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Community News

FREE!
PLEASE TAKE ONE

Sept

2006

The monthly newsletter of the Moscow Food Co-op

Local Grass-fed Beef Comes to the Co-op

By Scott Jaklin, Meat Department Manager

Beginning this month, we will be selling locally-raised grass-fed beef raised by Joe and Nikki Eaton at their USDA-inspected ranch near Colton, Washington. Nikki Eaton will be at the Co-op on Saturday, September 16, to demonstrate the quality of their meat by cooking some top sirloin and giving everyone a taste. She will be at the meat department from 10 a.m. until 2 p.m.

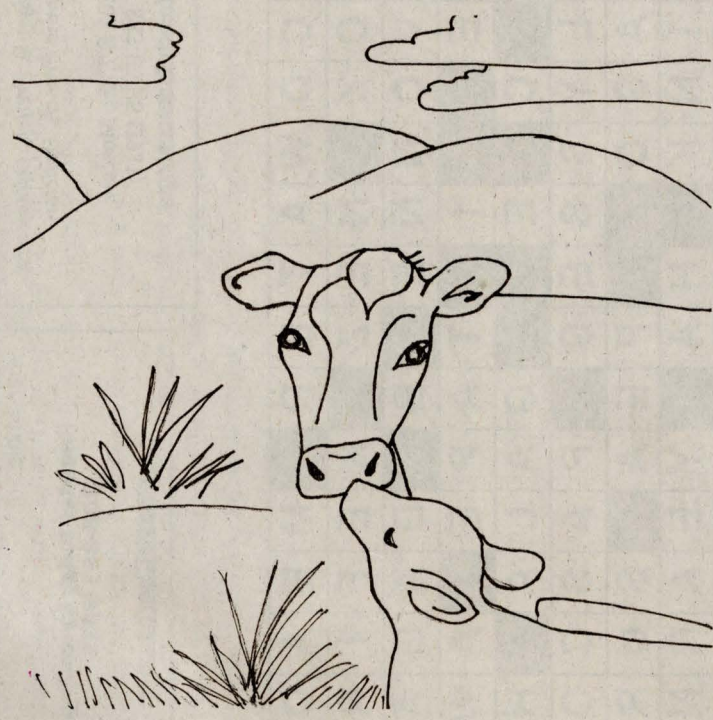
Their herd is comprised of Charolais and Black Angus cross-bred cattle. The cattle are never given any hormones, antibiotics, steroids, or ionophores, and are fed a strictly natural 100% vegetarian diet (they are not fed animal by-products). The cattle are free-range, grazing freely on pasture, not in feedlots.

When I was given a very thorough tour of the ranch in July, I saw that the Eatons' strict emphasis on maintaining a sustainable process to raise their beef is the foundation of the management prin-

ciples they use from start to finish. Even weed control is done manually, without herbicides. (By the way, Joe and Nikki Eaton are not related to our Co-op general manager, Kenna Eaton.)

Their grass-fed beef is leaner, cooks quicker, and has more flavor than conventional beef. Additionally, numerous studies have shown that grass-fed beef has more omega-3 fatty acids, conjugated linoleic acids, and is higher in vitamin E.

Nikki Eaton is happy to answer any questions you have about their beef. Talk to her on September 16 at the Co-op or check out their informative website at www.eatonbeef.com. You can even arrange a tour of their farm if you are interested in seeing, first hand, how their cattle are raised.



Community News

Published by

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

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



Water Challenges

By Kenna S. Eaton, General Manager

Ever since moving into this location, our Reverse Osmosis (RO) water system has been besieged by challenges. First, we custom built the system using a variety of parts. Each step along the way presented another challenge—like the faucet, for instance. It can't be just any type of faucet, it must be pure stainless steel all the way through. Honestly, I'd never really thought that deeply about faucets before, but now I know that most of them have brass parts, and finding one that fit our other specifications proved to be simply too difficult. So we built our own. Actually, the whole project—at least, in my opinion—went like that. Constantly finding that we couldn't get something, we had to build it to suit our demands. So now, many thousands of dollars later, we have a system that, in my opinion, doesn't really work as well as I would like.

The latest saga in the story revolves around our produce-case misting system. The misting system requires RO water, not to keep the veggies pure, but to prevent the misters from clogging up with impurities. This store has old and funky pipes that require frequent

changes of filters (for all the minerals and stuff in the water), and without the RO in place, the misters wouldn't work. Without the misters working, the produce wouldn't stay as fresh as long as it currently does. But the misting system also has a way of draining the RO storage tank. In essence, the storage tank can't keep up with the demands of the customers and the demands of the misting system. That's why you may have seen a note on the faucet saying "system down." We were basically waiting for it to recharge itself. Now we discover that if the misting system keeps on misting every three minutes, as it should, it then prevents the storage tank from refilling. ARGH!!!! So what's to be done? One solution is to buy the misting system its own RO system for \$2,000. Oops—way too much money, in my opinion. The other (basically free) solution is to disconnect the customer faucet from the RO system and go back to selling the same filtered water to our customers as we did at the old store. So we chose the free solution for right now. This solution has two distinct benefits: first, the price will drop back to 29 cents per gallon; and secondly, we won't run out of water

“The other (basically free) solution is to disconnect the customer faucet from the RO system and go back to selling the same filtered water to our customers as we did at the old store. So we chose the free solution for right now.”

anymore. Let's hope this works well for everyone, veggies included!



The Vendor Booth program

By Annie Hubble, Vendor Booth Coordinator

The vendor booth program is going well. Those who have set up booths have been pleased by the results. If you are interested, ask a cashier for an application form. A half day costs \$5 for members and \$8 for non-members, and a whole day is \$10 for members and \$15 for non-members. You need to provide your own table and all other needs; we provide the space. Make sure you bring enough change, as we cannot provide any from the registers.

In September, you will see the Moscow Charter School selling a coupon book as a fundraiser for their school. These

Upcoming Vendors

✦ **September 9 & 23:** Moscow Charter School, 9 a.m. – 2 p.m.

✦ **September 9:** Grass and Roots Botanicals, 2:15 p.m. – 7:15 p.m.

Interested in having a booth? Get an application from any cashier.

good people will be at the Co-op from 9 a.m. – 2 p.m. on Saturdays September 9 and September 23, and also on a couple of days in October.

Grass and Roots Botanicals will have a

booth on Saturday, September 9, from 2.15 p.m.-7.15 p.m. You can meet Sequoia Ladd, herbalist, and see her many products, including wildcrafted and organic herbal teas, herbal oils, lip balms and more.

The vendor booth program is set up as a means for local craftspeople to gain public exposure. It is yet one more way in which the Co-op attempts to give to the community.



Co-Operations



Welcome!

By Laura Long, Membership Services & Outreach

Welcome back UI and WSU students! It's been a quiet summer here in Moscow without you. As a special introduction to the Co-op, we are offering member prices to all students who show a current student I.D. when they shop. We will run this promotion through the end of the month. After that, if you liked getting those low prices and member sales, membership at the Co-op is only \$10 for one year. That's less than \$1/month!

I also want to give a warm welcome to our newest business partner, Patricia Rutter, A Choir of Angels Massage Center. Patricia will be offering a 1 1/2-hour massage for \$49. That's a half hour of free massage for members. Remember, it does our community a world of good to keep our dollars local whenever possible.

Many of you may not have realized that Eric Gilbert, the previous guru of outdoor music here at the Co-op, was also my wonderful membership assistant. Well, Eric has moved off to Hailey, and we do all miss him. However, I have a lovely new assistant, Ida Jokisaari, who will also be happy to help you with any question that you ever have about your membership, or membership in general. If you're not sure who Ida is, give us a ring, because she might answer the phone. Or just watch for her bright smile and neon pink hair.

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

Join the Moscow Food Co-op and Save!



Members Save:

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

Any cashier can help you join, just ask!

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

Open Daily 7:30 am - 9:00 pm

The Co-op will still be OPEN while Washington St. is under construction!



Use the 5th St. entrance & call us (882-8537) for updates during the summer construction.

Co-op Business Partners

A Choir of Angels Massage Center: A 1 1/2 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. Denise Moffat, drmfat@NaturalHealthTechniques.com, 413 East 8th St, Moscow, 882-3993

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

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

Integrative Mindworks: Free 30-min. consultation for new clients, April Rubino, integrativemindworks.com, 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, tyedy@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

Well, as always in a college town, September brings happiness and sadness. We bid farewell to some of our favourite people and say hello to new friends. In the cashier department, we are sad to say goodbye to Travis and Gabriella—two of our most loved cashiers. Good wishes to you both on your new adventures. We'll miss you!

We are welcoming a whole flurry of new cashiers. We have so many new ones, partly due to people leaving, but

also due to the fact that cashiers who have worked full time during Summer now need to cut back their hours because of school schedules. Our new cashiers are in training as I write. I am sure all these folks, as they learn their new jobs, will prove to be wonderful and friendly cashiers and give you the excellent service to which you are accustomed.

I look forward to seeing you all in the store. Have a fun September!

Art at the Co-op

By Annie Hubble, Front End Manager

Our new art show will open on Friday, September 8. James (Pete) A. Amell will be showing a selection of his works in pastel. James graduated from The Idaho State University with a Bachelor of Fine Arts degree. He then pursued a career with the Forest Service in fire management, including many years as a smokejumper. During this time, he discovered his love for pastels, which were easy to set up and transport. After retiring from the Forest Service three years ago, he has found more time for his art. This

show will include portraits, landscapes and animal studies.

You can meet the artist from 5.30 p.m.-7 p.m. on Friday, September 8, and the show will run until Thursday, October 12.

James (Pete) A. Amell Art Show Opening

Friday, Sept. 8, 5:30 – 7 p.m.



Community Dinners

By Amy Richard, Kitchen Manager

Our second Co-op Community Dinner was wonderful. As the guests arrived, I introduced them to each other and they took their seats at one long table. There was some intermittent conversation and a little nervousness among the group of diners. Some people came alone and others in small groups with their friends or family. As they were seated, these initial small groups blended together and faded. They were all in it together now — anticipating a delicious meal.

After all the guests arrived and were seated, I introduced our chef for the evening, Jim Agenbroad, his assistant (and wife), Ariel Agenbroad, our service supervisor, Mariah Hey, and our wine steward for the evening, Louise Todd. Jim took over from there and welcomed folks and introduced his first course. Louise described and offered the wines (wine is available for \$5 glass during dinner). Then things were off

and rollin'! Food, wine, conversation and laughter.

By the end of the evening, friendships were made and spirits were light. One of the guests was a woman who had just moved to Moscow a few days earlier, and it was her birthday. By the end of the meal, one of the other guests (whom she had just met) gave her a birthday present! Another couple enjoyed themselves so much that they gave me a card a couple of days later with a check enclosed saying they had such a nice time they would like to pay for another lucky couple to attend the next dinner!

What a great community we live in. These dinners are a great way to just take time with a small group of people from our community to talk, laugh, enjoy great food and share something. You are bound to meet someone new or learn more about people you just see

“What a great community we live in. These dinners are a great way to just take time with a small group of people from our community to talk, laugh, enjoy great food and share something.”

around and never have time to sit and chat with.

If you are interested in attending a Community Dinner, a current menu is posted on the deli counter and at the cash registers. Reservations are required because space is limited to 14 people, and can be made at the registers. Our dinners this month will be on September 14 and September 28. I hope you will come and enjoy great food and an evening with friends old and new.

September Menus

Thursday, September 14th:

Hazelnut Coated Cheese Balls with Crostini
Pear Arugula Salad
Candied Walnuts, Crumbled Gorgonzola and Apple Cider Vinaigrette
Herb Crusted Chicken Breast or Tofu
Mushrooms Marsala
Garlic Rosemary Mashed Potatoes
Ginger Spice Cake
Poached Pears and Mead Reduction

Thursday, September 28th:

Roasted Figs
with Gorgonzola and Honey Balsamic Reduction
Butternut Squash Fritters with Sage Crème Fraiche
House-Smoked Salmon Streusel
Cilantro and Roasted Tomatillo Coulis
Warmed White Bean Salad
Sunken Chocolate Soufflé with Mint Ice Cream

Both dinners in September will be prepared by Terry Feigenbutz, our lead baker at the Co-op.



September Music

By Joseph Erhard-Hudson

The summer has flown by so quickly. Beginning in October, Tuesday's "Hot off the Grill" music will be moving indoors, but for the month of September we will continue to enjoy local music, local produce and good eats outside in the comfortable late summer evenings of

the Palouse.

The growers open their stands at 4 p.m. Music and the grill both begin at 5. In case of poor weather, the show goes on! (We just move indoors.)

September 5: Noi and Friends

September 12: Dan Maher

September 19: Vishnu and Friends

September 26: Brian Gill



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Certified Acupuncturist
Nancy Maxeiner, D.V.M.

Board Report: Packaging Challenges

By Kathleen Ryan, Co-op Board of Directors

Paper or plastic bags are just part of the packaging dilemma. Dealing with packaging seems to be a way of life. Packages provide an easy way to stack or display items on a store shelf, reduce shoplifting, allow safe transport, and stack in the pantry or refrigerator. Many packages provide a place for nutritional information or how to use the item. Packaging fills up our trash bins and recycling containers. We reuse as many containers as we can, but how many empty yogurt or dried-fruit containers or plastic bags can you possibly reuse?

Before we ask "Paper or plastic?" we should ask, "Do I need all this packaging?"

According to the Environmental Protection Agency (EPA) the average person in the U.S. throws away 4.5 pounds of garbage per day, of which only one pound is recycled or composted. Paper, paperboard and plastic packaging account for between 35 and 50% of the U.S. waste stream. Reducing our reliance on excess packaging will result in less waste.

Unfortunately, recycling isn't always the answer. Recycling some items actually cost more than sending them to the landfill. Studies from the Institute for Lifecycle Environmental Assessment (ILEA) indicate that the environmental cost of production contributes 99% of the environmental harm. Cutting production of packaging products will benefit the environment more than recycling packaging.

What can we do? First, select products with less packaging. For instance, select crackers in a bag, rather than crackers in a plastic tray, enclosed in a plastic bag, enclosed in a paperboard box. When you do have a choice of packaging, avoid #1 PETE, #3 PVC and virgin aluminum. These packaging products have a much high environmental impact in production, disposal and recycling than recycled aluminum, plastic (HDPE) and paper. Comparisons between plastic and paper grocery bags indicates that it's actually more environmentally sound to use plastic grocery bags as long as they are recycled. Manufacturing of recycled content paper bags still requires more

energy, and results in more volume when discarded.

There are alternate packaging products, including palm-fiber and corn, post-consumer paper and paperboard available. Industry reports that producing corn-based packaging called polylactic acid (PLA) requires 65% less energy to produce than traditional plastics. PLA is compostable, but only in an industrial compost facility where temperatures reach the 140 degrees for an extended period of time necessary to breakdown the PLA container. There is no evidence that PLA will breakdown in a conventional landfill. In addition, the raw material for PLA is based on genetically-engineered (GE) corn, which has its own inherent controversy. Then, there is the morality question of using foodstuff to make non-food items, for yet another article. The production of corn uses more nitrogen fertilizer, more herbicides and more insecticides than any other U.S. crop.

The Co-op Sustainability Committee has taken on the task of evaluating our current packaging options. We do use

"Before we ask "Paper or plastic?" we should ask, "Do I need all this packaging?"

a variety of post-consumer recycled paper bags, post-consumer plastic bags, and PLA deli packaging. Dried fruit is packaged from bulk by the Co-op in #1 PETE containers, which are recyclable, but not reusable at the Co-op because they melt when sanitized, and are on the list of materials to avoid. We are looking for alternatives.

What can we do as consumers? Use sturdy cloth bags. Reuse plastic and paper bags, recycle when necessary. Select products with the least packaging.

Resources:

- ✦ Institute for Lifecycle Environmental Assessment: www.ilea.org/lcas/Tellus.html
- ✦ Environmental Protection Agency: www.epa.gov/msw



Word of Mouth

By Vicki Reich, Grocery Manager

I know summer is coming to an end (faster than I'd like), but I don't think that should stop us from enjoying hot dogs all year long. I have to admit that I sometimes like mine boiled rather than grilled anyway. Of course, what really counts is starting with the best-tasting dog; then, no matter what way you cook it, it's sure to please. Here's where our tasting team comes in. We have seven different meat-based hot dogs for sale at the Co-op. At the rate I eat hot dogs, it would have taken me years to decide which one I like best. But in just one evening, my trusty tasters, the Hog Heaven Handspinners, and I did all that work for you. I boiled up all seven dogs and cut them into bite-size pieces. No ketchup or mustard for these babies, we wanted them straight up so we could really taste all their nuances. The results were very interesting, as always.

