

# Community News

**FREE!**  
PLEASE TAKE ONE

**October 2006**

The monthly newsletter of  
the Moscow Food Co-op

## It a Fallish MADay!

By Kenna S. Eaton, General Manager

**S**tart 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!





# Community News

**Published by**  
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(208) 882-8537

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



## October is CO-OP month

By Kenna S. Eaton, General Manager

**L**ots of businesses talk about growing their communities. For cooperatives, it's not just talk. It's what we're all about.

Co-ops across the country are owned by over 130 million Americans and include 86 million who own their credit union such as Latah Federal Credit Union; 37 million who own their electric co-op, like Clearwater Power; and 3,000 different Farmers Co-ops just like Primeland Cooperative.

Co-ops employ a lot of Americans, more than half a million; in fact their payrolls exceed \$15 billion annually. These Co-ops also contribute to their communities much as we do here in the Palouse. For instance, East River Power Co-op in Madison, South Dakota helped fund an ethanol plant that today adds \$50 million to the area economy. And the Heart Of Iowa Communications Cooperative in Union, Iowa launched an economic development program that created, among other things, an assisted living care facility, an apartment building, three new restaurants, and an Alzheimer's care facility in their town. When it comes to making economic and charitable contributions to their communities the nation's cooperative businesses are industry leaders, setting the bar high for other types of business.

The Co-ops' commitment to their communities comes from their organizational structure. As member-owned and member-controlled businesses, it is our business to listen to our owners

and to reflect their wishes. From product selection to services we are always listening to our members.

Being owned largely by people who live and work in this community gives us a different perspective from a business owned by distant investors. That's why we can focus on locally produced and grown products. And why we have the vendor's booth featuring locally made items and why we have the grower's market in our parking lot.

From a purely profit-driven place none of these ideas makes sense. They take resources on the Co-op's part to manage and support but they give back on a very different level. They are the proof that we care first about our community and secondly about our bottom line. Since cooperatives are an ownership structure that allows their owners, the members, a voice in how their business does business, we know our members want a whole foods grocery store that provides them with things that can't get elsewhere such as an organic coffee bar, a "from scratch bakery," a produce department that's 99.99 percent organic and a fresh meat counter featuring easy dinner solutions.

We also heard that our members wanted us to stay in downtown Moscow so when we relocated that's exactly what we did. In addition to our normal ways of listening, like the suggestion box, this year we are crafting a survey to find out a little bit more about our members and what they want from their Co-op. Look for it later this fall.

**“When it comes to making economic and charitable contributions to their communities the nation's cooperative businesses are industry leaders, setting the bar high for other types of business.”**

And on top of all of this, you the owner have the ultimate say through your vote. Co-op members vote for their Board of Directors, allowing them a voice at the very spot where vision and values meet. At the Moscow Food Co-op our board, comprised of 7 volunteers, is responsible for setting the tone of this business, for reporting to the owners and for choosing and supervising the manager. What other business not only allows you but even encourages you to be that involved?

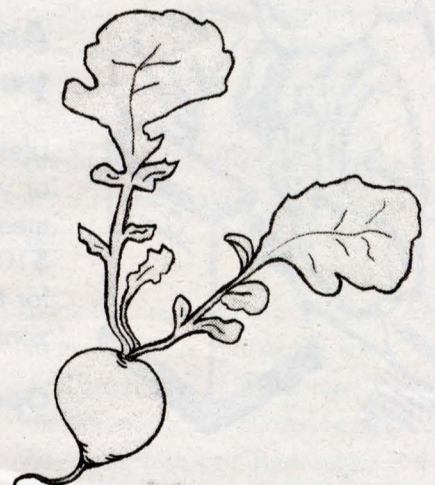
Nominations for the Moscow Food Co-op Board of Directors open this month and if you like to nominate a friend or even yourself please contact them at [board@moscowfood.coop](mailto:board@moscowfood.coop) or call me at 882-8537.

### Autumn means the end of the season for the Co-op Midweek Growers' Market!

The market will continue on Tuesdays, from 4pm to 6pm, in the Co-op parking lot until the end of October.

Come back next year, the Midweek Growers' Market will start again in June of 2007.

Illustration by Elizabeth Carney Sowards





# Co-Operations



## Community Dinners at the Co-op

By Kenna S. Eaton, GM

With accolades ringing in our ears (or written on paper as they really were) like "Sublime!" and "Everything was great: the environment, the food, the concept itself. I would gladly come back in the future," who could resist the allure of attending a Community Dinner at the Co-op?

Amy Richard, Co-op kitchen manager, came up with the idea whilst driving the long way home: that the Co-op could host a four-course dinner, served in our dining area with everyone shar-

**"The food has been incredible; the staff has really shown us the depth of their knowledge and passion when it comes to good food. And the idea of sharing a table and conversation has resonated with all who have attended."**

**Next Community Dinner:**  
Thursday, October 12  
6:30 p.m.  
Purchase tickets from any cashier; seats are limited to 14 people.

ing one long candle lit table. After a few minutes' deep consideration we decided to go with it—good ideas don't take long to mull over—and I set the kitchen loose to show us what they could do.

Well, the food has been incredible; the staff has really shown us the depth of their knowledge and passion when it comes to good food. And the idea of sharing a table and conversation has resonated with all who have attended. As one attendee put it "We had just moved from Michigan, we didn't know anybody, it was my 30th birthday and damn, your food made me happy." And that makes us smile.

For October 12th the menu as ever will be seasonally appropriate and utilize locally grown food when ever possible. Jim and Arielle will team up once again to make us an appetizer of fresh veggie canapés served with dill cream cheese, luscious roasted local lamb with seasonal veggies for the entrée, and for dessert, baked baby pumpkins.

Dinner starts at 6:30 p.m. and is limited to 14, so buy your tickets early from your friendly cashier. Wine will be sold separately.

### 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:** A 1½ hour Swedish massage for \$49 (reg. \$49/hour), Patricia Rutter, CMT, choiramc@adelphia.net, Almon Plaza Building, 200 S Almon, Ste. 212, Moscow, 208-413-4773

**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. Denice Moffat, drmo-fat@NaturalHealthTechniques.com, 413 East 8th St, Moscow, 882-3993

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

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

**Integrative Mindworks:** Free 30-min. consultation for new clients, April Rubino, integrativemind-works.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@buildmindgardens.com, 220 NW Tingly St., Pullman, 509-595-4444

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

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

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

**The Natural Abode:** 10% off of Natural Fertilizers, David & Nancy Wilder, 517 S Main St, Moscow, www.TheNaturalAbode.com, 883-1040.

**Now & Then Antiques:** 10% off any furniture, antique, collectible or gift item in the store (excludes vendor & consignment items). Jeff & Michelle Marks, nowandthen@moscow.com, 321 E Palouse River Dr, Moscow, 882-7886.

**Palouse Discovery Science Center:** 10% off on all items in the Curiosity Shop, Mark Goddard, 2371 NE Hopkins Ct, Pullman, 332-6869

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

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

**Shady Grove Farm:** \$10 off initial English riding lesson or horse training session, Ashley Fiedler, 1080 Sumner Rd, Troy, 835-5036

**Sid's Professional Pharmacy:** 10% discount off Medela breast pumps and supplies, Sid Pierson-owner, Pullman Care Community, 825 Bishop Blvd, Pullman

**Susan Simonds, PhD, Clinical Psychologist:** 20% off initial life coaching session, 892-0452

**SkyLines Farm Sheep & Wool:** 10% off organically raised lamb, handspinning fleeces & prepared roving, Melissa Lines, 4551 HWY 6, Harvard, ID 83834, 208-875-8747, Sharon Sullivan, RN Herbalist & Holistic Health Educator, 10% off health consultations, reiki, custom formulas and bulk herbs, 106 East 3rd St Ste. 5-B, 883-8089

**Sweet Peas & Sage:** 10% off any purchase in floral or gifts, Kathy Gessler, 122 W 4th St, Moscow, 892-0222

**Tye Dye Everything:** 10% off any purchase, Arlene Falcon, 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

I write this on my first day back at work after a 12-day vacation. I must admit I got very accustomed to days with little or no agenda, and lots of relaxation, but it is good to be back and see everyone again.

I am very grateful to my floor coordinators, Ida, Sarah, Jamie and Karin, who managed so well while I was gone, and all the wonderful cashiers on the front end team. Thank you everyone

for enabling me to take a peaceful holiday at home.

You will see many new faces at the registers these days. Say hello and welcome. And enjoy this new season as the rains finally fall and the earth gets refreshed. Come in and get a warm drink and enjoy your local Co-op. It really is something we can all be proud of.



## Tuesday Night Music Series Moves Indoors

By Joseph Erhard-Hudson, Music Series Coordinator

October brings music inside for the winter. Enjoy music and food in the warmth and good company of the Co-op's dining area. Concerts will begin at 6:00.

A special guest this month is Jennifer Friedman, a singer/songwriter hailing from Boulder, Colorado. Her voice is rich and nuanced, and she writes reflective and challenging songs. Her Northwest tour brings her to the Moscow Food Co-op on October 17th.

**October 3:** Lanny Messinger

**October 10:** Parallax

**October 17:** Jennifer Friedman

**October 24:** David Roon

**October 31:** Charlie Sutton

## Art at the Co-op

By Annie Hubble, Art At The Co-op coordinator

Our next show will open on Friday October 13th, with work of local photographer John Cooper.

John and his wife both love to travel and both love photography. John originates from Maine, and Joan from New York state. During John's military career from 1953 to 1974, the Coopers traveled extensively, and John recorded his travels with an ever ready camera.

After retiring from the military in 1974, John taught English, and later directed the Foreign Student/Scholar programs, at the University of Idaho. During this time, he became more serious about photography, taking enrichment classes in the evenings.

### John Cooper Art Opening

Friday, October 13

5:30 - 7:00 p.m.

In 1988, John and Joan discovered the Elderhostel travel programs, and have participated in more than 20 trips, including eight in Europe. His show will be comprised of photographs taken in Greece with 35 mm film. He is excited about this chance to show his work. I am sure we will share that excitement.

Meet the artist at an opening reception on Friday October 13th from 5:30 p.m. to 7 p.m. The show will run until Thursday November 9th.



Illustration by Elizabeth Carney Sowards



## The Buy Line: Fair Trade Month

By Vicki Reich, Grocery Manager

Did you know that October is National Popcorn Popping Month, National Cookie Month, National Make a Will Month, National Stamp Collecting Month, and National Communicate with Your Kid Month? That's just naming a few of the items found on my promotional calendar. I never cease to be amazed at the number of subjects you can promote in one month, many of which seem just a bit silly (do you really need to promote cookies?).

However, there are some serious promotions going on in October that are close to my heart. This month is Co-op Month (check out our cool display in the Chamber of Commerce window) and we'll definitely be celebrating that

one (while eating a fresh baked Oatie).

October is also Fair Trade Month and I'd like to talk a little bit about that. Fair Trade has been around since the 1940s and started with paying a fair price for handicrafts made in poverty stricken communities. It entered the food world in 1988 when coffee prices were plummeting. Small family coffee farmers were making less than the cost of producing the beans thus being forced to find other work. Fair Trade guarantees the farmer a set price for their crop, ensuring that they make a sustainable wage.

But Fair Trade is more than just paying a fair price. There are many benefits that a fair wage brings. Farmers are able

to feed their families and their children don't have to work in the field, allowing them to go to school. Farmers don't have to cut corners in order to break even. They can produce high quality products using traditional artisanal methods, for which they can then command a higher price. These methods often include organic farming, and in the case of Fair Trade tea, cocoa and coffee, are shade grown. This helps the environment by maintaining diversity, reducing pesticide use, and reducing global warming. The economic security that Fair Trade brings spreads to the community and helps support health care programs, schools, and adult education.

It's pretty amazing that by making a

*"Fair Trade guarantees the farmer a set price for their crop, ensuring that they make a sustainable wage."*

choice to buy a Fair Trade product you are helping to support all of these benefits. 500 companies are licensed to sell certified Fair Trade products in the US. There are more and more Fair Trade products available all the time. Right now the Co-op carries Fair Trade coffee, tea, chocolate, sugar, quinoa, rice, household goods, and clothing. All the products are certified by a third party certifier that makes sure the farmer is getting the agreed upon price.

Look for the Fair Trade Certified logo to insure you're getting the real deal. And celebrate Fair Trade month by making a batch of chocolate chip cookies, made with Fair Trade sugar and chocolate chips, of course.



# Co-Operations



## Produce Happenings: Local Produce Fall Preview

By Scott Metzger, Produce Manager

This summer has been a great success in terms of supporting local agriculture. Thanks to the efforts of all our local growers we have been able to keep the Co-op produce cases chock full of a wide variety of fresh locally grown summer vegetables, berries, and greens since June. But, just because it is starting to frost at night doesn't mean that the local season is done. Here is what our fall and winter local scene looks like.

Late summer and early fall is still a busy time as far as local produce is concerned. We in the produce department are still working with a number of local growers who are bringing in lots of the cold hardy greens such as kale, spinach, chard, parsley, cilantro, and lettuce, as well as the fall staples such as onions, potatoes, beets, garlic, winter squash, carrots, and leeks. The local tomatoes have been great this year and hopefully will still be available by the time this newsletter hits the presses. Look for

the local tomato display as soon as you enter the Co-op.

The most recent exciting development in the produce department is the discovery of locally grown certified organic apples from Dave Rousseau at Rousseau Orchards in Clarkston, Washington. Dave grows a number of apple varieties including Ruby Johns, Jonathans, Red and Golden Delicious in addition to growing mixed vegetables. We will be replacing the New Zealand grown apples with his apples and other Washington Grown apples now that the new crop is being harvested.

If you haven't already noticed, Hey George's regionally famous organic carrots are in!! We have both loose carrots and bunched carrots to choose from. George grows these carrots up yonder in St. Maries and delivers upwards of 300 lbs. a week to the Co-op. These carrots are incredibly delicious, and will only get better as the fall turns to

winter. We should be carrying his carrots through January if the past is any guide.

Locally grown organic winter squash and pumpkins have just arrived fresh from the fields. Look for jack-o lanterns, pie pumpkins, Delicata squash, Acorn squash, and Spaghetti squash. There is no better way to eat locally, and seasonally than with your favorite winter squash recipe.

And finally, even though Da-Jin and Charlotte's local organic potatoes have run out for the season, that doesn't mean we're switching to California just yet. Dave Ronniger's potato farm in Moyie Springs, Idaho grows a great selection of no spray potatoes, which we are hoping to carry all the way through winter and into spring. The Co-op is committed to supporting local agriculture and that doesn't end with the summer. Look for all this great produce and more throughout the autumn.

*"Late summer and early fall is still a busy time as far as local produce is concerned."*

*Editor's Note: One of the Co-op's reasons for being committed to local producers became abundantly clear recently when a deadly E Coli outbreak throughout the U.S. was traced to packaged raw spinach from producers in California. This virulent strain of E Coli originated most likely from feedlot cattle, and you can bet corporate veggie growers will be vigilant about cross-contamination from feedlot manure in the future, and demanding changes by meat producers to prevent a similar situation from happening again.*

*In the meantime, Co-op shoppers and others in the community who get our spinach (and other greens) from trusted local sources can continue enjoying the salads and greens recipes we love with confidence, knowing that this produce been properly grown and handled all the way from the farm to our plates – a very short journey indeed. – CPS*



## Oeno Speaks: Columbia Crest Grand Estates Merlot 2002

By Vicki Reich, Grocery Manager; Photo by David Hall

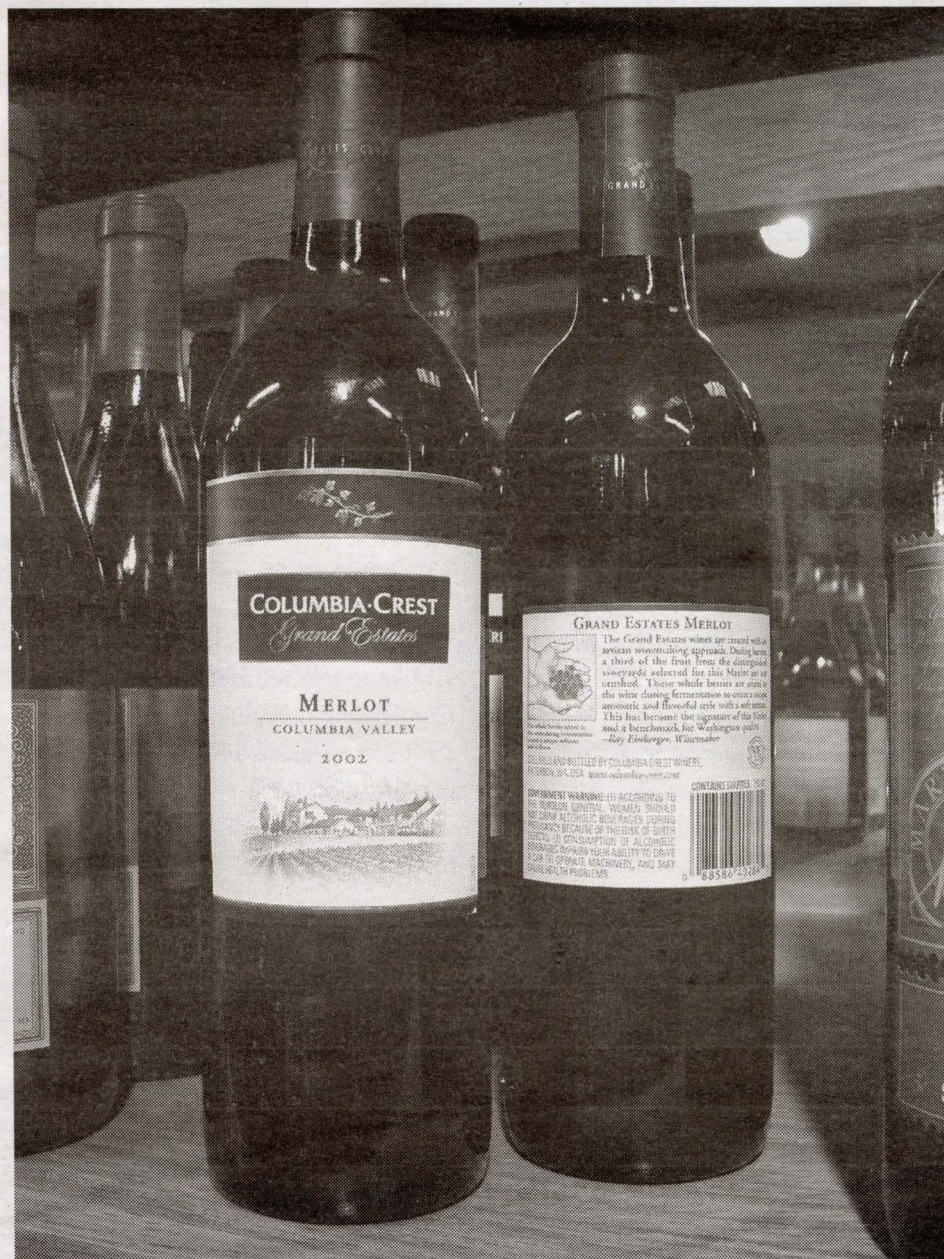
The ancient Greeks believed that the goddess Oeno could turn water into wine, a skill her grandfather Dionysus gave her. This came in very handy when stocking their ships in preparation for war with Troy (so handy that Agamemnon wanted to abduct her and her sisters). The study of wine and winemaking, oenology, gets its name from hers. I've chosen to embody her as I speak to you as the Co-op wine goddess.

