks using it as their office or study. Thanks. —Kenna

As one who experienced being splashed by urine when using the waterless urinal, I was bothered by the blithe Co-op response and the refusal to take the problem seriously and actively fix it. I was curious enough to ask several other members about it and was surprised that they all had the same solution as me—we simply don't use the urinal; we use the flush toilet instead. So your refusal to take the problem

seriously and to dismiss it based on some official installation rule results in this thing not being used and no water saved. Please adjust the wall height of the urinal so it doesn't splash. I've used similar urinals that were higher on the wall that worked perfectly. I apologize if you thought I was being blithe and not taking your comment seriously. However we are obligated, both morally and legally, to follow the ADA (American Disability Act) guidelines to ensure our facilities are usable by ALL. It is possible that those other locations you mention are not required to follow ADA guidelines either because they serve fewer customers or because their urinals were installed before the act became mandate. If you prefer to continue using the toilet, that is fine by me as it does use less water than a conventional toilet. —Kenna

Ener G Bread—new flax seed gluten free bread. Please Order. Our distributor has not picked this item up yet. I'll keep my eye out for it and bring it in if and when it becomes available. —Vicki

Yay! Gjestost is back, but I'm still missing the frozen Mochi treats and Annie's Lime and Cilantro dressing. I'm sorry but both of those products have been discontinued. The mochi was discontinued by our distributor and I haven't been able to find a replacement. Annie's no longer makes the Lime and Cilantro dressing. —Vicki

Could you make Co-op brand multivitamin pill that aren't so big? They're really hard to swallow, and the vitamin content in them is more than the body can absorb at a time anyway! I cut them in half to make it easier (and save money), but then they have rough edges. Help! Our Co-op vitamins are available in a variety of sizes. You may be taking one of

the high potency one-a-day products. It is actually considered more optimal to take a multi that is split into several serving sizes which allow nutrient to be absorbed throughout the day and in most cases makes the tablet or capsule smaller. You might try the Ultimate Capsules, the softgel Multi or the Life Complete Multi. If it is more convenient for you to continue a one-a-day you might try one of the Basic Multis. —Carrie

Please remove the tote that makes fun of Jesus. There's so much that can be ridiculed in the world, but to demean the Lord is just obscene. God made us and loves each of us. I just find it so very offensive! I'm sorry that this item is offensive to you. I don't happen to see this issue in the same way that you do. We will continue to carry this item for now and as with all product selection we will not continue to carry it if it does not sell. —Carrie

Carry Black Box Cabernet Sauvignon. We do. It's on the bottom shelf in the Cabernet section of the wines. —Vicki, Wine Goddess

The quality of the breakfast pockets has markedly declined recently. What was once a great satisfying experience is now mostly dough with proportionally inadequate filling. Please return to infamous tasty value of the breakfast pocket. — Thank You. We have had many similar comments lately from customers and staff. I'm sorry to all of those whose pocket experience has declined in recent weeks. Please be patient, we have recently had a lot of staff turnover. The new folks in the bakery are trying hard and picking up the job quickly, I'm sure the pockets will return to their former greatness soon. —Aven, Bakery Assistant Manager

Make spelt cookies with honey &

oil so they are gluten, cane sugar, and dairy free! We do have a lemon poppy seed spelt cookie that is dairy free and if you would like to special order it in a sugar free we would be glad to make some. Actually, you could order almost any cookie in a spelt, sugar and dairy free version. Also, while spelt contains less gluten than wheat it is not considered gluten-free. If you are on a gluten-free diet you should avoid spelt as well as wheat and check out our "pretty-darn gluten-free" case of baked goods which are made without gluten. —Aven

I come to the Co-op regularly for breakfast; I enjoy coming, but I am starting to get tired of the same bakery items every morning; could you maybe rotate some things or add seasonal items like pumpkin scones or gingerbread or something? I'd love to come in one day and find something new! Wow, you read our minds. We are currently working on making our menu more seasonal and offering more daily and weekly variations of our products. I realize that most stores have their Christmas items out by September and so we are a little behind the times. Look for new products coming soon and let us know if you like them. —Aven

Fresh pizza dough? I hear it's occasionally available in the deli section, but I've never seen it—could it be a regular thing? Fresh pizza dough is tricky, it wants to just rise and rise and rise right out of the package you put it in. We did try a few months ago to sell pizza dough in the Grab & Go case, we stopped because the shelf life is so short, after a few hours the dough was bursting out of its bag. We will try again and see if we can work out a better production and packaging solution. —Aven

Retain Patrick
VAUGHAN
LATAH COUNTY ASSESSOR



Past President of the Moscow Food Co-op Board of Directors

Paid for by VAUGHAN FOR ASSESSOR, Robin Ohlgren-Evans, Treasurer

Vote November 7th!

★ ★ ★ ★ ★ ★ ★ ★ ★ ★
Vote **Linda**
PIKE
County Commissioner



★ ★ ★ ★ ★ ★ ★ ★ ★ ★

Staff Profile: Amy Willet

By Sharman Gill

Amy, a stocker at the Co-op, proved to be a calming influence on my overscheduled October afternoon. We had arranged our meeting a week before and I had offered a reminder call. No need, Amy explained, "It's in my planner." I was the one who needed some help in planning. On the day of our meeting, I rushed out the door (after quickly feeding and changing the babies) only to come to a halt in a traffic back-up on the Moscow-Pullman highway. I arrived at the Co-op ten minutes late, feeling rather stressed. Amy soon changed that.

With a confident and relaxed demeanor, Amy is well-spoken with a pleasant cadence to her words. Yes, organized, but with a laid-back embrace to life. As I shuffled through my bag for a notebook and pen, she assured me that being late wasn't a problem and offered me some tasty yogurt-covered nuts. She had had a busy day herself, just coming

“Less than a year ago she was advancing in a high-stress career as a lead wildland firefighter, stationed out of Enterprise, Oregon. This same woman, who met me wearing a classy sweater and pretty jewelry, is also comfortable getting downright filthy with smoke, dirt, and soot.”

from the Moscow School of Massage where she is working toward a diploma that will prepare her for the national licensing exam. Earlier in life, she had worked with horses through touch and had realized that she was talented with massage. Amy's calming influence will be a benefit in a field that aims to reduce physical and mental stress in others.

I soon found that Amy's relaxed attitude is partially due to a drastic lifestyle change. Less than a year ago she was advancing in a high-stress career as a lead wildland firefighter, stationed out of Enterprise, Oregon. This same woman, who met me wearing a

classy sweater and pretty jewelry, is also comfortable getting downright filthy with smoke, dirt, and soot. What circumstances led her in that direction?

Amy grew up in Ohio where she stayed on to study Backcountry Horsemanship and Ranger Service at Hocking College. She then joined the Student Conservation Association and volunteered as a wilderness ranger for the U.S. Forest Service. She found that she really liked the West and stayed on to train as a wildland firefighter. She fought her first fire in 2000, an



Amy stocks produce at the Co-op and makes sure all the produce displayed is as beautiful and perfect as this apple.

amazing experience that included flying in on an airplane, working the fire partially by horse, and then flying out on a helicopter. The Forest Service offered her a permanent position, a true complement to her abilities (and having done some seasonal firefighting myself I know that the permanent positions are highly competitive). Amy admits that she was "living the dream" (LTD in the firefighting culture). But now she's ready for a change, something less stressful. She is currently on a year's leave from the Forest Service and finding that her interests and talents are leading her to serve in a different capacity.

Amy works at the Co-op as a stocker of produce and health and beauty items. She explained that one of her tasks is to sort out the over-ripe or "undesirable" fruits or veggies, and she even gave me a taste of one such fruit, a "pluot," which I found plenty desirable. This mild mixture of plum and apricot is currently Amy's favorite in the produce area. Amy enjoys her low-stress work at the Co-op and I knew her to be in her element when she claimed, "I feel at home even when I'm working." She appreciates the wonderful friends that she has made and calls it "a good

grounding spot."

As for the future, Amy is content to let it unfold gradually. In March she'll head off to Hawaii with her Mom for a two-week vacation that will include some whale watching. For now, she's enjoying life, studying massage, working at the Co-op, and going for daily adventures on Moscow Mountain with her dog, a smart mix of Border collie and Great Pyrenees. But she dreams of someday being able to look out her kitchen window at her horse grazing in a back pasture. The only thing on her schedule would be to drink her tea, step out the back door, and ride her horse for the rest of the day.

.....
According to Amy, Sharman is a "special kind of person" to be raising four children — ages 6, 4, and two at 4 months.



Volunteer Profile: Holly Wendell

By Sarah McCord

“Everyone should have an onion in their home at all times—it comes in handy!” As Holly Wendell and I talked, the idea of the onion kept coming up in all sorts of ways. Onions seem like such a basic food—and our conversation kept returning to themes that are described in deceptively simple terms: shared humanity, the role of individual creativity in daily life, and how motivation and happiness interact day-to-day and in society as a whole. Yet the humble onion has many layers, and each of these ideas led us down rich conversational trails.

Holly Wendell grew up in the Puget Sound area and came to the Palouse to major in Nutrition at the University of Idaho. “I originally wanted to work with WIC. Studying nutrition took some of the mystery out of my own body. So many people have forgotten what they need—I learned how to feed myself again.” She loves to travel outside the country, and sees her bachelor’s degree as a way to do so. Holly spent time in South Korea teaching English, and took opportunities to see as much as she could. “I took the slow boat to China and saw a lot.”

We talked about the way Americans are perceived outside the U.S., and she told me that she sees traveling and talking

with people as more effective than work with peace coalitions. Getting out in the world helps “educate people on our common humanity—beyond what is seen of our country in the media or through our esteemed leaders.” Holly came back to the U.S. in 2004 in order to vote in the Presidential elections. She said she moved back to the Palouse “for love—which failed,” she laughs, “but I have more love lined up!”

After her teaching experience in South Korea, Holly is still interested in education, and would like to work

with the social structures and human issues around motivation. Specifically, “how people can be motivated by things other than fear. So many of us are focused on survival. How can we be creative, make society work for us, and go beyond our token economy? Can we garden together, tutor children if we are out of work, think of alternative livelihoods? There is so much spiritual poverty everywhere—we are so disconnected about where things come from and where they go. This may not be a novel idea for most people here at the Co-op, but so many people still don’t understand how their choices affect others.”

Holly’s history with the Co-op goes back almost 10 years, and her favorite bakery edibles are the biker bars. “I have always volunteered in the bakery, on and off since 1997, and I worked there for a while, too. I love the sensual nature of the work in the bakery. I’m mesmerized by the way the breakfast roll glaze looks when you pour it into the powdered sugar. I need to work with my hands—I feel most at home in my body when I use my hands for more than pushing papers.”

Since her return to Moscow, Holly has worked at Opportunities Unlimited. She is now a Development Specialist, and she works with participants to create plans for attaining their goals. It’s rewarding work, but very difficult. “Medicaid policies change all the time,” and the paperwork is extensive. Her life is about much more than her job, however. “My favorite things in the whole world are walking and hiking for miles and miles. I love dancing and playing music, and drinking tea with my best girlfriends is what I live for.” She plays the cello, and says her favorite com-

poser is J.S. Bach. Holly believes that everybody wants to create, and part of the disconnect in our society results from many of us not being able to fully meet this need.

The onion made a reappearance near the close of our conversation, as we mused on the layers in our discussion and the fact that every cuisine we could think of uses onions in one way or another. “It’s a metaphor for our common humanity,” Holly says, and I agree.

Sarah McCord lives and works in Pullman and after talking with Holly will be spending more time thinking about motivation in daily life.

“Holly is still interested in education, and would like to work with the social structures and human issues around motivation. Specifically, “how people can be motivated by things other than fear. How can we be creative, make society work for us, and go beyond our token economy?””



Holly Wendell has volunteered in the bakery on and off for almost ten years.



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

Business Partner Profile: Clearwater Colonic Therapy

By Jill Maxwell

November Business Partner Susann Clark was inspired to open Clearwater Colonic Therapy by a close friend who believes the treatments saved her life.

Clarke has been a radiology technologist since 1982. She moved to the Palouse from Kansas years ago. After her move, she met a woman who was living with cancer. Eventually, however, Clark's friend's cancer was pronounced untreatable and she was given two weeks to live. The woman's parents took her to a naturopath in Lewiston, who put her on an intensive colonic therapy program. After two years, the cancer went into remission; 18 years later the woman is doing well. Clark's friend opened her own colonic therapy business in Boise three years ago, and strongly encouraged Clark to begin a similar business on the Palouse. "She said, if you don't do it for a business, at least do it for your health," recalled Clark.

Clark followed her friend's advice. She went to a school in Canada for training and earned a certification as a Colon

Hydrotherapist. She opened Clearwater Colonic Therapy in Lewiston nearly a year ago.

Colon hydrotherapy, also known as colonic irrigation, is an alternative medical procedure, sometimes associated with naturopathy, that involves cleaning out the entire colon. The colon, or large intestine, is the part of the digestive system with the job of eliminating waste from the

body. The colon is approximately 5 feet long and 2 and 1/2 inches in diameter. Clark believes that as the colon gets older, it can't perform its function as well as it once did. "We all get older,"

she reminded me. "As we get older, the colon—which is a muscle—gets weaker. We get backed up and constipated and the toxins buildup." When the colon gets backed up, all of the other organs have to work harder to maintain a person's health, says Clark.

Clark says colonic therapy is an excellent treatment for overall health, and that it can also help treat ailments, such as irritable bowel, fibroneuralgia, and anything to do with the immune system.

Clark is a Co-op business partner



Susann Clark opened Clearwater Colonic Therapy nearly a year ago in Lewiston.

“Clark says colonic therapy is an excellent treatment for overall health, and that it can also help treat ailments, such as irritable bowel, fibroneuralgia, and anything to do with the immune system.”

During a treatment, the colon is cleansed of waste material through repeated, gentle flushings with water. In a thirty to forty-five minute session, as much as twenty to thirty-five gallons of water is used to gently flush the colon. Clark gently massages the abdomen during the treatment. She also takes care to replenish any electrolytes that may be lost during the treatment. Depending on a client's physical health and condition, Clarke recommends an initial therapy session, followed by four maintenance treatments a year.

because she thinks that most co-op members are “on the same wavelength,” and are more familiar with alternative treatments that can lead to a better life. Clearwater Colonic Therapy is located at 412 Park Ave, Lewiston. Susann can be reached by phone at 208-743-5476, or by e-mail at clearwatercolonics@msn.com.

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



If you've always wanted to play the cello, you can!

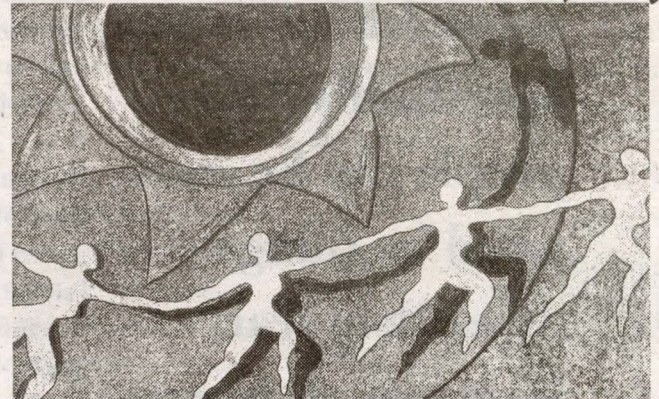
Call Lois Blackburn, Ph.D., to begin!