First we tried Country Natural Beef Hot Dogs (\$4.99, 16 oz.). These were by far the biggest, plumpest and juiciest dogs we tried. Size did matter in this case, and all of us really liked them.

They were smoky, salty, almost like a sausage, and could really fill up a bun, just what a girl wants in a big hot dog. Rocky Chicken Franks (\$2.99, 12 oz.) were next. They have a distinctive chicken flavor and are a bit sweet with a good texture. These were the favorite poultry dogs. Laura especially liked these. The next two dogs were both from Applegate. The first was a natural beef dog (\$3.99, 12 oz.), and the second was organic (\$5.35, 12 oz.). They have the same ingredients, but very different tastes. We were really surprised. The natural version was really tasty and looked the most like the hot dogs of our youth, nice and pink and slim. It had a good spicy taste and a typical hot dog flavor. It seemed like the one kids would like the best. The organic version was weird; I'll leave it at that. The next two dogs were from Shelton's (\$2.89, 12 oz.). The first was turkey, and the second was chicken. They were both paler than the beef versions and pretty bland. They were both a tad on the mushy side as well. We all seemed to prefer the chicken to the turkey. Lastly, we tried what has been my

"Anyway you like them, hot dogs are a year-round pleaser."


favorite dog since we brought them in years ago and really rekindled my love of hot dogs: Buffalo Guys Buffalo Dogs (\$5.65, 12 oz.). They didn't disappoint me in the head-to-head taste off. They have a smoky, spicy flavor and a good texture and appearance. They are very hot doggy. They weren't the favorite of the night, but with a much lower sodium and fat content, they were certainly one of the healthiest.

The Country Natural Hot Dogs were the overall favorite, and several of the tasters went back for seconds. We ended the evening fantasizing about all the condiments we could put on them. I wanted mustard and sweet relish, and Sarah suggested ketchup and onions. Anyway you like them, hot dogs are a year-round pleaser.



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From the Suggestion Box

I would like to get another "I Heart the Co-op" pin. But I can't! Help me! Thanks. - a member

Bring back the pins!!! - Another member. Wow! What a great moment of serendipity, two requests for pins in one week (or so). However, I am going to make ya'll wait for the New Year {and Valentine's Day} before I bring back the pins. Thanks for making my day! — Kenna, GM

Get rid of the towels in the bathroom. They're too long, and kids will strangle themselves. - a nurse.

Thanks for your concern. Actually, each towel dispenser does come with a warning not to let the loop get too long in case someone tries to strangle himself or herself. I will ask the FC's (who are responsible for this unenviable task) to keep the loop as short as reasonable. Thanks. — Kenna, GM
P.S. We recently added paper towel dispensers in the bathrooms at the request of members.

Please tell me what species of grass is growing in the tub (in the parking lot). Thanks. Also, where can I get it? - a member. Actually, we bought the grasses early in the spring from Prairie Bloom Nursery (5602 SR 270/Pullman Hwy). I asked Tim what they were, and from my description given over the phone, he diagnosed Northern Sea Oats (*Chasmanthium Latifolium*). — Kenna, GM

The beer selection is excellent but not stocked often enough — beer is picked over on Saturday by noon and not restocked all weekend! Acme varieties seem to be gone more

that they are in stock — can't we order more of the beer that sells well and restock more than once a week?

I'm sorry that the beer you are looking for isn't there when you shop. I will make sure we stock the beer every day. In the stockers' defense, we have been having a lot of out of stock problems from our distributor on the Acme products. I'll make sure they hang an out of stock tag on the shelf if that is the case. — Vicki, Wine and Beer Goddess

I have purchased Passion Fruit Tea in bulk — it's served at Sangria — and would be a great addition to the Co-op tea collection. Please let me know if you get it in.

The Passion Fruit teas I have seen on the market all contain artificial flavors and/or colors. I'll look again at some of our newer suppliers and see if I can find a "clean" one. — Vicki, Grocery Manager

Please bring back vegan Parmesan "cheese." Is it discontinued? We have no "cheese" on our spaghetti.

We will bring back the vegan version instead of the veggie one we currently carry. Sorry they got switched somehow. — Vicki

Could/would you carry Wildwood plain soy yogurt? It is the only soy yogurt I've found that has no added sugar and it tastes good, too. Sure, look for it soon. — Vicki

Can you get Tazo Honeybush tea? It's my favorite. You can special order it. We are no longer carrying it due to slow sales. Have you tried Numi's Honeybush Teasan? I think it's just as

good, if not better. — Vicki

Could you look for one more frozen bread (other than sourdough) that doesn't include soy (in the form of soybean oil, lecithin or soy flour)?

I found quite a few breads without soy. Do you have a preference for what type you would like? — Vicki

Keep the Woodstock water buffalo yogurt coming. Don't worry, we'll keep on the shelf as long as it's in stock at the warehouse. — Vicki

Fresh vegetable juice. I know it's not quite like fresh pressed vegetable juice, but Kagome makes some mighty juice. They're in the cooler. — Vicki

Whenever I come in (usually Saturday), you never have the 88% cacao chocolate bars. Last 3 times. Thanks. I think you are referring to the Endangered Species Black Panther bar. I will make sure we always have lots on hand. It is a very good bar of chocolate. — Vicki

Please carry whole-wheat couscous (either in bulk or packaged). I hate having to buy it at the supermarket! Thanks. The last time I checked, none of my distributors were carrying a whole-wheat couscous. I will look again and if I find some I will bring it in. — Vicki

This place rocks! Been to Missoula and Bozeman this summer, and neither store can hold a candle to our fantastic co-op! While I do love and admire our sister stores in Montana, I have to heartily agree with you.

— Vicki

Could you please stock more items that are sweetened with fruit juice, brown rice syrup or barley malt instead of sugar or cane juice? I know there are companies who make fruit-sweetened ice creams and cookies, but this co-op doesn't currently stock any. Thank you. Do you know what brands of ice cream are fruit-juice sweetened? I wasn't able to fine any. Look for fruit-juice sweetened cookies soon. — Vicki

Talk to some of our local farmers about doing flax-fed organic chicken eggs. They would be fresher from Moscow than from California. Great idea. I'll see what they have to say.— Vicki

Nutella. We have a delicious organic version of Nutella from Rapunzel. It's called Chocolate Hazelnut Spread, and it's with the jams and nut butters. — Vicki

More Moscow Food Co-op baseball caps. "It's only natural," color black especially! We're hoping to have more during the holiday. — Carrie, Wellness Manager

Please bring back the bread bags by the slicer. Oops, that was a stocking oversight. We'll make sure they're there from now on. — Annie, Front End Manager

Thank you so much for bringing in the Jason's no-fragrance shampoo and crème rinse. I love them! You're welcome. — Carrie

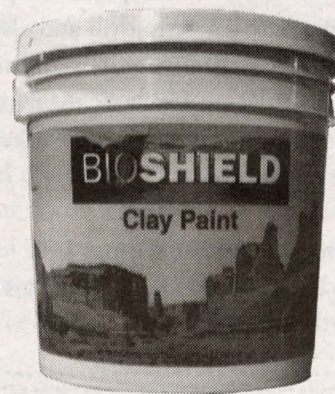
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Staff Profile: Josh Beauchene

By Susan Simonds

Seeking a subject for this month's staff profile, I ventured into the Co-op kitchen. The music was blaring. Five people were each diligently working at separate stations. There was a feeling of concentration, energy, connection, flow. I intruded to inquire if anyone would be willing to be interviewed. One by one, staffers declined. Then out of the crowd a voice entreated, "Hey, Josh! Take one for the team." And Josh Beauchene rose to the challenge. If it were not for Josh's cooperative spirit, this column would not be appearing this month.

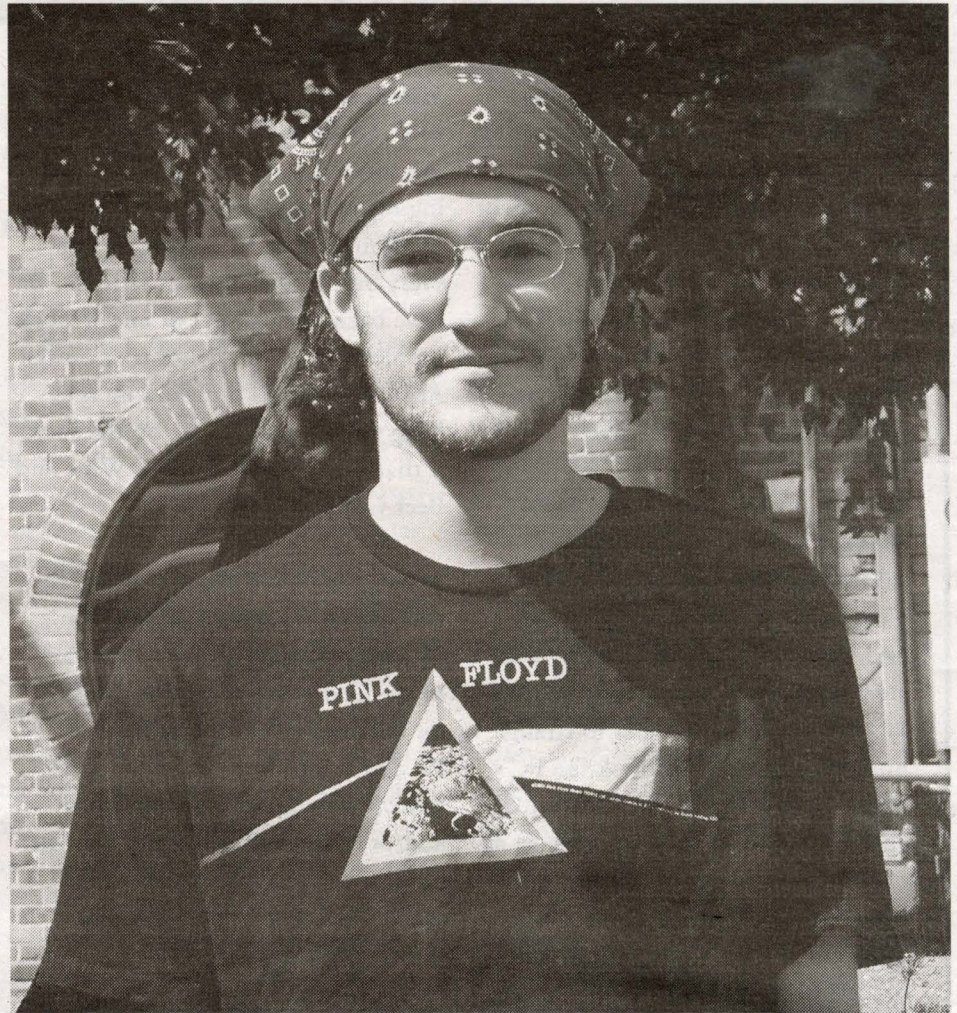
Josh has been working as a dishwasher since last October when he moved from Missoula. He knew that as soon as he graduated from high school, he needed a change of scenery, and Moscow has fit the bill. His original plan was to

Josh has been working as a dishwasher since last October when he moved from Missoula. He knew that as soon as he graduated from high school, he needed a change of scenery, and Moscow has fit the bill."

work for a year to qualify for in-state tuition at the University of Idaho. However, he was able to obtain a waiver as a prospective science major and is starting school this semester. Josh is planning to major in hydrogeology, which he explained is the study of how water flows underground. Although he does not have an exact vision of what he plans to do upon graduation, Josh told me that hydrogeologists work for oil companies help-

ing them chart where to drill and also in agriculture to drain aquifers and to troubleshoot water problems. As a kid, he was a geology fan and loved to hunt for fossils and gems.

Before working at the Co-op, Josh worked in other kitchens and he has



Josh Beauchene is a dishwasher in the Co-op kitchen.

done landscaping, retail sales and trail work. In Missoula, he went hiking, hunting and fishing, but has had little time to pursue outdoor activities since moving. He anticipates that work and school will leave him plenty busy during the next year.

In addition to washing dishes, Josh spends a couple of shifts per week baking cookies, which he actually prefers to dishwashing. He will soon begin to do some prep work making salads for the deli. Said Josh, "I like working at the Co-op. It's a good work environment.

Everyone is really cool."

.....
Susan Simonds loves to eat and, like Josh, prefers baking cookies to washing dishes.



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Volunteer Profile: Kate Jaeckel

By Sarah McCord

Community. It's a word that came up a lot in my conversation with Kate Jaeckel on a balmy August night as we talked together, first outside and then in the Co-op deli seating area. In a way, it's not surprising, because the more we spoke, the more I realized that Kate is the kind of person who makes a community happen. She's a spark, a connection between people, someone who understands what a community needs to blossom and grow. Kate is an at-home mom of two who runs a soap-making business (Orchard Farm Soaps, available at the Co-op), and she and her husband Brad own and operate an organic farm just north of Moscow. Brad also teaches organic farming at WSU. And, oh yes, in Kate's copious free time she also coordinates the recycled container program at the Co-op. "It's nice that I can contribute," she says. "As an at-home mom, I can feel like I'm doing something beneficial for the community and the planet."

Kate grew up in Oak Park, Illinois, near Chicago, and came west to study at the University of Montana in Missoula after a year at the University of Wisconsin-Stout. She shopped at the

Good Food Store in Missoula, and in her travels has also volunteered at a food co-op in Corvallis, and been a member of the food co-op in Silver City, New Mexico, which was "a great co-op, but it didn't have a volunteer program." Kate and Brad met in Silver City, but their path didn't take them directly to Moscow. They were living in Jackson Hole, Wyoming, and chose to come to Moscow after a

lot of research about where they could move in order to farm organically and raise a family. "I felt like this commu-



Kate Jaeckel is a hard-working volunteer who cleans containers for re-use.

“Kate is very enthusiastic about the recycled container program at the Co-op. She works with other volunteers to wash, sanitize and sort donated containers for re-use in the deli and the bulk areas.”

nity was just waiting for us to get here,” Kate told me, “because every time we leave the house, we see people that love us!” She added, “There are so many people here that love my children,” referring to her daughter Avery and son Ellis. I had the pleasure of sharing a table with both Kate and Ellis during the interview, and sure enough, not only did people come up to say hello to Kate, one-year-old Ellis himself drew quite a crowd of admirers. His very independent big sister Avery was helping her father with the booth at the Tuesday Growers Market during most of the time Kate and I chatted, and I also glimpsed her helping Dad shop afterward. Watching them both, Kate smiled and said, “If my kids are in a bad mood, all they want to do is go to the Co-op!”

Kate is very enthusiastic about the recycled container program at the Co-op. She works with other volunteers to wash, sanitize and sort donated containers for re-use in the deli and the bulk areas. “It might seem boring, but I feel like it's really important to use less plastic (and less petroleum), and I'm really glad the Co-op has continued this in the new store.” When I ask Kate for tips on how those of us who find ourselves with empty yogurt or hummus containers can help, she offers three easy-to-remember guidelines:

1. No #1 (PETE) plastic (look for the little triangle on the bottom). Even if it made it through your dishwasher, it melts in the sanitizer!
2. Clean containers only, please.
3. Try it yourself — use a recycled container for your next bulk or deli purchase!

I also learned from Kate that the Co-op Deli has recently switched from non-reusable #1 containers to reusable #5 containers. Kate really appreciates feedback on the program, and encourages people to call her if they have suggestions.

As our conversation drew to a close, Kate summed it up by saying, “I love the Co-op. It's our second home in town, it supports our businesses, and this is pretty much the only place we shop. It's the place we all want to be.” I can't think of a better definition of a healthy, thriving community than that.

Sarah McCord lives and works in Pullman and is amazed that so many people on the Palouse share her Midwestern roots.

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Business Partner Profile: Anna Banks, Equine Massage

By Jill Maxwell

Anna Banks has a special way of relieving horses that are injured, old or otherwise stressed out. She is an equine masseuse. Equine massage is a relatively new, but growing field, in horse care, says Anna. It is especially of interest to those interested in holistic horse care.

She says a wide range of horse owners use massage, for a variety of reasons; sometimes for an injury, sometimes as a preventative to injury—especially for horses that are competing regularly. Professional trainers of horses that compete in events such as dressage regularly will have a masseuse on retainer to tend to any muscle strains, according to Anna. On the other hand, massage is also something to offer to people who don't know what else to do for their horse. For instance, older horses can really benefit from the muscle stretching of massage. Anna also sees massage as a good way for people to see how their riding style is affecting their horse.

“Anna is now a certified equine massage therapist. She is also a Reiki master.”