The wine selection at the Co-op has grown so much in the last year. It's hard to decide what wine to buy. I thought I'd help out by talking about a particular wine every month (or almost every month). I'll give you my tasting notes as well as some serving suggestions and general information about the varietal (or type of grape used to make the wine).

For the first wine, I picked Columbia Crest Grand Estates Merlot 2002 (\$10) because it was a Washington wine, it was moderately priced, and it was a merlot (which I think a lot of people are familiar with). Merlot has become the most popular grape varietal in the U.S. mostly because it is softer than

many red wines and easier to drink, making it more accessible to new wine drinkers. Merlots typically are medium body with berry, cherry and/or currant flavors predominating. The Columbia Crest was no exception. The initial aromas are of black cherry, oak and a bit of leather. There is a predominate cherry flavor with some hints of pepper and chocolate. It has a nice acidity and medium tannins but not much of a finish. As with many merlots, it was easy to drink. Wine Spectator gave this wine a score of 83 and recommends drinking it until 2008. I'd recommend drinking it with lighter meat dishes such as an herbed chicken dish or grilled lamb chops. Cheers!

*"The ancient Greeks believed that the goddess Oeno could turn water into wine... The study of wine and winemaking, oenology, gets its name from hers. I've chosen to embody her as the Co-op wine goddess."*







## Dairy Products Not Always Produced By “Happy Cows”

By Peg Kingery, Co-op Dairy and Tofu Buyer

This past spring, The Cornucopia Institute, an organization “dedicated to the fight for economic justice for the family-scale farming community,” released a scorecard that ranked the nation’s organic dairy brands according to their commitment to organic farming practices. Their ranking, from “five cows” for outstanding to “one cow” for ethically-challenged, was based on answers the Institute received to a survey sent to each manufacturer. I found the results of this survey both reassuring and disturbing and would like to share some of them with you.

First, the good news. Most of the dairy brands the Co-op carries received a “four cow” (excellent) rating. These included Organic Valley, Nancy’s Springfield Creamery, Wallaby Yogurt, Straus Family Creamery, Helios, and Stonyfield Farm.

Organic Valley is a cooperative that was founded 15 years ago by six families who shared a love for the land and a belief in sustainable agriculture; it’s now 600 families strong. Nancy’s is owned by the Kesey family of Springfield, Oregon and has been in operation since 1960. Both of these brands support rural communities, use practices that are in harmony with the land, and promote long-term sustainability of their resources.

Wallaby Yogurt and Straus Family Creamery are also family-owned. Wallaby began producing yogurt ten years ago, after founders Jerry and Faith



Happy Cows: photo by Peg Kingery

fell in love with the style of yogurt they tasted while traveling Down Under. This brand obtains their milk from organic dairies in Sonoma and Marin Counties, California. Straus, in operation since 1993, also gets its milk from Marin County cows – mostly from the Straus family’s dairy.

Helios, founded by the Economy family, has been making organic kefir since 1987. At the time of the survey, they were still family-owned. In July, Lifeway Foods, another producer of kefir, purchased Helios so that it could expand its organic line. Apparently all Helios employees will remain with the new company, so I hope their product will continue to be produced with high organic standards.

Stonyfield Farm was founded in New

Hampshire in 1983. Today it is the third largest yogurt brand in America. It is in partnership with Danone, a France-based company that also sells bottled water, dairy products, and biscuits. Brown Cow Yogurt, which is all-natural but NOT organic, joined the Stonyfield family in 2003. Both brands use rBGH-free (recombinant bovine growth hormone) milk

Now for the not-so-good news. Three brands that the Co-op carries were given a “one cow” rating. These included Three Greek Gods, Woodstock, and Horizon. None of these manufacturers responded to the survey, which makes me nervous. The Cornucopia Institute obtained information about these and other non-participants from interviews with industry sources and federally maintained records.

Idaho; their Idaho dairy milks 8000 cows. Unlike most organic operations, these dairies provide very little pasture for their cows, sell off their calves instead of incorporating them into the herd, and buy one-year-old replacement heifers which may have been raised on pesticide-laced feed or injected with hormones or antibiotics. Horizon also purchases milk from hundreds of smaller family farms.

The Cornucopia Institute has filed a formal complaint with the USDA’s Office of Compliance stating that Horizon is deceiving consumers with its “Happy Cow” image and is producing milk at its corporate farms in feedlot conditions instead of on pasture as is required by law. Horizon has responded by claiming to make modifications to their operations that would make them more acceptable to organic consumers and by incorporating Holistic Land Management practices (a method of increasing the natural productivity of pastures) at their Idaho farm.

I hope this introduction to the folks behind our organic dairy brands will be useful to you when making your purchases. As the Co-op’s dairy buyer, I’m dedicated to supporting brands that believe in environmental sustainability, adhere strictly to organic standards, use milk from small family farms, and whose product both tastes and makes me feel good! If you have any comments about the organic brands we carry, please let me know.

For more information about the brands the Co-op carries, check out these web sites: [cornucopia.org](http://cornucopia.org), [organicvalley.coop](http://organicvalley.coop), [wallabyyogurt.com](http://wallabyyogurt.com), [stonyfield.com](http://stonyfield.com), [strausmilk.com](http://strausmilk.com), [heliosnutrition.com](http://heliosnutrition.com), and [3greekgods.com](http://3greekgods.com).



Organic Valley Milk: photo by David Hall

Three Greek Gods is one of the newest brands of organic yogurt on the marketplace. Their web site claims that they use milk that is rBST- (recombinant bovine somatotrophin) and rBGH-free, but not their source. Woodstock is a private-label brand marketed by UNFI and generally uses “factory-farm” milk.

Horizon is owned by conglomerate Dean Foods and is the largest selling organic milk brand. They operate two corporate-owned farms in Maryland and



# Co-Operations

## From the Suggestion Box

**Can you get plantains, not ripe please?** Sure, we've tried these in the past and they didn't sell so well but we'll try them again. Look for them soon—Scott, Produce Manager.

**I'd like it if you could order Rogue's Brutal Bitter beer. It's one of the best beers I had at the Rogue Brewery.** I'll bring it in. Look for it soon—Vicki, Wine and Beer Goddess.

**Please carry PureAyre air freshener—it uses enzymes to clean the air rather than harmful chemicals.** It is in stock. You will find it in the cleaning products area on the top shelf with the air fresheners—Carrie, Wellness Manager.

**Please restock Honest Tea Assam.** It's back—Vicki, Grocery Manager.

**Gluten Free Crackers Ener-G brand. Best Crackers for wheat free diets.** We have a number of different gluten free crackers, Mary's Gone Crackers, Glutino, Blue Diamond, and Edwards and Sons. These are all great tasting and great selling crackers. I've tried selling the Ener-G brand in the past and they did not sell well. You can always special order them by the case—Vicki.

**Vacuums interfere with good customer service. Let's not use them between 8:30 and 8.** Good idea. We'll keep our cleaning to the morning and evening hours—Vicki.

**We should sell cold, single serving juices that are not carbonated.** Yeah. We sell Knudsen, Naked, Bossa Nova, Sambazon and Kagome Juices in our cold cases. Is there a particular

type of juice you'd like us to carry?—Vicki.

**Move the frozen OJ so we height challenged individuals can reach it. I'm afraid I'll break the freezer standing on the edge someday.**

Unfortunately something has to go on the top shelf of the freezer, but we will see if we can move the juices down lower. Please feel free to ask for help to retrieve any product that's out of your reach. We'd be happy to help you grab it—Vicki.

**It would be nice to find Danactive by Dannon or another probiotic yogurt that wasn't soy based.** All of our yogurts have live probiotic cultures. So do our smoothies, cottage cheese and some of our cream cheese. It's too bad that Dannon leads people to believe that they are the only ones with live cultures. We wouldn't carry a yogurt that didn't have them—Vicki.

**I get migraines when the employees spray the cleaners in the air. Would it be possible to have them spray the cloths or dip them in cleanser in the back room or under the counter or something to help with this problem? Thank you for your time.** We will ask employees not to spray the cleaners directly in the air or on the countertops—Carrie.

**Hi— book suggestion: Beating Cancer with Nutrition by Patrick Quillin, sound research and comprehensive. I've just started listening to music by Shacana Noll, "You can relax now," "Bread for the Journey," "Songs for the Inner Child," deeply soothing and divinely inspired.** Thanks. I'll order

the book on my next order. Sorry we don't have plans to add relaxation CDs at this time—Carrie.

**We ought to carry lip gloss by Rachel Perry. My girlfriend actually has her mom mail some to her from Montana, it's so good. It's alcohol free and animal friendly.** This has not proven to be good seller for us. We do carry Burt's Bees fruit flavored lip gloss that is alcohol free and not tested on animals. Perhaps you would find it as good. If not you can special order Rachel Perry—Carrie.

**Bring back the carob covered peanuts please! There are 2 of us that love them.** Sorry but they were discontinued by the manufacturer. We now have carob covered almonds instead—Vicki.

**Can you devise a way to keep the bulk wheat and oatmeal bins from flopping shut? I need one hand to hold the lid open, one hand to hold the bag and one hand to hold the scoop!** I'll have Gustaf, our handyman in residence, put his mind to it. In the meantime, anyone on staff would be happy to be your third hand—Vicki.

**We should get another slew of the really awesome string doll guys. (those cute li'l guys made out of one piece of string)**

**We need more of those string dolls that are by the incense. They are cutie-pa-tootie!** We have lots more in stock. Be sure to check out the special Halloween doll—Carrie.

**We need more "I love my co-op" pins.** Look for them in February for

Valentine's Day—Kenna, General Manager

**Please carry Boyd's diet sodas.** Sorry, I don't have a supplier for these—Vicki.

**Bring back soy frozen yogurt! (caramel crème, chocolate hazelnut)** Look for it soon—Vicki.

**Would you please try to stock Stonyfield Farms O'Soy yogurt, if possible? It tastes great.**

**Sageland Cab Sauv. Can we carry this?** I'll bring it back—Vicki.

**Maybe check on Pancake and Waffle mix gluten free. Great mix easy to use I've found in Seattle and Hailey, ID. Craving All Purpose Pancake and Waffle Mix.** We'll give it a try—Vicki.

**Senior Discount for age 53+.** We offer a discounted membership rate of \$5 a year to seniors. And if you would like to be a working member, you can save up to 18% off on all your purchases—Laura, Financial Manager and Member Services.

**Giving cash back with debit cards.** Our credit card processor charges a fee to offer this service. However there is an ATM in the store where you can get cash with your debit card—Laura.

**I am looking for lentils without seed coat. I am looking for whole grain called Jower or Jawer (kind of millets) but dark in color like broccoli seeds.** I'm sorry but none of our suppliers carry these products—Vicki.

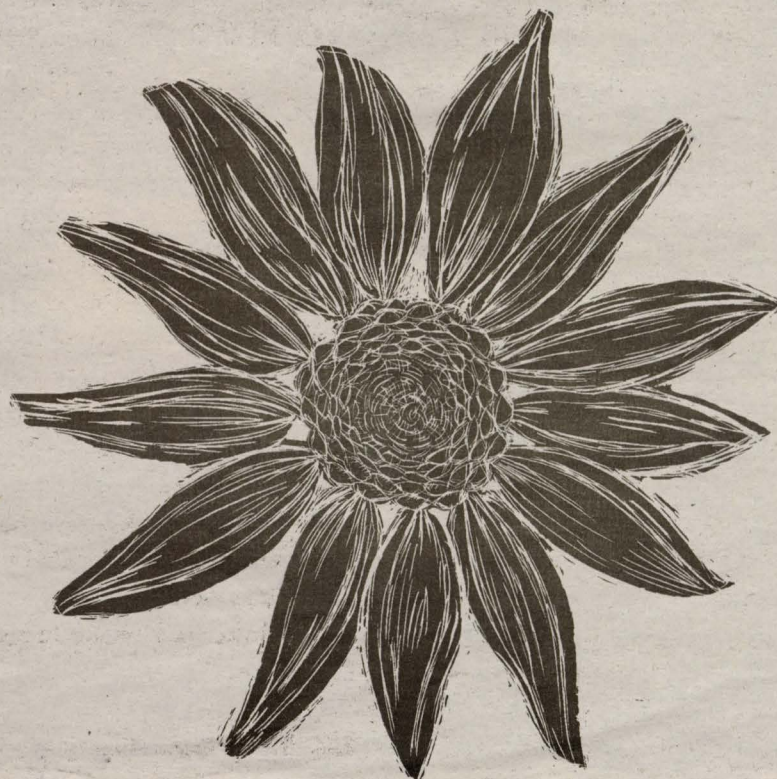
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## Staff Profile: Elise Lear

By Sharman Gill

As the new “staff profile writer” I arrived at the Co-op with my notepad and camera, ready to catch the first willing employee. I soon met Elise Lear, a friendly cashier with a sparkling nose stud and blond ponytail, which she jokingly offered to put in pig-tails for the photograph.

Getting her picture took some time as I waited for the steady line of customers to dwindle. Her explanation came quickly, “I grew up around here and a lot of people recognize my face.” During our chat I discovered Elise to be well-rooted in this area (and even in the Co-op) as well as an outdoor enthusiast and adventuresome traveler.

Six months into her position as a cashier, Elise says that she enjoys her

**“The out-of-doors is where Elise takes her recreation. She especially enjoys rafting, biking, and snowboarding. The same sense of adventure that leads Elise to ride rapids or race down a mountain slope has also taken her to new and interesting places.”**

job: “It gives me a chance to smile all day and meet new people.” However, she is rather surprised that she has returned to her roots. Born in Orofino, Elise spent the first hunk of her life in a tee-pee (praise to her mother!) In fact, Elise is the daughter of Mary Jo Knowles, the former Co-op manager who was recently profiled in the February 2005 Community News. During the early Co-op years, five-year-old Elise and her older sister could have been spotted in aprons, helping to stock the shelves. Elise

graduated from Moscow High School and when she struck out on her own, she actually avoided the Co-op for some time, never imagining that she’d choose to be back on the home front. No regrets.

Elise has an interesting array of work



Elise Lear, a cashier, has returned to her roots by working at the Co-op.

experience, some of which includes teaching snowboarding, selling tools, working as a bicycle mechanic (and yes, that includes complete building and repairs), and working for the U.S. Forest Service in a variety of different positions. Being a former federal employee myself, we spent a few minutes reminiscing about the glory of working in remote wilderness areas, especially on trail crews, and the not-so glory days of firefighting. Mostly we both agreed that we both loved working out-of-doors.

The out-of-doors is where Elise takes her recreation. She especially enjoys rafting, biking, and snowboarding. The same sense of adventure that leads Elise to ride rapids or race down a mountain slope has also taken her to new and interesting places. Once, she and a friend spent a month trekking (with van and camping gear) around the outskirts of the United States. The trip accomplished (at least) one friend’s wedding, a visit to Dollywood, and four body piercings.