- Specializing in both children and adult beginners
- 40 years of cello teaching experience
- 17 years as public school music teacher
- Retired UI music professor

208-882-8936 or Lblackburn@turbonet.com

The University of Idaho Women's Center cordially invites you to the

2006 Annual **Women's Works**
a holiday art fair



of quality gifts made by women

Friday, November 3rd

10:00 a.m. - 7:00 p.m.

Saturday, November 4th

10:00 a.m. - 6:00 p.m.

**University of Idaho
Student Union Ballroom**

Dine on international cuisine, shop in style, & enjoy live holiday music!
Raffles of artist-donated items throughout the fair!

wcenter@uidaho.edu
208-885-6616

The Universe in a Block of Tofu: Tofu Gratitude

By Rachel Clark Caudill

Top 10 Reasons I am Thankful for Tofu

10. It is so bland! It can become whatever I like.
9. Texture Adventure....how will it roll off my tongue if I cook it this way?
8. Creative Muse. Blank Canvas.
7. Writer's block of tofu. What the heck am I going to do with it tonight?
6. Health Haven. Protein, antioxidants, soy estrogens. Abundance!
5. Tofu & Fruit smoothies!
4. Easy. Easy. Easy.
3. Old shoe comfort and reliability.
2. A universe of tempting tofu pies.
1. Using Thanksgiving Day as an excuse to be thankful for the ease and inviting nature of tofu... but definitely chucking the tofu turkey!

Okay, okay. I speak only for myself here, but something has never sat quite right with me when I ponder turning tofu into turkey just because it is Thanksgiving Day. I mean, honestly, just because some whacky cultural story is telling me to serve a 20+ pound turkey on this particular day of the year, ruffles my feathers to begin with! And then to think I'm supposed to go for a tofu turkey! Ughh!

So we use turkeys to celebrate the gratitude European settlers experienced in finding this grand, expansive, new world. I can see that. Wild turkeys would have certainly been a major staple in those days. Still, I personally have a hard time celebrating Thanksgiving Day in the way my culture expects. As a person with Native American decent, the whole thing has always smacked of dishonesty. And more.

Then there's the reality of the present day turkey. Most domestic turkeys today cannot create offspring together. Why, you might ask? It's because they have been so heavily bred for huge breasts that males literally cannot achieve the act of procreation. Instead, people must use turkey basters to do

the deed (yes, the pun is very unfortunate, indeed).

And as for tofu turkeys...? Well. Perhaps I need say no more, but really, I personally would rather use tofu on Thanksgiving to make my day easier and more scrumptious, than to create all that extra work for myself (or even to buy a ready made tofu turkey) to create something that to me, seems crass and at odds with my truth.

But I digress. Today, I live in a world where I want to experience Thanksgiving Day every day. It's a world where I can listen to news of violence, war, casualties, and a world of human suffering. Yet Thanksgiving Day, and yes, even tofu, offer me a way to remember the kind of gratitude I yearn for all the time. And with that choice, I can still take action to alleviate suffering—human, turkey, (tofu?) or otherwise.

Instead of choosing to succumb to the despair of the aforementioned news items, I can focus instead on the abundance in my life. The raucous caws of my two-year-old becoming a crow. The fierce, scrunched up face of my five-year-old in his powerful role as T-Rex. The aged, fine wine of my marriage. My freedom to choose which cultural stories I tell myself. And yes, the divine and delightful block of tofu in the fridge, awaiting my choice of how to use it in a celebration of gratitude.

Tofu reminds me that I can choose to experience gratitude...or not.

So, with gratitude for whatever way you choose to celebrate Thanksgiving, I offer you two easy, delicious dishes—one savory and one sweet—to nestle down in fete and feast, alongside a turkey (or not!).

Tofu Stuffing

Adapted from a recipe at Astray.com

- * 1 block tofu sliced
- * 3 tablespoon minced onion flakes
- * 2 teaspoons poultry seasoning (or a veggie equivalent)
- * ½ teaspoon ground sage
- * ½ cup shredded cheddar cheese
- * 1 teaspoon garlic powder
- * Salt and pepper to taste

Preheat oven to 350 degrees F. Place tofu in a bowl and mash with a fork. Add remaining ingredients and stir until well blended. Place mixture in a greased casserole dish. Cover and bake 30 minutes.

Pumpkin/Squash Tofu Pie

Adapted from the Harmony Hill Cookbook, Third Ed. 2000

- * 1 prepared pie shell (whole wheat or graham cracker)
- * 2 cups cooked and pureed pumpkin or squash (or a combo of both... abundance!)
- * 1 cup firm tofu
- * 3 tablespoons orange juice
- * ½ cup melted margarine
- * ¾ cup of your favorite natural sweetener
- * 2 eggs
- * 1 teaspoon salt
- * 1 teaspoon cinnamon
- * ½ teaspoon ginger
- * ½ teaspoon nutmeg
- * 1 tablespoon cornstarch
- * 1 teaspoon vanilla

First bake the crust for about 10 minutes at 425 degrees F to brown it (there's no need to bother with this if you are using a graham cracker crust). Meanwhile, blend everything else in a processor or blender until smooth. Pour the filling into the crust and bake at 375 degrees F for about 45 minutes, or it passes the toothpick test.

Rachel doubts whether her family will eat domestic poultry this Thanksgiving, although wild game is always welcome. And, news flash, having (soy)milked it for all its worth during the last year, she signs off this month from writing the tofu column—with gratitude...



Solar & WIND

- * Solar & Wind Electric Systems
- * Solar Water Heating Systems
- * Micro Hydro Electric Systems
- * Solar Air Heating Systems



Available NOW

There's never been a better time for purchasing a renewable energy system with **current tax credits, rebates and low interest loan programs.**
Come in and talk to us!



The Natural Abode

517 South Main Street
Moscow ID, 83843
www.TheNaturalAbode.com

Eurasia to Moscow: Onion Soup

By Karon Szelwach Aronson

This recipe can from my father, who made it every fall and winter. It was also used as a home cold remedy if chicken soup didn't work or was unavailable. However, as a cold remedy, the cheese was omitted because there is some evidence that milk products contribute to the production of more mucus, which one doesn't need when nursing a cold. Although there is no evidence that soups work to treat colds, there is some basis for the belief. Onions and garlic contain sulfhydryl groups of chemicals, which account for some of the smell and tearing. Sulfa was the first antibiotic before penicillin. There is no scientific evidence that the sulfa in onions or garlic fight microbes; however, many people swear onions and garlic help.

Onion Soup

- ✦ 5 large onions, sliced very thin (maximum 1/8 inch)
- ✦ 1/2 stick of butter
- ✦ 1/2 teaspoon pepper
- ✦ 1/2 teaspoon salt
- ✦ 6 beef bullion cubes
- ✦ 1/2 teaspoon paprika
- ✦ 1/2 teaspoon chopped fine garlic
- ✦ 3/4 cup red wine (cabernet or merlot)
- ✦ Parmesan cheese
- ✦ French or Italian bread slices

Probably the vapors and the fluid itself help a person suffering a cold the most. But remember this recipe if you are sick and aren't ready to go to your physician for a checkup and antibiotics — it may help.

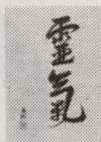
Melt butter in a large cast-iron frying pan at low heat. Place sliced onions into pan and stir until they are slightly brown and caramelized.

The best onions to use in this recipe are the red-skinned variety, although yellow onions work too. While watching the onions, boil seven cups of water and add beef bullion cubes, breaking up cubes if necessary. Add salt, pepper, paprika and garlic. Taste and adjust if necessary. Add onions and simmer, covered, for 1/2 hour. Add a cup or two

This recipe can from my father, who made it every fall and winter. It was also used as a home cold remedy if chicken soup didn't work or was unavailable.

of additional water if needed, plus the wine. While the onion soup is cooking, toast the slices of French or Italian bread in the oven until lightly toasted at 325 degrees F for 3 to 5 minutes. Place the bread on top of individual bowls of soup and sprinkle grated Parmesan cheese on top. If you have soup bowls that are oven safe, you can melt the cheese in the oven or under the broiler.

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

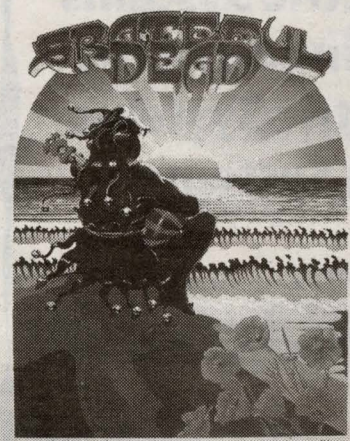


Animal Care Center P.A.
328 N. Main, Moscow, Idaho 83843
8:00 a.m.-5:30 p.m. Mon.-Fri.
(Tues. & Thurs. until 7 p.m.)
(208) 883-4349
Certified Acupuncturist
Nancy Maxeiner, D.V.M.

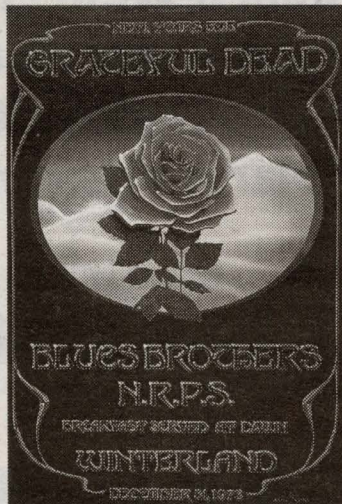
Dr. Moss Valentine

▲
**ADVANCED
ACTIVATOR METHODS®**
CHIROPRACTOR
▼

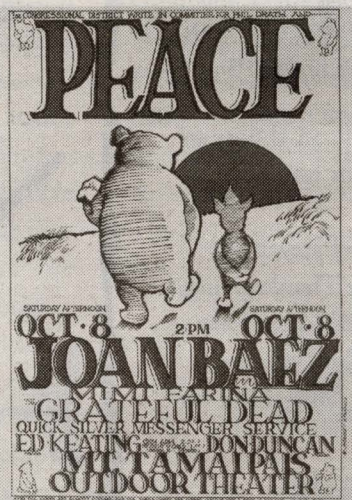
892-8239
IDAHO LICENSE: CHIA-711



Sunset Jester

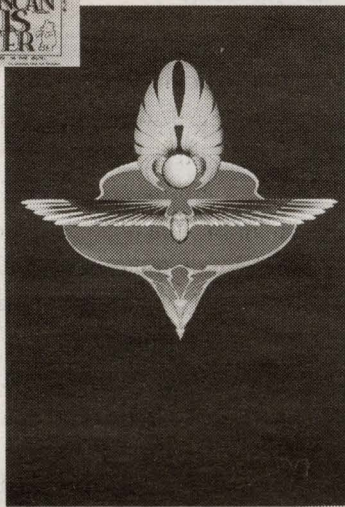


Blue Rose 1978

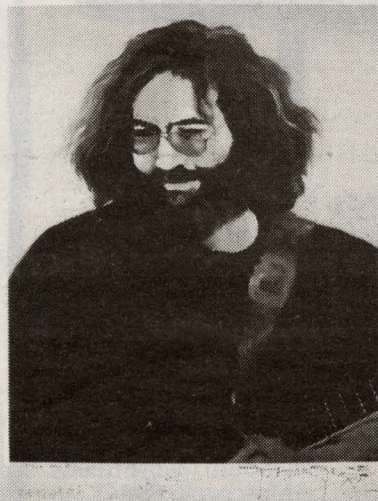


Peace 1966

below: Artwork for Jimi Hendrix album cover (never used) 1970



Kaleidoscope
FRAME SHOP AND
ART GALLERY



Jerry Garcia portrait

New at Kaleidoscope!

Directly from Stanley Mouse Studios, we have over 60 large giclee (gee-clay) color proofs to choose from. Starting at \$75 these beautiful, signed prints make a memorable gift (even to yourself!)

Stanley Mouse is one of the most varied and creative poster artists around, his work defines the 1960s music scene. As Bill Graham says: "When I think of Stanley Mouse, I think of his open-eyed fascination with the world around him and if I were to pick a half dozen of the definitive 1960s people, Stanley would be one of them."



Picture Framing & Art Gallery
208 S Main, upstairs in Suite 11,
Moscow ID • 208-882-1343
Hours: Mon-Thurs: 10am -
2:30pm • Fri & Sat: 10am - 6pm

Food: Bok Choy: Clearly Confusing

By Judy Sobeloff

I wondered about writing about bok choy in November, as some small part of me (a tiny bone in my left foot, perhaps) believed I should be doing my share to promote this month's national holiday. When Scott, Co-op Produce Manager, mentioned that "the neat thing about bok choy is that it's part of the extended cabbage family," suddenly I saw a shimmering light. I realized that I had found my subject, if, in writing about bok choy in November, I can go for a Co-op Two-fer: broadening definitions of extended family and promoting celebrating in non-traditional ways.

The name comes from the Chinese word for soup spoon, and indeed bok choy has rounded (spoonlike?) dark green leaves on top, with white stalks which resemble celery without the stringiness, or a hula skirt, according to my daughter. While the Co-op carries bok choy and baby bok choy (a smaller, slightly sweeter variety which can be cooked whole), over 20 varieties of bok choy are available in Hong Kong.

Widely used in Chinese cooking, bok choy is, I read, the most popular cabbage in Asian supermarkets. In fact, bok choy is sometimes referred to as "Chinese cabbage," a reference made more confusing by the fact that Napa cabbage is called Chinese cabbage as well—and, get this, by the fact that "Chinese cabbage (pak choi or bok choy) is not cabbage but is actually Chinese chard" (www.homecooking.about.com).

Reading further, I felt as if I'd stumbled into somebody else's extended math problem: "bok choy=Chinese chard=Chinese white cabbage=Chinese cabbage=Chinese mustard cabbage=pak choy=pak choi=baak choi=white mustard cabbage=white celery mustard" (www.foodsubs.com), and so on. Indeed, as I read elsewhere, "it's clear that the confusion is warranted" (www.answers.com).

I realized that I had found my subject, if, in writing about bok choy in November, I can go for a Co-op Two-fer: broadening definitions of extended family and promoting celebrating in non-traditional ways."

Fleeing this equation, I wandered into the kitchen where I had an unexpected bok choy/Chinese cabbage epiphany. There in our CSA box, lying among the potatoes and striped squash and anonymous dark leafy greens of mystery, lay a pale green leafy vegetable whose identity I suddenly knew beyond a shadow of a doubt: Napa Cabbage. Here, in my very own home! I hurried away.

Later, realizing it might behoove me to cook a Napa Cabbage dish along with my requisite bok choy dish, I waved my hands in the air and hurried back, as fast as my little legs could carry me, like countless storybook heroes who'd crossed similar thresholds before me. I was stunned to discover the Napa Cabbage missing from its box, vanished as soon as I uncovered its identity. There on the stove sat a dish whipped up minutes before by Fred, henceforth to be called Fred's Napa Cabbage Delight (a dish which requires merely that one's significant other chop and saute a Napa Cabbage with oil, garlic, tamari, salt, and tofu). Clap your hands and spin around and see if this works.