Anna became interested in massage after reading some stories about it and hearing that it was having some success. She decided she wanted to learn more. She studied

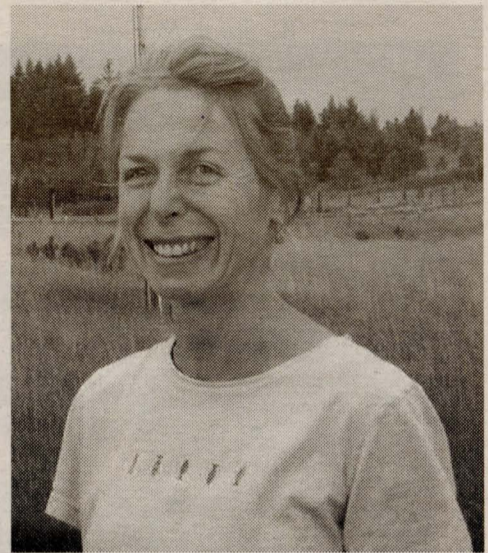
at the Western Montana School of Equine Massage. She is now a certified equine massage therapist. She is also a Reiki master. Reiki can be an effective technique for horses that have been abused, or that have injuries that are to sore to the touch. Anna can channel energy towards their injuries from a distance. Sometimes Reiki is a stand-alone treatment; other times she uses it as a complement to the massage.

Horses are extremely sensitive creatures,

and most enjoy massage. Anna's own horses, Savannah, Bob, and Shadow, now ask her for spot massages. She also thinks that massage can help people develop a better relationship with their horse. When a person is massaging their horse, Anna explains, they are doing something for the horse without asking the horse to do any work in return.

She is happy to offer massage as an option to Palouse-area horses and their owners. “I felt this was something I could do as a business, and I felt there was a need for it,” she says. An additional benefit of her equine massage practice is that it balances out the other half of her life. Anna has a Ph.D. in Communication Arts and Sciences and is a faculty member in the University of Idaho's Department of Theater and Film. “It's a nice balance,” she remarks. “At the UI, I'm in my head a lot; this (massage) is tactile.

Moonhill Ranch is located in Princeton. Anna travels to her clients' barns to treat them. While there is no set length for a session, full-body equine massages generally take 1 1/2 hours. She says the horses will let her know whether they are enjoying the



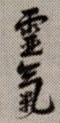
Anna Banks. Photo by Rhea Hatten

massage. “One of the things I look for in the horses is a release,” she explains. “They may sigh, or yawn, or stretch. Some are really expressive.”

The fee for a session is \$75, with discounts for multiple horses. Anna can be reached at 208/875-0109, or by e-mail at Annabelle@potlatch.com. Her website is www.moonhillranch.com. As a business partner, Anna offers Co-op members \$15 off their first session.

Jill Maxwell lives in Moscow with her family and a variety of animals, but no horses.

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The Universe in a Block of Tofu: A Peace of the Pie

By Rachel Clark Caudill

The sun crested the eastern horizon the morning of August 7, 1974, and Philippe Petit stood like an eagle about to take flight, perched atop the very pinnacle of the South Tower in New York City.

He dropped his toes onto the taught cable that he and his friends had strung between the Towers, and walked out into space; and right into my heart.

Philippe spent more than an hour balancing above New York City. Years earlier, as the Towers had slowly neared completion, the street performer had gazed up from those same streets, imagining. He just knew—gazing at those Towers—that he must act. And so there he found himself, with policemen and lawyers and Tower officials all crowded onto the sky-lit rims, pleading, yelling and demanding for Philippe to come down!

No Philippe, stay where you are! You are reminding me of the sweet, indescribable, lightness and joy of being human. You are one person who has been fed, clothed, sheltered and loved categorically ... You know your own worth!! And watching you—up there like a baby bird tiptoeing out from your nest onto the slender branch so far from the steadfast earth—reminds me of my own worth, my own human potential, my own need for expression.

Stay there, Philippe. I am a mother. I want my children to know their own worth. You are giving me that example.

Maybe my sons will write poetry, or bake bread, or change tires, or relish the joy of playing with their own children, or simply know when to rest. Maybe they will wake up and decide to change their own lives, or to keep them the same. But because of you, Philippe, and the shining souls like you, I will remember to value, and honor, and love my children, not for who I want them to be ... but for who they are.

Stay there, Philippe. I am filled with awe. I awaken, seeing you. You are living your truth so fully, so wholeheartedly. Your example allows me to do the same. Live your purpose, live your truth. Because in doing so, you will usher us all into peaceful coexistence. When we awaken to our own worth, we will know the value of every other person on the planet. Then, no matter how ugly, evil, or heinous the act, we will know the heart of the human underneath. And we will work to alleviate the suffering that inevitably leads to all ugly acts.

And then, Philippe ... oh, and then ... your beautiful tightrope Towers will remain standing for us to gaze upon forever.

But Philippe, know this. Lest you come down to attend to your own changing needs—to warm yourself, to rest, to eat, to move in other directions, I have seen you! And in that seeing, I aspire to know my own and others' worth, to live my truth and hear others', and most important, to find ways to con-

Tofu-Kale Peace Pie

- ✦ 1/2 tsp. olive oil
- ✦ 1 onion, chopped
- ✦ 2 carrots, thinly sliced into half moons
- ✦ 1 bunch kale, stems removed
- ✦ 1 block firm tofu
- ✦ 1 Tbsp. lemon juice
- ✦ 1 Tbsp. olive oil
- ✦ 1 Tbsp. mustard
- ✦ 1/2 tsp. dry dill or 1 1/2 tsp. fresh dill
- ✦ Salt to taste
- ✦ 1 whole-wheat pie crust

Heat the 2 tsp. oil in a large skillet. Sprinkle in the onion, a pinch of salt, and carrots; sauté until onion is translucent. Set aside. Wash kale and cut into thin strips. Add the kale to the onion mixture and sauté briefly. Set aside. Blend the tofu, lemon juice, 1 Tbsp. oil, mustard, and dill in a blender or food processor until smooth. Add a little water if needed.

Into the crust, layer half of the blended tofu mixture, then the veggies, and end with the rest of the tofu. Bake at 350 degrees F for 30 minutes, until the pie turns beige at the edges (don't overcook, or it will be dry). Remove from the heat and let rest 10-20 minutes. Cut, serve and savor your peace.

nect people's hearts together—like a tightrope stretched and beckoning—between two magnificent Towers.

A New Peace of American Pie

If September brings a yearning in your soul to achieve peace in your lifetime, I offer you the U.S. Department of Peace! A bill to create it is currently before both Houses of Congress, with more co-sponsors signing on each month (www.thepeacealliance.org/).

Until then, feast your soul on this succulent pie filled with nourishing, heart-healthy ingredients. Savor a piece, con-

nect with your heart, and enjoy inner peace ...

Rachel's kids enjoyed reading *The Man Who Walked Between The Towers*, by Mordicai Gerstein. Avery said, "Is that real or just pretend?" I smiled, and said it was real. Also very real is the loving power of Compassionate Communication. Learn more about our local Compassionate Communication Network of the Palouse at www.ccnp.org.

Eurasia to Moscow: Polish Tea Cakes

By Karon Szelwach Aronson

Sometimes the value of a recipe is not only in the final product, but also in the lack of mess involved in making the delight. The following dessert requires using only one bowl for the dough and a cup for the egg white and water mixture, making a minimum of clean up. Also, the recipe can be made by hand using a wooden spoon or a mixer to incorporate the ingredients. Because of these advantages, it can be made at a cabin without all the normal kitchen gadgets.

The tea cakes are a rich crisp version of thumbprint cookies. They are wonderful, and melt in your mouth. To make the impression in which to put the jam or jelly, use the handle of a wooden spoon, a thimble or some other kitchen tool. Any type of fruit preserve serves as a fine filling for the cookie.

Polish Tea Cakes

- ✦ 1/2 cup butter, softened
- ✦ 1/2 cup sugar
- ✦ 1 egg yolk
- ✦ 1/2 tsp. vanilla
- ✦ 1 cup all purpose flour
- ✦ 1/4 tsp. salt
- ✦ 1 egg white
- ✦ 1 Tbsp. water
- ✦ 1/2 to 3/4 cup finely chopped nuts
- ✦ 1/2 cup jelly or preserves

Cream butter and sugar until light. Add egg yolk and vanilla and mix well. Combine the flour and salt and stir into the creamed mixture. Form dough into 1-inch balls and refrigerate 20 to 30 minutes on the cookie sheet. Preheat oven to 325 degrees F. Remove dough from refrigerator. Dip each dough ball into the egg white and water mixture, and then roll in the nuts. Place the baking sheet into the preheated oven and bake for 10 minutes. Remove from the oven and make an indentation in the center of each ball with the thimble or other utensil. Fill the center with preserves. Cook an additional 2 or 3 minutes. Makes 30 cookies.



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Omnivoria: Eaton Natural Beef

By Alice Swan

Tuesday Growers' Market shoppers have been buying meat from Eaton Natural Beef all summer. The good news for people who don't make it to the Tuesday market, or prefer to buy fresh meat on other days of the week, is that the Coop will start carrying a full line of this excellent, local beef in September.

Joe and Nikki Eaton live in Wawawai, Washington, where Joe's family has been ranching for over 60 years. Their ranching principles have not changed much during that time, despite the increased use of steroids and antibiotics in the beef industry at large. "We've always raised our cows this way, and then when Nikki joined the family she figured out we could market our beef as natural," Joe says.

I went and visited Joe and his children (Nikki was out of town) at their ranch. Their house is nestled in a protected area in Wawawai Canyon, and although the herd of 250 cattle was at its summer pasture in Idaho, it was easy to see that this is a nice place for the cows to spend the winter. I don't know if cows enjoy the views, but I certainly did. Clayton, the youngest Eaton, entertained my son with his toy tractors while Joe and I talked.

Joe clearly has a love for what he does, and talks about how he and Nikki are always looking for ways to improve their ranching practices. For example, they are looking in to getting goats to help control star thistle, an invasive weed that is a big problem in their area. They are also thinking of adding chickens to their ranch, which would eat bugs that might otherwise make the cows sick. The Eatons do not use hormones or steroids, and only treat cows with antibiotics when absolutely necessary. Treated cows are not marketed as natural beef, and Joe hates to have to take them out of his natural beef program. He sees having chickens that could help control disease in the first place as a better solution.

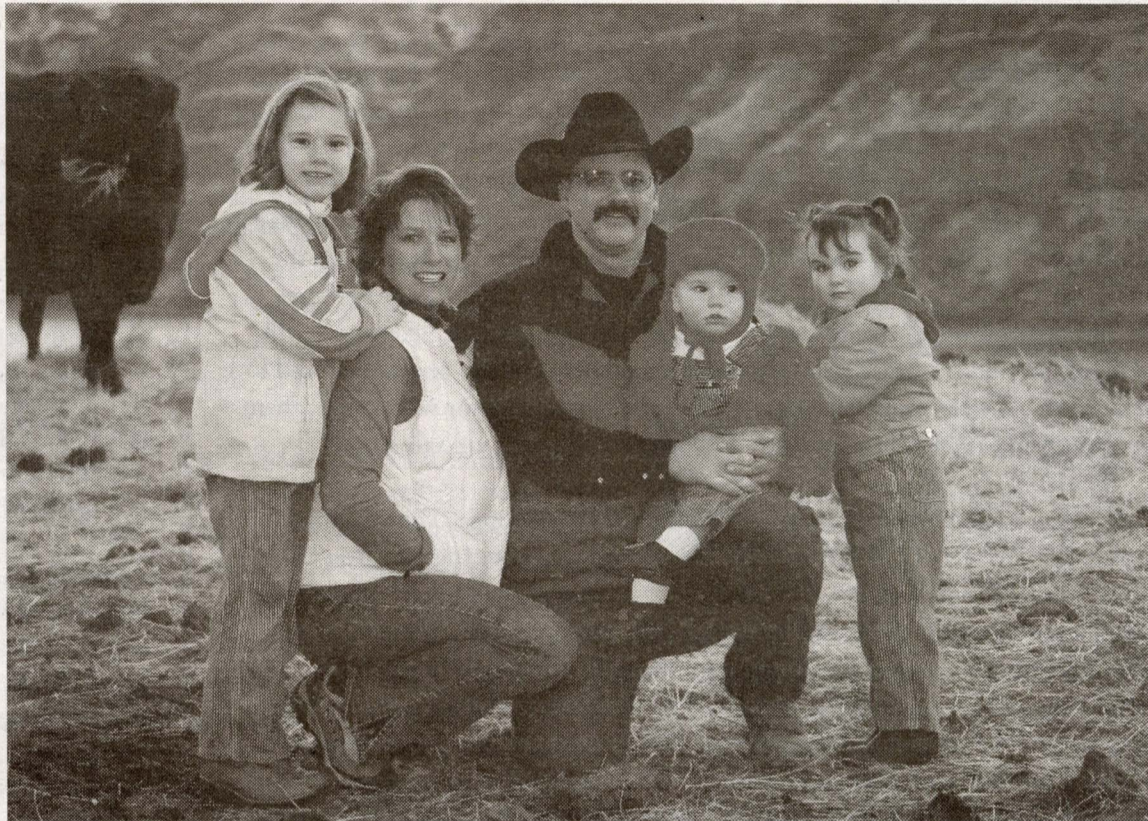
The Eaton cows are fed an all-grass diet for as many months of the year as possible. During the winter months when the ground is covered with snow and grass is harder to come by, their diet is supplemented with hay and grain, but they are always given the option of grazing in the pastures, and are never confined in the barnyard.

Joe Eaton likes to eat his beef as a t-bone steak, or as a hamburger. He believes that hamburger tends to be under-rated because people think of the ubiquitous hockey puck-like burgers

from fast-food chains. Eaton Natural Beef is almost like a different food entirely; moist, a beautiful red color inside if you cook it a little (or a lot) rare, and wonderfully tasty. People interested in learning more about Eaton Beef can visit eatonbeef.com. And people with more freezer space than I have can also order a 1/4, 1/2 or whole cow directly from the Eatons.

As it is the end of summer, and the height of grilling season (and I happen to live with a master griller), we sampled Eaton Natural Beef as hamburgers. We had friends over who share our tastes for rare beef, and we all appreciated that we weren't nervous about eating the beef barely cooked. Eaton beef has a wonderful meaty flavor, very different from the almost sour-smelling ground beef I remember from the fried burgers of my childhood. My friend Jessica reported the day after we had these burgers, "In addition to its many fine properties of taste, texture and environmental wholesomeness, the hamburger seems to have wonderful soporific properties! Sasha [her son] slept until 7:30 this morning and is now approaching the three-hour nap mark!" I can't say that the same was true for my son, but he certainly didn't show any adverse effects. Both boys gobbled up the meat as eagerly as we adults did.

Alice lives in Moscow with her husband, Nick Wallin, their son, Rex, and two pug dogs who didn't even get a tiny morsel of Eaton beef, because the humans enjoyed it too much.



The Eaton family and one of their cows.

Burgers with Wasabi Mayo and Ginger-Pickled Onions

From Food and Wine, August 2004

(Note: this recipe is really yummy, but has some strong flavors; beef purists may prefer to eat their Eaton Beef burgers simply seasoned with salt and pepper and garnished with plain old ketchup and mustard, which would be equally delicious.)

- ✦ 1 6-oz. jar pickled ginger
- ✦ 1 large sweet onion, sliced 1/4-inch thick
- ✦ 2 1/4 lbs. ground beef
- ✦ 1 Tbsp. wasabi powder
- ✦ 1 Tbsp. boiling water
- ✦ 5 Tbsp. mayonnaise
- ✦ 3 Tbsp. white miso
- ✦ 1 Tbsp. honey
- ✦ 2 tsp. soy sauce
- ✦ 1 1/2 Tbsp. rice vinegar
- ✦ 1 tsp. Asian sesame oil
- ✦ Salt and freshly ground pepper
- ✦ 6 hamburger buns

In a small bowl, stir the wasabi powder into the boiling water. Whisk in the mayonnaise and refrigerate. In another small bowl, whisk the miso with the honey, soy sauce, rice vinegar and sesame oil. Grill the burgers over a hot fire for 3 to 4 minutes per side for medium rare. Spread the wasabi mayonnaise on both sides of the buns, lay a pickled onion slice on the bottom of each bun and set the burgers on top. Spoon the miso sauce over the burgers, close the buns and enjoy.



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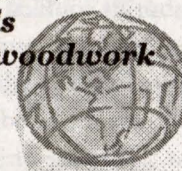
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Papaya, Superhero of the Tropics

By Judy Sobeloff

Here come papayas with one hand out,

All for the Fruit Salad Salsa."