But her ankle tattoo comes from elsewhere: Bali. This was part of a larger tour of Southeast Asia that Elise took with her family. And the tattoo? It’s a native flower, the same one that covers the Hindu fabric wrappings that the locals offer to deity three times a day. Elise loved her visit to Bali and found the culture fascinating.

When I asked about her future travels she spoke of a botched plan. She and

her boyfriend were planning a pub-to-pub bicycle tour of Ireland before some disappointing news surfaced: she is gluten intolerant, meaning that both bread and beer are out. A huge disappointment since Elise especially loves beer.

Toward the end of our conversation I finally asked Elise about her pink “Kill Devil Hill” t-shirt. Not as ominous as it sounds, I discovered the phrase to be the place where the Wright brothers first caught air in 1903. She has never actually been there but hopes to include the North Carolina site in a future road trip. With her wanderlust and love for adventure I’m sure that something exciting is not too far away.

Sharman Gill and her husband have 3-month-old twins, one of whom they almost named Elise.



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## Volunteer Profile: Cina Zimmerman

By Sarah McCord

"And this is Mad Bubble mixing beats, and this is his bicycle, and when he's done he puts his turntables on his bicycle and goes to the next place!" That's what Coyote, Cina Zimmerman's almost-four-year-old son, was telling me as he was drawing while his Mom and I were talking in the Co-op deli.

As her nearly-two-year-old daughter, Satori, munched on a hard boiled egg and some tasty pizza, Cina explained that her son has been drawing pictures of "Mad Bubble," a cartoon character invented by Coyote himself, for a long time. As Cina and I talked, I watched the latest Mad Bubble adventure take shape, and I found myself wondering if round-headed Mad Bubble might just become the next Cartman or Charlie Brown.

As Cina encouraged her son, fed and entertained her daughter, and kept up a delightful conversation with me, I

**"I marvel at her ability to joyfully balance all the different aspects of her life. Cina makes it seem so effortless—and more than that, downright fun!"**

marveled at her ability to make it all seem so effortless.

Cina was born in Fort Lewis, Washington, and grew up in Olympia. She first visited the Palouse during her junior year in high school as part of a program that helps introduce high school students with an interest in medicine to the university environment. She attended WSU for her

freshman year, but it was difficult to be so far away from home. Cina met her husband Leo around that time, and they were married soon after. Leo is originally from Bonner's Ferry, and they moved to Coeur D'Alene where he was employed at Applebee's as a server. Leo was promoted to manager, and that meant another move, this time to Moscow.

Leo and Cina had visited the area during one of the local music festivals, and they first found the Co-op when they asked around for a good place to eat. "People here are really nice—the Co-op has really good customer service, and people will help you compare products. I could get all my questions answered, and everything is such high quality. I'm an avid tea drinker, and they have lots of teas."



Satori, Cina, and Coyote Zimmerman love the Co-op. Cina volunteers in the deli.

As the family grew, Cina found other advantages to shopping at the Co-op. "My kids don't like regular carrots—but the organic ones, they just love!"

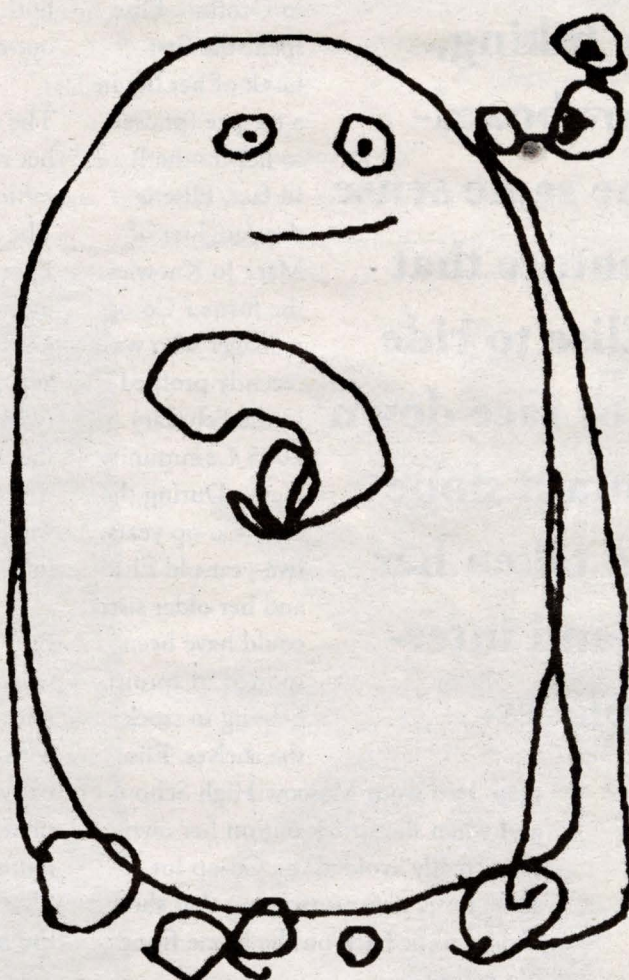
Cina first heard about volunteering from Janna Jones, who suggested that she put in an application. "I used to do the recycling when I was a stay-at-home Mom for three years. I did it for two reasons," she smiles, "one, to recycle, and two, to get out of the house! I could get down here in the suburban with the kids in tow." Now, Cina helps out in the deli, assisting Bob, Mariah, and Adam with cutting the pastries.

When she's not in the deli, Cina and her family "love to surround ourselves

with music and food—especially Thai food. We cook and invite people over." Although Cina says she was really intimidated by cooking with tofu at first, her favorite Thai dish is spicy peanut tofu with stir-fried vegetables. It's clearly a family favorite. When I ask Satori, "Do you like tofu?" she cracks a huge grin and nods an emphatic yes!

Cina tells me that Satori loves to dance to dub music, and that's no surprise when I learn that Daddy Leo has a weekly DJ and mix session on Wednesdays at the One World Café. (I'm guessing that's where Mad Bubble learned to lay down tracks as well).

Cina's dreams of working in health care are also still on track. She is majoring in biology at the University of Idaho, and intends to be a nurse practitioner. Cina wants to work with women and teens, and is particularly interested in making sure that accurate information about sexuality and reproduction is easily available to everyone. Her face lights up as she talks about her commitment to accessible, respectful, community-based health care. Again, I marvel at her ability to joyfully balance all the different aspects of her life. Cina makes it seem so effortless—and more than that, downright fun!



Coyote's Mad Bubble is mixing beats in this drawing.

Sarah McCord's favorite health website is [www.MedlinePlus.gov](http://www.MedlinePlus.gov). No registration, no advertising, everything reviewed by health care providers, and best of all, it's free!



## Business Partner Profile: A Choir of Angels Massage Center

By Jill Maxwell

Although her Choir of Angels Massage Center is new to Moscow, Pat Rutter is not new to massage. She has more than 17 years of experience as a masseuse having received her certificate from the San Francisco School of Massage in 1989—the day before the Loma Prieta Earthquake struck San Francisco.

Pat's years of experience have allowed her to work with a variety of people, which she says, has taught her how to tailor her massages to the receiver's comfort level. She particularly welcomes first time massage recipients. "Everyone is welcome to my table," she affirms.

Pat decided to become a masseuse after experiencing the benefits first hand.

"I was wowed by my first experience," she recalls, "first by how good it felt; then by the list of benefits."

The benefits of massage are mental and emotional, as well as physical, she says, explaining that massage can enhance self-image, reduce anxiety, and increase awareness of the mind-body connection. Mentally, she says, massage can lead to a relaxed state of alertness, promote a calmer mind, and enhance creativity.

Her own creativity has led her to pursue a second vocation as well. Pat also is also a songwriter. She sees a clear connection between writing songs and massage.

"There's a clear tie-in—that you're literally trying to touch and move people—to make a difference in their lives—to improve it hopefully," she explains.

She also believes that both massage and songwriting can affect people positively.

"Music is harmony, balance, which is similar to what you're trying to achieve in massage . . . so it connects."

Massage can help enhance creativity, according to Pat, because it releases blocked energy and helps the mind get more in balance.

"It opens up the heart and the spirit," she elaborates. "It opens you up to a new way of thinking."

Pat, also a former English teacher, says she has experienced this creative energy herself. If any of her clients have writing projects they are mulling over, she is willing to take 15 minutes or so to discuss them after the massage is over, to try to enhance this creative opportunity.

Pat moved to Moscow in June, and opened the Choir of Angels Massage Studio on June 27th. She offers Swedish-Esselen massage, deep tissue massage, hot stones massage, lavender "herbal" facials and free aromatherapy. The hot stones massages offer different benefits than traditional massage.

"Because of the heat of the stones, you can get to a deep layer of muscle more readily," Pat explains, adding that, "Heat, to many people, feels very very good, especially in connection with oils such as lavender or sweet orange."

Soon she will be teaming up with Jessica Hiatt, another local masseuse, so that couples or friends can enjoy a simultaneous massage. Pat also offers



Pat Rutter prepares stones for a hot stones massage.

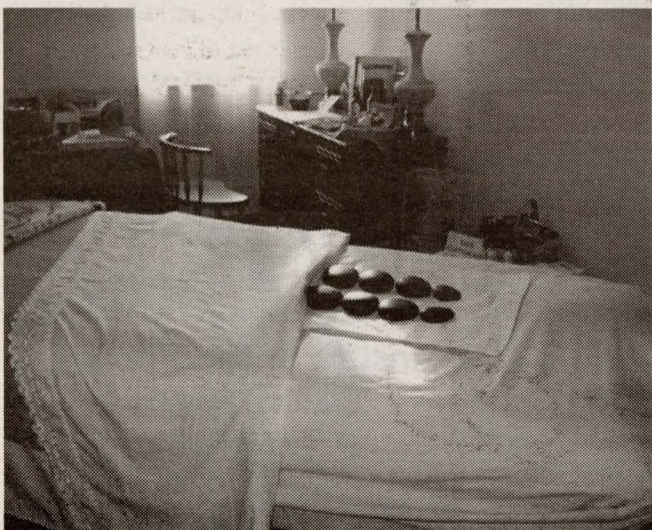
massage lessons for pairs of people. During a two-hour session, clients can learn the concepts of massage and practice on each other with guidance and demonstrations from Pat. The fee for these two-hour sessions is \$100. Interested people should call her at (208) 413-4773.

Thru the end of October, Pat is offering 1.5 hour massages for \$49. Beginning November first, the price will be \$49 for a one-hour massage. Co-op members can receive a hot stones massage for \$64 for an hour and a quarter. Gift certificates are available.

A Choir of Angels is located at 200 S. Almon Street, #212, in Moscow. Pat is available by appointment Tue., Thurs., Fri. and Sat., 11 a.m. – 8 p.m. Her e-mail is [choriamc@adelphia.net](mailto:choriamc@adelphia.net).

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

**Pat moved to Moscow in June, and opened the Choir of Angels Massage Studio on June 27th. She offers Swedish-Esselen massage, deep tissue massage, hot stones massage, lavender "herbal" facials and free aromatherapy."**



Pat's massage studio awaits her next lucky customer.



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# Omnivoria: Dark Meat Really Does Taste Better

By Alice Swan

Several years ago, a foodie friend said something to me about “boneless, skinless, tasteless chicken breast,” as he was cutting up and cooking a whole chicken. I had never cooked a whole chicken, learned behavior from my mother, who in spite of being a wonderful cook, has a phobia about any meat with bones or skin attached. Her phobia means that I grew up eating mainly boneless, skinless chicken breasts. My friend’s comment, and the really delicious sautéed chicken we ate that night made me pay a little more attention to the flavor and quality of the chicken that I eat.

There is no doubt that chicken cooked with bones and skin has more flavor and is moister than its less messy counterparts. (It also leaves you with lots of fodder for making homemade chicken broth, which is extremely easy to do, and tastier than the canned versions). But it’s also hard to argue with the convenience of boneless, skinless chicken meat. The boneless, skinless chicken from Petaluma Poultry that the Co-op carries offers a nice compromise between taste and convenience.

Petaluma Poultry (henceforth PP) is (not surprisingly) based in Petaluma, California. The business was started in 1969, and its initial focus was providing chicken to specialty ethnic markets. Ten years later, the company opened its own feed mill so that it could better control the quality of its chicken feed. Then in 1986, PP stopped using antibiotics in its feed, and began focusing more on the natural foods market. Allen Shainsky, the company’s founder,

started working on producing a chicken with “old-fashioned flavor” (I take this to mean better flavor), which included traveling to the Loire Valley in France to study how chickens are raised there. Tough life, huh?

The result of Shainsky’s research was a feed based on corn and soy with no animal byproducts, animal fat or antibiotics, and the introduction of Rocky, the first

commercially available free-range chicken in the United States. Subsequent additions to their products have been Rocky Jr. (a smaller chicken, which is not free-range, because the chickens are younger, hence not yet fully feathered, and unable to withstand the

chilly Northern California outdoors when they are processed), and Rosie, the first certified organic chicken in the United States. PP chickens have about twice as much space per chicken in their naturally-lit henhouses as conventionally raised chickens, and they are free to roam inside, not confined in cages. Rocky and Rosie chickens also have an equal amount of outdoor space, in fenced pens, where they can roam and forage.

As if the way the chickens are raised isn’t good enough, the folks at PP also have a strong commitment to their employees, the community, and sustainability.

They helped create the national organic standards for chicken, and have also helped defend them against corporate

## Braised Chicken Thighs with Apples and Sage

Adapted from *Gourmet*, December 2005, via [epicurious.com](http://epicurious.com)

- ✦ 6 boneless, skinless chicken thighs (1 package of Rocky Jr. thighs)
- ✦ Salt & pepper to taste
- ✦ 1 Tbsp olive oil
- ✦ 1 Tbsp unsalted butter
- ✦ 1 Tbsp packed brown sugar
- ✦ 2 apples (Gala or other sweet variety), peeled, cored & cut into 1/2-inch wedges
- ✦ 1/2 cup chopped shallots
- ✦ 2/3 cup chicken broth
- ✦ 1 tsp cider vinegar
- ✦ 1 Tbsp chopped fresh sage, plus more for garnish

Pat chicken dry and sprinkle all over with salt and pepper. Heat oil in a large heavy skillet over moderately high heat. Brown chicken well, about 5 minutes on each side. If you have lots of fat in the pan, pour some off so there is about 1 Tbsp left. Add butter, brown sugar, apples, and shallots and cook over moderate heat, stirring occasionally, until apples are soft, about 5 minutes. Add broth, vinegar, and sage, and deglaze skillet. Return chicken to skillet on top of apples, along with any juices accumulated on plate. Reduce heat and simmer, loosely covered with foil, until chicken is cooked through and sauce is slightly reduced, 20-25 minutes.

Serves 3 hungry people, or 6 as a light meal or with heavier side dishes.

chicken interests. A visit to their website, [petalumapoultry.com](http://petalumapoultry.com), will provide anyone interested with all the nitty-gritty details that I don’t have space for here.

The Co-op carries both breasts and thighs of the boneless, skinless variety from PP. Scott, the manager of the meat department, suggested that I write about the thighs in particular, and I was initially reluctant—my upbringing of eating only boneless, skinless breasts had made me a little squeamish about dark meat. He was so enthusiastic about the Rocky Jr.

thighs, though, that I decided to abandon my prejudices and try them. The thighs were so moist and flavorful that I may never go back to eating breasts.

Once again, we had friends over to help taste the featured recipe and they also admitted to having an aversion to dark meat, but loved the thighs. PP chicken breasts have more flavor than conventional breasts because of what the chickens eat and how they

are raised, and in this writer’s opinion the thighs easily beat the breasts in rich chicken flavor. This is in part, of course, because they have more fat, and as Julia Child taught, fat tastes good. Thighs tend to be a more reasonable one-person serving size than breasts, and for those people who have toddlers (as I do), have the added benefit of not being as easy to overcook as breasts are, for those many moments that you have to interrupt cooking dinner to change a diaper or soothe a bumped head.

Finally, for those nights when even figuring out what to do with the boneless, skinless chicken is too much, the Co-op carries an ever-rotating variety of delicious pre-marinated chicken that you can quickly grill or broil and serve with a yummy salad from the deli. Scott recommends the Rosemary Garlic Dijon thighs in particular.

Alice keeps thinking about getting chickens so she can have fresh eggs, but so far hasn’t been brave enough to take the plunge.

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## Reclaiming the Prune

By Judy Sobeloff

*Little seed inside the prune,*

*Is it night or is it noon?*

*Whatcha doin', Prune?*

*Stewin'? Hmm?''*

—*childhood rhyme*

When our daughter was born, we planted a plum tree to welcome her, a "Stanley prune," and two years later she helped us plant a Stella cherry tree to welcome her baby brother. Later we remembered that the tale of Stanley and Stella had already been told by Tennessee Williams in *A Streetcar Named Desire*, but nonetheless the drama in our backyard unfolds anew each spring. The first year, the tree bore three plums, which we watched over as they grew from pea-sized green ovoids into full purple oblong splendor. The next year, we had bounty, a couple dozen prune plums, and now, at the end of its fifth season, the tree is resplendent. We'll need a ladder to reach them all.