While bok choy stalks can be eaten raw, bok choy can also be boiled, steamed, or stir-fried, with the leaves separated from the stalks, which take longer to cook. I must confess that it was this same Fred who concocted the bok choy dishes we enjoyed the following night, Stir-Fried Bok Choy and Miso Soup. Initially discouraged by liquid in the stir fry which never evaporated as scheduled ("slush," as he called it), Fred was buoyed by my enthusiasm, as I found the slushy stir fry delicious and no doubt healthy to boot. "Yes," he said, "it just shouts 'super healthy.'" My mother, who had returned from a trip to China a few weeks before, said, "I haven't had such good bok choy since I was in China."

While the miso soup was tasty as well, we found it somewhat "busy," and I had to admit I would have enjoyed it more without some of the vegetables, including the bok choy (not to be confused with any other cabbage or chard of any other name). "He then curled up on the floor like a cat and slept," Fred said, and that was pretty much the end of the investigation.

Judy Sobeloff may or may not eat bok choy with her extended family this Thanksgiving.

Stir-Fried Cabbage

from Mark Bittman's *How to Cook Everything*

- ✦ 2 tablespoons peanut (preferred) or other oil
- ✦ 1 tablespoon minced garlic
- ✦ 1 tablespoon peeled and minced fresh ginger
- ✦ ½ cup cut-up scallions, cut into 1-inch sections
- ✦ 2 pounds bok choy, cut into 1-inch sections, or other cabbage, cored and shredded
- ✦ 1 cup chicken, beef, or vegetable stock, or white wine or water
- ✦ 1 tablespoon soy sauce
- ✦ Salt and freshly ground black pepper to taste
- ✦ Minced chives for garnish

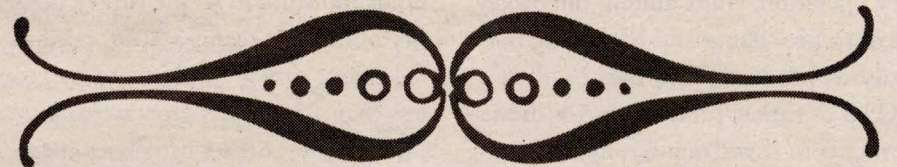
Heat a wok or large, deep skillet over medium-high heat for 3 or 4 minutes. Add the oil, and, almost immediately, the garlic, ginger, and ½ cup cut-up scallions. Cook, stirring, for about 15 seconds, then add the cabbage and turn the heat to high. Cook, stirring almost constantly, for 3 minutes, then add the liquid. Cook, stirring, until it evaporates and the cabbage is tender, about 5 minutes more. Add the soy sauce and turn off the heat. Season with salt and pepper if necessary, garnish, and serve.


Miso Soup

adapted from the *Moosewood Collective's THE MOOSEWOOD RESTAURANT COOKS AT HOME*

- ✦ 4 dried shiitake mushrooms (or use fresh or frozen shiitakes available at the Co-op)
- ✦ 2 medium carrots, sliced diagonally into ¼-inch-thick rounds (about 1 cup)
- ✦ 4 cups vegetable stock or water
- ✦ ½ cup shredded greens, such as bok choy, endive, Chinese cabbage, or spinach
- ✦ 2 tablespoons red miso
- ✦ 2 tablespoons light miso (or use 4 tablespoons of one type of miso if you prefer)
- ✦ 1 cake tofu
- ✦ chopped scallions
- ✦ crumbled toasted nori (optional)

Heat a wok or large, deep skillet over medium-high heat for 3 or 4 minutes. Add the oil, and, almost immediately, the garlic, ginger, and ½ cup cut-up scallions. Cook, stirring, for about 15 seconds, then add the cabbage and turn the heat to high. Cook, stirring almost constantly, for 3 minutes, then add the liquid. Cook, stirring, until it evaporates and the cabbage is tender, about 5 minutes more. Add the soy sauce and turn off the heat. Season with salt and pepper if necessary, garnish, and serve.






Lighten UP!

Extend the short days
with *Full Spectrum*
CFL Bulbs

We have the best prices in town



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

Omnivoria: Brine Your Turkey!

By Alice Swan

When I was a kid, Thanksgiving was the single day out of the year that my mom ever cooked a whole turkey. I can't say that I ever spent a whole lot of time looking forward to, or enjoying, that turkey (except for the wishbone, the breaking of which was a yearly ritual for my brother and me). It was usually a rather dry, bland affair, and to make things worse, my mom's family seems to have a genetic disorder that makes us unable to make decent gravy. Luckily, I love mashed potatoes, and am perfectly happy to eat them with butter instead of gravy.

Another part of the problem with my mom's Thanksgiving turkey is that she was for a long time uncharacteristically reluctant to try anything new when it comes to roasting the bird or making stuffing. The first year that my husband and I spent Thanksgiving by ourselves, my eyes were opened to the tasty possibilities of turkey thanks to a lemon, sage and salt rub applied under the skin of our turkey, and my non-genetically-hindered husband's gravy (sour cream is the secret ingredient). Since that year, we've had occasion to cook our own turkey a number of times, and the moistest, tastiest turkeys we've had have been the ones we brined. Even my mom is now convinced that brining is the best way to prepare a whole turkey. More on brining in a moment, but first let me tell you about the turkeys available for your Thanksgiving dinner from the Co-op.

The Co-op carries a whole slew of turkey products from the Diestel Family Turkey Ranch, located in Sonora, California, in the Sierra Nevada Foothills. The ranch was founded by Jack Diestel in 1949, and is now run by Jack's son Tim and his wife Joan. The Diestel family runs the entire turkey operation, from milling the turkey feed, to processing and packaging the finished products. And they produce LOTS of turkey products (www.diestel-turkey.com if you're interested in seeing them all). Many of them can be found in the freezer section at the Co-op; ground turkey is one of my favorites, and I regularly substitute it for fattier ground beef or pork. It's economical, and has great flavor despite its low fat content. The Co-op also carries several varieties of turkey sausages, bone-in turkey breasts and whole turkeys for roasting.

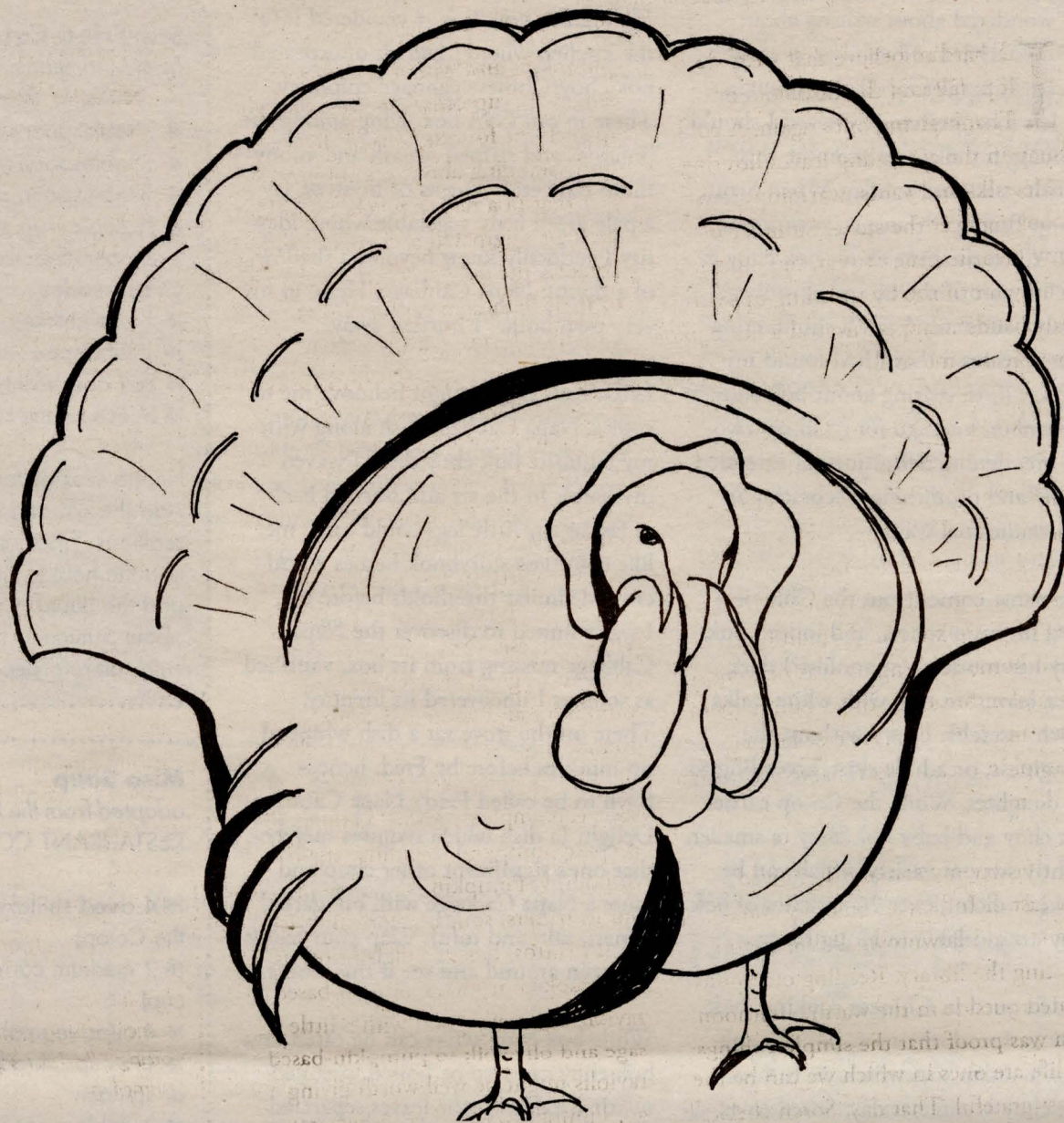
The USDA allows the word 'natural' to be used on meat products with very little restriction, but Diestel Natural turkeys (like all the natural meats car-

ried by the Co-op) deserve their designation. All Diestel turkeys are free-range, and are never fed antibiotics, growth stimulants or animal products. They are fed a low-fat, all vegetarian diet that is better for them than the typical high-fat, high-protein diet fed to conventional turkeys, and are allowed to mature about 6 months longer than most. The result is a leaner, meatier, tastier turkey. Because the turkeys are older when they are processed, they have more of that coveted breast meat that slices so nicely for day-after sandwiches.

Diestel also offers certified organic turkeys that, in addition to the above treatments, receive certified organic feed. Talk to the nice folks in the meat department for the particular types of turkeys available for Thanksgiving.

Brining a turkey takes a little advance planning, but is not difficult. One can buy a turkey-brining bag at fancy kitchen stores for about \$10, or you can buy a package of two turkey roasting bags (that are meant for roasting the bird in the oven—I think the idea is that it holds moisture in so the turkey doesn't dry out, but it seems a little weird to bake your turkey in plastic to me) for less than \$2 at most grocery stores. Luckily, our climate usually cooperates to provide natural refrigeration at Thanksgiving time, so you can brine your turkey, and set it on a porch or in a garage (to keep it away from animals) so that you don't have to try to make room in the fridge for it; just make sure it's cold enough wherever you put the turkey to keep it properly refrigerated.

The brine in the featured recipe smells wonderful while it's cooking (all the spices are easily found in the bulk spice section at the Co-op), but if you want a simpler version, the water and salt are the two most important ingredients.



Just be sure to heat your water to dissolve the salt, or you may end up (like one of my friends did last year) with a turkey that's very salty on one end, and tastes like it had never been brined on the other end.

Alice looks forward to Thanksgiving in large part because it's perfectly acceptable to eat multiple desserts at dinner.

Alsation-Brined Turkey

From Food & Wine, November 2004)

- ✦ 5 quarts cold water
- ✦ 1 ¼ cups coarse salt
- ✦ 1 cup sugar
- ✦ ¼ cup yellow mustard seeds
- ✦ ¼ cup dried chopped onion
- ✦ 2 tablespoons caraway seeds
- ✦ 2 tablespoons black peppercorns, lightly crushed
- ✦ 2 tablespoons juniper berries, lightly crushed
- ✦ 6 bay leaves
- ✦ One turkey
- ✦ 1 ½ cups Riesling

In a large pot, bring 4 cups of the water to a boil. Add the salt, sugar, mustard seeds, dried onion, caraway seeds, peppercorns, juniper berries and bay leaves. Stir to dissolve the salt and sugar completely. Remove the pot from the heat. Line a large stockpot or bucket with 2 very large, very sturdy plastic bags. Put the turkey into the bags, neck first. Pour the warm brine over the turkey. Add the Riesling and remaining 4 quarts cold water. Seal the bags, pressing out as much air as possible, and refrigerate for 2 days. On Thanksgiving morning, drain the turkey (and discard the brine), scraping off the spices. Stuff and roast as you wish (Diestel turkeys all come with roasting instructions), and then enjoy your wonderfully moist and tasty turkey!

Vegan Bites: Giving Thanks

By Hope Matthews; photo by Joseph Stengel

It's hard to believe that we're deep into fall and the threshold of Thanksgiving once again. A cold snap in the air, falling leaves littering sidewalks and yards, warming stews cooking over the stove. Summer is my favorite time of year, but enjoying chilly mornings by warming up with my hands wrapped around a hot cup of tea pleases my soul.

An early indication of cool weather for many Americans is pumpkins. The first appearance of these versatile squash arrive in mid-October, when spooky Jack o' lanterns grace front porches. By Thanksgiving, everyone is dreaming of pumpkin pie. A tradition in my own home growing up was making pumpkin bread for other family members and friends. A slice of homemade pumpkin bread tastes marvelous with a little margarine.

Last Friday my son and I enjoyed the last of Indian summer by walking around downtown Pullman and visiting the library. Reading our spoils seated outside in the warm, afternoon sun was proof that the simplest things in life are ones in which we can be the most grateful. That day, Soren checked out two Yu-Gi-Oh! mangas (a manga is a Japanese comic) and I checked out Madhur Jaffrey's World Vegetarian cookbook.

Let me start by saying that this is no ordinary cookbook. Really. Its 758 pages not only travel the globe, one recipe at a time, but also explore the virtues and histories of many grains, legumes and vegetables. For example, Jaffrey's inquiries about the lack of availability of different varieties of

pumpkins and winter squashes in American supermarkets were enough to rock the foundations of my own understanding about pumpkins. "Why is it that in a nation where pumpkins perhaps originated and are certainly celebrated, the only access the public has to their flesh is in cans and that too in a mashed form?" Jaffrey writes.

Why indeed? According to Jaffrey, many pumpkins and squash are found year-round in other countries. I sure as heck did not have any idea that different varieties of pumpkins were prepared in other parts of the world, or that they could even be eaten beyond fall! Jaffrey cites Chinese, Indian and Hispanic markets as good sources for finding pumpkins and winter squashes year-round.

One can employ various methods to prepare pumpkin: steaming, stir-frying or boiling. Pumpkin is a staple ingredient in fritters, soups, savory and sweet pies, risottos, breads, pilafs or on its own cooked in spices. Squash-based raviolis are really good with a little sage and olive oil; so pumpkin-based raviolis might be well worth giving a go. Pumpkins, like their other orange-skinned cousins, are nutritionally loaded. Giving thanks to our bodies by partaking in the many joys of pumpkins is a great way to take advantage of nature's bounty throughout the holiday season. Happy Thanksgiving!

.....
Hope Matthews is looking forward to the Apple Dumplings that will be warming her stomach in the near future. She can be reached at hopeemattews74@hotmail.com.