—Laurie Berkner, "Fruit Salad Salsa"

Papayas are not mangoes. If you learn nothing else today, consider it a day well-spent. Here's what happened when I brought our first papaya home for my mango-loving children. Following their initial excitement, they moved quickly through their disappointment and grief into action.

Younger child (outraged): "I don't like the taste!"

Older child (disgusted): "Me neither!" (Pause.) "Can we plant papayas with these seeds?"

I started small, with a halved papaya wrapped in plastic, unable to resist its beckoning orange-red flesh, its embedded glistening black pearls. Reader, I must admit I didn't consciously realize these were seeds at first, preferring to think they were capers or caviar arranged in a papaya bowl by an artist in the Co-op deli. While the seeds are technically edible, and some suggest grinding them as a pepper substitute for use in a creamy salad dressing, they do not make a delectable treat when downed by the spoonful. You might prefer the traditional expedience of dumping them.

Native to Central America, papayas were described by Christopher Columbus as "fruit of the angels." Green when unripe and yellowish when ripe, with a sort of stubby pear shape, they tend to weigh about a pound, with some behemoths weighing as much as 20 pounds.

While I did enjoy the papaya's tangy sweetness and its comically bulbous exterior, I have to admit that the month I spent living among papayas was a bit of an uphill slog, watching them rot as I waited for them to ripen. The papaya may not have the inherent mass appeal of its fellow tropical fruit, the mango, but it does have some unusual attributes, which in my mind cast the papaya as a potential superhero.

Attribute #1: the secret weapon. Papayas contain the enzyme papain, which helps to digest proteins and is used as a meat tenderizer. Don't add papaya to your fruit salad too soon, or

it will soften the fruit around it.

Attribute #2: the secret alias. The papaya is referred to by some as a pawpaw. However, this is technically inaccurate, as the pawpaw is a different fruit.

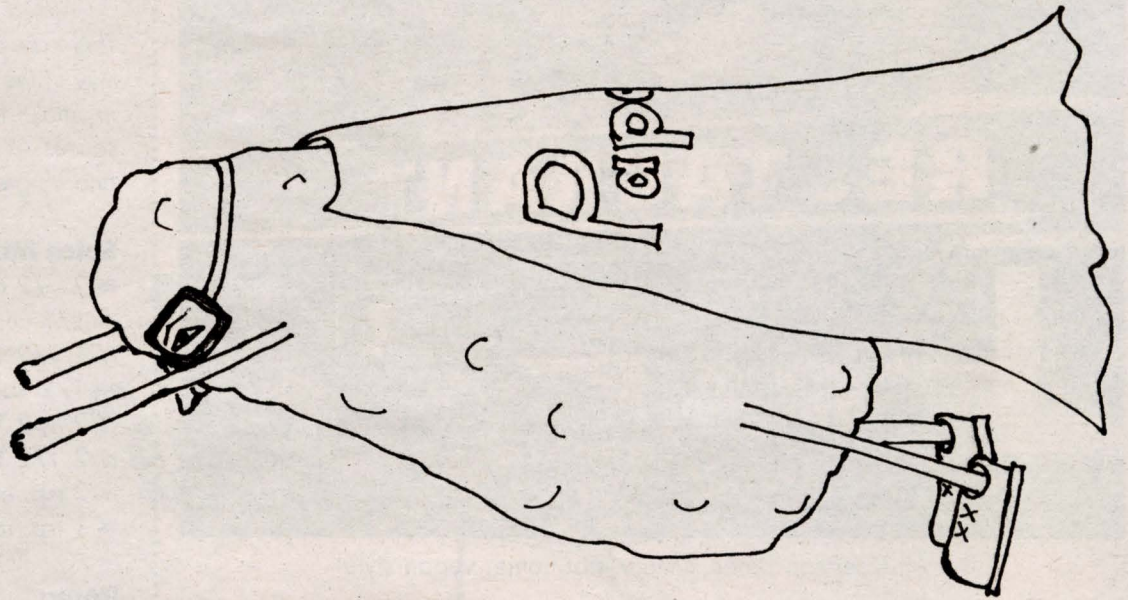
Attribute #3: the ability to transform. Like many among us, papayas hold an interesting and shifting place on the gender/sexuality continuum. Papaya plants are polygamous, with three main types: male, hermaphroditic or bisexual, and female. Some papaya plants produce more than one of these types of flower, and some papaya plants produce flowers that fall somewhere in between these basic categories. Most fascinating, the sexual identity of some plants changes, a tendency which "seems to be triggered by climatic factors, such as drought and variable temperatures" (Florida Cooperative Extension Service Fact Sheet).

To avoid the plight of rotting before ripening, the recommended solution is to buy them already yellow, unless you plan to use green ones in cooking. Papayas ripen at room temperature, and faster if placed in a paper bag with a banana. They can be refrigerated to slow their ripening. In addition to color, one test for ripeness is sniffing for sweetness.

Serving suggestions include blending papayas with milk or yogurt to make a smoothie, eating them fresh with a dash of lime or lemon juice, or hollowing out the seeds and putting fruit salad in the center to make a papaya "boat."

My family all enjoyed the two papaya dishes we sampled, though as is often the case with children, the part they enjoyed was not necessarily the intended focus. With "Yin Yang Papaya Dessert," they loved both the experience of cooking with the white plastic-like tapioca beads, as well as the taste of the tapioca pudding component of the dessert, once they realized the tapioca beads were in fact edible. Never previously a tapioca pudding fan, I found that the use of coconut milk made this tapioca pudding a real treat.

We all savored the "Black Bean and Papaya Salsa" as well, though for some reason my children most enjoyed the opportunity to drink the "juice" from the black beans along the way.



To date, Judy Sobeloff enjoys papaya and all Fruit Salad Salsas.

Yin Yang Papaya Dessert

Adapted from Nicole Routhier's *Fruit Cookbook*

- ✦ 1 cup canned unsweetened coconut milk, well stirred
- ✦ 3/4 cup milk
- ✦ 3 Tbsp. sugar
- ✦ 2 Tbsp. quick-cooking or regular tapioca
- ✦ 1/2 tsp. vanilla extract
- ✦ 2 medium ripe papayas (about 1 1/2 lbs.)
- ✦ Fresh mint sprigs, for garnish

If using regular tapioca, soak in water before cooking for approximately 30 minutes. Combine the coconut milk, milk, sugar, and quick-cooking or previously soaked tapioca beads in a medium-size saucepan, and bring to a boil over high heat. Reduce the heat to low and simmer, stirring frequently, until the tapioca is translucent and the mixture is slightly thickened, about 5 minutes. Do not overcook; the mixture will continue to set as it cools. Stir in the vanilla extract. Let the tapioca cool. Cover and refrigerate until it is well chilled, at least 1 hour.

Halve the papaya and remove the seeds. With a spoon, scoop out the flesh and place it in a blender or food processor. Process the papaya to a puree. (There should be about 2 cups of puree.) Cover and refrigerate until well chilled, at least 1 hour.

To serve, spoon the tapioca pudding into one side of each soup bowl, then add the papaya puree on the other side, forming a yin-yang pattern. Garnish with a mint sprig and serve immediately.

Black Bean And Papaya Salsa

From *Salsas, Sambals, Chutneys & ChowChows* by Chris Schlesinger

- ✦ 1 cup cooked or canned black beans
- ✦ 2 ripe papayas, diced small
- ✦ 1/2 red bell pepper, diced small
- ✦ 1/2 green bell pepper, diced small
- ✦ 1/2 red onion, diced small
- ✦ 3/4 cup pineapple juice
- ✦ 1/2 cup lime juice (about 4 limes)
- ✦ 1/2 cup chopped cilantro
- ✦ 2 Tbsp. ground cumin
- ✦ 1 Tbsp. minced red or green chile pepper
- ✦ Salt
- ✦ Fresh cracked black pepper

In a large mixing bowl, combine all ingredients and mix together well. This salsa is recommended both with other foods (e.g. grilled fish or chips) and by itself.

Vegan Bites: Diner Eats

By Hope Matthews; Photo by Joseph Stengal



The All-American Diner: imitate it at home, vegan style!

Eggs, fried potatoes, apple pie, table jukeboxes ... in Idaho, we are diner deprived. I don't know what the rest of Idaho is like, but I haven't seen one diner in the Palouse. On the contrary, I've been to diners in Montana, New York, Oregon and Pennsylvania—everything from greasy spoons to vegetarian-friendly.

Diners are the perfect place for 24-hour breakfast eats and hangover food. I can't count the number of times I visited Jenny's Diner in Lancaster, Pennsylvania, for black coffee, mozzarella sticks, French fries and onion rings around 2 a.m. Nursing indigestion that hit my gut worse than any hangover never deterred my fondness for the diner scene.

There's something pretty cool about sharing space with truckers, grandmas and college kids all in one place. Servers never rush you over coffee. On the contrary, you are expected to suck down a few cups at your own leisure before you go. The diner experience is sort of like hanging out at home. No point in get-

"Diners are the perfect place for 24-hour breakfast eats and hangover food... Nursing indigestion that hit my gut worse than any hangover never deterred my fondness for the diner scene.

There's something pretty cool about sharing space with truckers, grandmas and college kids all in one place."

ting dressed up; the server takes care of you like Mom and doesn't forget your mocha latte, and only serves regular, decaf and tea (which is probably why she didn't forget your coffee to begin with).

Since the diner hasn't come to us yet, I'm suggesting the next best thing. Purchasing *The Chicago Diner Cookbook* by Jo A. Kaucher and enjoying the diner experience at home. Well, healthier, vegetarian versions of unpretentious favorites like Sloppy Joes and Hash. This is a real restaurant in Chicago, with a mostly vegan menu. Recipes range from twists on typical diner fare like Perfect Potato Salad and Corn Chowder to subtly exotic selections such as Quinoa-Orange Salad to Gado Gado.

All of the dishes are pretty basic and perfect for home cooking health-conscious comfort food. The menu was created by the Chicago Diner's original cook and co-owner, Chef Jo A. Kaucher, whose healthy takes on American classics were inspired by the *Joy of Cooking*. "I always go back to the basics, and Joy of Cooking gives the basic outline of each dish. In my mind I always take away the meat, fish and poultry and put in tofu, tempeh or seitan and take out the white sugars and such," explains Kaucher.

The Chicago Diner Cookbook transcends diner cuisine while embracing it. For example, their Stroganoff doesn't merely substitute seitan for meat — it adds color, texture, spice and everything nice without any guilt. My friend who visited this restaurant said that the food is absolutely fantastic. A book highly recommended for those of you who want to bring a bit of the diner home to the Palouse.

Recipes are from *The Chicago Diner Cookbook* by Chef Jo A. Kaucher.

Diner Gravy

A vegan version of all-American gravy. Try on homemade biscuits and fried tofu for a decadent breakfast experience.

There are three parts to this recipe: the dry spice mix, the roux and the base. Any of the parts can be stored and used separately in other dishes. For example, it's nice to keep a jar of this dry mix on hand to add to soups and sauces. You can also make extra roux. It keeps in the refrigerator for a week, and it's great for thickening soups, sauces and stews.

Spice Mix:

- ✦ 2 1/2 cups nutritional yeast
- ✦ 1/3 cup dried parsley
- ✦ 1 1/2 Tbsp. salt
- ✦ 1/2 Tbsp. dried dill weed
- ✦ 2 1/2 Tbsp. celery seed
- ✦ 2 1/2 Tbsp. onion powder
- ✦ 2 tsp. each basil, oregano and thyme
- ✦ 1 tsp. rosemary

Roux:

- ✦ 1/3 cup soybean oil
- ✦ 1/3 cup unbleached flour

Heat the oil in a small saucepan. When hot, gently whisk in the flour, stirring constantly, until the flour develops a nutty aroma. (Be careful; it burns easily). Set aside.

Base:

- ✦ 4 cups water or light vegetable stock
- ✦ 1/3 cup tamari
- ✦ 1/4 cup spice mix

In a medium pot, bring all of the ingredients to a high simmer. Gradually whisk in the roux and cook to desired thickness. Add a little freshly ground pepper to taste. 8-10 servings. Leftover gravy can be frozen.

Quick Reuben Sauce

My friend who visited this diner enthused about this Reuben sauce! Recommended for sandwiches or Thousand Island dressing for salads.

- ✦ 1/2 cup finely chopped pickles
- ✦ 1 cup eggless mayonnaise
- ✦ 2/3 cup catsup

Mix all the ingredients together in a bowl.

Sun Salad

An eggless egg salad that sounds divine.

- ✦ 1 1/2 lbs. firm tofu, drained and diced small
- ✦ 1/2 to 1 cup eggless mayonnaise
- ✦ 1/4 cup diced onion
- ✦ 1 to 2 stalks celery, diced
- ✦ 1/2 cup chopped parsley
- ✦ 1/2 cup diced red or green bell peppers
- ✦ 1/3 cup toasted sunflower seeds (see below)
- ✦ 1/2 tsp. salt
- ✦ 1/4 tsp. pepper
- ✦ 1/2 tsp. dry mustard
- ✦ 1/4 tsp. turmeric
- ✦ 2 Tbsp. pickle relish (optional)

Combine all of the ingredients and refrigerate. Best served well chilled.

Note: To toast sunflower seeds, cook in a dry skillet over medium heat until aromatic. Remove from the pan immediately.

hotmail.com.

Hope Matthews is getting ready to leave for Pennsylvania, where she plans on visiting Jenny's Diner at least once. Hope can be reached at hopeemattews74@

Wild & Free: Elders

By Sarajoy Van Boven

The Elderberries are coalescing for their annual meeting of the blue-haired ladies' auxiliary. Blue Elderberry is their local handle, though their charter, when checked, says *Sambucus caerulea*. They have affiliates around the globe numbering in the 30's, some of them are badbadbad and some are regular Florence Nightingales.

These shrubs grow 6-24' tall and wide, along streams throughout the Palouse. In Pullman, all were chopped to the ground last year in an apparent city-sponsored vandalism; they are in recovery. The Blue Elderberry is a stooped old shrub with long, saggy, opposite-sprouting leaves which are divided into lance-shaped, toothy leaflets. In spring, from their droopy branches bloom whitish flowers. Currently dangling are coteries of small, round, bluish fruits with a waxy veil of powder blue. I refer only to the Blue Elderberries, not the red, not the black, not the yellow, not the Mexican, not the Chinese, though I'm sure these all have their own tales to tell. The blue berries of which I speak are the only edible part of this plant. The new growth is considered poisonous, so take care to extricate your berries from the stem. Some sources list the leaves as poisonous, while others rave of their medicinal properties.

My experience with the blue elder entails eating them raw with my children. Huck abstains, as they make him sick. The rest of us can gorge without consequence. They are apparently high in calcium, according to herbalist

Susun Weed.

I dry them by picking the entire cluster and hanging them berries-down in a darkish, dry place. A paper bag with ventilation holes works well. Once dry, the berries come off easily; the paper bag catches volunteers. I sift out the tangles of stem and store the berries in glass jars in dark corners. These, we use in teas and infusions throughout the winter when we have colds or the flu.

Elderberry wine (aging the aged?) is apparently a special treat of medicinal value. However winemaking in our house came to an abrupt stop after a series of explosions that turned corks into bullets and a closet into a sticky mess. This year, I plan to make the famous elderberry cough syrup, which I hope will be less of a minefield than wine.

Elderberries can also be made into jams or jelly.

According to Plants for the Future (www.pfaf.org), Blue Elder roots, bark and leaves have many medicinal prop-



erties, being used in a variety of preparations for a variety of topical ailments and a few internal problems. The flowers are also edible and medicinal.

Most Native Americans ate Blue Elderberry in large quantities, both fresh and dried. The Okanagan let nature dry the fruit herself, according to *Food Plants of the Interior First Peoples* by Nancy J. Turner. In November, they piled bunches of nature-dried Blue Elderberries on a spread of needles at the base of a Ponderosa Pine and covered them with a thick layer of needles. Snow insulated the berries, and the berries dyed the snow lavender. The Okanagan revisited the easily seen stash for snacks throughout the winter.

The wood is hollow, and older branches can be used for flutes or good kindling. The name is likely from Anglo-Saxon *aeld* which is "to kindle," not because it is an old, wise plant, although it is. (*Plants of the Southern Interior...* by LonePine)

Throughout old Europe, Elders were known as "the medicine chest of the country people." According to *Growing and Using the Healing Herbs* by Gaea and Shandor Weiss, Elders of old ward off evil in Russia, Bohemia and Italy and witches in England. Elderberry is also used in Chinese and Japanese medicine, with varieties specific to those parts of the world.

In *Wise Woman Herbal for the Pregnancy Year*, Susun Weed relates a legend with global versions of a woman who lives in the Elder. She takes the shape of the tree to better heal her children. She

requires respect and permission to use her healing powers. Abuse will result in poisoning.