Our daughter wants to plant the pits in our yard, prompting me to wonder about the purpose of the pit and what it is about growing older that teaches us that some seeds, no matter how promising, will not bear fruit. I wish her the joy of planting and dreaming, even if none of these pits germinates, even if blossoms from her efforts never blanket our backyard, much less the countryside.

I admit having felt a flicker of disappointment when I learned that the plum tree we were planting for our daughter was technically a prune. Now that I can't get enough of these prune plums, it's interesting to me how our cultural associations with prunes as laxatives for the elderly have decreased our desire for them, an association which, I learned through my prune plum research this month, holds no water in Europe. Could part of the problem be that prune sounds like prude? Or that prune also means "to clear of useless material" or "to preen?"

Here, in fact, our squeamishness has resulted in a movement, ahem, to give the prune a make-over and call it a "dried plum." Which indeed it is. Except of course that only a certain kind of plum--the variety known as a prune--will do. Drying any other of the thousands of varieties of plums results in excessive fermentation. To put it simply: "Plums are round; prunes are oblong" (everything2.com). The F.D.A. has apparently agreed to the prunes as "dried plums" switchover, but drew the line at renaming prune juice "dried plum juice," because, as they argued, juice can not be dry.

Plums are currently the second most cultivated fruit in the world, following apples. What makes a plum a plum, as opposed to a nectarine or an apricot, say, is the groove running down one side like a seam, and the smooth pit. Although early American colonists encountered wild plums growing in New England, 99 percent of prune plums in the U.S. are now grown in California. Interestingly, there was such a severe labor shortage in California in 1905 that prune plums were harvested by monkeys, who I'm sure didn't give a fig about the prune's image problem.

I'm having trouble picturing how monkeys could do this, as I--a rational human who understands the concept of delaying gratification--prefer to eat my prunes fresh from the tree rather than having to deposit them in a container as implied by the concept of "harvest." I understand that the prune is sweet due to sugar content, not starch, and that, once picked, prunes ripen further by softening but not by becoming sweeter. Despite a shared preference for immediate consumption, my family enjoyed prunes prepared at two extremes of temperature: Fresh from the oven, the Prune Plum Clafouti, a French pancake-like dessert, was fabulous. Though one is advised to leave refrigerated plums at room temperature for an hour before eating them, to "awaken" their flavor (which is dulled by cold), we also enjoyed eating unsweetened frozen plums, aka prune popsicles, straight from the freezer.

### Prune Plum Clafouti

Adapted from [www.chowtimes.com](http://www.chowtimes.com)

- \* 12 fresh prune plums
- \* 1/3 cup plus 3 Tbsp. flour
- \* 1/4 cup sugar
- \* 2 eggs
- \* 1/3 cup plus 3 Tbsp. milk
- \* 3 oz. (6 Tbsp.) unsalted butter, melted

Preheat the oven to 375 F. Cut each prune plum into 4 pieces and put them in a greased shallow ovenproof dish (3 cups capacity). Sift the flour and sugar into a medium bowl. Combine the eggs, milk, and butter in a different bowl. Make a well in the center of the flour/sugar mixture. Gradually stir the eggs/milk/butter mixture into the flour/sugar mixture. Stir the batter until smooth, then spoon the batter evenly between the prune plums. Bake for about 30 minutes, or until firm and golden brown. Serve warm.

### Frozen Plums and Prunes

From *Michigan State University Extension*

UNSWEETENED VERSION: Pack whole fruit into containers, leaving 1/2 inch headspace. Seal, label, and freeze.

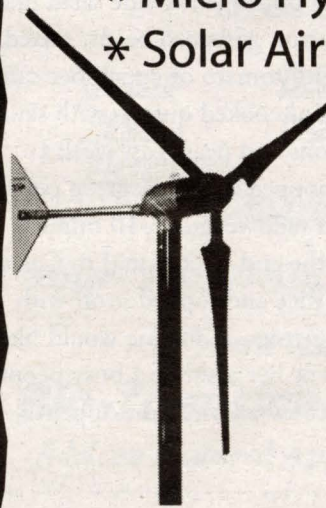
SWEETENED VERSION: Cut fruit in halves or quarters and pack into containers. Cover fruit with cold 50 percent syrup (1 cup sugar to 1 cup water). For improved quality, add 1/2 tsp. ascorbic acid to a quart of syrup. Leave 1/2 inch headspace. Seal, label, and freeze.

Judy Sobeloff invites all writers interested in joining community writing groups to come to a meeting Tues. Oct. 10 at 7 p.m. at the 1912 Center, sponsored

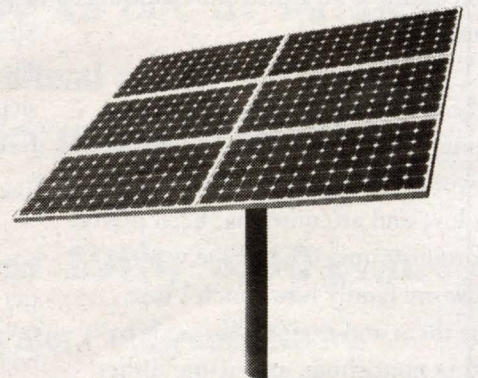
by the Moscow Community Creative Writing Workshop.

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## Vegan Bites: Meals for Busy People

By Hope Matthews; Illustration by Joseph Stengal

**M**aking recipes from scratch is one of the simplest, most rewarding acts one can accomplish in everyday life. Kneading homemade pizza crust takes time and commitment, but the taste surely beats most that are frozen, prepackaged, or delivered.

Juggling work, kids, volunteering, exercise, being creative, running errands—whatever demands the day puts on you—may so entirely fill up your schedule that waiting an hour for pizza dough to rise or fixing homemade spaghetti sauce is not an option when you and your family are hungry, it is 6 p.m., and you have just walked through the door.

Sure, I freeze pizza dough and chili and soup for later too, but one person can only be so prepared. For those of us whose dinners include ingredients mostly found in the bulk and produce sections, mealtime a la microwave is unthinkable. I'm not exactly Julia Child, but some texture, color and freshness is prerequisite to what I conceive of as dinner. As summer has graduated into fall, our bodies also relish the warmth of a home-cooked meal, as opposed to hearty salads, sandwiches, and fruits.

Unfortunately, it takes a lot longer to make chili than a lettuce and tomato sandwich. As much as I enjoy Amy's Organic Medium Chili or an Organic Sunshine Burger every now and then, these products are not meant to fulfill the needs of a family of 2 or more. They only fit the bill when everyone at my house isn't very hungry and anything is up for grabs. Amy's chili just cannot compete with sharing a delicious, well-rounded meal with one's family and friends. Enjoying and appreciating food helps us relax and appreciate life's simple pleasures after running around all day.

I've been busier than usual lately, just coming home after being away for several weeks, so creating meals in a jiffy with love and attention has been pretty important to me. One of the ways I show my family how much I care about them and their wellbeing is by creating nourishing, appetizing dishes. This evening, we didn't get home until around 6ish, but I still wanted to make a full dinner. Instead of several dishes, I decided on stir-fry to cut back on cooking time. Thai Kitchen Lemongrass & Chili rice noodles complemented tofu, green beans, purple cabbage, carrots, and bok choy. Basically, 1 boxed meal became the foundation to colorful proteins and veggies for 3 people, with a

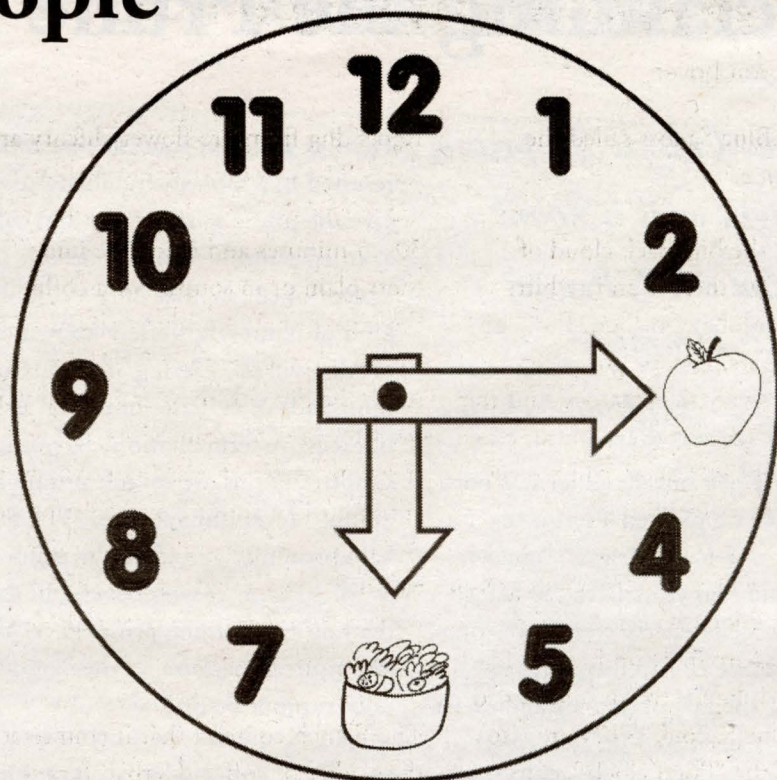
*"I'm not exactly Julia Child, but some texture, color and freshness is prerequisite to what I conceive of as dinner. As summer has graduated into fall, our bodies also relish the warmth of a home-cooked meal, as opposed to hearty salads, sandwiches, and fruits."*

little food to spare.

Although keeping Thai Kitchen brand rice noodles handy isn't really necessary, the key to making quick meals is having stock. Some favorite fresh (and occasionally frozen) vegetables, proteins, and grains or noodles are essential. Quinoa, bulgur, couscous, soba or buckwheat noodles, Ezekiel Sprouted Tortillas and whole-wheat pasta cook quickly and store well. Nuts, beans, tofu, tempeh, and tvp (textured vegetable protein) round out your protein needs. Just be sure to keep a wide variety of your favorite vegetables around in the fridge.

Such a meal looks like this: steamed broccoli or cauliflower, cooked soba noodles sprinkled with sesame seeds or cashews, sesame oil, and soy sauce alongside miso soup composed of miso paste with cubes of tofu, thinly sliced carrot, lots of water and green onions. A quickly put-together side salad like grated carrot, garbanzo beans, mixed greens with tomato or cucumber can supplement cooked quinoa with sautéed onions and peas. Last week I added chopped zucchini, green peppers, and leeks (add veggies 5-10 minutes prior to the end of cooking) to Casbah's Spanish Rice and topped it off with sliced tomatoes. If anyone would like to share his or her dishes for busy people, feel free to email me. Bon Appetit!

Hope Matthews is currently trying to get back to normalcy and routine. She can be reached at hopeemathews74@hotmail.com.



### Buckwheat Noodle Soup

From *The Self-Healing Cookbook* by Kristina Turner

- ✦ 1 pkg. thin buckwheat noodles
- ✦ 6 c. water
- ✦ 1/4 c. carrot
- ✦ 1/4 c. daikon or red radish
- ✦ 1/2 c. broccoli, or use radish greens or kale
- ✦ 1 green onion
- ✦ 1 c. pre-cooked aduki beans (optional)
- ✦ miso or tamari soy sauce

Cut all vegetables in slender, quick-cooking shapes. Boil the water and add noodles, carrot, and daikon. Simmer 10 minutes, then add broccoli, or greens, and optional adukis. Cook 5 minutes or more, then season with miso or tamari to taste.

### Avocado and Carrot Salad

From *Vegetarian Dishes Around the World* by Rose Elliot

Accompany this salad with a small, heated tortilla that holds cooked pinto beans, parsley (or cilantro), a few baby spinach leaves and sautéed onions.

- ✦ 1 large ripe avocado
- ✦ A little fresh lemon juice
- ✦ 1/2 lb. coarsely grated carrot
- ✦ Juice of 1 orange
- ✦ 1/3 cup seedless raisins
- ✦ Parsley sprigs

Cut the avocado in half and remove the seed. Carefully peel off the outer skin of each half, using a sharp knife- it should come away quite easily if the avocado is really ripe. Cut the avocado into long, thin slices and sprinkle them with lemon juice, making sure that the cut surfaces are completely coated.

Mix together the grated carrot, orange juice, and raisins. Arrange the avocado slices on individual plates, top with the grated carrot mixture, and garnish with the parsley.

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## Wild & Free: Chicory

By Sarajoy Van Boven

In 1492 Blue Sailors sailed the ocean blue.

Around the big black cloud of Columbus Day there is an itty bitty silver lining: globalized food. India discovered peppers, Europe got potatoes, Italy fell in love with tomatoes, and the Americas got chicory (rice, wheat, etc). Some native-plant fascists will not recognize that as a silver lining.

Chicory is a twiggy, angular plant growing 2-5' tall. Chicory's celestially blue, edible flowers are spiky and round like a ship's wheel, hence the old-fashioned moniker "Blue Sailors." They are also members of the "floral clocks" club, open 7am to noon. Unfortunately, you won't find them now because you are probably reading this in the evening, and because the plant is currently winding down for winter.

Wild edibles, which are by definition edible plants lacking little copper labels, are frequently difficult to identify because their edibility is in a season when their identifiability is not. Leaves are edible before they flower, and roots are good after the flowers fade. A way to outsmart the crafty Blue Sailors is to identify when in flower, noting the precise location, and then return in fall for roots or spring for greens. Be 100% sure you've got the right plant.

Chicory is supposedly perennial. However, my experience on the Palouse would lead me to believe perennality might be variable, unless I was supposed to roast the moldy root I pulled up this spring.

The young leaves of early spring are oblong, and grow from a rosette. These frisky, edible greens should be tempered with leaf lettuce and honey-mustard dressing.

Because they are comparable to dandelions, I assumed fall was the time to dig chicory roots. Upon further research, however, I found the experts fiercely divided. Being a uniter, not a divider, I'll phrase it this way: experts agree that chicory roots should not be dug up during the frozen, dark winter (with exceptions). Spring is the best. Summer is perfect. Fall is the only time to get good chicory roots. Also, there's no time like the present.

Chicory roots are dug up easily, given moist soil conditions. You can find them behind dilapidated industrial buildings and alongside railroad tracks. I'm sure no one will suspect anything; you trespassing with your shovel behind the old grain elevator.

Roots dug from pre-flower chicory are juicy. Roots from post-flower stems are tough. Boil pre-flowered roots for 30-45 minutes and enjoy the juicy roots plain or in soups. For a coffee substitute, soak the whitish later season roots in water for a few minutes, scrub the dirt off, roast at 225\* in your oven for possibly four hours, enjoy spicy potpourri of roasting roots, grind, and brew like coffee by percolating or straining through a filter. You might also mix it with roasted dandelion root or, famously in France and New Orleans, with coffee.

The French contend that it counteracts the acidity of coffee. Herbalists recommend it for detoxifying livers, and treatment of ailing spleens, stomachs, and joints. (Growing and Using the Healing Herbs by Gaea and Shandor Weiss.) A recent bee sting at our house might have been soothed by a poultice of chicory leaves, but for the churning arms and body that resisted it. Poultice: pour boiling water over fresh leaves, remove leaves, let them cool slightly, and apply to swelling.

The Blue Sailor's home port is the sprawling, ill-defined catch-all of origins: Eurasia. Cultivation of chicory stretches back 5000 years to Egypt with Romans copy-cattin. It also has a history in Chinese medicine. (<http://earthnotes.tripod.com>)

The well-traveled Blue Sailors, also called Wild Endives, are sold in France as Barbe de Capucin, which surprisingly does not translate into "Cappuccino Barbie," but into "beard of a Capuchin monk," and no one really knows why (Eat the Weeds by Ben Charles Harris). Called "Succory" in England, it was used in love potions. (<http://groups.msn.com/TeaCentral>) "Noxious Invasive Weed" is a recent, American-made, USDA slur for the Blue Sailors, never applied to pilgrims and their descendants, of course.

Because I'm a uniter, let us all recognize, if not celebrate, Columbus Day by honoring the Blue Sailors as perhaps one of the healthiest and prettiest sailors to come to this "new" world in many centuries.

In lieu of Columbus Day, Sarajoy will celebrate her birthday, with a bunch of Blue Sailors, of course.



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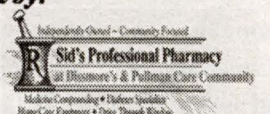
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## The Universe in a Block of Tofu: Tricks & Treats to BOO!st Immunity

By Rachel Clark Caudill

I write from the tail-end (I hope!) of a household filled with coughing, wheezing, and sniffles. In this moment, I want abundant health and a trusty immune system!

In that energy, I hearken back to a retreat I took at the Harmony Hill retreat center on the Olympic Peninsula at Hood Canal, Washington. This place is a retreat center for everyone, but has special focus on cancer survivors. I was there in July for a weeklong intensive called the "Teach for Life" NVC (Nonviolent Communication) Educators Institute. But the reason I am recalling it here is their wonderful commitment to healthy, immune-boosting food!

Much of the food on our tables came directly from Harmony Hill's abundant food gardens. The food we ate was prepared with such love and care, that we could taste the soul nourishment as fully as the nutritional sustenance.