Nanna Stengel's Apple Dumplings (Vegan Style)

Nanna Stengel's traditional German recipe, adjusted for vegans. A luscious desert enjoyed steaming hot with milk (any preferred version is appropriate) poured on top.

- * 3 Granny Smith apples
- * 1 tablespoon grated cinnamon stick (1 1/2 tablespoon powder works fine as well)
- * 2 uncooked pie crusts (use your favorite vegan brand or make your own)
- * 1/3 cup brown sugar
- * 3 heaping tablespoons margarine (Earth Balance is a fine brand)

Peel the skin off of the apples, and then de-core each. Mix the cinnamon and sugar together in a small bowl. Roll the peeled apple around in the cinnamon-sugar mix. Stick a heaping tablespoon of margarine in the center of each apple. Put the room-temperature crusts on the counter. Take an apple and place it in the center of the crust. Wrap the apple completely with the crust and pinch it together at the top. Pat some cinnamon-sugar onto the crust, then repeat with the other two apples. Place each apple with the pinched-side down in a bread pan. Cook at 375 degrees F until crispy on the outside, but soft enough on the inside so that you can stick a toothpick easily through the apple. Takes about 45-60 minutes, depending on your stove. Let cool down about 10-20 minutes before eating.

Pumpkin Fritters

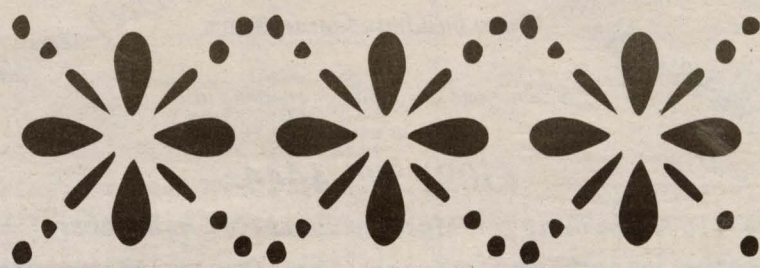
From Madhur Jaffrey's World Vegetarian

For this dish, I used a section of pumpkin that weighed 1 1/2 pounds. After removing the seeds and peeling it, I was left with 1 pound of flesh. Any orange-fleshed squash such as Hubbard or butternut may be used instead of pumpkin.

- * 1/2 cup chickpea flour
- * 1/2 cup rice flour
- * 1/4 teaspoon baking soda
- * 1/4 teaspoon ground turmeric
- * 1/4 to 1/2 teaspoon cayenne
- * 3/4 teaspoon salt
- * peanut or canola oil for shallow frying
- * 1 lb. orange pumpkin flesh, coarsely grated
- * 1/2 medium-small onion, peeled and cut into very fine rings
- * 1 1/2 tablespoons sesame seeds

Put the chickpea flour, rice flour, baking soda, turmeric, cayenne and salt into a bowl. Slowly add water (you will need about 7 ounces, plus another tablespoon), mixing as you go, to make a smooth batter of medium thickness.

Just before you get ready to eat, pour the oil to a depth of 1/2 inch into a large frying pan and set it over medium-low heat. Wait until the oil is hot; this can take several minutes. Stir the batter and put in the grated pumpkin, sliced onion and sesame seeds. Mix gently. Now pick up a handful of the pumpkin mixture, enough to make a patty about 2 1/2 inches in diameter and about 1/2 inch thick on the palm of one hand. Slide this patty into the hot oil. Make several such patties, just enough to fill the frying pan in a single layer. Fry the patties for about 3 1/2 minutes on one side. Turn them over and cook for another 3 1/2 minutes on the second side, or until reddish-brown and crisp. Remove with slotted spoon and set down on paper towels to drain. Make all patties this way and serve as soon as possible. Serves 6



Letter from the Land: Food is Connected to Everything

By Suvia Judd

When I finished my graduate degree in nutrition, I went to work in a food co-op, and then I turned around and went to law school. It frustrated me that nutrition, the most basic and important information that people needed in their lives, didn't get any respect as a field. Food, too: growing it, talking about it, cooking it, preserving it, eating it, none of these get the respect of, say, war or high finance.

Yet which is a fundamental need? It astounds me that some people find food trivial or boring. I love food—growing it, talking about it, cooking it, preserving it, eating it, learning about it, celebrating it.

And food is connected to everything. Last night as I walked back from the barn to the house, I stopped and picked a Black Eel zucchini. It gives me great pleasure and satisfaction to pick and eat something from our own garden, because it is fresh and tasty and maximally nutritious, and because it meets my needs for self-sufficiency and connection to the land. And it did not take the gasoline I use to drive to the farmers' market, let alone the energy costs and climate change costs associated with buying a zucchini that was grown in California.

As I chopped that zucchini I enjoyed the way it broke open under the knife, and reflected that its crisp texture was probably due to the extra water the plants have gotten, not just from the

recent rain, but from the sprinkling I have used to extend our garden season past several frosts (is that a good use of the aquifer water, I wonder?) It pleases me to pick our own zukes on October 19th.

I sauteed the zucchini with garlic, as the base for a porcini mushroom sauce served over polenta. I wondered if the Black Eel variety, like the equally dark-skinned Raven variety, also has four times the lutein of other zucchinis. Lutein is a carotene-related antioxidant that is good for the eyes and the heart, and probably also boosts the immune system and helps prevent cancer.

The food we eat connects us with everything in the world. I love to think that when I ate that zucchini I was eating atoms of carbon that were previously floating around as carbon dioxide, and that because we put together some clay soil, some llama poop, and some water, and planted a seed, that a plant grew, using the energy of the sunlight to stick those carbon atoms together. And I am now also eating the sunlight that shone on our yard this fall.

I love to think that that Black Eel zucchini seed came from a plant, (I think it was grown in Maine), that came from a long line of plants that probably originally came from Italy, and before that, some time around Columbus maybe, its ancestors were growing somewhere in the Americas. So I am connected not just to those plants, but to all those people who grew those plants over the

centuries, and saved their seeds, and to all the soil water and sunlight that went into those plants in all those places.

And I am also connected to our new llama, who spent last winter in a pen in our back yard. When we saw in the spring how her feet had stripped the thin grass off to the underlying clay, and that there was all this llama poop already there, we realized that we had not a problem, but a resource, a chance to build a new vegetable garden in our Permaculture zone one, the area right outside your house where you are likely to spend the most effort on gardening. We added more compost to the garden, but planted the zukes at the bottom of the hill where there was the most manure, and all the irrigation runoff pooled. Squash heaven!

I have some friends whose Thanksgiving Day prayer begins like this: "Thank you to(/for) the potatoes, and to the soil, water, sunlight from which they grew, and to the hands that tended them, and thank you to the cows, whose milk and butter we

"I have some friends whose Thanksgiving Day prayer begins like this: "Thank you to the potatoes, and to the soil, water, sunlight from which they grew, and to the hands that tended them, and thank you to the cows, whose milk and butter we mashed the potatoes with, and to the plants that fed them, and the hands that raised them ..."

mashed the potatoes with, and to the plants that fed them, and the hands that raised them, and thank you to ..."
Food connects us.

Suvia Judd has discovered that llama and alpaca manure grow terrific squash.

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! *Low VOC Painting!* *Natural landscaping!* *Free Estimates!*



Giving Thanks for Good Food!

MOSCOW FOOD CO-OP

All you have to cook is the turkey!

Order your Thanksgiving side dishes from
the Co-op Deli and Bakery and enjoy
more time with your guests!

FROM THE DELI:

- Rosemary Mashed Potatoes
- Vegetarian Brown Gravy
- Natural Green Bean Casserole
- Herbed Bread Stuffing
- Thyme Roasted Savory Sweet Potatoes
- Cranberry Sauce with Cinnamon and Marmalade

FROM THE BAKERY:

- Dinner Rolls (wheat, white or both)
- Cranberry Jam Cake with Bittersweet
Chocolate Frosting
- Pumpkin Pecan Torte (A pecan-date crust
topped with a layer of mascarpone
cheesecake and a layer of fresh roasted
pumpkin pie filling. That is something to
be thankful for!)



- Place your orders at the deli counter by November 19th
- Orders will be available to pick up on Wednesday,
November 22nd

Nature in the City: Moscow's Maples

By Sarah Walker

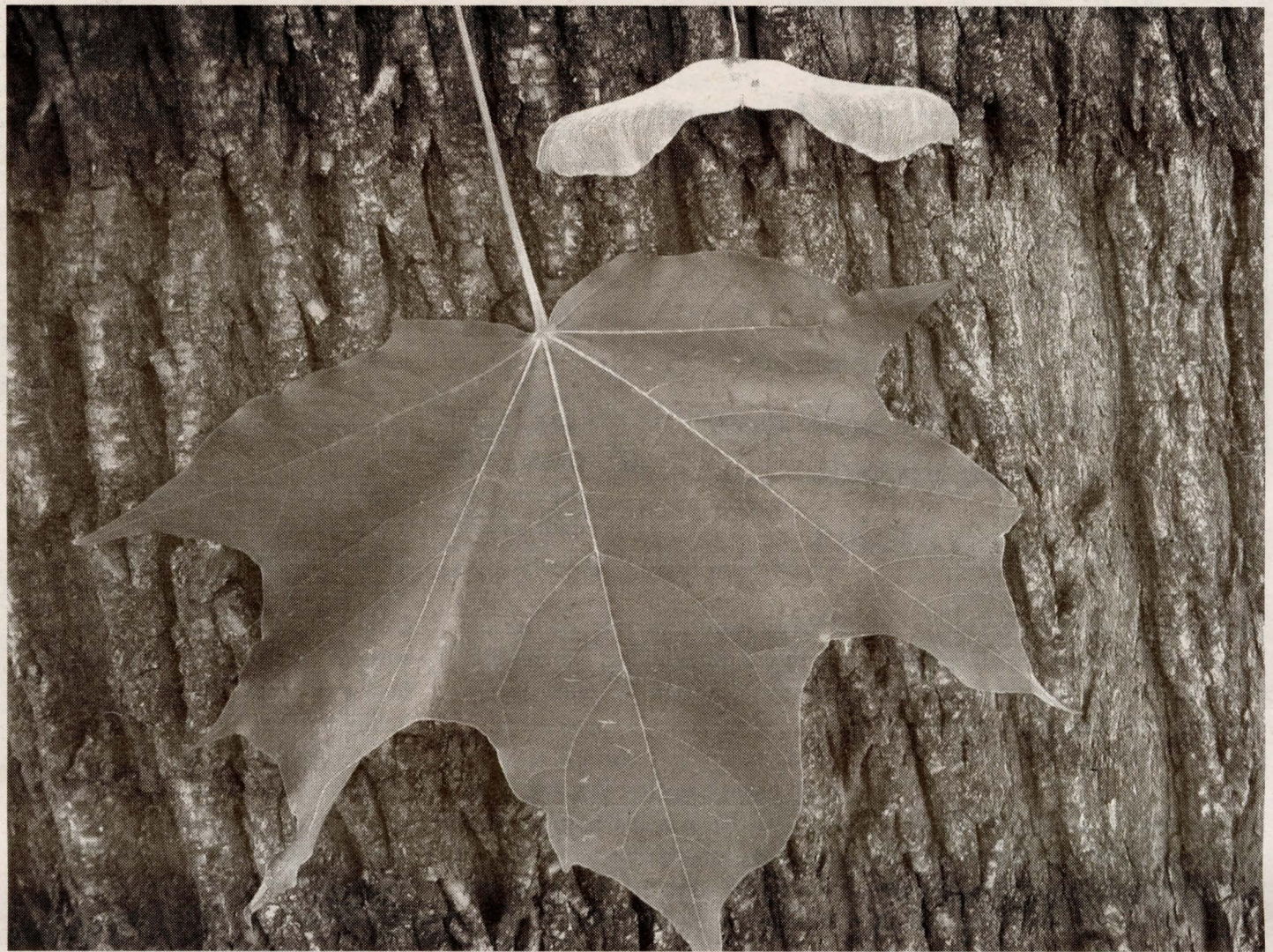
I trace my love of sugar to a tree: as a kid I attended a summer camp in Vermont where “good” campers (who cleaned their plates, made their beds neatly, or excelled in swimming or target practice) were rewarded with an outing by car to the Vermont Country Store, which was just a small roadside shop in the 1950s. We were allowed to pick out a piece of penny candy from the rows of square glass containers, and it was a race for the maple sugar jar with its thick creamy golden chunks molded into leaves, shells, hearts or little soldiers.

I still love maple sugar but work to resist it, now. This fall I took walks to look for big maple trees in the older parts of town and campus where Moscow's earliest residents planted Silver, Sugar and Norway maples many years ago. I got serious about maples—why not supplant one obsession for another?—and brought along my Golden Nature Guide to Trees to learn one maple tree from another by their different leaves, seeds or bark.

The most common maple in Moscow and on campus is the Norway maple. Eleven pairs of Norway maples line the Hello Walk to the Administration Building. Of our many kinds of street trees, Norway maple is the most well-represented, City Forester Roger Blanchard told me. It's a hardy urban tree and a prolific seeder, sometimes considered invasive. The seeds can hang on the trees until early winter.

Maple seeds are called samaras and they come in joined pairs whose shape reminds nature-writer Rebecca Rupp of “sagging airplane propellers.” Most Maple tree samaras are U- or V-shaped, but Norway's are nearly straight.

People find maple seedlings annoying. My friend Laura declares herself death on little maples that pop up uninvited in her flower gardens. But Thoreau liked maples and thought the little seedlings were sort of cute. In 1862 he wrote about a maple that “... has



Norway Maple (*Acer platanoides*) is the most common street maple in Moscow. Its large broad leaves have tapering lobes and are the same shade of green on both sides; its pair of winged seeds are nearly straight. Its neat black bark has vertical furrows. Photo by Sarah Walker.

long since ripened its seeds and committed them to the winds, and has the satisfaction of knowing, perhaps, that a thousand little well-behaved maples are already settled in life somewhere.”

There are many cultivars of Norway maples, some with dark purple leaves.

Our second most common maple is the Sycamore maple. It has shaggy gray bark and its samaras are V-shaped.

The biggest trees I saw on my maple ramblings are the fast-growing Silver maples. But their brittle branches have a reputation for breaking under heavy winds or snow. Roger Blanchard says Silver maples, which become very large trees, can be too big for our city lots, so may not be good candidates for planting. Silver maple leaves are green on top and silvery below. Their seeds

mature early in spring and fall off in summer.

Red maples are common in towns too. Their leaves are smaller, pale below, and “dazzling” in fall, as noted in Moscow's free Tree Selection Guide (www.ci.moscow.id.us/parks/Community%20Forestry/Index.asp). In spring, Red maples' clusters of bright red flowers

appear really early—before Forsythia, even. Paul Warnick, manager of the UI Arboretum, thinks Red maples are overlooked as a flowering tree.

As for Sugar maples, there aren't many big ones here. I found a nice patch on Polk Street and there are some on campus by the Law Building. I was encouraged to see some recently planted Sugar maples, ablaze with orange, yellow, pink and red.

It's hard to tell a Sugar maple from a Norway maple. Their leaves can be alike. Compare the bottom sides. Norway's are the same color, Sugar's are paler. Sugar maple bark is grayer and shaggier. Sugar maple samaras are small and horseshoe-shaped, so if the tree you're trying to identify is big enough to have babies, you can check for that.