These blue-haired little old ladies mean business. I, for one, have no intention of passing up the healing and wisdom my Elders Auxiliary intends to pass on to me.

Sarajoy is pleased as punch with her new gray hairs and hopes respectability will soon follow.

RECIPE FOR DISASTER: AKA Elderberry Syrup

(Adapted from an unnamed herbal cookbook)

- ✦ **Step 1:** pick a grocery bag full of ripe (dusty blue) elderberry bunches.
- ✦ **Step 2:** mess up kitchen, best done by cooking breakfast, lunch and dinner from scratch without cleaning up. Be sure there isn't any place to put anything down. Germs will be killed at Steps 7 and 9.
- ✦ **Step 3:** remove berries from stems. For best results, get help from a 5 and a 2-year-old who will drop the tiny, dark-juice berries on the floor, which isn't clean anyway, so don't cry.
- ✦ **Step 4:** measure out two quarts of berries. In your last clean pot, place berries and 1/4 cup water. Boil "until soft": 10 minutes? 2 hours?
- ✦ **Step 5:** when perfectly confused, dump berries through apple strainer. Make sure there is something underneath the strainer to catch the liquid: probably a bowl teetering on dirty plates. Mash berries. When you notice seeds coming through the little holes, switch to cheesecloth, being careful to not upset the precariously placed bowl of juice. Make sure berries are still hot so that as you squeeze the juice out of the cheesecloth, you burn your hands.
- ✦ **Step 6:** Stain every piece of clothing with purple elderberry juice.
- ✦ **Step 7:** return juice to pot. Add 9 cloves. Send husband to store to get 1/4 oz. ginger: grate and add to mix. Boil with lid off for 1 hour, being sure to burn most of it to the bottom of the pan.
- ✦ **Step 8:** realizing that you cannot possibly can your 1/2 cup syrup, pour into ice-cub tray and freeze. Later, you will put a very cold, elderberry-derived gelatinous cube in a mug, cover with boiling hot water, taste and add 2 cups honey.
- ✦ **Step 9:** spend the rest of your life cleaning the stains off your clothes and floor.

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Co-op 101: 800 Words on How the Co-op Works

By Kenna S. Eaton

The beginning of the school year is the most logical time to offer a crash course in how the Co-op works: think of it as Co-op 101 — only there's no exam to pass or fail. Just great food and great people!

Every new employee at the Co-ops attends an orientation with me. This gives me, the GM, a chance to learn their names and for them to learn a little bit more about how the Co-op got organized in the first place, what our mission is and how we are organized today.

So, just how is the Co-op organized and who does own it?

Each member makes a financial investment of \$10 per year. That investment is used by us to buy capital equipment and to make facility improvements; the members literally do own us. And each member has one vote (that's the democratically owned part of being a Co-op). Our members mostly vote with their dollars, but once a year, they also vote for their Board of Directors. The Co-op has a seven-person board responsible for strategy, long range planning and visioning. And for hiring and supervising their one employee: me! As General Manager, I am responsible for all daily operations, for ensuring that the Co-op is run according to their/our vision and values and, also, to enact their policies and to achieve their goals. I hire and supervise the department managers,

who in turn hire and supervise their staff. Each department has its own team, working together to make the store what you see when you come shopping.

Moscow Food Co-op got its start back in 1973 as a natural foods store, and incorporated in 1974 as a Co-operative. We've come a long way since our early days, but who we are today is built on those blocks of yesterday

When I started at the Co-op in 1982, I was hired as one of three staff persons. As we grew, so did our staff. At the 3rd & Almon St. location, we grew to a staff of 20, and at the Jefferson & 3rd location, we were up to 50 staff. Today, it takes 100 people to do that job. So where do we all work?

Aside from the various departments (front end, produce, meat, wellness, grocery and kitchen), we have a second-floor set of offices overlooking the main store floor. Up here work Laura Long, our finance manager, and Ida Jokisaari as her lovely bookkeeping assistant. Joseph Erhard-Hudson also works up here overseeing the care and feeding of our computer and cash register systems, as well as running the music program every Tuesday night. Oh, and me, with the "million dollar view."

Coming out of the "New Wave" of Co-ops started in the late 1960s, Moscow Food Co-op opened its doors selling bulk food: primarily whole wheat flour, lentils, cheese and peanut butter. And bulk food is still the heart of what we do. In fact, with its latest move, we actually grew that dept 20%.

However, if bulk is our heart, the deli is defiantly our tummy! The kitchen currently employs 50 people to cook, bake and serve all that delicious food; the grocery department has eight people; and the produce dept has four; as does meat. Wellness has three, and the front end fills in the rest of the staff spots.

Many staff at the Co-op wear several different hats, and may also work for more than one manager; it can get a little confusing at times, but certainly helps keep things interesting for our staff.

"Of course, this is only one part of our story; don't forget the 100 or so volunteers that help us everyday. But that's for another newsletter article."

Managers meet weekly for a couple of hours. There, we discuss departmental and storewide issues and concerns. It gives us an opportunity to know what's going on in various other parts of the store. Each department meets with their team as necessary. All departments have logbooks for communication purposes, plus we have an in-house staff newsletter (aptly titled the "Staff Infection") that comes out monthly to help keep everyone up to date. All permanent positions are first posted internally at the Co-op; we love being able to move our staff up through the Co-op ladder. In fact, many of our managers have been with us for over eight years, with most of them starting as cashiers and slowly gaining more and more responsibilities. The Co-op is a great work place. We try to have fun (like the Co-op softball team — come watch us play!) as well as work hard. To quote another organization, it's the "toughest job you'll ever love," and staff that have left us frequently write notes back telling us how much they miss their Co-op.

Of course, this is only one part of our story; don't forget the 100 or so volunteers that help us everyday. But that's for another newsletter article.

Each member makes a financial investment of \$10 per year. That investment is used by us to buy capital equipment and to make facility improvements; the members literally do own us. And each member has one vote (that's the democratically owned part of being a Co-op). Our members mostly vote with their dollars, but once a year, they also vote for their Board of Directors."

Administrative



Joseph Erhard-Hudson,
Info Tech



Kenna Eaton,
General Manager

Financial/ Human Resources/ Member Services



Laura Long

Grocery



Ivy Dickinson, Vicki Reich (Manager),
Pete Apgar, Peg Kingery

Meat



Jacob Lesley, Scott Jacklin (Manager)

Kitchen



Jim Agenbroad, Amy Richard (Manager),
Mariah Hey, Aven Krempel

Wellness



Becky Barnes, Carrie Corson (Manager), Meg Gag

Produce



Scott Metzger (Manager),
Jessica Wiley



Elise Lear, Bob Goodrich,
Melinda Schab



Jenna Rinaldi, Sara Anderson, Justin
Saydell, Elise Lear, Sarah Scranton,
Selena Lloyd, Annie Hubble (Manager),
Gabiella Bedoyan, Ida Jokisaari

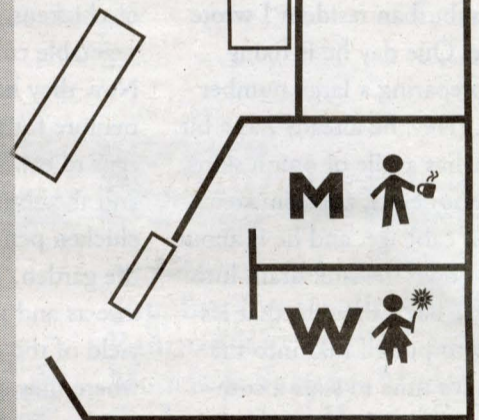


Priscilla Polson

Cashiers



Daysha Hampton



Photos by David Hall

Moscow Food Co-op

Pictured here are some of the people who keep the wheels turning at the Co-op day after day. You'll see them hurrying around, looking busy - but they're never too busy to help you. In the background of these photos is a floor plan of the store, and each photo is placed in its appropriate spot according to its actual store location. If you need help locating something in the store, there is a large floor plan posted on the wall near the front entrance, near the produce. Or don't hesitate to ask someone!

Unfortunately we didn't have room for absolutely every Co-op employee in these photos, most notably, all of the kitchen folks who bake the bread, fill the deli cases, serve the coffee, etc. Perhaps that's appropriate, considering that most of the kitchen employees toil in obscurity behind closed doors. We do appreciate them, even if we can't see them.

Letter from the Land: Capturing Infinite Yields, a Chicken Story

By Suvia Judd

Why didn't the permaculturist cross the road? Because she could harvest all the resources she needed by staying at home. It isn't that easy to define permaculture, but it is possible to describe what permaculturists do; they design and build miniature ecosystems, and live off the collected yields.

In the June issue of the Co-op News, I described how it takes enormous amounts of energy to maintain the monoculture or simplified ecosystem of the suburban lawn, or a "clean" field of a single agricultural crop, whether wheat, corn, soy or tomatoes.

If you leave your bare dirt alone, it will fill up with a natural ecosystem. The incoming solar energy will express itself in an ever-increasingly diverse variety of organisms and relationships, including successional changes over time. The permaculturist seeks to align herself/himself with those natural tendencies, by designing an integrated system with the properties of a natural ecosystem, which also produces yields that meet her/his needs.

According to Bill Mollison, one of the founders of permaculture, there are theoretically infinite yields that can be harvested from a system. The key to getting multiple yields is to cycle each unit of incoming energy through a series of multiple systems. Here's a simple example:

Imagine the suburban resident I wrote about in June. One day he is fixing supper, and preparing a large number of vegetables. (Hey, he already has a bit of a clue.) He has a pile of onion skins, potato eyes, bean ends, zucchini stems, outer leaves of cabbage, and he is about to push it all down the sink drain into the grinder. He has a thought that it's kind of a pity to put all that into the sewer, maybe it's time to start a compost pile. He collects the vegetable leavings into a colander, walks outside, and finds a spot to start a little pile. By that

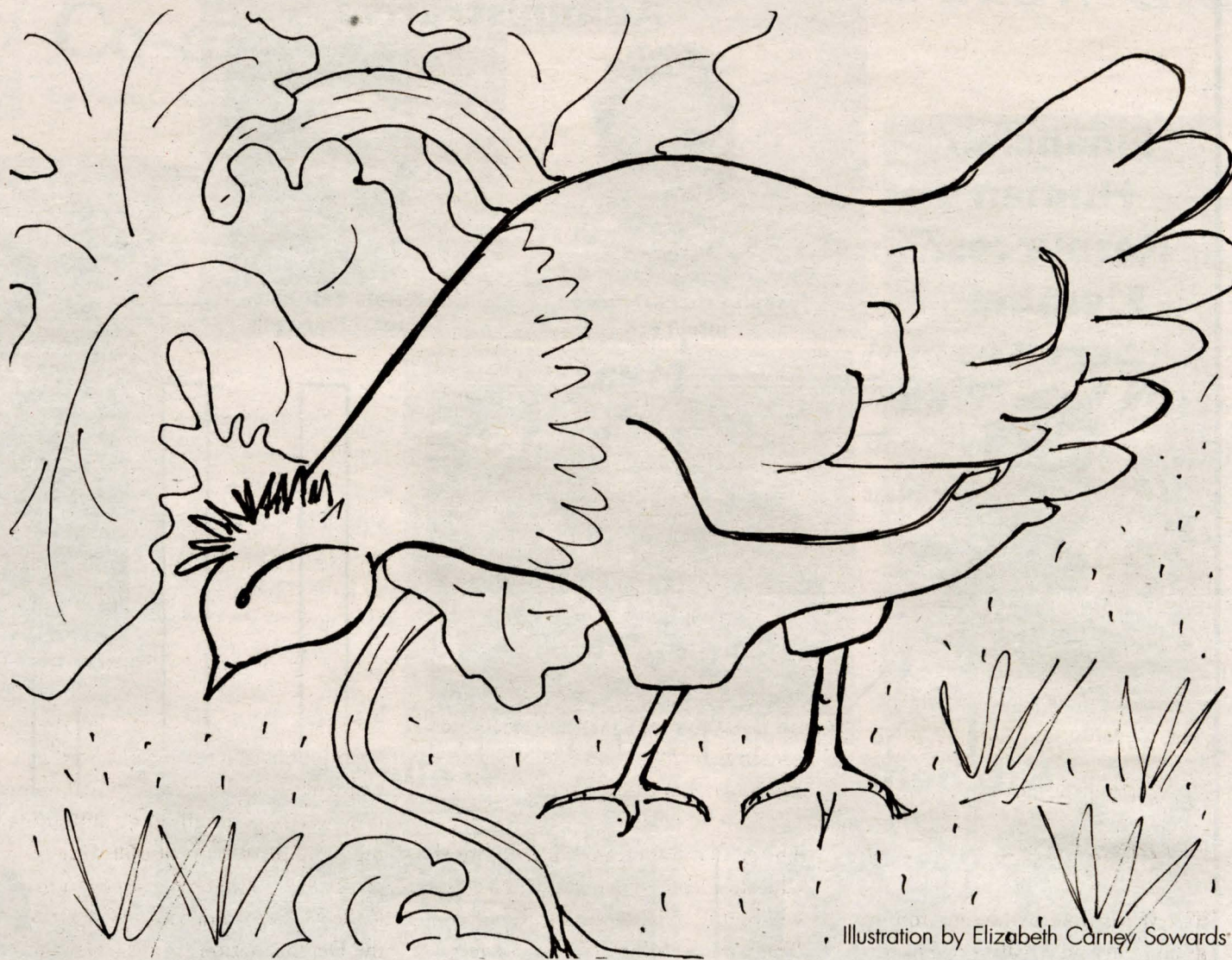


Illustration by Elizabeth Carney Sowards

one act, he has turned a problem (garbage) into a resource. In a few weeks of saving his vegetable leavings, he has some compost to put on his tomato plants, and thus boosts his crop of tomatoes. The energy entering his yard ecosystem as vegetable ends has been captured and turned into a yield.

In the fall, his daughter buys a couple of chickens, and they start feeding the vegetable compost to the chickens. Now they have two yields: chicken manure for the vegetable garden, and eggs to eat. They learn a little more, and they build a chicken tractor (a chicken pen on wheels) and put it in the garden. The chickens eat the slugs, insects and weed seeds that reduce the yield of the garden; and they poop where they are put, so the manure does not have to be shoveled and moved, and they cultivate the ground. When the chickens are moved to a new spot,

the soil is ready to plant. The energy of the vegetable scraps is now contributing, through the chickens, yields as eggs, new produce and reduced labor. And the carefully manicured lawn has been reduced by half and replaced with the expanding vegetable garden!

Suvia Judd lives, and aspires to permaculture, in Moscow, and suggests you check out *The Permaculture Activist* in the Co-op's magazine section.

"According to Bill Mollison, one of the founders of permaculture, there are theoretically infinite yields that can be harvested from a system. The key to getting multiple yields is to cycle each unit of energy through a series of systems."

Susan Simonds, Ph.D.

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In the Garden: A Sweet Pocket Garden

By Holly Barnes



The Master Gardener's Demonstration Garden.

The greatest gift of the garden is the restoration of the five senses.

—Hanna Rion

I have just returned home from an hour and a half in one of the most wonderful spots in Moscow. I was watering and pruning at the Latah County Master Gardeners' Demonstration Garden. This delightful pocket garden is open to the public every day of the year. And it has something interesting to offer every season of the year.

The garden is just six years old, but appears to have been there for a much longer time. It is a garden for the whole

city to enjoy, and many residents do stroll through on a regular basis. The garden is on First Street, between Washington and Jefferson.

The garden was created in 1999 for the education and enjoyment of the entire community. That year, Dr. Robert Haug donated the 3,600 square feet of land behind his chiropractic office. Master Gardeners stripped off the sod, then dug the soil out of the 25 plots, laid the sod face down in the holes and put the soil back on to make raised beds, adding more soil from adjoining paths they also dug. This system can effectively be used in the home garden when a lawn is being removed and a garden put in its place.

Just two years later, in 2001, the

In the September garden:

Adapted from Nicole Routhier's Fruit Cookbook

- ✦ Plant cool-season crops including lettuce, spinach, kale, radishes and arugula. Set out onion transplants.
- ✦ Plant cover crops, such as rye or vetch, as soon as summer crops are removed from beds.
- ✦ Plant new trees, shrubs, perennials, vines and ground covers, water well and apply a couple of inches of mulch around the base of each.
- ✦ Divide overcrowded clumps of perennials, pulling the roots apart and replanting the healthiest parts. Cover with mulch to protect from winter freezing and thawing.
- ✦ Shop for spring-blooming bulbs as soon as they are available in nurseries.
- ✦ Goldfinches are hungry in September. Put out thistle seed tube feeders to tempt the darting yellow sunbeams to your garden.