Every single meal was divine. And every meal was vegetarian with ever-present and delicious options for vegans. The food was exquisite, with an abundance of delightful tofu recipes! Inspired by the vegetarian food made with such attention and love, I was reminded again, of the beauty of simple abundance, and of eating to invite and sustain health (and my immune system).

With that in mind, I googled "tofu" and "immune system" and found a wonderful article by Dr. Sears—children's doctor and advocate extraordinaire (he is a Western doctor with a healthy dose of Eastern and alternative approaches). The article is called, "Feeding Your Immune System," and you can find it at: <http://www.askdrsears.com/html/4/t042500.asp#T042506>

Though Dr. Sears does not quote tofu as one of his top eight immune-boosting foods, he does include it in his "Immune-Boosting Smoothie" recipe. And of course, lots of research points to the health and immune benefits of eating soy and tofu, in particular.

So for this month, and in hopes of rousing your immune system—as Halloween candy, flu season, and weather changes approach—I give you Dr. Sears' "Immune-Boosting Smoothie," an easy and comforting recipe from Harmony Hill, and a fun Pumpkin Pudding to satisfy the yearnings of the all the souls eager to celebrate Autumn's arrival.

Rachel is eager to celebrate All Soul's Eve. She plans to fill up her kids' tummies with Dr. Sears' smoothies and pumpkin pudding; while they swap some of their Halloween plunder for a new toy or two.

### Pumpkin Pudding

Beta-carotene is one of Dr. Sears' top eight immune-boosting foods. What better offering, then, than this Halloween Pumpkin pudding chock full of beta-carotene and the nutrition of tofu?

- \* 1 package silken tofu
- \* 1/2 C pumpkin, cooked & pureed (canned is fine)
- \* 1/3 C Maple syrup

Puree ingredients in a food processor or blender. Scoop into 4 jelly jars. Chill for at least 4 hours or overnight.

## Eurasia to Moscow: Slim Salad

By Karon Aronson

Every month or so the operating room in which I worked had a potluck where nurses and physicians brought a dish. I brought this slim salad and it was eaten up most times. Then the operating room published a cookbook and it appeared within those pages. Now I share it with you.

It came from my aunt who most of her life was a slim lady; she enjoyed this salad as a hearty side dish or almost a meal. It is especially delicious this

time of year when produce from the garden or farmer's markets can be used. However, even in winter this is a refreshing change from routine salads. It also keeps well in the refrigerator covered with plastic wrap.

Karon Aronson lives in Moscow.



### Dr. Sears' Immune-Boosting Smoothie

If your family does candy at Halloween, try sending the kiddoes out to trick or treat with this smoothie in their bellies first! They'll get all the good nutrition and be less likely to binge on candy. I adapted this recipe, leaving some of the nutritional supplement ingredients out. If you want those details, go to the website listed below!

Also, Dr. Sears' writes, "Children often don't feel like eating following a cold or illness. Their nutrition suffers and their immune system suffers. This accounts for the common occurrence of getting one infection after another. It's best to keep so well nourished that the nutritional reserves can withstand several days of poor eating. Drink this smoothie daily upon school entry in September, upon beginning daycare, upon exposure to a contagious illness, or when you or your child feels a cold coming on." (<http://www.askdrsears.com/html/4/t042500.asp#T042506>)

- \* 2 cups milk or soy or rice beverage
- \* 1 cup plain nonfat yogurt
- \* 1 frozen banana, cut up
- \* 1/2 cup frozen blueberries
- \* 1/2 cup each of your favorite fruit, frozen (e.g., organic strawberries, papaya, mango)
- \* 1 tbsp. flax oil or 2 tbsp. flaxseed meal
- \* 3 ounces tofu

Mix all the ingredients and blend until smooth. Serve immediately while the mixture is still frothy. Milkshake supreme!

### Broccoli-Cheese Strata (Make ahead of time!!)

Adapted from the Harmony Hill Cookbook: Healthy Vegetarian Cooking With Wellness Concepts (Third Edition 2000). Visit [www.harmonyhill.org](http://www.harmonyhill.org) to learn more about this wonderful place. Broccoli is a super immune booster, and combined here with tofu and whole grains, an excellent healthy and wholesome meal.

- \* 2 C chopped broccoli
- \* 3/4 C onion, chopped
- \* 1/2 C red or green bell pepper, chopped
- \* 6 slices whole wheat bread, cubed
- \* 4 oz Monterey Jack cheese, shredded
- \* 12 oz tofu, drained and cubed
- \* 2 C milk (whatever kind you like)
- \* 2 eggs
- \* 1/8 tsp ground red pepper (you may want to add salt, pepper, and/or garlic granules to taste)

Cook broccoli and onion until tender, covered. Drain. Arrange bread cubes, bell pepper and broccoli mixture in the bottom of a large baking dish, and then sprinkle with cheese. Blend tofu, milk, eggs and ground red pepper in blender until smooth. Pour over bread & broccoli mixture. Cover and chill several hours or over night. Bake uncovered at 325 F for 50-55 minutes or until knife inserted in middle comes out clean. Let stand about 10 minutes before serving.

### Slim Salad

- \* 1/2 cups cabbage, chopped or finely shredded
- \* 2 cups celery, chopped finely
- \* 2 envelopes unflavored gelatin
- \* 1 cup cold water
- \* 1/2 cup vinegar
- \* 2 Tbsp. lemon juice
- \* 1/2 cup sugar
- \* 1 tsp salt
- \* 1 1/2 cup ice water
- \* 1/2 cup vinegar
- \* 2 Tbsp. lemon juice
- \* 1 sm jar pimentos, cut fine

Chop cabbage and celery and place in refrigerator. Sprinkle gelatin over 1 cup cold water in saucepan. Heat and stir constantly until dissolved (2 or 3 minutes). Remove from heat, stir in sugar salt, ice water, vinegar and lemon juice. Chill until it starts to thicken, add cabbage, celery, and pimento. For additional flavor you may also add 1 teaspoon horseradish, cucumber (chopped or slices) and / or ripe olives. Serves 8.



## Nature in the City: Roof Moss

By Sarah Walker

Mosses grow all over Moscow, on rocks, sidewalks, walls, tree trunks and roofs. Most any undisturbed surface can become mossy . . . like the old leather boots I left outside for a couple of years...

I asked my friend Karen, who is a bryologist (one who studies mosses), about the mosses that grow on the shady sides of roofs.

We took a walk on a hot summer evening through the alleys where there are old sheds with roof gardens, and plucked off a clump of Twisted, or Star, moss (*Tortula ruralis*). It was dark reddish-brown, dried up and brittle. *Tortula* is a common moss that grows in towns, tundra, forest, grassland or desert, on rock or soil (many moss species are specific to just one surface or substrate).

A clump of moss is actually a mass of separate moss plants. Under Karen's microscope they looked shriveled and drawn apart from each other with dark leaves twisted upward around the stem. Then we sprinkled a little water.

The transformation from dry to wet is startling and beautiful to observe. In seconds the upper leaves turned bright yellowish green, untwisted and arched out. The plumped-up plants felt moist and soft and pushed against each other. The wiry stems holding the capsules shifted and tipped and the whole clump actually moved slightly.

How does moss "come alive" like this?

Moss plants absorb water through their whole surface. They don't have an internal pumping system like flowers and trees for sucking water up from the soil through their roots. Instead they have delicate leaves, as thin as just one layer of cells that are always ready for any moisture from a light dew to a steady



A moss plant has a stem and leaves and no roots. The thin stalk on top (the seta) holds up a capsule full of spores.

rain. It only took a few seconds for our dried up *Tortula* to transform into a fresh green plant ready to grow. (They lose water just as quickly).

Mosses survive by giving in to what's around them. They can remain alive whether wet or dry. Flowers and trees die if they dry out.

Mosses grow all over the world in habitats from arctic to desert. They drape over trees, cover rocks, or form cushions on soil. Many plants called "moss" are something else: Spanish moss is a

flowering plant that drapes over Live Oak branches. Reindeer moss is a gray-green lichen on rock ledges. Irish moss is an algae. Old Man's Beard is a black lichen hanging from conifer branches in our forests.

There are over 20,000 species of moss worldwide. They can look like miniature feathers, ferns, palm trees, or green flowers. Mats of moss on the ground keep soil from drying out, to the benefit of the moss's taller neighbors. A thick bed of moss is habitat for small insects.

*"The transformation from dry to wet is startling and beautiful to observe. In seconds the upper leaves turned bright yellowish green, untwisted and arched out. The plumped-up plants felt moist and soft and pushed against each other."*

Mosses glue soil in place, but must be left alone to do their job. A plowed field loses topsoil in the wind. A trampled campsite can become a dust bowl.

Mosses can be treated poorly, doused in harsh solutions to eliminate them from lawns and roofs (a stiff broom works fine on a roof), or harvested, baled and sold as peat (sphagnum).

But they are appreciated for their beauty -- moss gardening is becoming popular. Children know that mosses are perfect for a secret fairyland in a terrarium. Moscow author Sarah Swett includes a section on setting up a little moss garden and weaving a tiny fence for it, in her book, *Kids Weaving*.

I've been noticing that some branches of natural history are gender specific. Most bird guides are written by men. Mosses attract women. Not all bryologists are women, but it was Fay MacFadden whose collecting work provided the data for the first list of mosses in Idaho, Elva Lawton who produced the first comprehensive moss flora for the Pacific Northwest, and Alma Hanson who researched bryophyte communities of central Idaho forests.

Sarah Walker can't go anywhere without noticing the mosses and she thanks Karen Gray, from whom she absorbed



Mosses dry out (left) but within seconds of getting wet they turn green, ready to grow and photosynthesize (right).



## Letter from the Land: Love Your Bats

By Suvia Judd

Bats have a bad rep. Yes they carry rabies, and in some parts of the country they are the most common rabies carriers, but a lot of other animals carry rabies without getting the same reputation. (I remember having a babysitter who was afraid bats would get stuck in her hair. True, a lot of 1950's hairstyles looked like great bat traps, but a skilled echolocator wouldn't go near such a thing....)

Statistically, more people die from dogbites and bee stings than from bat-transmitted rabies. From a public health point of view, bats are a benefit as well as a risk, because they consume millions of insects, including mosquitoes, which carry West Nile virus and other diseases. Bats also consume large numbers of insects considered agricultural pests; the big brown bat, for example, is a beetle specialist that eats large numbers of cucumber beetles.

Bats belong to the order *Chiroptera*. There are four families in the U.S., with one known in Idaho, with fourteen species. Bats differ from other mammals by flying, echolocating (bouncing ultrasonic vibrations off objects to tell where they are,) and by having a one hundred and eighty degree rotatable knee joint that helps support their wings and lets them hang upside to roost. In Idaho there are two species that only use trees to roost, one that only uses rocky crevices in canyon cliffs, while the others use a variety of sites: hollow snags and trees, loose tree bark, tree vegetation, cracks in rocks,

and human structures such as buildings, old mines, and bridges.

Bats are insect eaters, and locate their prey from the air. Some bats catch their food while the prey is in flight, some pick their prey off leaves, and the pallid bat, which has better vision than other species, eats ground dwelling insects. Many bat species mate in the fall but don't conceive until spring. Litters are one to a few pups. Some form maternity colonies. Some Idaho bats species migrate south in winter, but many overwinter in special hibernation sites, and a few are intermittently active with temperature changes.

Two human activities that impact bat habitat seriously are the logging of old snags, and the ignorant extermination of bats while building vacation homes in the forest. The Forest Service helps protect bat colonies by putting in bat friendly gates when they close off old mines for safety reasons.

We have at least ten species of bats locally. Forest Service wildlife biologist Dan Davis shared with me the results of a July 2005 bat survey done on the Palouse District. Over five nights of netting in the Elk River- Long Meadow area, researchers collected (and released) the following bat species and numbers: silver-haired (13), long-eared Myotis (11), long-legged Myotis (6), hoary (4), big brown (2), California Myotis (1), Yuma (1). Separately the researchers also confirmed the presence of Townsend's big-eared bats, fringed

Myotis and little brown bats. This study gives a good indication of what bats are likely present in the eastern forests of our county; additional surveys of urban areas and dry canyon lands might bring in some other species.

To see pictures and learn about each species go to <http://imnh.isu.edu/Bat-page/batshome.htm>. There you will learn, for example, that silver-haired bats roost in cavities in trees, are very dependent on old snags, and eat moths and beetles and a wide variety of small insects that fly over water.

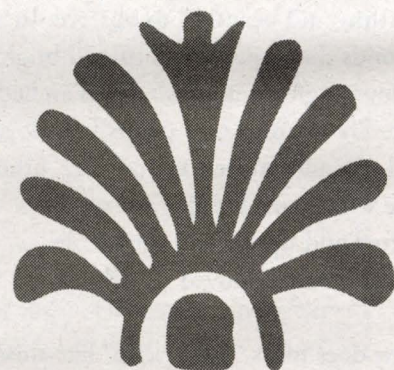
You can bat proof your home by closing up all the spaces where bats can get in—anything over a quarter inch square. To make sure you don't shut bats into your house, watch for where they are leaving at dusk, and cover those places with a loose flap of netting or plastic so the bats can escape but not return. Do this only in months other than May–August, so you don't shut in babies, which cannot fly.

There is detailed information on humane batproofing at the websites of the U.S. Centers for Disease Control and Bat Conservation International ([www.batcon.org](http://www.batcon.org)). You can support some species of bats by putting up bat houses. For information about bathouses contact Bat Conservation International. You can find directions for building bathouses on the Internet, and bathouses for sale on the Internet and locally. (I saw one for sale at The Natural Abode, in Moscow.)

**“Two human activities that impact bat habitat seriously are the logging of old snags, and the ignorant extermination of bats while building vacation homes in the forest.”**

And when you are walking at dusk and a quiet wing just misses your face, salute the bat, your own personal mosquito catcher.

Suvia Judd lives in Moscow, and is impressed by the large numbers of moth-wings left beneath a batroost she visits on Moscow Mountain.



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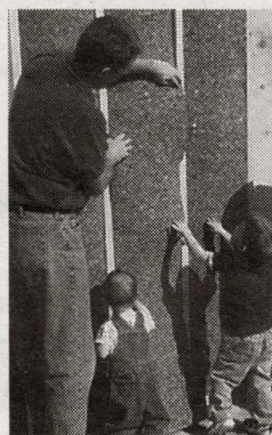


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## In the Garden: Putting The Garden To Bed

By Holly Barnes

*Earth is here so kind, that just tickle her with a hoe and she laughs with a harvest.*

—Douglas Jerrold

It took only a couple of cold days in August to get me thinking about putting the garden to bed. On the Palouse winter can descend quickly and put plants at risk so it behooves us to get to work. Garden cleanup done before it gets really cold or wet is also more pleasant for the gardener. In addition to preparing plants for the freezing weather, fall cleanup is valuable for controlling diseases and reducing insect pests.

From the outset let me tell you that plants in my garden have to perform without coddling. Although I like to try plants that are marginal in our zone I don't go to any extra trouble to winter them over. I do have a warm spot in my garden and put tender plants there, but otherwise they have to carry their own weight. And so, making teepee structures around roses or stacking straw 12" deep is not something I do.

My primary interest is in perennials, those hardy workhorses of the garden. Although many garden writers recommend trimming up perennials in the fall I generally prefer to leave most of that until early spring. I just remove damaged stalks and trim the rest down a few inches, and dispose of any fallen leaves. I get so much enjoyment through observing the winter frosts

and snows on the dead stalks, and it provides a marker for their location. Come early spring, as soon as I see a bit of growth, I cut all of the previous year's growth down to the ground. I do divide perennials in the fall and replant in areas where I want them thicker or share them with gardening friends.

### So on to your chores this month in the flower garden:

Prune lightly, or trim, and neaten all plants and shrubs. Discard any diseased plants and leaves. Put only healthy trimmings in the compost pile. When removing faded and leggy annuals shake the seed pods into the garden where you want them to return in the spring. I also use this method with tender perennials which I grow as annuals, such as *Verbena bonariensis*, Brazilian verbena.

With roses, neaten up the plant by doing a light pruning. All leaves should be removed from around the plant and put in the garbage. The plants should now be forming rose hips, which signal the plant to shut down for winter. Leave the hips on for winter interest, and for the birds.

Rake leaves.

Spread an inch or so of compost over the garden beds and then place a generous layer (2-3" deep) of mulch such as shredded leaves or straw. Mulch helps moderate the soil temperature during freezing and thawing episodes. Do not pile the mulch around the trunks of trees and do not use it where mice are

present (they love it!).

Dig and store any tender bulbs you may have planted.

Plant spring blooming bulbs: tulips, daffodils, crocuses and others.

Clean, repair and sharpen garden tools. A great tool storage idea is to put sand in a large bucket or barrel, pour some used motor oil in and place the cleaned shovels and tools in it. They stay cleaner, sharper and do not rust.

Rake leaves.

Scrub and put away bird baths, open up and clean out birdhouses. After cleaning, rinse with a bleach solution.

If you are looking for plants and trees with beautiful fall color this is a good time to wander through nurseries and make a selection.