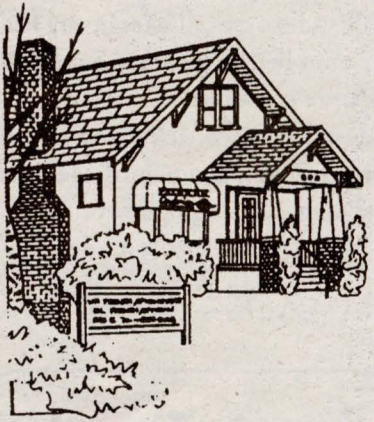
The reason I felt encouraged about new plantings of Sugar maples is not because I'm dreaming of a neighborhood supply of street-sugar; it's because it means people are planting for the future. Sugar maples take a long time to become large and gorgeous trees. Roger encourages us to plant more of them; they're good street trees and add diversity. A city street lined with big, old trees has a lovely and peaceful look about it. Residents of new subdivisions can leave behind such a landscape by planting and waiting. Delayed gratification ...

There, I've spent an hour not thinking about my sweet tooth. Take a walk! Get outside and enjoy the maples!

In October, Sarah Walker popped out of the red-rock country of Grand Canyon to be taken by surprise by the scarlet, orange and yellow of her yard maples.

This fall I took walks to look for big maple trees in the older parts of town and campus where Moscow's earliest residents planted Silver, Sugar and Norway maples many years ago.”

PALOUSE
Ocularium 
VISION CENTER



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

Wild & Free: Kinnikinnickinnickinnick ...

By Sarajoy Van Boven

*There once was a plant from Kennewick
Who longed to be part of a limerick
He thought real hard
He thought like a bard
And named himself Kinnikinnick”
—myself (or shouldn't I admit that?)*

I was Kinnikinnick to Native Americans. You can call me bearberry. Scientifically I'm *Arctostaphylos* (Greek for bear grapes) *uva-ursi* (Latin for grape bear). It bears repeating. I'm a bear-plant with double powers: spiritual and medicinal.

In memories I've nearly lost, Native Americans smoked me. Before tobacco came charging in, I was their go-to guy. They dried me and smoked me and my swift, sweet spirit delivered their prayers to god (*Food Plants of the Interior First Peoples* by Nancy J. Turner). These days, I could overpower modern weaklings with dizziness or fainting. I relish the idea of being an outlaw, but the DEA hasn't honored me with that yet. You can buy me in the Pow-wow Blend, roll-yer-owns. But I can also be had for free. On every corner, in every town, I lay like a bum in landscaped parking lots, between the shrubs. I don't need no namby-pamby humus and loam. Just give me some gritty ground and don't pamper me with prissy baths and showers!

I keep my thick, leathery, oval leaves green and strong year round. My spring flowers are white and pink, shaped like jugs. I do my best work in fall and it stays all winter; my little red round berries look and taste like miniature old apples. Meriwether Lewis called me "tasteless and insipid." Coming from a guy named Meriwether, I'll take that as a compliment. One little girl says my berries are sweet

and dusty. I'd blush if I could. Some people mistake me for a low cotoneaster, the ornamental creep. We are both a foot tall, though, with red berries. Check my ID twice so you don't mistake

me for the dangerous imitations.

I have a sentimental side and like to do the Christmas thing. November is apparently the new December, according to retail outlets. I appreciate all holidays: old, new, renamed, reclaimed, loud, quiet, forgotten, lost, and imaginary. Use me in your Christmas decorations next summer! Except you have to wait for fall when my little red berries make me festive and cutesy.

"Experts" say that I am survival food best left for winter birds. I like birds, I like feeding them, and "Survival" sounds tough. Maybe the most recent crop of people don't like my dusty berries, however they've been eaten by people since before my memory. My berries have been boiled, fried, popped and eaten raw all fall and winter. The Lakes people mixed them with Salmon roe for ceremonies (*Food Plants*). I like that. Makes me feel powerful.

Frost erodes the mightiness of my medicinal leaves, so leave my leaves alone for a while. I make strong iron and Vitamin A, but I hate hot water. Don't boil me or I'll kick your butt with my tannins. I like a nice long, 8-hour soak in cold or lukewarm water: builds character. When you drink me, my potent and magical arbutin mixes with your urine to make a green germicide that is rumored to destroy infection (*Wild Berries of the West* by Derig and Fuller). All over the world, my muscle is employed by herbalist to kill urinary tract infections, zap kid-

ney stones, thrill the spleen and liver, and wrestle syphilis and gonorrhea to the ground. I'm powerful. I'm like a god you don't want to piss off (so to speak). I'm so amazing, that with me, too much of a good thing isn't much at all. I'm a loner. I like our visits short and to the point. There are simply some people that I can't stand like some pregnant women and people with high blood pressure. Nothing personal. And keep that acidic Vitamic C and cheery Cranberry juice out of my way; I hate those guys too (*Encyclopedia of Alternative Medicine*, online).

Do what you dare with me; just don't laugh at my name. I repeat, don't laugh at my name.

Sarajoy excels in growing dandelions, chicory and mallow, but the Kinnikinnick she planted is very depressed, as are all the other plants she actually tries to grow.



Just Trade
Fairly traded crafts
from around the world
inside **Brused Books**
235 E. Main St.
Pullman WA
509-334-7898
Mon. - Sat. 10am - 6pm

Keith Smith Carpentry
Level, plumb, & square with the world

Timberframes
Additions
Remodels
Custom woodwork

882-4938

Organic Cotton & Latex Mattresses

*Sleep like a baby
in a
Chemical-Free
Bed*

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

Come in & test drive our display

In the Garden: Forcing Bulbs Indoors

By Holly Barnes

In the depth of the winter I love walking into my house and smelling a blossom, a green growing thing. I bring this about by forcing bulbs, a simple process that brings much reward. My favorite bulb for forcing is the Paperwhite Narcissus, *Narcissus tazetta*. They are easy to work with because they don't require any chilling. *Amaryllis* is another bulb that doesn't require chilling and brings forth a stunningly dramatic flower which makes you feel like you've performed quite a feat! The following instructions are for forcing paperwhites, but I include directions at the end for forcing *amaryllis*, a slightly different process.

Bulbs should be purchased in the fall for forcing. I focus on forcing paperwhites and *amaryllis* but if you are interested in forcing other bulbs consult with the nursery where you buy them for chilling requirements. Suitable containers can be found in your cupboard. I use vases primarily and drainage holes are not necessary. Select containers that have tall sides as the plants can get quite lanky and will topple over without support. The diameter of the container need only be slightly bigger around than the diameter of the bulbs you want to put in it. Sometimes my container is just a little smaller than the bulbs and I will slightly layer them to make them all fit. I like to plant at least 3 bulbs in my containers. However, the *amaryllis* is a very large bulb and just one is sufficient for a nice display.

After selecting containers, I go outside to scour my yard for a suitable planting medium. I generally choose gravel from the driveway, sometimes with a little sand mixed in. If I can find some attractive pebbles or small rocks I will use them instead. I do not use any soil, nor do I fertilize.

Next place a small layer of the planting medium in the bottom of the container. A couple of inches are enough for smaller plantings, more for larger and taller containers. This is where the roots will grow. Arrange the bulbs on this layer, packed as closely together as possible without squishing them, a little closer than you would be comfortable standing in an elevator with strangers. Then put more of your medium into the container around the bulbs and up to just a bit above their necks. You should barely see the tops of the bulbs at this point. This layer will help to support the bulbs as they grow. Place a little water in the container, as high as the base layer of planting medium, just below the bulbs. The bulbs require dark and cool conditions. A basement is perfect but any dark, unheated area in the home will also work. A closet in a cool room is sufficient. Paperwhites and *amaryllis* bulbs can't withstand a freeze.

It will take paperwhites 3-5 weeks to bloom from planting and *amaryllis*, 6-8 weeks. Check on them weekly and keep

the bottom layer moist but never allow the bulbs to sit in water. When the green top growth is an inch or two high bring the container into a cool, 60-65 degree room with very good light. Stake if necessary, and wait for the magical, cold winter day when the miracle of your bulb presents itself as a perfectly formed, fragrant flower with the ability to bring forth memories of spring gardens.

Plant an *amaryllis* bulb in a 6- to 8-inch pot with drainage holes. Fill halfway with potting soil and place the bulb in the pot. Add more soil and pack around the bulb leaving about a third of the bulb above the soil line. Water thoroughly after planting and once a week thereafter. Place the pot in a sunny location on your windowsill; a cool and dark period is not required.

Once you have the technique of forcing mastered, and if you are good at record keeping (not my strong suit), it is fun to stagger the watering process and thereby set up a succession of bloom to last through the winter.

My thanks to Leigh Ann Decker at Crossroads Nursery for sharing information on bulb forcing.

"In the depth of the winter I love walking into my house and smelling a blossom, a green growing thing. I bring this about by forcing bulbs, a simple process that brings much reward."

Remember to rake those leaves this month!

Holly Barnes finds ways to make the gardening season last as long as possible.




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



Starting the bulb-forcing process now means beautiful flowers all winter long! Photo by Holly Barnes.

Earth Mother: Orange Pomander

By Julia Parker

As I write this, it is a beautiful sunny October day and the thought of November and Thanksgiving seem very far away. November is just the most Ohio of months. I'm sorry to make up new adjectives, but those of you who have visited my home state and the vast number of Ohioans here in Moscow know what I'm saying. Although I don't look forward to the gray days of November, I do look forward to the end of the month and Thanksgiving. Preferring gluttony over greed, Thanksgiving is my favorite holiday.

The project we're going to do this month, an orange pomander, is a traditional holiday project and gift. I remember making one for my Great Aunt Doris, keeper of the turkey, when I was a kid. Last year we made a few and just kept them around the house to make it smell like yummy winter holidays. Pomanders are fragrant mixtures of spices and fruit. Historically, pomanders were fragrant spices kept inside a metal or ceramic ball. These were worn on a chain around the neck or waist to

ward off bad smells and disease. The most common in the U.S. today, the orange pomander, is very simple and smells absolutely delicious for weeks. Though, I would not recommend wearing it and would not suggest it would ward off disease (but who knows). However, it is cheery and easy to make with kids of different ages!

To make your orange pomander, you will need:

- ✿ An orange
- ✿ ½ cup of whole cloves
- ✿ 24 inches of ribbon
- ✿ a poker (a nail, a skewer, a pencil, etcetera)
- ✿ a thimble (optional)

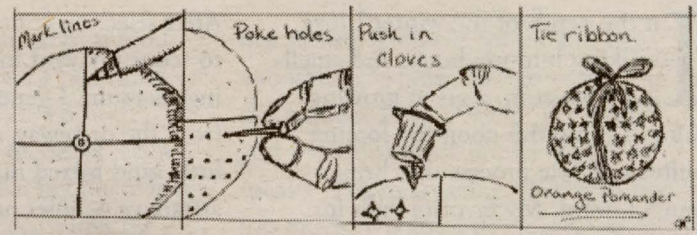
Directions:

- ✿ Wash your orange to remove any fruit wax
- ✿ Mark a line around your orange as if to cut it into quarters
- ✿ Poke holes about ¼ inch deep into the orange either randomly or in a pattern
- ✿ Do small sections at a time.
- ✿ Keep the holes close enough

together so that the cloves will almost touch when inserted stem side down into the holes.

- ✿ Do not poke holes into the lines you made—this area is for the ribbon.
- ✿ If you have very young children, you can do the poking for them. Older children, of course, can design their own and make the holes themselves.
- ✿ Push cloves into the holes stem side down
 - ✿ This leaves the sharper parts out so you may want to use a thimble to keep your fingers from getting sore.
 - ✿ Any child old enough not to consume or stick cloves up their nose can push the cloves into the orange.
- ✿ Wrap the ribbon around the orange both ways, tie in a knot at the top then make a loop and tie a second knot if you'd like to hang your pomander, or a bow if you're going to set it on the table.

Orange pomanders take time to dry



How to make an orange pomander! Illustration by Julia Parker.

so if you're going to try to give one of these away for an upcoming holiday make it a couple of weeks earlier than the holiday itself. The orange will turn brown and kind of appear to be rotting – it is NOT rotting. The oil from the cloves spreads throughout the peel making it brownish orange. The entire orange will eventually dry and become very lightweight.

Enjoy your November and remember on gray days to focus on the warmth of friends and families and stuffing.

Julia Parker counts her blessings right here in the lovely state of Idaho.

Co-op Kids will resume in January!

By Rebekka Boysen-Taylor, Co-op Kids volunteer

I am about to be a mama of two.

Rebekka Boysen-Taylor, about to be a mama of two, is the Co-op Kids volunteer.

I will be taking a break from Co-op Kids until after

the holidays to greet, nurse and snuggle my new baby (expected in the first week of November!). Look for postings in the December newsletter announcing our next meeting—likely at the beginning of January. Many thanks for all of the well wishes and support we have received from our

friends at the Co-op and in Moscow, what an amazing extended family this baby will be born into!

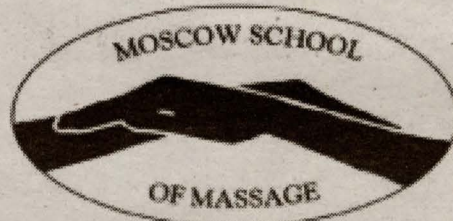
We hope all the little ones and their families have a lovely holiday season and look forward to playing again in a few short months.

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



Massage Therapy is a great career for those who love helping others and who enjoy working with their hands. Massage Therapists work compassionately, one on one, helping others to feel better through natural methods. They work in a relaxing environment with professional pay and a flexible schedule. Does this sound like a description of your ideal career? Call for information about our 9-month program starting soon. Or stop by to visit us just behind the Moscow Food Coop at the corner of 6th and Main.

208-882-7867

moscowschoolofmassage.com



Are you interested in Natural Healing?

Susan Simonds, Ph.D.

Clinical Psychologist

Specializing in:
-Couples Counseling
-Women's Issues
-Writer's Block

619 S. Washington, Moscow ID 83843
208-892-0452

Meals Kids Might Eat: Lunch Box Ideas

By Jyotsna "Jo" Sreenivasan

When my older son was a preschooler, he'd eat almost anything. I'd pack his lunch with chick-pea curry and brown rice, or leftover baked tofu, and he was happy.

Then he discovered school lunches, and it was love at first bite. During first grade, we made a rule that he could get two school lunches per week. But last year, when he was in second grade, he refused to eat any home lunches at all. The lunch I carefully packed would come back almost completely uneaten. He complained that the sandwich was "smelly" or "mushy."

In an effort to make sure he got something to eat at lunchtime, I let him get school lunch almost every day.

This year, we decided to try something different. I wanted him to take lunch from home at least sometimes, because I think the organic food we buy from the Co-op is better for him than the food they serve at school.