Moscow Demonstration Garden was one of 10 award-winning gardens featured in an issue of USA Today.

Currently there are 20 plots, including drought tolerant, perennials, a fragrant garden, succulents and grasses. Each plot is adopted by a Master Gardener who volunteers to maintain it by weeding, deadheading and pruning as needed. Many also provide the plants for their plots. Audrey Norman is the Master Gardener in charge of the Demonstration Garden this year and she encourages the gardeners to keep the plants well labeled for public viewing. As the Master Gardener ranks are increased each year it is hoped that the garden can be regularly used for demonstrating techniques of interest to county residents.

A little plug for the local Master Gardener program: Sponsored by the University of Idaho, Latah County Extension Office, the educational pro-

gram for Master Gardeners runs from January to May. Each week, a knowledgeable speaker presents a topic of interest on gardening, horticulture or general plant-related topics. To become a certified Master Gardener, volunteer work is required by giving back to the community after completion of the course. For more information online go to: <http://extension.ag.uidaho.edu/latah/mg.htm> or contact Rachel Rausch at 883-2267.

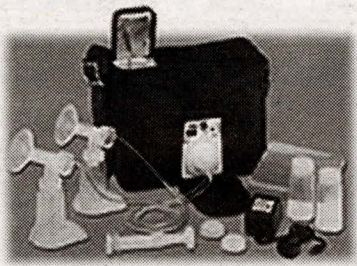
Holly Barnes very much enjoyed the Master Gardener classes this year and satisfies some of her volunteer requirement by weeding and watering at the Demonstration Garden



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Critter Corner: The Cheshire Kitten

By Janice Willard

It was the cry in the dark that caught my attention. I had stopped by my bank machine downtown, when I heard the distraught cry of a lost kitten. I meowed back with my best "mama-cat" meow.

The kitten's call turned to a frantic yowl. A small gray body ran towards me. I stepped from behind the car and the kitten froze. I realized my mistake—this was not a socialized kitten that would come to a person for rescue. The kitten turned and vanished.

But I couldn't leave it there, lost and near a busy road. My kids and I started kitten searching.

There weren't a lot of places to hide, but we had no luck. Finally I meowed and a tentative meow came from under a car. But when we looked, no kitten—it had climbed up into the car. That was dire because the owner could come back and drive the car away with the kitten still on its deadly perch.

After both my son and I crawled under

the car (hoping that the owner or a cop wouldn't come along), we found the kitten squeezed up on top of the muffler. I saw a little gray tabby face looking wide-eyed at me. "I think I can reach it," said Ethan. "No, let me do it," I said. His arms were longer and thinner, but I am vaccinated against rabies, so I was a better choice to stick my hands in range of a frightened feral kitten. Rabies is not something we think about much on the Palouse, but should always be a consideration.

The terrified kitten bit my thumb as I pulled it out, before getting a safe and secure hold on it. We put it in a cloth grocery bag. At home, we put the kitten (still hiding in the grocery bag), food, water and a litter pan in a big dog crate and went to bed.

In the morning, there was no kitten in the dog crate. A corner of the gate was pushed out. There are a gazillion places a kitten could hide in my house. Would a feral kitten hide until it starved, I wondered? How can I get it to come out? Of course, we hold our pets in

our hearts, but in our walls too? And, my worse fear, I hope I haven't done it worse injury by trying to help it.

My other concern was my bitten thumb. Cat bites and scratches can carry some nasty bacteria deep into the puncture wound. I had learned in vet school not to be a "tough guy" about cat bites. I called my doctor and got some antibiotics.

Days stretched to a week, still no sign of the vanished kitten. Every night, I locked my dogs and cats out of the main part of my house and put out food and water. Every morning, they were untouched and I more concerned. We left on a scheduled camping trip, taking the dogs with us, and I hoped that now the kitten would come out into the quiet house. Still no sign. I put traps out in storage room and crawlspace under it. Caught my own cats, but no wild kitten.

One of my veterinary behaviorist friends said she thought a feral kitten would try to leave the house. Maybe

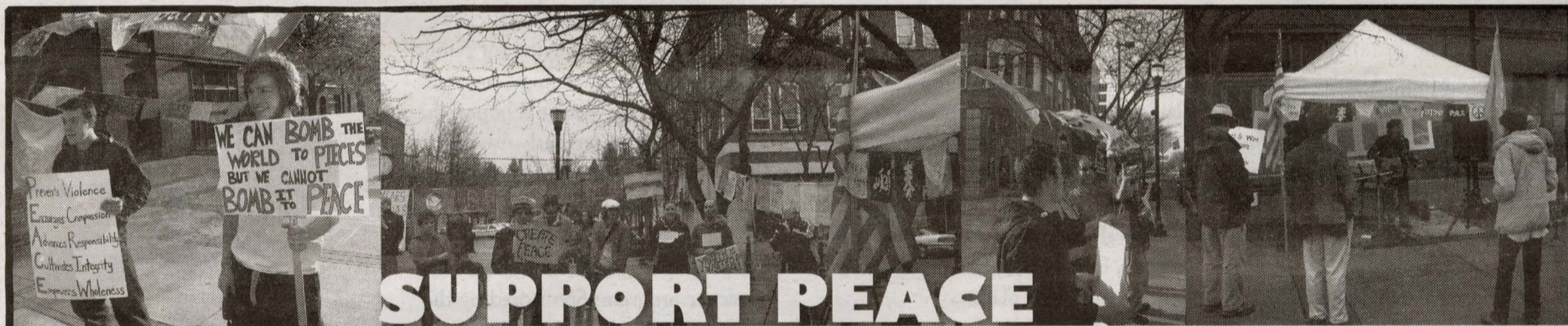
"Days stretched to a week, still no sign of the vanished kitten."

through my crawlspace? But how could a motherless kitten survive outside? The coyotes were howling outside, and I despaired. The next day, combines came through. On a slim hope that it was outside, I made sure the barn cats had food and put cinderblocks in my watering troughs, so if it fell in trying to drink, it wouldn't drown.

Another week went by. I wondered if it had all been my imagination, but my thumb told me otherwise.

I was ecstatic when I saw in the barn at dusk, looking like a tiger in the jungle, a kitten sitting on the cinderblock in the goat watering trough, lapping up water. Seeing me, it disappeared into a crack in the wall. I looked in and a familiar, grey-striped, wild, little face looked back.

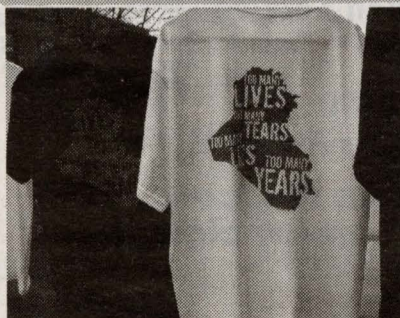
The recaptured kitten is now accepting food, water, and most importantly, pets from us—and we are getting purrs in return ...



PALOUSE PEACE COALITION

The Palouse Peace Coalition will co-sponsor a national traveling memorial in honor of fallen National Guard personnel and Iraqi civilians.

Eyes Wide Open: The Human Cost of War, on the University of Idaho Administration Building Lawn, on Tuesday and Wednesday, **September 26 & 27.**



The Palouse Peace Coalition actively works for peace by organizing rallies, speakers, film series, inter-community potlucks, marches, and anything else we can think of. We also visit local high schools to present students with alternatives to military service. The coalition, which was formed in November of 2001 as a public presence on the Palouse for peace, is a non-partisan organization for education and action comprised of people of differing religious beliefs, as well as people with no particular religious belief.

New participants are welcome at any and all events.

Stop by our weekly Vigil For Peace

every Friday 5:30pm to 6:30pm, Friendship Square in downtown Moscow

Our monthly meetings are on Sundays at 7pm

with location and date announced at <http://www.palousepeace.org/calendar.php>

The Palouse Peace Coalition
www.palousepeace.org
sperrine@moscow.com
 208-882-7067

← **Get your Iraq "Too Many Lives, Too Many Tears, Too Many Lies, Too Many Years" t-shirt at any Palouse Peace Coalition event!**

Earth Mother: Dear Grammy

By Julia Parker

In May, I gave birth to my second daughter, Indigo Laurel. Although a welcome addition to our family, she certainly put a kink in my dedication to doing nifty projects with our 6-year-old daughter, Simone. But, as I regain a little sense of routine and balance, I've begun to think about what we have been doing this summer that has been useful and fun. As Simone has been on the cusp of reading and writing in kindergarten, we have worked with different ways to support her burgeoning talents. Since it is officially summer vacation, I wanted these projects to be different than her usual routine at school. I try to make our learning times at home thematic. I think young kids learn best when they either get to direct their own learning, or when learning is blended into their daily activities. For example, ecology is easier to learn when kids are gardening than just reading it in a science book.

It is nice to figure out what is most comfortable for our child and design a system from that. Since schoolteachers have many children with whom they work, it is difficult for kids to get this kind of help at school. Given our sometimes-overburdened schools, I strongly believe some type of home-based curriculum is important for helping kids gain skills and confidence.

So, our attempts to work on reading and writing took two paths, one based on my daughter's preferences and one that was thematic.

First, I let Simone select a book to learn to read. I wrote down all the words she didn't know, and she learned 8 to 10 words per week as we read and re-read and re-read the book. She liked gaining the confidence of knowing all the words in individual books and being able to read the whole thing. Of course, other kids may want to learn differently. This way of supporting her reading skills was Simone's idea. She likes to be able to do things perfectly before she moves on to other things. (This is not from my DNA, by the way.)

Second, we worked on Simone's ability to put thoughts into writing. In school, Simone was asked to write in a journal every week. In addition, she was asked to copy letters over and over for penmanship. She struggled to think of things to write in her journal, and I struggled with the idea that copying letters was at all useful. So, because we are so far from our extended families, I thought it would be great to focus on writing letters to our many relatives. My idea was that each week Simone could choose someone and write a letter to them. (Ha! Grand expectations for

Co-op Kids!

By Rebekka Boysen-Taylor

August was another fun month for Co-op Kids. We had a great turnout for puppet making in the café; I saw caterpillars inching, bees buzzing, flowers blooming, dragonflies soaring and magical wands come to life. Each child had their own vision of what was needed that morning, and it was great to watch it unfold! Of course, our outdoor morning at Friendship Square was lovely, with seed pods falling from the trees, a nice breeze blowing and some yummy snacks donated by the Co-op.

Please join us for an outdoor morning at Friendship Square on Sept. 5 at 9 a.m. and again on Sept. 19 at 9 a.m. in the cafe for cork crafts!

Rebekka Boysen-Taylor is the Co-op Kids Volunteer. Please feel free to contact her at amamaswork@yahoo.com.

a family with a newborn ...) We have managed to do this five times this summer, or about every other week. We do this in two stages. Simone writes a draft letter in which she uses phonetic or inventive spelling. These look like this: "Dear Kibrley, Hiy! I went to grl Skowt Kamp. It wuz fun. I klimd a mowtin. Love Simone."

After Simone wrote her draft, I told her it was great, pointed out all the correct things, then wrote the correct spelling for words under her words. Then Simone re-wrote the letter with "perfect spelling." I always took a day or two between her first draft and my corrections. Learning to read and write can be such a frustrating process! I thought she needed to go slowly each time.

I cannot say that Simone loved every minute of letter writing this summer. But I do think it was mostly enjoyable and is a good example of thematic learning. She has received one letter in return (shame on our families!) and a very excited phone message from her "Grammy." I hope this exercise will give her more confidence in writing and that it will help her stay connected to family through good old-fashioned letters.

Julia Parker lives in Moscow and tries at least occasionally to send a note to members of her extended family.

Feeling Alive, Vibrant and Well: Bringing Balance Into Your Life, Part 2

By Julia Parker

Our jobs take up a significant amount of time and energy. We often feel stressed by the hustle and bustle of a full workweek. It can be easy to let our work encompass our lives without realizing it. Taking a moment to notice these imbalances will help you evaluate what needs to be done. We can start to bring balance to our work lives by asking ourselves a few simple questions: Do I feel productive at work? Am I able to accomplish all I need and want to? Do I still have energy at the end of the day to pursue other activities? If you answered "No" to any of these questions, the following suggestions may be helpful to you.

✿ Stop, drop and meditate. Take a few minutes before you get to work. Try sitting in the grass before entering your workplace and focus on what you want to accomplish today. Pick two or three items that stand out to you or are important to accomplish right off and have those be the goal of the day. For your type of work, it may be finding an attitude or outlook for the day that's most helpful.

✿ Find the time of day when your creative juices are flowing and your brainpower is at its max. This could be first thing in the morning, right after lunch, or just before you go home. Use this time to be your most productive, working with your body's natural rhythms to make significant progress and achieve major breakthroughs with the part of our work that requires us to be our sharpest.

✿ Notice when your body needs a break and take it; otherwise known as "Sharpening the Saw." Stephen R. Covey, in his book *The Seven Habits of Highly Effective People*, tells the story of a man working many hours to saw a tree. A second man comes along and, noticing that by now the man's saw is dull, suggests he stop and sharpen it to increase his effectiveness. The first man replies, "I don't have time to sharpen the saw, I'm too busy sawing!" Instead of working at half capacity the rest of the day and taking twice as long to accomplish anything, take a break to increase your focus and energy.

✿ Fit little things in the cracks of

your day. Opening and dealing with mail, wiping counters, sweeping floors, returning phone calls or e-mails, putting things back in their place, etc. These things only take a minute or two if done individually, but can take up to an hour or more if done all in one go; potentially a significant part of our day. I suggest using them when you need a shift in what you are doing or when transitioning between tasks or projects. I find I get so much more done when I take the time to water and appreciate my plants when my brain needs a break, rather than when it wants to get focused on the tasks of the day.

✿ Our bodies need movement in order to maintain productivity levels. Logically, we know exercise is good for us, but physically, it can be harder to grasp. If we aren't in touch with our physical self, we don't readily notice the effects exercise or the lack thereof has on us. If we can just put forth the energy and effort to exercise, it will be returned to us tenfold in the form of a healthier body, a better outlook on life, increased ability to handle stressful situations and more focus, energy and

brainpower! I challenge you to try it for yourself and this time, be aware of the differences in your life.

✿ Is the goal of life to empty the inbox or fill our lives with peace and happiness? Richard Carlson, author of *Don't Sweat the Small Stuff*, reminds us that when you die, your "In Box" won't be empty. There will always be something to do. Let's not put the rest of our life on hold until we finish the things in that bottomless box.

If we start using these strategies to increase our focus and better manage our energy, the things filling our "In Box" will all be accomplished in due time. As we realize this, we can relax and allow ourselves to focus on the real goal of life — feeling alive, vibrant and well!

Jennifer Whitney is balancing a transition from stay-at-home mom to working woman and wonders if her nose wiping and sandwich cutting skills will ever come in handy. She can be reached at jenwhitney@gmail.com

Meals Kids Might Eat: Food and Meal Tips from a Mother of Five

By Jyotsna "Jo" Sreenivasan

When I first found out that my friend Amy Bader has five children, I was floored. I could barely manage my two — how was she managing five? I was even more amazed when I found out that she home-schooled most of them. I decided to interview her for this column to find out how she encourages healthy eating in her household. Amy's children range from age 7 to age 16, so she has experience feeding kids of all ages.

JS: What are your goals in terms of feeding your children?

AB: From our very first child, we wanted children who would eat a wide variety of foods. We have friends from a lot of different cultures and we wanted our kids to be able to go to their homes and eat without complaining. So we introduced ethnic foods really early. When my first child, Sarah, was 10 months old, she was eating spicy Chinese food that even our guests couldn't eat!

We also feel that sitting down to meals together is really important. We eat breakfast and dinner together. Sarah and Jordan, our two teenagers, make breakfast for the family most weekday mornings. We have a rule that there should be no distractions at the table — no reading or watching TV. As the kids have gotten older, it's become more difficult to juggle dinnertime around sports practices and so forth, but we eat dinner early if necessary to get it done before a child has to go out.

JS: Do you have a way of organizing your meal-planning?

AB: We have a menu list with 40 different main dishes. Every month I sit down with the list and choose 30 items for dinners for that month. For the sake of variety, we generally have Indian food on Mondays, Mexican on Tuesdays, American on Wednesdays, Chinese on Thursdays, a sandwich menu on Fridays, and so forth. On days that we have evening activities, I plan a quick meal that is easy to clean up. Every week, I write down the menus for the week on a white board in our kitchen, so the kids know what's for dinner. About once a month or so we try new recipes, and incorporate the ones we like into our list. I shop once a month for staples, and about once a week for produce.