### In the fruit and vegetable garden:

Before the first forecasted freeze, pick all remaining tomatoes from the vines and bring into a sheltered, frost-free place. Pick other cold sensitive produce and then remove the plants. If the plants are not diseased put them in the compost pile or till them right back

into the garden plot.

Do any necessary repairs to trellises or other structures that plants and vines grow upon.

Rake and remove from the area all leaves and downed fruit from fruit trees to prevent the overwintering of insect pests.

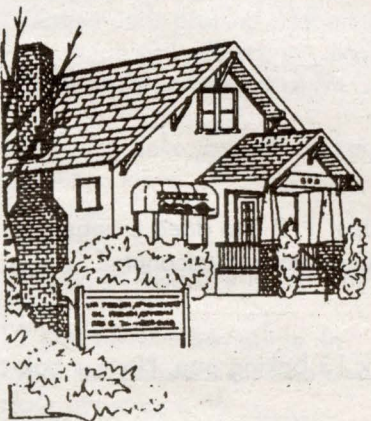
Rake leaves.

Holly Barnes enjoys putting the garden to bed each fall and then helps her husband, The Sailing Guy, get his small sailboats dismantled and stored away as well.



Illustration by Elizabeth Carney Sowards

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## Meals Kids Might Eat: Blender Soups

By Jyotsna "Jo" Sreenivasan

My kids are fascinated with the blender. My four-year-old gets very upset if I blend anything without his help. Every once in a while I make a soup that needs to be pureed, and the kids thoroughly enjoy turning on the blender and watching the swirling contents become smooth and uniform.

I find that a blender makes a much smoother soup than a food processor. But it's been a while since I owned a food processor, so maybe the newer ones are better at pureeing soups.

The process of pureeing a soup is a little tricky. Once you cook the soup, it's best to let it cool a while before blending. You don't want to be ladling boiling-hot soup into the blender jar, in case you spill it, or in case it spurts out the top. I often cook the soup in the afternoon and let it cool while I go pick up my younger son from preschool.

Before you blend, set an extra large

clean pot on the stove. Place the pot with the soup close to the blender, and ladle the soup in until the blender jar is half full or so. Cover, blend, and then pour the pureed soup into the clean pot. Repeat the blending until all the soup is smooth. You can then re-heat the blended soup if necessary.

Theoretically, one way to get kids to try new things is to have them help out with the cooking. This sometimes works with blender soups. Maybe your kids will enjoy the process of blending so much that they'll eat some of these soups!

I'm also including a recipe for "smart cookies," which are really home-made granola bars. You can serve them with one of these soups—or not.

Jyotsna has a web site full of books that help kids break through gender stereotypes. Check out: [www.GenderEqualBooks.com](http://www.GenderEqualBooks.com).

### Squash and Apple Soup

(Adapted from 1,001 Vegetarian Recipes by Carol Gelles)

This soup is like velvet! It is so smooth, sweet and delicious.

- ✦ 2 teaspoons vegetable oil
- ✦ 1 1/2 cups chopped, peeled apples
- ✦ 3/4 cup chopped onion
- ✦ 1/4 teaspoon ground ginger
- ✦ 2 cups vegetable broth (I use the Celefibr brand vegetable bouillon cubes dissolved in water)
- ✦ 1 cup water
- ✦ 2 cups cubed butternut or buttercup squash
- ✦ 1/8 teaspoon salt, or to taste (may be necessary if your broth is salted)

1. In a 3-quart saucepan, sauté the apples and onion in the oil until softened, about four minutes. Stir in ginger.
2. Add broth, water and squash, and bring to a boil. Reduce heat and simmer, uncovered, for 30 minutes or until squash and apples are tender.
3. Let soup cool somewhat. Blend soup in batches until it is really smooth.

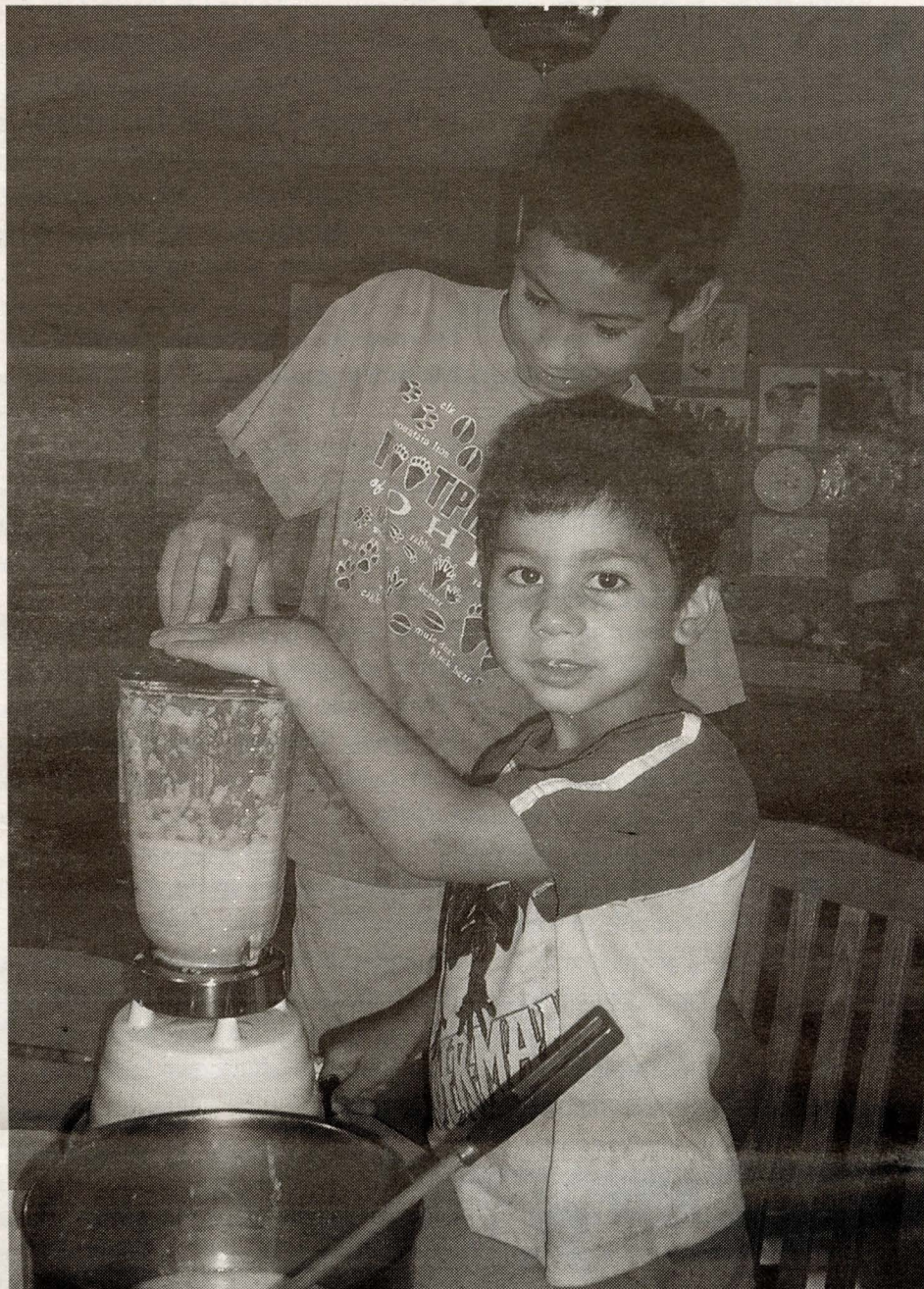
### Creamy Corn Soup

(from Honest Pretzels by Mollie Katzen)

Note: don't replace the butter in this recipe with oil! The smell and taste of the butter are heavenly

- ✦ 1 tablespoon butter
- ✦ 6 scallions, minced (white and lower part of green stalk)
- ✦ 1 stalk celery, chopped
- ✦ 2 cups corn (frozen, canned, or fresh-off-the-cob)
- ✦ 1/2 teaspoon dried basil
- ✦ 1 cup vegetable broth, or the liquid from the can of corn
- ✦ 1 cup milk
- ✦ 1/2 teaspoon salt (you may not need this if your broth is salted)

1. Melt butter in a saucepan. Add the scallions, celery, corn, and basil. Sauté for eight minutes or so.
2. Add 1 cup broth or corn liquid, and bring to a boil. Turn heat down low, cover pot and simmer for 5 minutes.
3. Add one cup milk, and optional salt if needed. Let soup cool.
4. Blend in batches until the soup is smooth. We couldn't get this soup to be velvety-smooth, as in the previous soup. We still did have tiny pieces of corn in there, but it was very good.



My kids love to help by blending corn soup.

### Smart Cookies (AKA Granola Bars)

(from Honest Pretzels by Mollie Katzen)

- ✦ 1 1/2 cups unbleached white flour (or 3/4 cup white flour and 3/4 cup whole wheat flour)
- ✦ 2 cups rolled oats
- ✦ 1/4 cup oat bran or wheat germ
- ✦ 1/2 teaspoon cinnamon
- ✦ 1/2 teaspoon salt
- ✦ 2/3 cup brown sugar
- ✦ 1 cup apple juice
- ✦ 1/2 cup unsweetened applesauce
- ✦ 1/4 cup canola oil
- ✦ 1 teaspoon vanilla extract
- ✦ Possible additions: 3/4 cup chocolate chips; 1/2 cup dried cranberries, cherries or raisins; 1/2 cup shredded unsweetened coconut; 1/2 cup chopped nuts

1. Preheat oven to 375 degrees F. Oil a 9 x 13 baking pan. Have a baking sheet on hand.
2. Mix together the flour, oats, oat bran or wheat germ, cinnamon, salt and brown sugar.
3. Make a well in the center of the mixture and pour in the apple juice, applesauce, oil, and vanilla extract. Mix until uniform.
4. Mix in one or more of the additions. Encourage your kids to use their clean hands to mix the stiff batter.
5. Scoop the batter into the oiled pan and pat it down evenly.
6. Bake for 30 minutes.
7. Take pan out of oven and cut into 24 squares. Put the squares on a baking sheet and bake for 15 minutes more. This allows the granola bars to become crispier all over.



## Earth Mother: Edible Finger Paint

By Julia Parker

Oh! What fun to make an icky-sticky mess, lick your fingers and have something to show Mom too! This month we made a semi-edible art project. With two six-year old girls, I made an edible paint that they used to make finger-painted masterpieces. Now, the Earth Mother generally shies away from food coloring and sugar but this month's focus is more on the art of the project than on the nutrition involved. After all, edible paint even if it does have sugar and food coloring seems much better than whatever is put in kids' non-toxic paint—actually the tempera paint we use contains mostly clay and pigments but I still wouldn't let my kids eat it.

To make paint, I adapted a recipe from our handy-dandy 1950 edition of Betty Crocker's Picture Cookbook. This is a book with seven pages of recipes for puddings, tapiocas and custards. Who

### Edible Finger Paint

- ✦ ¼ cup sugar
- ✦ 3 tbsp cornstarch
- ✦ ¼ tsp salt
- ✦ 2 cups of milk (but I'm cheap so I used 1 cup of milk and 1 cup of water)
- ✦ 1 ½ tsp of vanilla (but I used almond extract)

Mix all the ingredients (except the vanilla) together in a saucepan and boil for 1 minute. Then stir in the vanilla or other extract. I made five colors of paint with this "custard." After letting it cool for a few minutes I put the custard into recycled yogurt cups and we added the food coloring.

knew people could eat such a variety of mushy desserts? Anyway, I adapted the recipe for "Plain Cornstarch Pudding" or "Blanc Mange" to make paint. Mmmmm.

The girls, Aurora and Simone, painted on wax paper using their fingers. We also got into the pantry and found a few assorted candy sprinkles and added them to their creations. Aurora and

Simone licked off the excess from their fingers and while the paintings dried I sprayed them off with the hose. We did find that this paint also works well as body paint—if you don't mind being sticky and you watch out for bees.

The girls rated this high on the fun art project scale and low on the dessert scale. I rate this high on the easy and fun scale. Finally, I do need to say that

“We did find that this paint also works well as body paint—if you don't mind being sticky and you watch out for bees.”

this is not an art project you want to keep around the house for a long time, because even if little girls aren't wild about blanc mange, little mice might love it!

Julia Parker lives in Moscow and is going to bring Strawberry Floating Island Custard from page 219 to the next potluck to which she is invited.

## Co-op Kids!

By Rebekka Boysen-Taylor, Co-op Kids Volunteer

Meet us on October 3 at 9 a.m. at Friendship Square. We will run, jump, slide and have some yummy snacks from the Co-op (please dress appropriately for the weather—if it is raining we will stay outside for a bit and then return to the Co-op for snack at 9:30). Then, on October 17 at 9 a.m. we will meet in the cafe for a fall craft- bring some special leaves you collect on the walk over- who knows what we will make!!!

It has been so nice meeting all the

families at Co-op Kids this summer...the turnout almost always includes new faces so don't be shy if you have not yet joined us. In September we played at Friendship Square and made cork stampings, crowns, and lentil sun catchers. Co-op Kids is always free and it's a great chance to kick back and watch our kids be kids. See you soon!

Feel free to contact Rebekka at [amaswork@yahoo.com](mailto:amaswork@yahoo.com).

### ACROSS

- 1 September's profiled staff member, Josh \_\_\_\_\_
- 9 Musician or building, \_\_\_ Mahal
- 12 His art is on display at MFC until October 12th, Pete \_\_\_\_\_
- 13 Oregon lake, county, and the valley Chief Joseph refused to leave
- 15 Potato
- 17 Beard
- 18 Aquatic animal you can find gracing frozen pop-sicles
- 19 KUOI's schedule guide, In \_\_\_\_\_
- 20 American architect who designed the Louvre's glass pyramid, I. M. \_\_\_\_\_
- 21 Water filter brand
- 22 What you'll need to do if you want to attend a MFC community dinner
- 24 Brownish-gray
- 27 Rudi's Organic Bakery Jewish Light \_\_\_\_\_
- 29 Improve your vision with Natural Factors \_\_\_\_\_ Factors
- 31 Organic Valley milk comes in this size, abbreviation
- 32 Organic chocolatier second word, first is 40 down
- 34 Compass point
- 36 Produce manager \_\_\_\_\_ Metzger

39 Common coffee

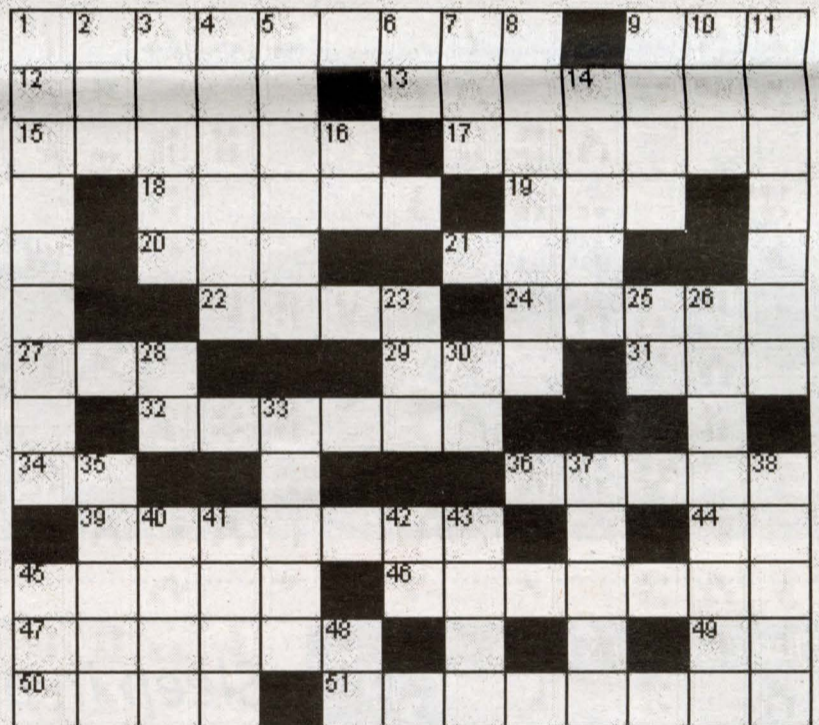
- 44 Concerning
- 45 Bionaturae brand juices originate from this country
- 46 Lucini's is aged ten years
- 47 Ice cream and sorbet brand, \_\_\_\_\_ Rainbow
- 49 Male title
- 50 September's profiled business partner \_\_\_\_\_ Banks Equine Massage
- 51 Newest MFC business partner \_\_\_\_\_ Rutter of A Choir of Angels Massage

### DOWN

- 1 Moscow band profiled in August's newsletter
- 2 Flightless burger bird
- 3 Greek fabulist
- 4 Sherlock Holmes' overcoat or Belfast's province
- 5 Simpson's slacked jaw yokel
- 6 Disgusted exclamation
- 7 Shrinivas Sugandhalaya \_\_\_\_\_ Champa incense
- 8 Orate
- 9 Blue Q can provide you this fashionable alternative to the paper grocery bag
- 10 Terrorize
- 11 September's profiled volunteer Kate \_\_\_\_\_
- 14 Financial/human resources/member services manager \_\_\_\_\_ Long

## Co-op Crossword Puzzle

by Craig Joyner



- 16 Lao-Tzu's classic work Tao \_\_\_ Ching
- 23 Each
- 25 Charlie Brown's cry of disappointment
- 26 Deli meat
- 28 Printer's measure
- 30 Michael Feldman's NPR quiz show Whad' \_\_\_ Know
- 33 Prophetess or a woman's name
- 35 Grass fed and delicious \_\_\_\_\_ Natural Beef
- 37 Dagoba Chocolate's newest flavor Mon \_\_\_\_\_
- 38 Organic chocolatier first word, second is 34 across
- 40 Female salmon
- 41 Give your skin a tropical treat with \_\_\_\_\_ Botanica's Hawaiian line
- 42 Résumé, abbreviation
- 43 Slang contraction
- 45 Recently promoted upstairs to manage the books, \_\_\_ Jokisaari
- 48 Vinyl record, abbreviation

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



## Celebrate the Harvest Season at WSU Organic Farm on October 14

By Carol Spurling



The annual Harvest Party at the Washington State University Organic Farm will be held from 10 a.m. to 4 p.m. on Saturday, October 14, at the farm, which is located inside the Tukey Horticultural Orchard on Airport Road in Pullman.