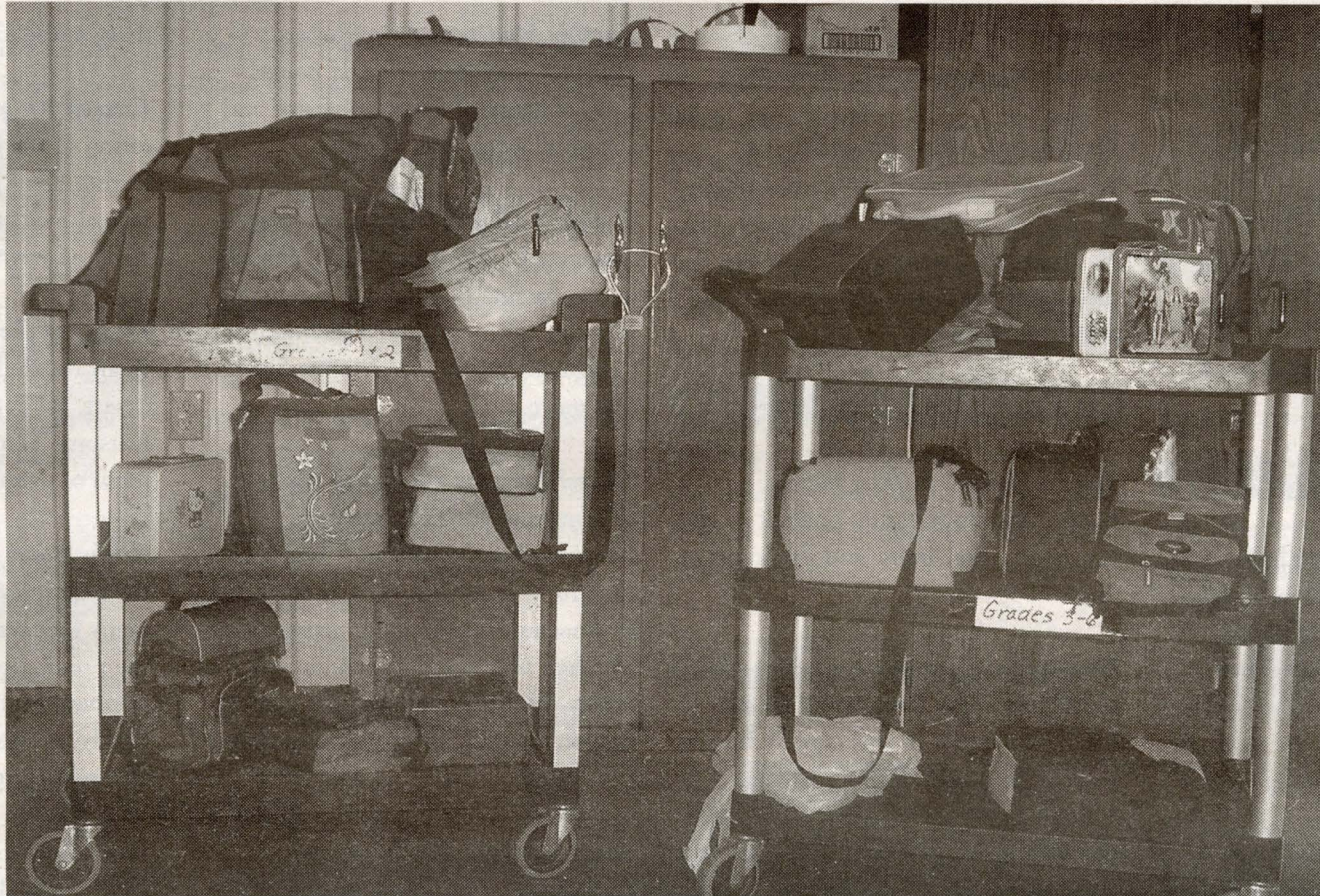
Here are some things that are working for us in terms of packing a school lunch that actually gets eaten. I also asked several friends for their advice and tips on packing a school lunch.

Use an ice pack

This has transformed my son's lunch experience! Instead of having his food sit around at room temperature and get soggy or smelly or whatever, he can now have a cool lunch! I bought a lunch box with two compartments, so I can put a small ice pack in one, as well as food that needs to stay cool. In the other compartment I put chips, crackers or other things that don't need to be cool. Instead of an ice pack you could use a frozen juice box.

A Snack Lunch

Instead of a "sack" lunch, pack a "snack" lunch: crackers and cheese, for example, instead of a sandwich. My friend Katie Bell has found that her school-aged kids (ages 8 and 6) prefer to eat small amounts of a wide variety of foods, instead of just one big sandwich. Another advantage to a snack lunch is that after school, if they are hungry, they like to eat any lunch left-



Here are enough healthy ideas to fill all the lunch boxes at Moscow Charter School. Photo by Jyotsna Sreenivasan.

overs. See the box for ideas for "snack" lunches.

A "Hot" Home Lunch

My friend Lesley Griffel's school-aged kids, ages 11 and 9, also don't really like sandwiches. Instead, they enjoy a warm lunch from home. Lesley bought some wide-mouthed thermoses (she suggests getting the ones without the glass liners, so they won't break if dropped). She heats the thermoses by filling them with boiling water for 10 minutes. Then she dumps out the water and puts in a warm burrito or a pocket sandwich (available in the frozen section of the Co-op) wrapped in foil, so the food doesn't stick to the sides of the thermos. The food stays warm until lunchtime.

A few years ago when her oldest son, Zev, still ate sandwiches in his lunch, Lesley would give him just half a sandwich with twice the filling. "He didn't want to take the time to eat a whole sandwich," Lesley says. "But he'd eat half."

Zev can't drink cow's milk, so Lesley bought a Rubbermaid screw-top bottle with built-in straw, and fills it with soy milk.

Helping Older Kids Make Good Choices

My friend Katrina Dasenbrock's children are 15, 10, and seven—old enough to prepare at least some snacks and meals for themselves. Katrina posts a list of acceptable snack and meal choices on the fridge, such as tuna fish,

peanut butter and jelly, any fruit or vegetable, yogurt, cottage cheese, and crackers. The kids are to choose from the list when they are hungry.

Alternative Sandwich Ideas

My kids tend to prefer sandwiches made in a pocket pita or rolled up in a soft flour tortilla, instead of on regular thick bread slices. The Co-op has both white flour tortillas and whole wheat. I thought my kids wouldn't eat the whole-wheat kind, but they are soft enough to be acceptable.

Here are some ideas for rolled sand-

wiches. You just spread the fillings on the soft flour tortilla (we use the 8-inch ones) and roll!

- ✦ Mayonnaise, shredded cheese, and a turkey slice
- ✦ Refried beans and shredded cheese (serve with a side of salsa for dipping if desired)
- ✦ Cream cheese, apple slices and honey
- ✦ Nut butter and jam

"Snack" Lunch Ideas

- ✦ Slices of pepperoni, salami, turkey or ham
- ✦ Slices of fake meat (bologna, etc)
- ✦ Cheese sticks or slices of cheese
- ✦ Hard-boiled egg
- ✦ Yogurt tubes or cups

- ✦ Corn chips and bean dip
- ✦ Triangles of pita and hummus dip
- ✦ Apple slices and a small container of peanut butter for dipping
- ✦ Raw veggies and a small container of ranch dressing
- ✦ Raw fruits
- ✦ Dried fruits
- ✦ Nuts
- ✦ Crackers
- ✦ Rice cakes
- ✦ Graham crackers
- ✦ Cereal bars
- ✦ Dill pickles

Something for everyone... Hodgins Drug & Hobby



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)



New at the Library

By Chris Sokol, Latah County Library District



“He that revels in a well-chosen library, has innumerable dishes, and all of admirable flavour.”

—William Godwin, “Early Taste for Reading,” *The Enquirer* (1797)

Selected items recently added to the library’s collection:

FICTION:

Brothers by Da Chen. Two half-brothers born at the height of China’s Cultural Revolution are separated by distance and opportunity. They unknowingly fall in love with the same woman and move toward the moment when their fates finally merge.

The Inheritance of Loss by Kiran Desai. An orphan arrives at her grandfather’s doorstep in the northeastern Himalayas, where a rising insurgency in Nepal challenges the old way of life—and opens up a world of conflicting desires. (The 2006 Man Booker Prize for Fiction winner.)

SCIENCE AND TECHNOLOGY:

Gone Tomorrow: the Hidden Life of Garbage by Heather Rogers. The U.S. is the planet’s number one producer of trash (is anyone surprised?). An engaging tour through the underworld of garbage and ways we can change our throwaway lifestyle.

The New Ecological Home by Daniel D. Chiras. A complete guide to green building options, including energy-efficient design, wood-wise construction, passive solar, earth-sheltered architecture, environmental landscaping and nontoxic and natural building materials.

Noise by Bart Kosko. Not all noise is bad. Debunking many commonly held beliefs about noise, the author gives readers a vivid sense of how deeply noise permeates both the world around us and within us.

Practical Photovoltaics: Electricity From Solar Cells by Richard J. Komp. A unique combination of technical discussion and practical advice by a physicist and solar home dweller.

Rainforest by Thomas Marent. A hauntingly beautiful photographic portrait of the planet’s richest and most diverse habitats, as seen through the lens of Swiss nature photographer Marent. Browse through it while you

listen to the accompanying CD of sounds from the world’s rainforests.

The Trouble With Physics by Lee Smolin. A renowned theoretical physicist argues that physics has lost its way. He charts the rise and fall of string theory and takes a fascinating look at what will replace it.

POLITICAL AFFAIRS:

The Foreigner’s Gift by Fouad Ajami. An illuminating portrait of the Americans, the Arabs, and the Iraqis in Iraq.

Nonviolence: Twenty-five Lessons From the History of a Dangerous Idea by Mark Kurlansky. In this concise history from ancient Hindu times to present-day conflicts, Kurlansky discusses nonviolence as a distinct technique for overcoming social injustice and ending wars—not only as a mere state of mind. (available in print and CD formats)

Wake-Up Call: the Political Education of a 9/11 Widow by Kristen Breitweiser. Devastated by the death of her husband in the World Trade Center attacks, former Bush supporter Breitweiser became an activist, channeling her pain and rage into learning everything she could about the U.S. government’s role in the attacks. She and three friends began lobbying the government to establish an independent 9/11 commission to explore all that went wrong that day.

SPIRITUALITY:

All is Change by Lawrence Sutin. The 2,000 year journey of Buddhism to the West.

Tao Te Ching: a New English Version by Stephen Mitchell. Lao-Tzu’s *Book of the Way*, the classic manual on the art of living.

FOOD:

The Soul of a New Cuisine: a Discovery of the Foods and Flavors of Africa by Marcus Samuelsson. The chef author, born in Ethiopia and raised in Sweden by adoptive parents, returns to the land of his birth, while drawing freely from many ethnic and cultural influences.

Tofu 1-2-3 by Maribeth Abrams. 125 easy to prepare cholesterol-free recipes for sauces, soups, main dishes, desserts and more.

MISCELLANEOUS:

Earthly Meditations by Robert Wrigley. New and selected poems by University of Idaho professor and award-winning poet Wrigley.

Google*pedia: the Ultimate Google Resource by Michael Miller. The all-encompassing book about everything Google: advanced search techniques, Google Earth, Google Mobile Services, and more.

Laurel Canyon: the Inside Story of Rock and Roll’s Legendary Neighborhood by Michael Walker. Dozens of landmark hits emerged from an unassuming colony of artists—Joni Mitchell and Frank Zappa, among others—living in a eucalyptus-scented canyon deep in the Hollywood Hills of L.A.

Salvador Dali: Exploring the Irrational by Edmund Swinglehurst. Text and full-color illustrations about the Spanish painter universally known for his extraordinary artwork and a brilliantly eccentric personality.

Tibetan Relaxation: Kum Nye Massage and Movement by Tarthang Tulku. A yoga for healing and energy from the Tibetan tradition, with step-by-step color illustrations.

CD:

Edda: Myths from Medieval Iceland (Various artists). Vocalists, medieval fiddles and lyres join to present a music of starkness and mystery, sung in the ancient Viking language which is still spoken by Icelanders today.

Miero (Varttina). Varttina is one of the biggest bands in Finland. The group excels at modern Finnish folk music, fusing traditional accordion and bouzouki with such modern touches as big pop choruses and a rock drum kit.

Wizard Women of the North (Various artists). Haunting, intriguing folk music performed by female Scandinavian musicians and vocalists who reach back to their Nordic musical roots, making it relevant for today.

(The Library reminds you that copyrighted CDs are intended for personal listening use and should not be copied.)

DVD:

8 Women (France, 2002). In a home in the snowy French countryside, an industrialist has been murdered. There are eight suspects, all women, and it’s up to them to discover who among

them is the murderer.

Citizen King (U.S., 2004). An exploration of the last few years of Martin Luther King Jr.’s life, tracing his efforts to embrace causes beyond the civil rights movement.

Desert of the Tartars (Italy, 1976). In an isolated fort on the border of a desert, soldiers wait for an attack by the fearsome Tartars, hoping it will give a sense of purpose to their life.

Kinky Boots (U.K., 2005). Inspired by the true story of a traditional English men’s footwear factory which turned to the production of fetish footwear for transvestites in order to save the ailing family business and safeguard the jobs of the local community.

Fire (India/Canada, 1996); ***Earth*** (India/Canada, 1998); ***Water*** (India/Canada, 2005). Deepa Mehta’s controversial trilogy set in colonial and post-colonial India. *Fire* is a powerful critique of the rigid norms of a patriarchal, post-colonial society that keeps both sexes down; the wives of two brothers find in each other what their husbands refuse to give and they enter into a lesbian relationship. *Earth* tells the story of a love triangle set amid the violent political upheaval during the partition of India and Pakistan. *Water* is about the lives of Indian widows in the 1930s, who are forced to enter “widow houses” sometimes even as young girls.

STAFF PICK OF THE MONTH:

*Betsy Bybell, Moscow Library, recommends: **Widdershins** by Charles De Lint. Hooray for another book by Charles De Lint! I’m a devoted reader of “urban fantasy” and I often have a hard time waiting for the next really good book in this genre to come out. Charles De Lint is a master at creating modern settings existing side-by-side with fairy realms. *Widdershins* is his latest foray into the world of Newport where the magical realm jostles reality. To walk *widdershins* is to walk counterclockwise which is a traditional way to enter the fairy domain. Jilly Coppercorn and Georgie Riddell finally realize what everyone else knows, that the two of them belong together. But throw in a war between the animal spirits of America and the upstart European fairies that traveled over with immigrants and nothing is easy.*

Chris Sokol is the Adult Services Librarian for the Latah County Library District.

Zoning Summit for Moscow

By Kit Craine

It's called Catch-22. The Moscow City Council hears a steady procession of petitions to make the comprehensive plan comply with zoning districts, which are designed to accommodate a planned development. The hearings are governed by laws, which require the opposite: the project must comply with the zoning, which must comply with the plan. As a result, Moscow is changing the rules for each development rather than managing growth.

By law, Moscow has a conventional zoning system. Areas are defined for commercial, residential, and industrial uses. If someone wants to build some-

thing, they find the appropriate place, obtain the required permits, and do it. There is no need to ask the City for permission to rezone the land. In practice, Moscow is implementing a project-oriented system. In this, a developer finds the land, designs the project, then goes through a public process to get permission to build.

Trying to administer one system with the procedures for the other isn't working for either the developers or the community. To solve this problem, Moscow needs to decide which approach is best for us — what is in the code or in practice?

On Thursday, November 9, the Palouse Center for Conflict Management will conduct a Zoning Summit to ask that question. It will be from 7 p.m. to 9:30 p.m. in the Silver Room of the Best Western in Moscow, Idaho. The workshop will introduce different approaches to managing development and try to reach a consensus as to which system the participants prefer. The results will be presented to the Moscow City Council for consideration during the upcoming rewrite of the Comprehensive Plan and Zoning Code.