JS: What are some challenges you've faced in terms of feeding your children?

AB: The biggest challenge we faced was when our second child, Jordan, was born. He was premature and caught

meningitis right away. He was on major antibiotics. He just never seemed to get well. He had asthma, breathing problems, allergies, and constant ear infections. I was waking up in the middle of the night to give him breathing treatments. When he was 18 months old, I took him to one of the best child immunologists in the country. The doctor told me that Jordan had no immune system and that there was nothing we could do about it — he'd just keep being sick.

I left the doctor's office determined to do something. I'd been reading a lot about good nutrition, so I took Jordan off all his medications and started the whole family on a diet with no sugar, meat or dairy. We ate only 100% whole-grain items. I just wanted to feed Jordan only things that would really nourish him. By the time Jordan was 3, he was completely well. Now he's 15 and he can eat anything. Even though our diet is not so strict anymore, that experience taught us a lot about eating well. We realized that we could eat beans and be happy!

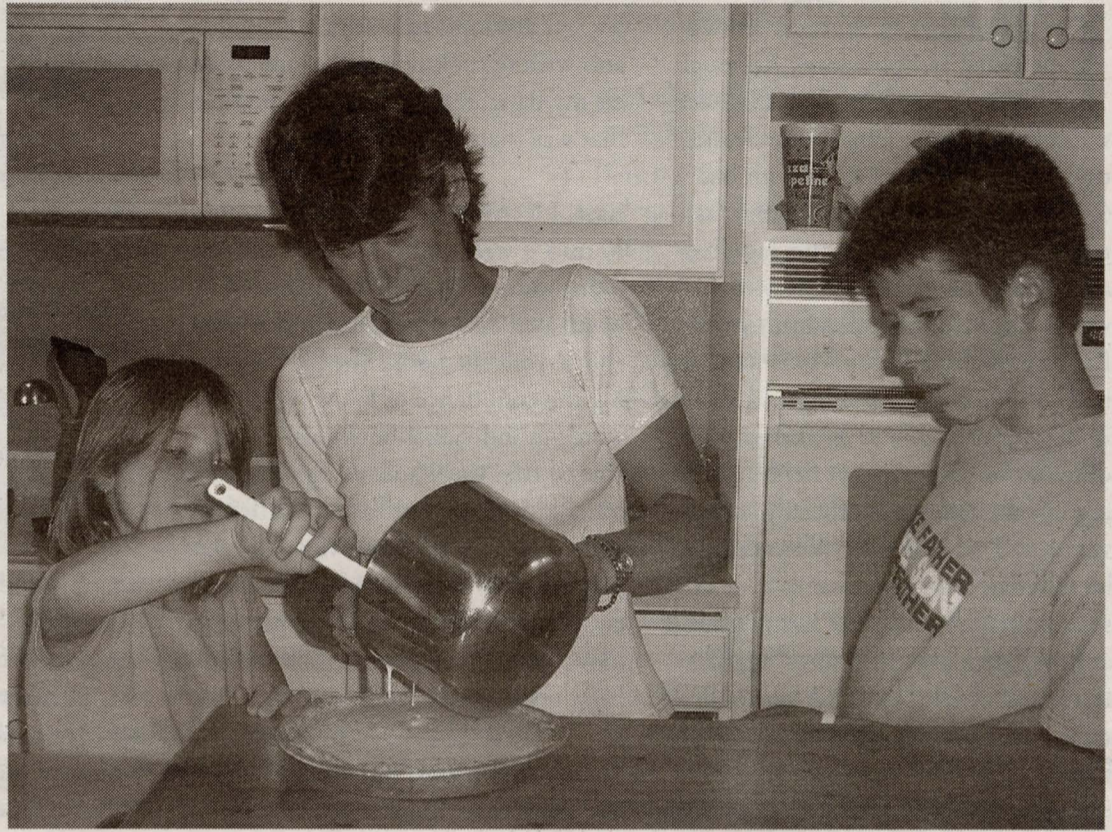
JS: Wow. That's a really frightening, but inspiring, story. What about more minor challenges, like picky eating?

AB: Each one of the kids has gone through a picky season. I try to be patient with them. We've discovered that you can learn to like almost anything if you're patient. We let them choose two menus that they absolutely can't stand. On the days when those items are served, they can make themselves a bowl of cereal or a sandwich.

We have also had to deal with allergies. A few months ago we found out that Sarah is allergic to milk and dairy products. That's been really hard for her. We went to the Co-op and experimented with the different non-dairy drinks. She discovered that she likes almond milk. We use oat milk for baking, and keep a non-dairy dessert at home for Sarah, in case she can't eat the dessert that's served.

JS: Have you changed over the years in terms of how you deal with meals and nutrition?

AB: I'm less stringent now than I used to be. At first we were very concerned with every gram of sugar. Now we've gotten more relaxed about it. I didn't



Amy Bader makes a pie with Quinn, 7, and Jordan, 15.

want to create a family habit of being obsessive about food and having a lot of rules around food.

JS: Now that a few of your kids are teenagers, how are they doing in terms of making their own food choices?

AB: They make good choices. Sarah doesn't drink pop. Jordan checks the sugar content of items. When you grow up eating healthy, it becomes a habit for you.

One challenge with older kids is that they're on the go so much, and I want them to have nutritious snacks that they can take with them. I try to have cut-up vegetables in the fridge, and trail mix or protein drinks. I cook and season beans and freeze them in little cups. Sarah can grab a cup of beans and some cooked rice and go. She also likes cups of pureed fruit and soy cream that

are sold near the yogurt section at the Co-op — the brand is CremSo.

Note: If you have experience with helping children develop good food habits and you'd like to be interviewed for this column, please contact me at jyotsnab4@aol.com or 208-892-0730.

I started the whole family on a diet with no sugar, meat or dairy. I wanted to feed Jordan only things that would really nourish him. By age 3, he was completely well. That experience taught us a lot about eating well. We realized that we could eat beans and be happy!

A Bader family favorite recipe: Five-Minute Blender Waffles

Makes five servings

- 1 1/2 to 1 3/4 cups buttermilk, fruit juice or water
- 1 egg (optional)
- 2 Tbsp. vegetable oil (optional)
- 1 tsp. vanilla
- 1 cup brown basmati rice, uncooked
- 1/2 cup rolled oats
- 1/2 tsp. baking soda
- 2 tsp. baking powder

Spray waffle iron with vegetable spray. Preheat waffle iron to highest temperature. Place into blender: buttermilk (or juice or water), egg, oil, vanilla, rice and oats. Blend at high speed for 3-5 minutes or until smooth. Just before baking, blend in the baking soda and baking powder briefly. Pour into hot waffle iron. Bake three to four minutes.

(Note: you can substitute 1 1/2 cups of any grain combination instead of the rice and oats. Amy suggests light millet, whole dry corn, kamut, spelt, hulled barley, kasha, wheat. Do not use more than 1/2 cup of oats.)

New at the Library

By Chris Sokol, Latah County Library District

[Books are] wells of living waters, delightful ears of corn, combs of honey, golden pots in which manna is stored, and udders of milk.

—Richard De Bury,
Philobiblon (1473)

FICTION

Disco for the Departed, by Colin Cotterill. Dr. Siri Paiboun, reluctant national coroner of the People's Democratic Republic of Laos, is summoned to a remote location in the mountains of Huaphan Province to supervise the disinterment of a body, identify the corpse and discover how he died

To Thine Own Self Be True, by Judy Clemens. Dairy farmer and amateur sleuth Stella Crown finds herself immersed in the world of tattooing and bikers as she solves another murder.

The Prisoner of Guantanamo, by Dan Fesperman. Revere Falk—an FBI veteran and Arabic speaker—is an interrogator at “Gitmo,” assigned to a Yemeni prisoner who may have valuable information about al Qaeda. But these duties are temporarily suspended when the body of an American soldier is found washed ashore in Cuban territory.

NON-FICTION

Food and Gardening

The Busy Person's Guide to Preserving Food, by Janet Chadwick. Easy step-by-step instructions for freezing, drying and canning.

Harvest: a Year in the Life of an Organic Farm, by Nicola Smith. An

unforgettable portrait of a family farm in words and photographs.

Regional

A Danish Photographer of Idaho Indians, by Joanna Cohan Scherer. Showcases the remarkable work of Danish immigrant Benedicte Wrensted, who greatly contributed to the visual legacy of the Northern Shoshones, Lemhi, and Bannock Indian tribe.

On the Trail of the Ice Age Floods: a Geological Field Guide to the Mid-Columbia Basin, by Bruce Bjornstad. Explore the legacy of the cataclysmic floods that carved the features of the Channeled Scablands and discover trails and tours that bear witness to the floods' awesome power.

Sport

High-Tech Cycling: the Science of Riding Faster, edited by Edmund R. Burke. A world-class collection of cycling scientists reveal the most important recent advances in the sport.

Spiritual

Kabbalah Works: Secrets for Purposeful Living, by Rabbi David Aaron. Draw on the timeless truths found in the divine knowledge of Jewish mystical tradition to answer the questions that matter most to you, no matter what your faith (CD audiobook).

Your Sleeping Genius, by Gayle Delaney. Harness the hidden power of your dreams (CD audiobook).

Waking Up to What You Do, by Diane Eshin Rizzetto. A Zen practice for meeting every situation with intelligence and compassion.

Miscellaneous

A Time of Gifts, by Patrick Leigh Fermor. At the age of eighteen, Fermor set off from London on an epic journey—to walk to Constantinople. Newly reissued, *A Time of Gifts* is the rich account of his adventures as far as Hungary, after which “Between the Woods and the Water” continues the story to the Iron Gates that divide the Carpathian and Balkan mountains. Acclaimed for its sweep and intelligence, Fermor's book explores a Europe soon to be forever changed: Hitler has just come to power but war is still ahead.

Raising the Bar: Integrity and Passion in Life and Business, by Gary Erickson. A journey toward sustaining your business, brand, people, community, and the planet, by the founder of Clif Bar Inc.

DVD

The Confederate States of America (U.S., 2004) Through the eyes of a British “documentary,” this film takes a satirically humorous, and sometimes frightening, look at the history of an America where the South won the Civil War.

Munich (U.S., 2005) In the wake of the 1972 Munich Olympic tragedy, the Israeli Mossad retaliates by deploying a team of agents in Europe to assassinate Palestinian terrorist leaders suspected of planning the attack, which left 11 Israeli athletes dead.

Rivers and Tides (U.K., 2001) Portrait of Andy Goldsworthy, a Scottish artist whose specialty is ephemeral sculptures made from elements of nature.

The Station Agent (U.S., 2003) A young man born with dwarfism moves to an abandoned train depot in New Jersey and is unexpectedly befriended by a struggling artist who suffers under

her recent divorce and an overly friendly Cuban hot-dog vendor.

Syriana (U.S., 2005) Big oil means big money. And that fact unleashes corruption that stretches from Houston to Washington to the Mideast and ensnares industrialists, princes, spies, politicians, oilfield laborers and terrorists in a deadly, deceptive web of move and countermove. Based on ex-CIA agent Robert Baer's memoir *See No Evil*.

Transamerica (U.S., 2005) Felicity Huffman plays Sabrina “Bree” Osbourne, a pre-op, male-to-female transsexual who embarks on a cross-country trip when she finds out that back in the old days she fathered a son, who is now a street hustler in New York City.

Yesterday (South Africa, 2004) Yesterday, a young South African woman learns that she is HIV positive. With her husband in denial, her one goal is to live long enough to see her child go to school.

STAFF PICK OF THE MONTH

Sally Perrine, Moscow Library, recommends: **White Russian** by Tom Bradby. A rich, sprawling novel set in St. Petersburg in the days just preceding the Russian Revolution, this book is fascinating on many levels. I loved the characters and their interactions, I was struck by the parallels between the historic times and circumstances of 19th century Russian and 21st century America, and the story was compelling.

Chris Sokol is glad she learned how to read, though that doesn't stop her from watching independent films.

Dahmen Barn Ready for Artisans

By Leslee Miller

The renovation of the landmark Dahmen Barn in Uniontown is nearly complete. Formerly a dairy barn donated to the community by Steve and Junette Dahmen, the structure has been stabilized and transformed into a state-of-the-art facility with studio space for artisans, a retail shop, classroom area and a space in the former hay loft where performances, dances and other community events will be held. The work has been done with private donations and grants and

thousands of volunteer hours.

Artisans at the Dahmen Barn and its programs offers a new way of introducing the work of regional artists and craftspeople. The mission is to bring fine and folk art to the public through a carefully designed marketing strategy to attract visitors. Attractions include a retail shop, artisans at work in their studio spaces, special art exhibitions, regularly scheduled classes and performance events, plus a Palouse Scenic By-ways

visitor information center.

A gala grand opening is planned for Sunday, October 1, from 1 p.m. to 5 p.m. Artisans will be at work in their spaces and a schedule of classes for the first year will be available. There will be entertainment by a few of the groups that will be working with the center. The drawing for the winner of a quilt raffle will take place at the opening. Raffle tickets are available at various locations in the area.

If you would like more information, please contact Leslee Miller at dmlmiller@inlandnet.com or 509-229-3655. There is still studio space available, thanks to a grant from Whitman County that allowed the second floor to be finished, and there is room for additional consignment items in the shop. Planning for performances and educational programs will be ongoing.

Fall Equinox Intuitive Arts Moscow Holistic Fair

**Intuitive Arts Moscow
(I A M) Holistic Fair**

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

Booths and Events:
Fri., Sept. 22 Noon-8
Sat., Sept. 23 10-7

Free General Admission!

Post-Fair Workshops:
Sun., Sept. 24 9-5



For more info about Booths, Events and post-Fair Workshops,
 visit www.theorchardstudio.com or call (208) 882-8159.

The Fall Equinox IAM Holistic Fair will be held Friday and Saturday, September 22-23 at The Orchard Studio and Retreat Center of Moscow.

Sample the offerings of local and regional Holistic Healing Practitioners, Intuitive Readers, and Wellness- and Spirit-based Product Vendors. Attend talks, workshops, classes, movies and artistic events scheduled each day.

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

Booths and scheduled events will be available on Friday, September 22, from noon to 8 p.m. and Saturday, September 23, from 10 a.m. to 7 p.m. Admission is FREE!

On Sunday between the hours of 9-5, there will be some special all-day and

half-day post-Fair workshops.

For details, go online to theorchardstudio.com and click on the 'IAM Holistic Fair' button or call 882-8159. The Orchard Studio is one mile east of Mt. View Road on Joseph.

Dr. Moss Valentine

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ISU professor Susan Swetnam to speak in Moscow on local, state history

By Carol Spurling

The role of women's groups in the founding of Idaho's Carnegie libraries will be the topic of a presentation by Idaho State University professor Susan Swetnam, at 7 p.m., Monday, September 25, at the Moscow Public Library, 110 South Jefferson, Moscow. The event is free and open to the public.

Moscow's public library was built a century ago with construction funds provided by Andrew Carnegie. Two of Moscow's women's groups, the Pleiades Club and the Historical Club, orga-

nized the effort to build the library, and raised money to purchase the land where the library still stands. Swetnam will discuss local Moscow history as well as Idaho state history.

Susan Swetnam is Professor of English at Idaho State University. She has lived in Idaho since 1979. She received her Ph.D. from the University of Michigan. She was named ISU's Distinguished Teacher (1988), one of its Outstanding Researchers (1992) and its Distinguished Public Servant (1996). She researches and writes

about narratives ranging from Idaho pioneer life stories to novels, and about Intermountain West history and culture. Her book *Lives of the Saints in Southeast Idaho: An Introduction to*

Mormon Pioneer Life Story Writing appeared in 1991. She is also a freelance essayist who has published in numerous magazines, including *Gourmet* and *Redneck Review of Literature*. She is working on a new book about Carnegie libraries.

Ms. Swetnam's appearance is sponsored

by the Friends of the Moscow Library as part of its commemoration of the Moscow Public Library's centennial this year, and is made possible by funding from the Idaho Humanities Council, the state-based affiliate of the National Endowment for the Humanities.

Carol Spurling is the project director for the Moscow Public Library: A Century of Service commemoration this year.

Another Way to Manage Conflict

By Barbara J. Smith, Palouse Center for Conflict Mediation information officer

With conflict arising all around us in families, workplaces, neighborhoods, governments and the world, a group of area mediators have formed a non-profit mediation and education center for conflict management, the Palouse Center for Conflict Mediation (PCCM).

Services include mediation in conflict areas of neighbor to neighbor, landlord/tenant, victim/offender, workplace/employment, interpersonal, parent/teen and environmental/resources. Additionally, the Center will offer educational classes, trainings and work-

shops in communication skills, anger management, conflict management, negotiation, victim/offender and consensus building.