People of all ages are welcome to the farm to participate in hay wagon rides and games. Fresh-pressed apple cider, U-pick pumpkins, and U-pick fruit will be for sale.

The WSU Organic Farm is a 3-acre certi-

fied organic teaching farm managed by Brad Jaeckel. The majority of the farm's produce is distributed through a CSA (community supported agriculture) program. Shareholders pay in the spring for a share or a half-share and receive a box from the farm each week full of fresh produce.

To find the WSU Organic Farm and

the Tukey Horticultural Orchard, follow the signs from Pullman to the WSU fruit sale on October 14.

Carol, a WSU Organic Farm CSA shareholder, LOVES the farm's produce, especially the salad mix, strawberries, and shallots. And onions, tomatoes, and cucumbers. And squash, carrots, and sweet corn...



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## New at the Library

By Chris Sokol, Latah County Library District

*"I always begin at the left with the opening word of the sentence and read towards the right, and I recommend this method."*

—James Thurber, in The New York Times Book Review, December 4, 1988

### FICTION:

**Dead Dry** by Sarah Andrews. The latest mystery featuring forensic geologist Em Hansen. (Geologist and author Andrews will speak and sign books in Moscow on October 5. Go to [www.latahlibrary.org](http://www.latahlibrary.org) for more information.)

**Giraffe** by J.M. Ledgard. An astounding novel based on the true story of the largest herd of giraffes ever held in captivity.

**Half of a Yellow Sun** by Chimamanda Ngozi Adichie. Adichie recreates a seminal moment in modern African history.

**The Last Town on Earth** by Thomas Mullen. The fictional small mill town of Commonwealth, Washington votes to quarantine itself during the 1918 influenza epidemic.

**The Swarm** by Frank Schatzing. On the bestseller list in Germany for two years, this is a gripping thriller about an intelligent life force that takes over the oceans and exacts revenge on humankind for its ecological abuses.

### NONFICTION:

**Bedrock: Writers on the Wonders of Geology** edited by Lauret E. Savoy and others. The writings of novelists, poets, artists, anthropologists, traditional elders, philosophers, and naturalists are collected to create a geological portrait of the Earth.

**Best of Blogs** by Peter Kuhns and

Adrienne Crew. Easily find the blogs that best meet your interests.

**Crocheted Wire Jewelry** by Arline M. Fisch. Crocheting with wire makes it possible to create effects not possible using other materials and techniques.

**Salvador Dali, 1904-1989** by Robert Descharnes and Gilles Neret. A presentation of the infamous Surrealist and his provocative imagery in full color.

**The Everything Guide to Fibromyalgia** by Winnie Yu.

Professional advice to help you cope with daily life and maintain a healthy, active lifestyle.

**The Rough Guide to Blogging** by Jonathan Yang. The ultimate reference for all things weblog, whether you're an experienced blogger or just getting started.

**The Timberframe Way** by Michael Morris and Dick Pirozzolo. A lavishly illustrated guide to the most elegant way to build a home.

**Visual Chronicles** by Linda Woods and Karen Dinino. The no-fear guide to creating art journals, creative manifestos and altered books.

**The Wisdom of Yoga: a Seeker's Guide to Extraordinary Living** by Stephen Cope. A guide to the teachings of the ancient Yoga-Sutra.

**Wise Women** by Joyce Tenneson. A photographic celebration of the power and beauty of women whose ages range from 65 to 101.

### DVD:

**Don't Come Knocking** (U.S., 2005) Wim Wenders directs this film about an aging star of Western films

and a legendary tabloid troublemaker who discovers that he has a son he never knew about and sets out to find him.

**Gilles' Wife** (France, 2004) Set in a small mining town on the outskirts of France in the 1930's, this tells the story of Elisa, a devoted wife who begins to suspect her husband Gilles is having an affair with her younger sister.

**Heimat** (Germany, 1985) The series of 11 episodes tells the story of the village of Schabbach, Germany through the years 1919-1982, revolving around Maria, who we see growing from a 17 year old girl to an old woman, and her family.

**Intimate Stories** (Argentina, 2002) Three people and a baby set off on separate journeys, along the same road; their disparate dreams and stories intertwine amidst the breathtaking deserted Patagonia route.

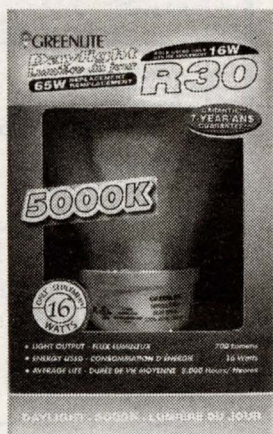
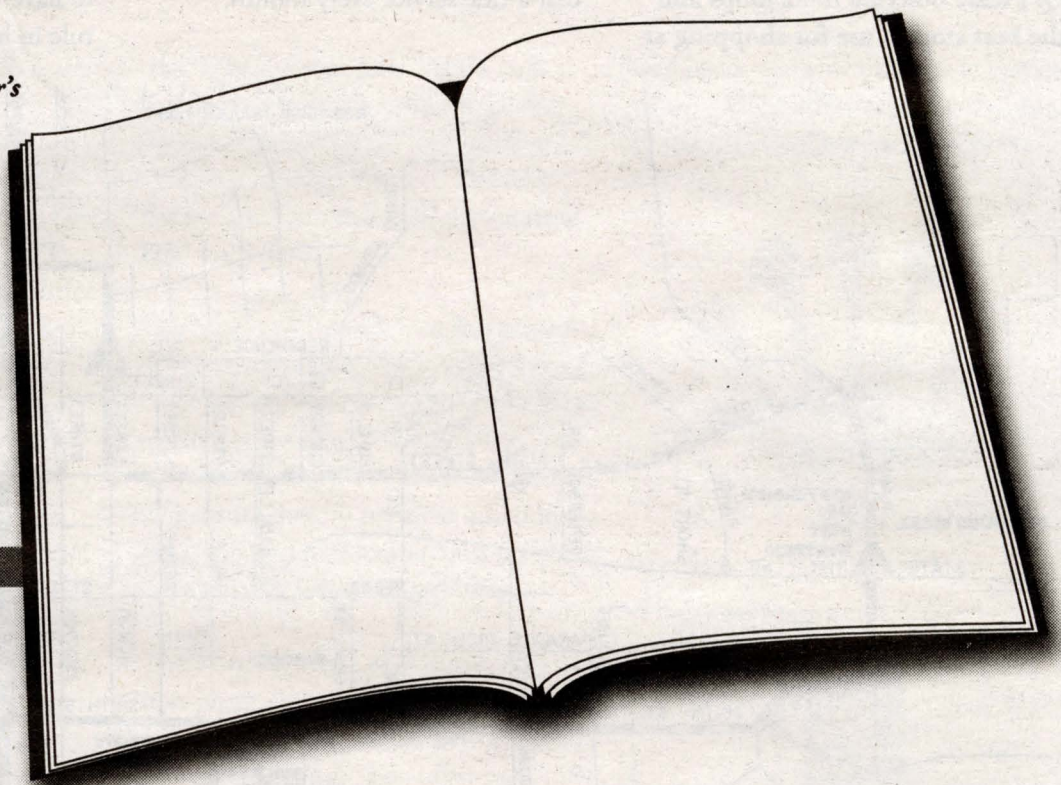
**Mountain Patrol: Kekexili** (China, 2004) A Beijing journalist is sent to Tibet to report on a vigilante group's manhunt of poachers responsible for decimating the sacred antelope of Kekexili. Based on a true story.

**Sequins** (France, 2004) When Claire learns that she is five months pregnant at the tender age of 17, she decides to give birth anonymously. She finds refuge with Madame Melikian, an embroiderer for haute couture designers. And, day by day, stitch by stitch, as Claire's belly grows rounder, the threads of embroidery create a filial bond between them.

**Tortilla Soup** (U.S., 2001) Retired Mexican-American chef and widower Martin Naranjo shares an L.A. home with his three gorgeous, but single, adult daughters. Though he long ago lost his ability to taste, Martin still lives to cook lavish dinners for his loved ones.

**An Unfinished Life** (U.S., 2005) A woman who is down on her luck is desperate to provide care for her daughter, so she moves in with her father-in-law from whom she is estranged.

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



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## Take the Bus!

By Bill London

**T**om La Pointe, executive director of Valley Transit, and Bill London, editor of this newsletter, completed this interview in mid-September with the goal of encouraging shoppers to consider riding the bus to and from the Co-op and other Moscow locations.

**Q: There's a public bus in Moscow?**

**A:** Actually, in Moscow, there are two systems operated by Valley Transit, which is a non-profit corporation based in Lewiston. We operate a dial-a-ride system, which provides door-to-door service for \$1.50 per ride (that service requires riders to call ahead to make arrangements). We also operate the fixed-route bus service, which is free.

**Q: Free?**

**A:** Yes, presently, there are no charges for using the bus. Our buses run on a twice-hourly schedule, Monday through Friday. We run two buses: one in a loop through the eastern half of Moscow and the other through the western part. Both buses run one-way (clockwise) in those loops.

**Q: Please describe the 2 loops and the best stop to use for shopping at**

**the Co-op.**

**A:** There are several stops near the Co-op, but both loop routes stop on Main Street at Friendship Square, which is the closest stop to the Co-op.

From Friendship Square, the eastern route bus heads up Third Street, turns at East City Park onto Hayes, continues north to F Street, east to Mountain View, then down past the Eastside Marketplace, then west into the UI campus and back to Friendship Square.

From Friendship Square, the western route bus heads south on Main, then continues through the UI campus, turns north between the Palouse Mall and the Best Western, heads east on A Street, and then back to Friendship Square.

**Q: Do many people ride the bus?**

**A:** Yes, we operate the fastest growing small transit system in Idaho and our bus system is used as a positive example throughout the state by transportation professionals. In September, about 300 people a day use the fixed route service. About 800 to 1,000 people use the dial-a-ride service every month.

**Q: Does ridership increase as the weather worsens?**

**A:** Yes, more people ride the bus when walking, driving, or biking is more difficult in rain, snow, or ice. We also get more riders because school is in session.

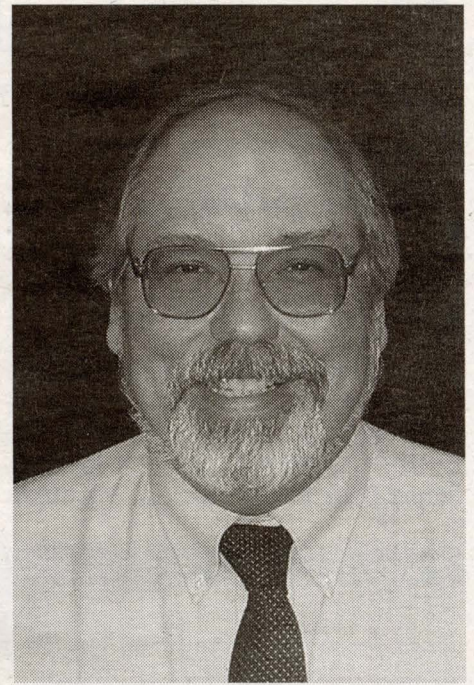
**Q: Do you provide bus service to Lewiston or Pullman?**

**A:** We just started bus service to Lewiston. Our buses run two roundtrips in the morning and two roundtrips in the afternoon. This service costs \$5 per ride. We run about half-full, but ask people to call ahead for reservations for that service. Call us at 883-7747.

Wheatland Express offers Moscow to Pullman bus service. Contact them at 334-2200. Their website is <http://www.wheatlandexpress.com/commuter.htm>

**Q: Do you expect this Moscow fixed route service to continue to be available free of charge?**

**A:** We do not know. Changes in the interpretation of federal law may result in us charging a fee. We are expecting to have a public hearing on this new rule in late October or November.

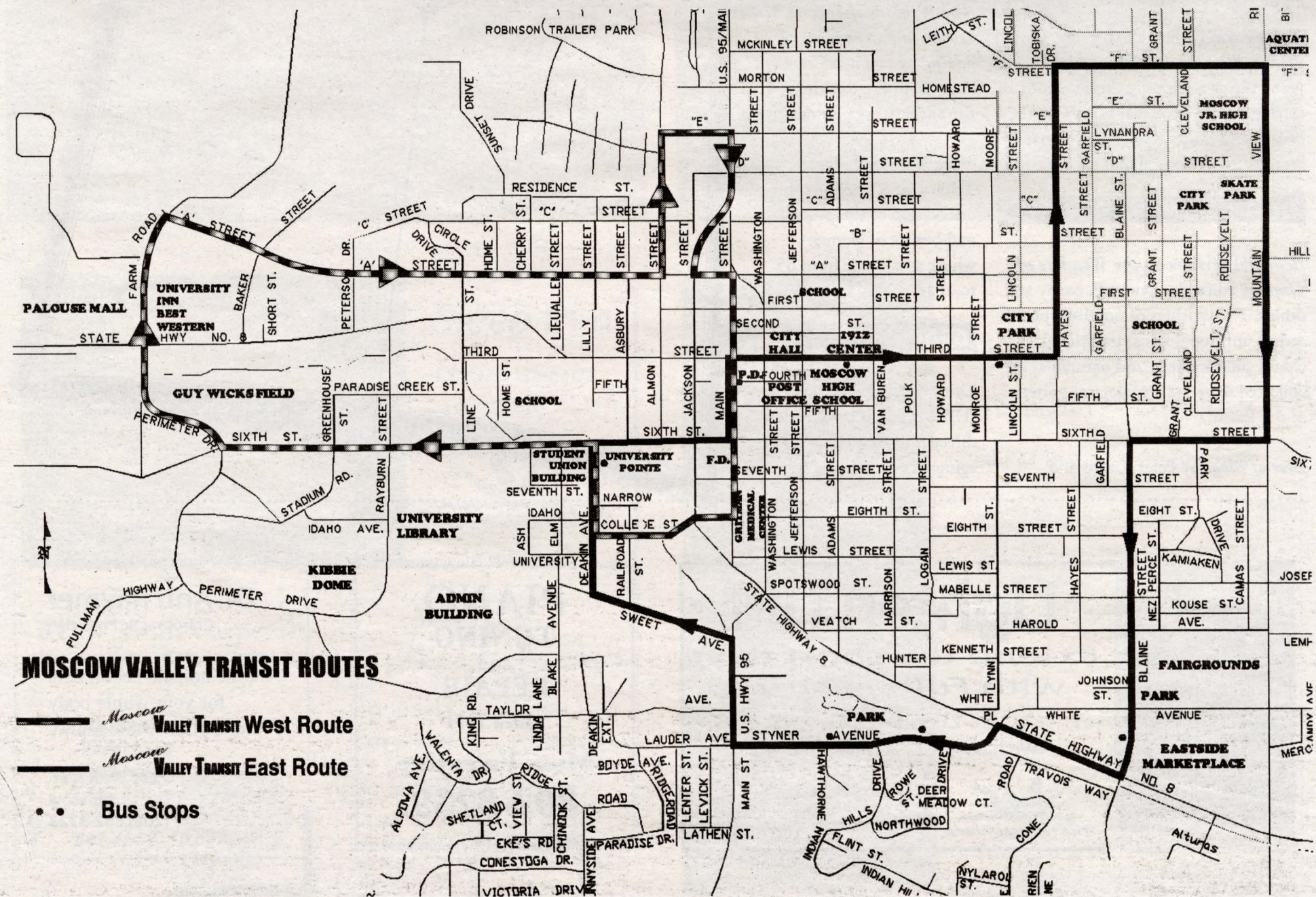


Tom La Pointe of Valley Transit answers questions about the bus in Moscow.

**Q: How would prospective riders learn more about the Moscow bus routes?**

**A:** We encourage people to call us at 883-7747. More information is available on the web, at <http://www.pcei.org/trans/moscowbus.htm> or at <http://users.lewiston.com/valleytransit/>

Bill London joyfully reports that Gina Gormley has shared his life for the last 35 years. Thanks for everything, Gormley.