The summit is sponsored by area community members, initiated by

“On Thursday, November 9, the Palouse Center for Conflict Management will conduct a Zoning Summit. It will be from 7 p.m. to 9:30 p.m. in the Silver Room of the Best Western in Moscow.”

Moscow resident Kit Craine, and led by facilitators from the Palouse Center for Conflict Management, Inc., a community mediation center. For more information, contact: Kit Craine, kcraine@verizon.net

Bike in Motion

by Gary Macfarlane, Ecosystem Defense Director for Friends of the Clearwater

This may come as a surprise, but the story of the bicycle raffle at the Co-op has yet to end. You know the bike, the one that was raffled for the bike rack fundraiser. It's true the bike has been gone from the store for some time. However, the winner, Meg Pely, immediately donated it to Friends of the Clearwater, a local nonprofit conservation organization. So it will yet make another public appearance (keep reading). Thanks very much, Meg!

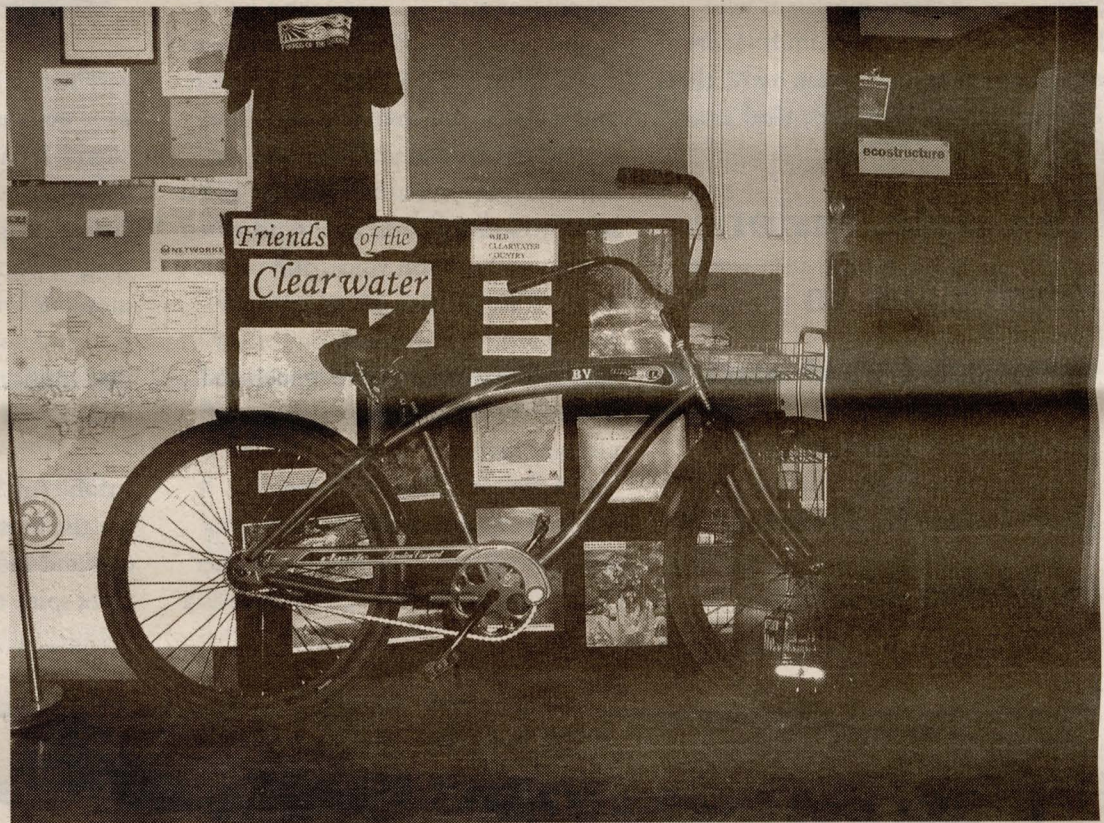
You may remember staring fondly at the the bike, a retro red cruiser with upright bars, a sturdy chain, and a rear hub brake that is engaged by the motion of backpedaling. The thick, sturdy tires have a flame-shaped logo on the tread so they are slick (or not). The fenders make it a bike for all seasons. It even has a chain guard. When was the last time you saw one of them doohickeys? The most noticeable difference from the bikes of yore—except that it is brand-spanking new—is the aluminum frame. It's even larger than the old Cruisers, maybe even sturdier 'cause it won't rust, though probably not as heavy.

It reminds me of my first bike, the blue bomber I rode to grade school and junior high. I don't think I ever replaced the chain (or oiled it), did anything to the bike, or even had a flat in the many years I used it. It survived more wrecks than I want to remember; some things never change I don't know

“You may want this bike. Well, come to the Friends of the Clearwater annual party potluck at the 1912 Building, Friday, November 3 at 7 p.m. The bike will be up for silent auction one last time (or will it)?!”

what happened to it. I suppose my dad sold it to somebody for a few bucks, about the same price he bought if for from some outdoor used bike lot in Provo, Utah. (Yep, there were a few of them back in the day ...)

Now I hope that if you are either strolling down memory lane or enjoying this historical description of the previous millennium, you may want this bike. Well, come to the Friends of the Clearwater annual party potluck at the 1912 Building, Friday, November 3 at 7 p.m. The bike will be up for silent auction one last time (or will it)?! Come and bid on it at the silent auction. Who knows, maybe the winner will donate it to another worthy cause for a fundraiser. If so, you'll read about the bike with nine lives here.



Patricia Rutter, CMT
(Since '89)

NEW!

**A Choir of Angels
Massage Center**

For Appt. Call 208-413-4773 (Cell)

\$49/hr. Swedish Massage
Half hr. massage or half hr. Lavender "Herbal Facial" \$25

Hours: 7 days a week ~ 11 to 8 by appointment

200 S. Almon, Suite 212 (at Third St.)
Moscow, ID
choiramc@clearwire.net

~Live! & Learn~

2 hrs. of massage basics for 2. Receive and imitate strokes. \$100 total.

~New! Couples' Massage~



Off the Record: Jazzukha

By James Reid

Jazzukha's CD *This Is What We Mean* is currently for sale at our Co-op and it's a great example of contemporary fusion jazz. As a style, fusion dates back to around 1970 and a pioneer album by the iconic trumpeter Miles Davis. In 1969, Davis released *Bitches Brew*, a double album featuring only six cuts and a musical style that was revolutionary. The music combined a rock beat and electric instruments with jazz improvisation in a largely unstructured form and it influenced subsequent recordings by artists such as John McLaughlin, Weather Report, and countless others. Jazzukha plays music that is clearly influenced by earlier fusion groups, but which also contains elements unique to this group. The band is based in Seattle and includes musicians who have very diverse backgrounds. Most of the group's music is written by Michael Gotz and Farko Dosumov. Gotz is a

graduate of the Cornish College of the Arts in Seattle who has studied both classical and jazz guitar. He is joined by Farko Dosumov, bassist, a native of Tashkent who has also studied both classical and popular music styles in Seattle. These two are joined by several percussionists as well as flutist Isaac Marshall. Jazzukha's tie to Moscow is through Steve Romalio, a steel pan player for the group who lives in town.

The CD's first cut, "Lydian Blue," took me back to the 1982 movie *48 Hours* that featured the music of steel drummer Andy Narell. Jazzukha member Steve Romalio, originally from the New York City area, plays the steel pan drums and they have such a distinctive sound that they flavor any musical environment heavily. Like a lot of fusion music, "Lydian Blue" emphasizes texture more than melody or structure and it has an ephemeral quality. The second track, "Monica," features an introduction with a nice angular guitar solo by Gotz followed by a syncopated section with unison voices and instruments. The cut also gives Dosumov an opportunity to stretch out on an extended bass solo before syncopated theme returns. There are a couple of pleasant surprises on the CD. One is "Spasi Bo" or "Thanks" in English. It is a laidback duet between the guitar and bass with no percussion and after the texture of the first few tracks it is a



very nice contrast. Another change of pace track is the final one on the disc, "Ago." It has a strong African flavor and features the vocals of Codjo Etienne Cakpo. It is based on a traditional folk-song of Benin and at under two minutes, one wishes it would last longer. It includes a simple accompaniment that consists of hand percussion and an understated keyboard.

I think my favorite track is "7.8.8." It has the most rock-like groove on the disc and in the middle of it Michael Gotz spins out a tasty, minimalist guitar

solo followed by another lengthy bass solo. The cut also gives Steve Romalio another opportunity to shine before closing with a brief percussion break.

This Is What We Mean is great listening music that you can enjoy whether you listen carefully to each cut or just allow the sounds to wash over you.

James Reid will travel to Florida in January to take the Advanced National Goalkeeping course offered by the NSCAA.

“As a style, fusion dates back to around 1970 and a pioneer album by the iconic trumpeter Miles Davis.”

Community News

October 2006

The monthly newsletter of the Moscow Food Co-op

It a Fallish MADay!

By Karina S. Eaton, General Manager

Start putting your list together for the "Fallish MADay," Thursday, October 26th, all day long. One of the benefits of being a member of the Moscow Food Co-op (or I should say owner but the acronym wouldn't be as clever) is the aptly named MADay or Member Appreciation Day.

And you maybe wondering about the adverb "fallish," well, it is fall and it's a play on the word "foolish" and it sounded a lot cuter when it was in my head. So to recap for those newcomers, on MADay members save all day long on their purchases: the more you spend the more you save! For purchases up to \$25 you can save 5 percent, on purchases from \$25 to \$75 you save 7.5 percent, and on purchases over \$75 the savings go up to 10 percent on anything and (almost) everything you buy!

Almost, you say, what's the deal? Well, there are a few items that this amazing sale doesn't apply to such as beer and wine and special orders, but that's about it.

So it'll be slightly crazy that day, since savvy shoppers start early, getting the good stuff and filling their carts. Check out lines can be long so be prepared, but we'll do our part to make it easy on you: we'll have plenty o' cashiers (free), plenty of snacks (free), and plenty of coffee (not so free). See you in the aisles!



www.moscowfood.coop

Here's a gift that delivers all year long!

Give a year' subscription to the Moscow Food Co-op Community News. 12 issues delivered monthly by mail to any US address for only \$18!

Just send a check for \$18 (made out to Moscow Food Co-op) to:
 Bill London, Co-op news editor
 Moscow Food Co-op
 121 East 5th St.
 Moscow ID 83843

Be sure to include the name and address of the new subscriber.

Co-op Crossword Puzzle

by Craig Joyner

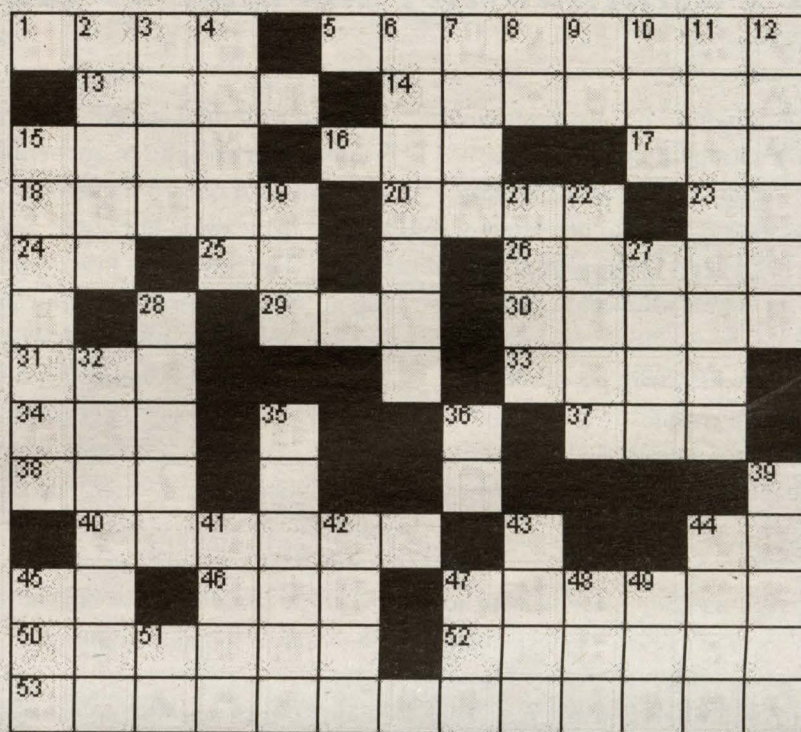
ACROSS

1. Vicki Reich's new column discussing wine, ____ Speaks
5. Raisin variety or MFC Board member Phil _____
13. Last name of October's employee of the month, first name is 2 down
14. The home of K Records and the capitol of the Evergreen State
15. Wholly Natural make these in apple, blueberry, and cherry
16. Poem
17. MFC business partner Dr. ____ Raymer
18. Savory jelly
20. At one ton it's the largest of all wild cattle
23. Magnum P.I.'s buddy
24. Quincy was a famous one during the 70's, abbreviation
25. Thus
26. Celestial Seasonings Grandma's ____ Mint herbal tea
29. Put your burger on an Ezekiel 4:9 ____
30. The celestial ram
31. Howard Hughes can provide a wide variety of tapes for this
33. This company owns Terra Chips, Rice Dream, and Health Valley
34. PBS Britcom classic ____ You Being Served
37. On fire
38. Industrial band or American author Anais ____
40. Middle finger
44. One of the basic rules in the game Go
45. The other half of fi when going

- onto the internet
46. The dot that followed dot com
47. Bloomsberry & Co. chocolate flavor that mocks an anti-wrinkle procedure
50. My Family Farm Wild ____ Crackers
52. Try ____ Premium Select Extra Virgin Olive Oil
53. Mother of Satori and Coyote, she was October's profiled volunteer

DOWN

2. First name of October's employee of the month, last name is 13 across
3. Scottish turnip
4. Refuge
6. The best pharmacy and hobby shop on the Palouse
7. Olive genus
8. Sonic pop band named after a cheesy horror movie, ____ Bloody Valentine
9. England's leader, abbreviation
10. Visit Highlands Day ____ in Post Falls
11. Tiger Balm Pain Relieving ____
12. This yogurt brand is available in dairy or vegan soy
15. Her businnes offers house call visits for reflexology and sauna treatments
19. You can build an eco-house out of this material
21. Caffe Ibis coffee originates from this state
22. Nearly all of Idaho falls into this category



27. Roman numerals for 1003
28. Local creator of greeting cards ____ Bain
32. This is also known as an Italian brown mushroom
35. Ravens-wood South Eastern Australia ____
36. They make bath salts that come in hinoki and ginger or juniper and lemon
39. Renew Life products can help remove this from your body
41. Couer d'Alene is home to ____ Coffee Roasting Company
42. Exotic tangelo hybrid citrus fruit grown in Jamaica
43. Rake or lecher
44. Caffe Ibis Hawaiian ____ Rainforest Blend
45. BSU and UI belong to this

- sporting community, abbreviation
47. Government agency that controls federal lands, abbreviation
48. John Fogerty's band, abbreviation
49. Personal pronoun or one of the demented puppet stars of Wonder Showzen
51. The Hoosier state, abbreviation

Craig Joyner is also known as KUOI's brentbent and can be heard there most Friday nights from 8:30 to 10:30.

Advertising in the Community News

Attention local business owners: Advertising in the Co-op's Community News is a great and inexpensive way to attract customers!