## Try Your Hand at Art – An Interactive Demonstration

By Leslee Miller

**T**ry your hand at art – an interactive demonstration for all ages, 10 a.m. to 2 p.m., Saturday, October 7, at the Dahmen Barn in Uniontown. This is the perfect kick off to the Artisan Barn programs. It features resident artisans demonstrating their art, and is a preview of some of the classes that will be held in the facility in the future.

Four members of the Snake River Showcase, a group of artists that have a studio space in the Dahmen Barn, will each demonstrate their favorite medium or technique: Lois Backus—colored pencil, Joyce Hayes—scratchboard (several layers of paint are applied, then the artist scratches down to the colored layer desired to be revealed), Carmelita Nedrow—pastels, Judy Wayne—drawing. Terri Walters and Katherine Clancy, also resident artisans, will demonstrate painting techniques. Extra easels will be set up and those watching the demos will be invited to try out the medium and techniques being shown.

Visitors may get hooked and come back for more! FREE.

Artisans at the Dahmen Barn is located at 419 N. Park Way on highway 195 in Uniontown in the historic barn surrounded by the wheel fence. The art center features artists at work in their studios, The Shop at the Barn where fine and folk art created by regional people is for sale, classes and demonstrations every second Saturday of each month, and music performances and dances open to the public. The new art center is open Thursday through Sunday from 10 am to 6 pm. Go to [www.ArtisanBarn.org](http://www.ArtisanBarn.org) for more information, including a calendar of events and the story of the barn, or call 509-229-3414 for details.

.....  
Leslee Miller lives in Uniontown.



## Moscow Civic Association October Events

By Bruce Livingston, MCA president

### *Should we build a reservoir for an alternate source of water?*

### *Who should I vote for in the two races for Latah County Commissioner?*

**T**o help answer those questions, the Moscow Civic Association will sponsor two public forums in October. Both are free and open to the public.

Our regional source of water, the aquifers below us, continues to diminish. One suggestion is that we could build a reservoir (similar to Troy's Spring Valley Reservoir) near Moscow. Is that a viable option?

The MCA forum on that topic, entitled "Water Solutions: Is Moscow Ready for a Reservoir?" will be held on Monday,

October 9, at 7 p.m. at the 1912 Center in Moscow.

Please bring your questions and ideas to share with the panel members. The panel will include: Steve Robischon, the Palouse Basin Advisory Committee Executive Manager, Dianne French, a board member of the Palouse Water Conservation Network, and Mark Solomon, the Latah County Hydrogeologic Project Coordinator.

The MCA candidate forum will allow the public to question the four candidates running for Latah County Commissioner. The forum will be on Monday, October 23, from 7:30 until 9:30pm at the 1912 Building Great Room in Moscow.

The candidates for commissioner, dis-

trict 3, incumbent Jack Nelson and challenger Linda Pike will debate during the 7:30-8:30 slot. The candidates for commissioner, district 1, Jennifer Barrett and Don Ball, will debate from 8:30 until 9:30.

The forum will be open to the general public, and written questions from the audience will be solicited. The moderator for the evening is John Irby of the WSU School of Journalism. Mr. Irby will ensure that no personal questions are asked and that respondents do not use more than their allotted time.

The Moscow Civic Association is a non-profit citizen's organization that strives to improve the quality of life for Moscow residents. The mission of the Moscow Civic Association is to inform community members about important

local issues and encourage civic participation. More information is available on the MCA website, [www.moscow-civic.org](http://www.moscow-civic.org)



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## The Sustainability Review : Door Finish

By Mike Forbes

We've been spending a fair amount of time recently finishing doors for the house. We wanted to take advantage of the warmer weather to make door refinishing easier plus we need to install a few of the exterior doors before more forward progress can be made. This month's article is on our quest for an appropriate finish to put on the doors.

Our criteria for door finish (in order of importance as well):

- 1) non-toxic (in its finished and application states)
- 2) durable
- 3) doesn't make the wood look terrible
- 4) locally available
- 5) affordable

We've tried every number of things in the past and have had a number of successes and failures. Many products have some of our criteria satisfied but few with all. We recently discovered

the Bioshield line of products and I thought it fitting to mention them and how we have used them. I'll make one disclaimer in that the durability aspect of our criteria hasn't been fully evaluated by us since we've only recently applied them so look for a follow up sometime in the distant future.

We purchased about 14 clear fir doors for our house (9 interior and 4 exterior) that are beautiful. The exterior doors will see a variety of weather conditions from drifted snow to a greenhouse environment. Bioshield makes a variety of products to satisfy our exterior and interior needs. First our exterior choices.

Most of the products start with an oil pre-treatment to set the base for the final finish. The #5 Penetrating Sealer Oil was our choice of base for the door, which primarily contains linseed oil. The final finish, which gives the protection, is the #3 Resin Oil Finish. This final coat contains a resin and clays that protect the door and give what appears to be a protective layer to the door. (We've splattered plaster on the

doors already and the doors wipe clean very easily.) This #3 finish comes in everything from clear to dark stains (we chose the lightest color – pine because it gives very little color change and still provides UV protection). This finish has the feel and durability of a door treated with a polyurethane; I'm very impressed so far. The finish is a little tricky to apply since it's the consistency of water it flows easily and a small container will go a very long way. You might ask why we didn't go with a polyurethane finish on the exterior products. First, we don't care for the plastic coated look of wood, they generally smell very strong, and they are expensive.

As for the interior products we tried them all. I took all the different woods we'd use in the house and did a sample swatch of most combinations (oils, waxes, resins, etc...) What we found to be the most durable, pleasing to the eye, and easy to apply was Hard Oil #9 by itself and #9 with the #32 Floor Furniture Hardwax. The #9 is a linseed and tung oil based oil that hardens well. We have had good success with

wax coatings in the past but some have solvents that help keep the product liquid during application.

The #32 wax is in a paste form but is extremely easy to apply and has no nasty solvents in it. Just rub it in and buff it a little while later. We tried treating the interior doors with 2 coats of #9 and also one coat of #9 followed by a coat of #32. We'll see which seems to be the best but they both feel equally durable and beautiful.

All in all I'm extremely satisfied with the products. It's nice to be able to work on finishes without having to wear a respirator and the characteristic headache afterwards.

.....  
Mike Forbes is about to embark on a journey into masonry with his wife Lahde as they build their new heat source. Stay tuned next month for that story....





## Off the Record: Magic Meadow Music

By James Reid

“One summer evening I walked out of the woods and into a mountain meadow where millions of fat, black crickets electrified the air with their joyful chirping. I began singing along with them and later titled the song *Magic Meadow Music*.” This quote, taken from the liner notes to his CD, also titled *Magic Mountain Music*, explains the concept behind this recording now available for purchase at the Co-op. I’ll set aside the question as to whether crickets can chirp joyfully or not and focus on the music.

On this CD, Lanny Messenger uses *musique concrete*, the blending of natural sounds with recorded music, to express his philosophy—a viewpoint that values nature at least as much as the achievements of mankind. Each of the tracks on his recording is described in terms of style by the composer. The predominant flavor is one Messenger calls easy listening although he also uses country, rock, country-rock, inspirational, and something described as Cowboy/Indian with banjo, coconuts, log drum, trains, and frogs. The natural sounds included on the recording were obtained through the use of binaural headphones worn by the composer during visits to a variety of sites throughout the Pacific Northwest.

Messenger’s life philosophy is very transparent and one can readily grasp his viewpoint in the lyrics to “Natural Man.” “I’m just a natural man, and the only thing I demand; is the freedom to live the life that I choose. I call the mountains my home, for it’s there I love to roam...Sometimes I don’t



understand, the crazy ways of man; I see the smoke filled cities far below. Up here there’s beauty everywhere, and I live without a care; my nature’s song will echo in the pure mountain air.”

These sentiments aren’t new of course, they have often been voiced by singers in the past, especially during the socially conscious 1960s. What makes this recording somewhat unusual is the employment of a number of different musical styles to get Messenger’s point across. He is most successful on the more contemplative tracks that combine the sounds of birds and wind in the trees with his agenda for living more in harmony with the earth instead of exploiting its resources without consideration for the consequences.

The rock and inspirational tracks come across a little heavy-handed.

The music on this CD makes sense if you subscribe to the beliefs of the Sovereign Freedom and Health Network, an entity listed on the CD tray card. The SFHN is devoted to “working to peacefully restore our natural, God-given rights and freedoms, to promote health through natural remedies, and return our country to real money backed by silver and gold.”

Among other things, the SFHN website promotes use of Essiac tea, a brew made from burdock root, sheep sorrel herb, slippery elm bark, and Turkish rhubarb root. It also promotes commerce based on the use of gold and sil-

“On this CD, Lanny Messenger uses *musique concrete*, the blending of natural sounds with recorded music, to express his philosophy—a viewpoint that values nature at least as much as the achievements of mankind.”

ver coins rather than paper currency. If this interests you, check out this CD.

James Reid is currently recovering from a finger injury that limits his musical activities to electric and not classic guitar music. He will perform a program of electric music at the Lionel Hampton School of Music on Monday, November 13.



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# Commentary

## Letter to the Editor

The last hour of the last day of my visit to my long-standing friend Annie. We met at university in England in 1968, but this has been my first visit to the town and the country she now calls home. After 12 wonderful days here I can see why she chose to put down roots in Moscow. I have spent the last 30 years living in tight-knit communities in the more remote parts of the Highlands and Islands of Scotland, and have always valued the welcome and friendly interest my family received as 'incomers', and the peace of mind as a parent knowing that everyone knew everyone else's children and really cared that they grew up happy and safe. I found the same welcome and sense of community here in Moscow and will take back many happy memories of Annie's wonderful friends and favourite haunts.

As an avid reader I have to mention the fantastic BookPeople store, such warm and welcoming folk and such a refreshing change from the 'pile them high, sell them cheap' book chains back in Britain which are forcing independent booksellers out of business.

Also the great young people at the One World cafe, who gave me more choices of how to take my morning coffee than I ever realised were possible.

However what really blew me away was the fantastic Moscow Food Co-op. My nearest food store of a comparable size back home is 10 miles away and is a small branch of a very large supermarket chain, whose 'one size fits all' attitude to food quality, the ethics of food production and customer care is what you would expect from an extremely large and successful multinational company. I can get some organic and fresh products, but only what will be 'commercial' in their terms and their pricing policy makes it virtually impossible for small local producers to

compete.

The Moscow Food Co-op showed me choice, quality and a passion for health beyond my wildest dreams, with products so carefully sourced from producers with the highest standards. Everything looks so beautiful and wholesome and, having done my best to sample as many products as possible (!!), I am happy to report that everything has tasted even better than it looks. The staff are welcoming and knowledgeable and obviously share this passion for excellence.

But I soon realised that the Co-op is far more than a foodstore. It is a major contributor to the vitality and well-being of the Moscow community, providing masses of community information, a great programme of events, a meeting place, display space, eating space and very importantly, job opportunities and work experience. It makes me tired just to think about how hard they must work behind the scenes to make all this happen.

Well, time and plane flights wait for no man, or woman either, and I haven't even mentioned the fantastic Saturday morning Farmer's Market and the great Saturday night contra dance. (Thanks to the good folk of the Folklore society for tolerating my complete ineptitude and sorry about all those broken toes!) It's been a great first visit to the United States and to Moscow, Idaho. Where else could I walk down the street after one week, and be greeted by so many folk, I felt I could have been at home. Thanks for the fantastic welcome and good luck to you all.

—Charlotte Macarthur



**Making it easy for people to leave their cars at home...new bike racks at Co-op!**

Photos by David Hall





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For more information about advertising, please contact Aly Bean, Advertising Manager, at 882-1444 or [aly@pcei.org](mailto: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](mailto:aly@pcei.org)) and Megan ([design@moscowfood.coop](mailto: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.



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# Bulletin Board

MOSCOW CO-OP

Moscow Food Co-op  
121 East Fifth  
Moscow ID 83843

## Co-op Events

### Co-op Kids!

**Tuesdays October 3 & 17, 9am**

On Oct 3 at Friendship Square, we will run, jump, slide and have some yummy snacks from the co-op (please dress appropriately for the weather- if it is raining we will stay outside for a bit and then return to the co-op for snack at 9:30). On Oct 17 we will meet in the cafe for a Fall Craft—bring some special leaves that you can collect on the way over!

*Rebekka Boysen-Taylor  
amamaswork@yahoo.com*

### Co-op Community Dinners

**Thursday Oct 12, 6.30pm**

The menu: appetizer of fresh, veggie canapés served with dill cream cheese, luscious roasted local lamb with seasonal veggies for the entrée and for dessert baked baby pumpkins. Please buy your ticket in advance!

### MADay Sale at the Co-op

**Thursday Oct 26, All Day**

Member Appreciation Day sale at the Co-op—the more you spend the more you save!

### Art at the Co-op

**Friday Oct 13, 5.30—7pm**

Meet the artist at the opening reception for the display of the work of local photographer John Cooper. The show will run until Thursday November 9.

## Community Events

### Friends of the Clearwater— October Events

**Saturday Oct 7, 6am**

Hike to the Buffalo Hump, in the Gospel Hump Wilderness. Meet 6am at Rosauers in Moscow. Return 7pm. This hike will be strenuous. Bring good hiking footwear, water, and some warm clothing for the hump. Free.

**Tuesday Oct 10, 7pm**

UI Law School, Room 105. Presentation by doctoral candidate Nicolas Barbier. Barbier has been studying natural resource issues in Idaho.

**Saturday Oct 21, 7pm**

Fundraising Concert at the American Legion Cabin (S. Howard St). Local band Uniontown (supported by Avery Jaekel and the Friends of the Trees), will be playing for the benefit of Friends of the Clearwater. Suggested donation at the door of \$5-7.

## Palouse-Clearwater Environmental Institute—October Events

**Tuesday Oct 3, 8.40am—2.30pm**

Water Education Day @ Robinson Park with Moscow 4th graders. Open to all community members to see how PCEI is working to educate children about precious resources.

### Book Signing

**Thursday Oct 5, 7pm**

Geologist, writer, teacher, and pilot Sarah Andrews will speak and sign her books at the 1912 Building in Moscow.

### WSU Rent-A-Rower

**Saturday/Sunday Oct 7 & 8**

Members of the team will do odd jobs of almost any sort. The cost per rower is \$10/hr. *Karl Huhta* (253) 224-6867 *mensrowing@wsu.edu*

## Moscow Civic Association—Public Forum

**Monday Oct 9, 7pm**

“Water Solutions: Is Reservoir?” at the 1912

**Monday Oct 23, 7pm**

all four candidates for commissioner at the 1912

### Write

**Tuesday Oct 10, 7pm**

Meeting at the 1912 C interested in joining w by the Moscow Comm Workshop. Contact fre

### League of Women

**All speakers 12 noon—**

School Dist. Administr Cleveland St., lower lev

**Wednesday Oct 4**

Law Professor Elizabeth Brandt—Amendment HJR2 (the anti-gay amendment) on Nov ballot

**Wednesday Oct 11**

Mark Solomon, environmental activist, former County Commissioner—Prop 2 Land Use Laws on the Nov. ballot.

**Wednesday October 18**

Bob Stout, Moscow City Council Member—Affordable Housing. *Liz Sullivan* (882) 7174 *sullivans@moscow.com*

## WSU Organic Farm

**Saturday Oct 14**

WSU Tukey Horti signs for fruit sale pumpkins, fresh a games, fun!

## Moscow Library Book Club

**Monday Oct 16, 6.30pm**

@ the Library, 110 S. Jefferson Book: “Deception Point” by Dan Brown. Contact: *Chris Sokol*, (882) 3925 *chris@latahlibrary.org*

## Auditorium Chamber Music Series— Onyx Brass

**Thursday Oct 19, 7.30pm**

University of Idaho Auditorium, Moscow ID \$8, \$14, \$18 at BookPeople in downtown Moscow, at the door, or online at [www.auditoriumchambermusic.org](http://www.auditoriumchambermusic.org)

## Women's Center Events

### October is Domestic Violence Awareness Month

The Clothesline Project honoring survivors of domestic violence, will be on display in the Idaho Commons on the UI campus throughout October. [www.clotheslineproject.org](http://www.clotheslineproject.org)

**Monday Oct 2 & Tuesday Oct 3, 3-5pm**

*In Her Shoes* – a community education activity by Alternatives to Violence of the Palouse. At the Whitewater Room, Idaho Commons, UI campus.

**Tuesday Oct 10, 5pm**

Women's Center Brown Bag Series Discussion Panel – *Healing Alternative Ways to Find Peace in Y*

**Tuesday Oct 17**

Women's Herstory *Farmer*, with special Galloway.

Contact for 885-6616

**Moscow: Friday**

Meetings in Frie, and Main. (882) *sperrine@potlatch.com* at Third

**Pullman: Friday**

Under the clock by (334) 4688 *nancy* 15pm

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Send us your community announcements! Email [events@moscowfoodcoop.org](mailto:events@moscowfoodcoop.org) the 4th of each month. For more events & info, visit our web site: [www.moscowfoodcoop.org/event.html](http://www.moscowfoodcoop.org/event.html)