Some benefits of advertising with us include:

- ☞ 2,500 copies distributed monthly in Moscow, Pullman and surrounding communities.
- ☞ You'll be supporting your Co-op.
- ☞ Advertising is inexpensive and easy to set up.
- ☞ If you don't have an ad, we can help you get one designed!
- ☞ You can even sign up to be a Co-op Business Partner!

For more information about advertising, please contact Aly Bean, Advertising Manager, at 882-1444 or aly@pcei.org.

Our advertising rates and size guidelines are available online at: <http://www.moscowfood.coop/local/coopadrates04.pdf>

And, if you don't yet have an ad, we can help! Our newsletter designer, Megan Prusynski, can design an eye-catching ad for a small fee. Please e-mail Aly (aly@pcei.org) and Megan (design@moscowfood.coop) to set this up. We ask that you contact us about new ads by the first week of each month so we have plenty of time to design your ad and get it placed in the newsletter.

The Sustainability Review: Our Masonry Heater

By Mike Forbes

This past month has been pretty exciting for our family. A dream that we've shared for many years is coming to life, a masonry heater. Lahde and I have always wanted one of these heat sources as our home's focal point. We've visited friends, read books, and talked with people about them and they seem the ideal wood-heating source with many benefits (hot water, bake oven and a warm bench to sit on).

Masonry heaters originated in Northern Europe and Asia about 400 years ago. These stoves commonly referred to as Russian, Swedish or Finish stoves. They all share the same concept: burn wood cleanly and capture its heat energy in a mass of masonry that will radiate heat for an extend period of time. Most woodstoves (iron stoves) and fireplaces in North America (NA) lose a large percentage of their heat out of the chimney and emit significant particulate emissions, which contribute to poor air quality. In NA, we have made improvements in reducing these emissions and heat loss through chimneys, but the results do not compare to a well-designed masonry heater. A brief comparison of emissions reveals the following:

ed to go with the Heat Kit because they had been very helpful in answering our questions and offered the options we wanted (bake oven, hot water, heated bench). The oven is a white oven meaning no smoke enters the baking chamber and will cook at 500-350 degrees for approximately 6 hours after a firing. The hot water option will easily heat a home's domestic hot water. We plan on coupling the hot water loop with our solar hot water system and heating our domestic water, supplemental wall radiators, and our homemade hot tub (more on this in an upcoming article).

Aside from some shipping damage, the core arrived in good shape and we began installing it about 1 month ago. After we began installing the core it became evident that it was a one-person job. We decided that I would assemble the core and Lahde would install the facing and build the chimney. Building the core entails following a step-by-step manual and assembling the components. There are quite a few masonry pieces to cut, but if you are halfway handy, it isn't that difficult. (I was able to do it with a broken left elbow and occasional assistance lifting some of the bigger pieces). I finished the core in about three full days and laid out



Stove Type	Particulate Emissions (g/kg)	Carbon Monoxide (g/kg)
Conventional Woodstove	15.3	115
Phase II Pellet Woodstove (most efficient)	2.1	20
Heat-Kit-22 Masonry Heater w/bake oven	0.68	18

Several options exist for building these stoves. Typically the core is manufactured by a company (Temp Cast, Envirotech, Heat-Kit, Tulikivi, etc.) and installed as a kit by the manufacturer, local mason or homeowner. A facing (brick, stucco, stone, etc.) is then applied to the core to serve as thermal mass and the finished look of the heater. The option of making the entire stove from scratch also exists. We elect-

the bench, cut the flue liners and did a little bit of brick work before Lahde took over.

After the core is built, adding the 5" of facing (brick in our case) and building the chimney is next. We wanted to get the chimney built sooner than later since dealing with the flashing in the rain/snow was not desirable. Lahde and I had never done bricklaying before, so

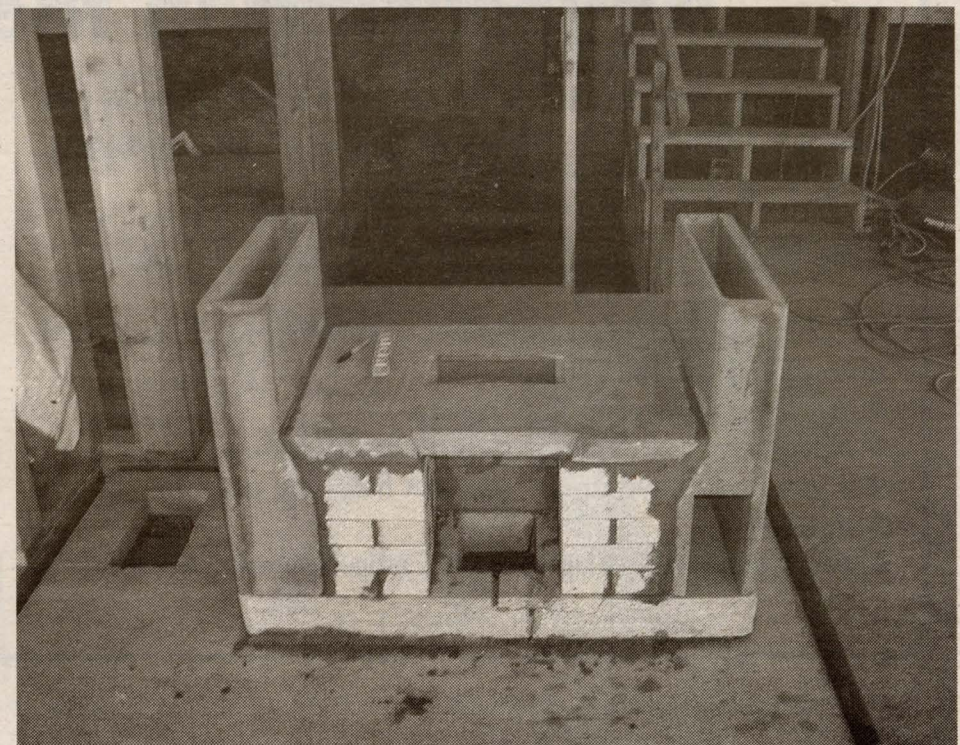
there was head scratching and learning how to keep things plumb, level and equal. The bricklaying is much more time consuming since it is the finished face, but after a few days techniques are figured out and speed improves drastically.

house can be done in the midst of a warm structure ...

Resources:
www.mha-net.org
www.heatkit.com
www.tempcast.com
www.tulikivi.com

As of mid-October, we have punched the chimney through the roof and should be done today. The goal is to have the heater operational by the end of October so finishing the rest of the

.....
 Mike and his family are almost geared up for winter in the yurt ...



UltraTouch
 Natural Cotton Fiber Insulation

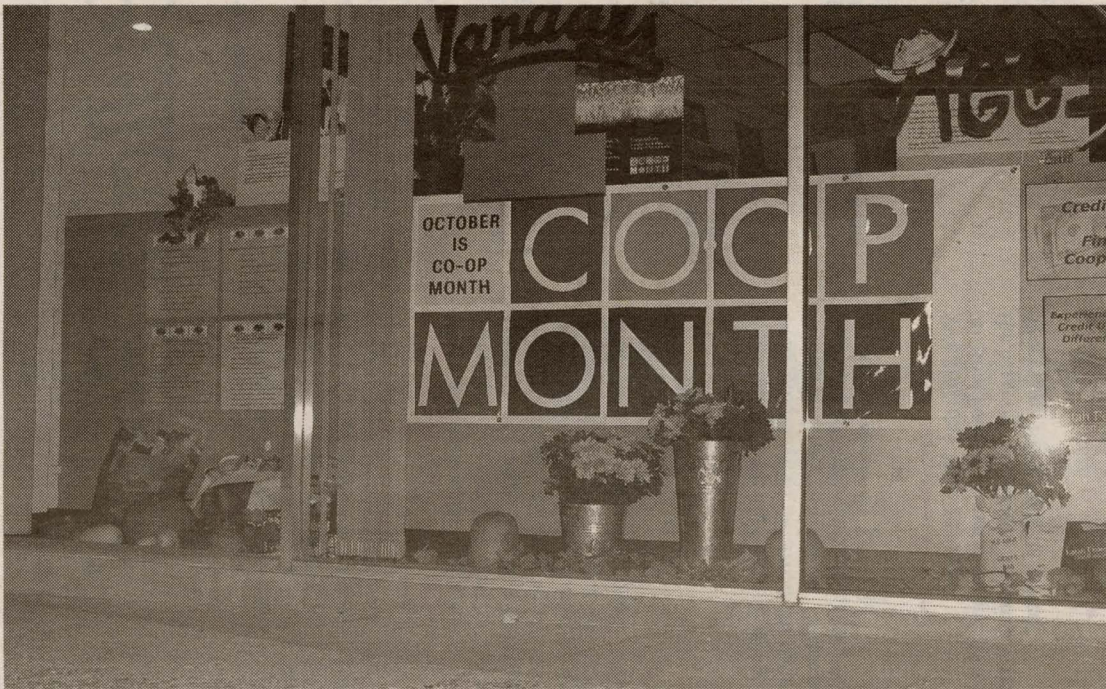
100% Recycled Cotton Insulation

Easy to Use
 No Itch or Skin Irritation
 Class-A Fire Rated
 Environmentally Safe
 Resist Mold & Mildew

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

R-13 & R-19

 The Natural Abode.



October was National Co-op Month. To celebrate, a group of talented Co-op staff and volunteers created this window display at the Moscow Chamber of Commerce downtown.

Photos by David Hall.

2006-2007
Auditorium Chamber Music Series
 UNIVERSITY OF IDAHO
 20th Anniversary Season

American Chamber Players

Thursday, November 30

7:30 PM in the UI Auditorium

Works for piano, flute, and strings.

"...a warm, seductively luxurious sound and an impressive unity of purpose."

—NEW YORK TIMES

Students: \$8, Seniors: \$15, General: \$18

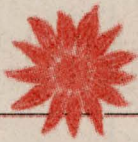
Tickets available at Book People, through our website

www.auditoriumchambermusic.org or at the door.

20 YEARS OF Music, Live & Intimate

For more information: chmusic@uidaho.edu or 208-885-7557

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



Bulletin Board

Moscow Food Co-op
121 East Fifth
Moscow ID 83843

Co-op Events

Co-op Community Dinners

Thursday Nov 9

Abigail Baron will be serving up some great chili (vegetarian and meat), cornbread and other deliciousness yet to be announced. Tickets will be approximately \$10 each.

Thursday Nov 16

Traditional Thanksgiving-style feast—A four-course dinner including dessert. Sign up with a cashier to reserve your seat at the table.

Art at the Co-op

Friday Nov 10

Opening night for the art of Carolyn Doe. Meet the artist from 5.30pm-7.00pm on Friday November 10th. The show will continue until the first week of December.

Thanksgiving Birds

From Saturday Nov 18

Diessel Free Range & Heidi's Organic turkeys will be available at the Co-op.

Coffeehouse Connection

Tuesdays at the Coop 6—8pm

- Nov 7 Charlie Sutton
- Nov 14 Mark Greene
- Nov 21 Noi & Friends
- Nov 28 Porch Swing

Community Events

Friends of the Clearwater Annual Meeting

Friday Nov 3, 6.30pm

Join us for our annual member celebration! Silent auction, potluck, live music, and more at the 1912 Building (East 3rd St.) in Moscow. <http://www.friendsoftheclearwater.org>

International Fair Trade Craft Sale

Fri to Sun, 3—5 Nov

525 NE Campus, Pullman (Community Congregational United Church of Christ) Proceeds go to support artisans in developing countries who are paid a fair wage for their work. ☎ 332 6411

Book Sale

Saturday Nov 4, 8am—Noon

By the Friends of the Moscow Library. This sale will be held at the American Legion Log Cabin at 317 S. Howard St. Proceeds go to finance the Summer Reading Program as well as other needs of the Moscow Library.

"The Grub-Stake" silent film

Sunday, Nov 5, 4pm & 7pm

The Kenworthy Performing Arts Centre. A restored and musically enhanced version of the Nell Shipman film shot in Spokane and Priest Lake in the 1920's. ☎ 882 4127

A Zoning Summit

Thursday Nov 9, 7—9.30pm

Silver Room of the Best Western in Moscow. To discuss different approaches to managing development with results to the Moscow City Council for consideration during the upcoming rewrite of the Comprehensive Plan and Zoning Code. Free and open to the public. Contact: Kit Craine kcraine@verizon.net

Call for Artists

Tuesday Nov 14

Deadline for applying for the Moscow Arts Commission's Call for Artists for their 6th Annual Winter Solstice group exhibit. Work in all mediums will be considered as long as it reflects the winter theme. ☎ 883 7036

Fiction/Non-Fiction Reading

Wednesday Nov 15, 7pm

At BookPeople, by members and instructors of the Moscow Community Creative Writing Workshop. Refreshments served.

Second Annual Barn Dance

Friday Nov 17, 7—10pm

Fundraiser for Artisans at D Uniontown, a visual and performance art gallery created from a former dairy building. Cadillac will be playing. Admission \$5. Open to all ages under 10s and over 85s, other people. Refreshments will be served.

Palouse Folklore Society

Saturday Nov 18, 8pm

Arrive at 7.30pm for a fun evening. Dancing Trout, will join us for the evening. Located at the 11111 newcomers, \$5 members, Sunday Nov 19, 7pm Concert Scott Bravo at The Attic (314 East 2nd, Moscow). Admission by donation. www.palousefolklore.org

Moscow Wild at Art

Saturday Nov 18

Thanksgiving Centerpiece Workshop: 9.30am Clay Ornament Making: open house 11—3pm Sign up now! ☎ 883 3405 info@moscowwildatart.com

MOSCOW

One World Café Music

All shows start at 8.30pm

- Nov 3 Darin S
- Nov 4 Ashley
- Nov 9 U of I
- Nov 10 Shook
- Nov 11 Dan M
- Nov 17 Porch

UI Women's Center

☎ 885-6616 details of an event

Monday Nov 6, 5pm

Feminist Art & Censorship - slide show presentation and talk by nationally-acclaimed feminist photographer Yara Ferreira Clüver.

Tuesday, Nov 7, 6pm

Reception and formal opening of *Beyond the Barrier of Skin*, an art exhibition by feminist photographer Yara Ferreira Clüver. Adult themes - viewer discretion advised.

Friday Nov 10, 8am

Breakfast with Rebecca Cors, a recently-returning Peace Corps volunteer, who will be discussing her work with women's focus groups in the rural Sichuan province of China. Coffee and pastries provided.

Friday Nov 10, 12—5pm

National Veteran's Day celebration. We will be hosting a reception to honor generations of women vets.

Tuesday Nov 14, 5pm

Women's Herstory Film "Chutney Popcorn" A lesbian love story...

Thursday Nov 30, Noon

An informational booth about HIV and AIDS, giving away free condoms and red ribbons to commemorate World AIDS Day on Dec 1.

Vigil for Peace

Moscow: Fridays 5.30—6.30pm

Join us at this weekly public presence for peace ongoing since November 2001. Downtown, Friendship Square. Rest, encouragement, and open mic. *Dean or Gretchen Stewart*. sperrine@pottlatch.com

Pullman: Friday Nov 18, 5pm

Under the clock by the [pullman.com](http://www.pullman.com). ☎ 334-4688 nancycw@pullman.com

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



Send us your community announcements! Email events@moscowfood.com each month. For more events & info, visit our web site: www.moscowfood.com