Mediation is a flexible, nonbinding process in which a neutral third party (the mediator) helps people in conflict to negotiate a mutually acceptable agreement. Mediators do not make decisions for the parties. Mediators help parties realize and explain their needs, clarify misunderstandings, identify issues, explore creative solutions and negotiate an agreement. It is particularly useful when parties have a continuing business or personal relationship.

Because mediation is not a legal process, it often includes the parties' underlying needs and interests, thus broadening options for resolution and increasing the likelihood that the resolution will address the parties' true needs.

All PCCM mediators are volunteers, and the Center has no paid staff. Expenses to operate the Center come from services provided at a reasonable and affordable fee scale. Board members and Center mediators are Deborah Berman, John Cronin, Nancy Greenwell, Catherine Jasmer, Kay Keskinen, L.S. Nickerson, Barbara J.

“Mediation is a flexible, nonbinding process in which a neutral third party (the mediator) helps people in conflict to negotiate a mutually acceptable agreement.”

Smith and Rita Styer.

The Center at 906 N. Almon Street, Suite A., is in a secluded location, thus furthering private and confidential mediation processes.

More information may be found on the website at www.geocities.com/pccmdrc or by calling 882-2352.

Palouse Palate August 2006: "Third Places" in Moscow and Why We Need Them

By Carol Price Spurling

Gourmandism is one of the most important influences in our social life; it gradually spreads that spirit of conviviality which brings together from day to day differing kinds of people, melts them into a whole, animates their conversation, and softens the sharp corners of the conventional inequalities of position and breeding ...

—Jean Anthelme Brillat-Savarin, *The Physiology of Taste*, 1825

Brillat-Savarin wrote the book, literally, on the enjoyment of food. Brillat-Savarin fled from France during the Revolution and then returned afterwards, watching with interest as the restaurant and café phenomenon took hold in Paris in the early 19th century.

What interests me about Brillat-Savarin is how perceptive he was about the importance of food in our social lives.

His quote above about food and the "spirit of conviviality" is just as applicable to our time as it was to his. The French people were learning about

democracy when Brillat-Savarin was nearing the end of his life. For the French, restaurants and cafés, which really didn't exist before the French Revolution, helped the spread of democracy by providing public places where people could meet on an even footing.

We Americans supposedly have a handle on the concept of democracy and equality, but modern life leaves us a little, well, drained, in need of some conviviality, to use Brillat-Savarin's term. I'm a great one for cooking at home, but eating out is a refreshing change.

Public eateries are what sociologists call "Third Places." Our homes are first, our workplaces are second, and the places where we hang out in groups in public are third. The Farmers' Market, for example, is a quintessential third place. Paris restaurants and cafés, which Brillat-Savarin observed so closely, are some of the original third places.

While some people might not have heard the phrase "third place," most people have a favorite one. I think the Moscow Food Co-op has become one of the community's main "third places" and now, the Co-op actively works to fill that role.

That's the impetus behind the Co-op's

new "Community Dinners," according to Co-op kitchen manager Amy Richard.

"Community is such an important part of our lives," Richard said. "We wanted to provide a place where people can meet, eat, and enjoy leisurely conversation."

I was able to attend the Co-op's Community Dinner on August 10; I went alone, not knowing with whom I'd be sharing a meal or what in the world we'd talk about. As it turned out, I knew one person fairly well (we'd been playing phone tag all week so it was great to have a chance to catch up), one person just a little, and the rest were all new to me, and me to them.

I'm not an outgoing person, but I found the Community Dinner an easy way to meet people; as Brillat-Savarin points out in another part of his book, when there's nothing else to talk about, you can always talk about how fabulous the food is. I was sitting in the middle, though, and caught snatches of conversation from both ends of the table. At one point, one side was discussing Woody Allen movies, while the other debated the merits of living in Moscow versus Pullman for the benefit of the young couple trying to decide where to buy a house.

Speaking of food, for our meal we enjoyed a Basque-inspired menu created by Moscow Food Co-op head cook Jim Agenbroad. We started with bread, cheese and fruit; moved on to a juicy salad of heirloom tomatoes with onions and vinaigrette; then enjoyed our main course of pork loin stuffed with goat cheese, mushrooms, and onions accompanied by rosemary potatoes gratin; and finished with a cool, creamy flan, with coffee. And all along, our attentive wine steward made sure we had the perfect wine to accompany the food. The service was exceptionally attentive, yet unobtrusive, too, making you realize how special it is to be served well.

Brillat-Savarin may not have recognized any of the delicious food we were eating, except perhaps for the bread, the wine and the grapes. But I'm sure if he could have seen us talking, eating and enjoying the pleasure of each other's company, he would have approved.

Carol Spurling is one of the editors of the Co-op newsletter. She originally wrote this article for the *Moscow-Pullman Daily News*, where it appeared on August 19, and she edited this version for publication in our newsletter.

PCEI 20th Anniversary Festival

By Tami Moore, festival coordinator

To celebrate the group's 20th anniversary, on Saturday, September 9, the Palouse-Clearwater Environmental Institute will sponsor an all-day outdoor festival featuring concerts by three bluegrass bands: Hard to Please, Steptoe and Prairie Flyer. The festival will be held at the PCEI campus at 1040 Rodeo Drive, off North Polk in Moscow. The event begins with tours of the facility at 11 a.m., the annual membership meeting at noon, and the live music beginning at 1 p.m. A musical jam will follow the last band at 5 p.m.

MaryJane Butters will speak about the organization's history and present a photograph of the first PCEI board of directors. MaryJane founded the organization in response to the Chernobyl nuclear disaster in 1986. It began as a community-based task force called Hanford Watch. About 40 Palouse residents attended the first meeting to discuss their concerns about living down-

wind from the Hanford nuclear facility, which included a reactor similar to Chernobyl. MaryJane is the author of *MaryJane's Ideabook*, *Cookbook*, *Lifebook* and *MaryJane's Farm* magazine, runs an organic packaged foods business from her farm on Paradise Ridge, and supplies fresh organic produce and eggs to the Co-op. Her talk is scheduled just before the Prairie Flyer concert at about 3:30 p.m.

Tickets for the festival are available for \$13 in advance at Bookpeople in Moscow, \$15 at the door, and \$10 for PCEI members. Advantage America Mortgage is sponsoring the concert, and the proceeds will support environmental education and community outreach efforts. Food will be available for purchase on the grounds, and organizers suggest bringing lawn chairs or blankets. For more information, see the PCEI website, www.pcei.org.

PCEI Receives Grant

The Palouse-Clearwater Environmental Institute (PCEI) has received a grant in the amount of \$20,000 from the Evergreen Foundation to support river restoration and education efforts in northern Idaho.

The grant will help PCEI involve citizen volunteers and K-12 students in several restoration projects on the Palouse Prairie and in the Clearwater Valley. The program includes projects on the South Fork of the Clearwater River near Kooskia, Partridge Creek near Elk River, Tammany Creek near Lewiston, and both the North and South Forks of the Palouse River near Potlatch and Moscow.

"This funding will help PCEI directly involve the citizens and students of the Palouse-Clearwater region in state-of-the-art river restoration projects. As a result, we hope this gives them a sense of ownership and empowerment that will sustain these and future projects well into the future," said Tom Lamar, Executive Director for PCEI. "The Evergreen Foundation deserves special thanks for helping us with this."

PCEI has been serving the Palouse Prairie since 1986 through its mission of involving citizens in decisions affecting their environment. Its environmental education program serves over 3,500 students and adults annually through regional school-based programs, residential outdoor science school programs in McCall, and through workshops and symposia.

People interested in learning more about PCEI may call 882-1444 or visit the web at www.pcei.org

Paradise Path to Fitness

By Becky Chastain

Paradise Path Task Force, Gritman Medical Center and Moscow Area Triathletes are sponsoring a variety of free outdoor fitness monitoring event on Saturday, Sept. 9. The activities will begin at the HIRC (Hamilton Indoor Recreation Center), located on the corner of Mountain View and F Street. Starting time is 10 a.m. The activities will include running or walking a 1-2 km course, with fitness monitoring stations along the way and refreshments at the finish.

Finishers will receive a free t-shirt. All ages and ability levels are encouraged to attend. For more information, contact Roger Blanchard at 883-7098 or Ryan McAllister at 883-1522.

At 7 a.m. on the same day and location, the Moscow Area Triathletes are also sponsoring a triathlon. For more information on this event, access their website at: www.stuorgs.uidaho.edu/~triclub/PST_info.htm.

Project F.A.R.M.

By Carol Hill

There's an exciting new project at MaryJanesFarm. I'm working with rural women across the U.S. and we're stitchin' up a storm! As rural communities fade and small farmers disappear from our landscape, MaryJane decided something must be done. That's where Project F.A.R.M. (First-class American Rural Made) comes in.

Rural America is full of unsung crafters — hard-working people who deserve their fair share. So we're creating a national market for things like hand-embroidered pillows, wall hangings, etc., made in rural places like Knob Lick, Kentucky, and Moscow and Juliaetta, Idaho ... even a line of wire

baskets made by a family-owned company in a small rural town in Texas, the home of Shiner Beer. Along with help from MaryJane's son-in-law, Lucas Lee Rae, who is in charge of product development, our project is pitchin' home runs one after another.

Soon we'll get started on an order that came in from Charlotte, North Carolina, for 5,000 tote bags. (For this order, eight women in Oakesdale, Washington, set up shop to get started stitching in the back room of their local fabric store.) And I've got 10 other local women stitching from 15-30 totes a week.

Depending on how fast they stitch,

Santa Barter Fair

By Gisella Quigley

The Santa Barter Fair will be held Sept. 9 and 10 near Santa, Idaho. Admission is free. Santa is a little town 60 miles northwest of Moscow on Highway 3. The Fair site is two miles from the highway on a gravel road. Follow signs on the highway near Santa.

Every year, we get together to buy, sell and trade things like homegrown food, crafts, vintage stuff, tools, horse tack, guitars, incense, music and so on. Saturday night, there is a potluck followed by music jams and drumming. The parade on Sunday gives us a chance to dress up in our costumes and march around the camp with dancing children.

The fair is a camping event, and there is no electricity or running water, just a beautiful meadow. We like to keep the feeling of a family wilderness outing, so there are no generators allowed, and you'll need to take care of your own garbage. Dogs need to be kept on leashes, and campfires are restricted.

A raffle on Saturday before the potluck helps pay for outhouses and other expenses needed to keep the Barter Fair a fun time each fall. If you want to sell food at the Barter Fair, you need to contact the Panhandle Health Dept. for a permit at 208-245-4556.

If you need information, you can contact Gisella Quigley at 208-245-5303.

I hope to see all your smiling faces for a wonderful autumn gathering!

each woman makes \$8 to \$14 dollars an hour. But the best part? They get to work in their own homes, where they can stir a pot of soup, tend a sick child, maybe even take care of a sick calf. When rural women are faced with needing to supplement their farm income, they often drive long distances and work for low pay.

Next February, MaryJanesFarm will launch a line of organic bed linens and bath towels. Each package will include the option to purchase Project F.A.R.M. matching accessories.

I think Project F.A.R.M. has the potential to be huge. I love the practical hard-working, salt-of-the-earth type women I get to work with on a daily basis. And I'm getting to help them realize their dreams ... what could be better?

Carol Hill is one of the issue editors for the Co-op newsletter and is excited to be managing the MaryJanesFarm tote bag project in addition to her dream job designing MaryJane's magazines and books.

Acclaimed War Casualties Exhibition Coming to the Palouse

By Sally Perrine

The Palouse Peace Coalition and the American Friends Service Committee will honor fallen National Guard personnel and Iraqi civilians with its traveling exhibit, "National Guard Memorial Eyes Wide Open: The Human Cost of War," which will be on display in Moscow September 26 and 27. The exact location will be announced later.

This exhibit includes over 350 pairs of boots representing fallen National Guard servicemen and women, and shoes representing Iraqi civilian casualties. Volunteers will be needed for the following tasks: setting up the display, being available at the display in two-hour shifts during all open hours, and taking down the display and loading up the van.

For more information, contact Sally Perrine (sperrine@potlatch.com) or Pat Hart (882-7888).

Support our Survivors: ATVP Donation Drive

Alternatives to Violence of the Palouse, a local non-profit organization committed to helping victims and survivors of domestic and sexual violence, will be holding a donation drive to collect needed supplies for their shelter clients Sunday, August 20, and Sunday, August 27, from 10 a.m. to 6 p.m. During the drive, volunteers will be stationed at storefronts of several local businesses and will distribute a "wish list" of items needed by shelter clients. "The hope is that while store patrons are shopping, they will be inclined to pick up an item or two for a community member in need," said Colleen McColl, drive organizer.

Storefront locations for the donation events are as follows:

Sunday, August 20

☛ ShopKo (1450 South Grand Avenue,

Pullman)
☛ Dissmores, IGA (1205 North Grand Avenue, Pullman)
☛ Safeway (1320 Blaine Street, Moscow)

Sunday, August 27

☛ ShopKo (1450 South Grand Avenue, Pullman)
☛ Dissmores, IGA (1205 North Grand Avenue, Pullman)

Please stop by a storefront location to donate a wish list item.

Volunteering opportunities are still available for these events. Please contact Colleen McColl at cmccoll@gmail.com to schedule a time to volunteer.



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The Sustainability Review: Rainwater Collection, Part 2

By Mike Forbes

Last month, I wrote about our rainwater system. I had some feedback regarding some of my ideas and the system itself. There is an article to the editor this month that addresses some of what I said last month. I thought I should address some of the issues brought up by Michael Robison in his letter this month. He makes some excellent points, and has made me look very carefully at my system and methods by which I treat and plan on treating my water. I am also looking into options I hadn't previously thought about.

Let's start with where the water falls. Most rainwater systems have a "roof washer" for flushing the initial rain. This is for cleaning the big stuff off so you don't have to filter it later on. I don't have one because I'm trying to design a system that is low maintenance, effective, inexpensive and operates well in freezing temperatures. To my knowledge, a roof washer like this doesn't exist. Fortunately, my collection roof has very little on it other than dust (i.e. no needles and very few bird droppings). I do have a coarse filter to keep the stray needle and small critter/bugs

out of the collection pipe.

After the water is funneled into the pipe, I intend on having a water sensor that activates a germicidal UV filter that kills all bacteria as they come into the tank. This isn't enough of a system to deal with bacteria because they can form in the tank and filters. It is purely an additional method for eliminating some of the bacteria present in the system. UV filters have the problem that they don't work well with turbid water and they do draw power while in use. I haven't tested the turbidity of the water coming into the tank, but will do so when the rains come. The UV light I plan on using only uses 8 watts of power while running, and since it's actuated via a sensor, it won't operate continuously like many do.

Once in storage, the greatest potential for bacterial growth happens. Typically, people dose their storage tanks with chlorine bleach. I'm opposed to drinking a poison, so this isn't an option for me. There are alternatives, and if you look to New Zealand, where rainwater systems are very common, it is typical to see people treat their water with

hydrogen peroxide (H2O2). They don't use the household variety, however, but 35% technical grade H2O2. H2O2 is a very effective germicidal agent, leaving only oxygen in the water once it's done its job. I'm still researching this, but my research has shown that it should be very effective.

We have water now that is pretty good (I'll actually test it once a year still) prior to any filtration at the point of use. Most of our water will not be ingested (irrigation, toilet, shower, hot tub) so filtering every bit isn't absolutely necessary. Filtering can best be done by reverse osmosis, however, I have a difficult time with wasting 25-50% of the water you get out in the end. I'd rather opt for a carbon block filter, even though they have their issues. As Michael points out in his article, the carbon block filter can be a source of breeding bacteria and may not filter as well as the supplier claims. From what I've been able to determine, the carbon block filter I have (Eternity by Seagull Distribution) is effective in filtering bacteria. There are many forms of carbon block filters out there that are probably cheaper than mine that

"Once in storage, the greatest potential for bacterial growth happens. Typically, people dose their storage tanks with chlorine bleach. I'm opposed to drinking a poison, so this isn't an option for me."

perform as well (EcoWater has excellent filters). Speak with the salesperson about the performance of the filter with regards to bacteria filtration before buying it, and have your water tested at least yearly to see if anything is passing through the filter that you don't want to drink.

At this point in the system, I think the water is clean enough to drink and should keep you healthy and happy for years to come (as long as you maintain it as well).

Mike Forbes can be reached at biodieselmike@gmail.com and would love to hear any comments you might have.

Co-op Crossword Puzzle

by Craig Joyner

ACROSS

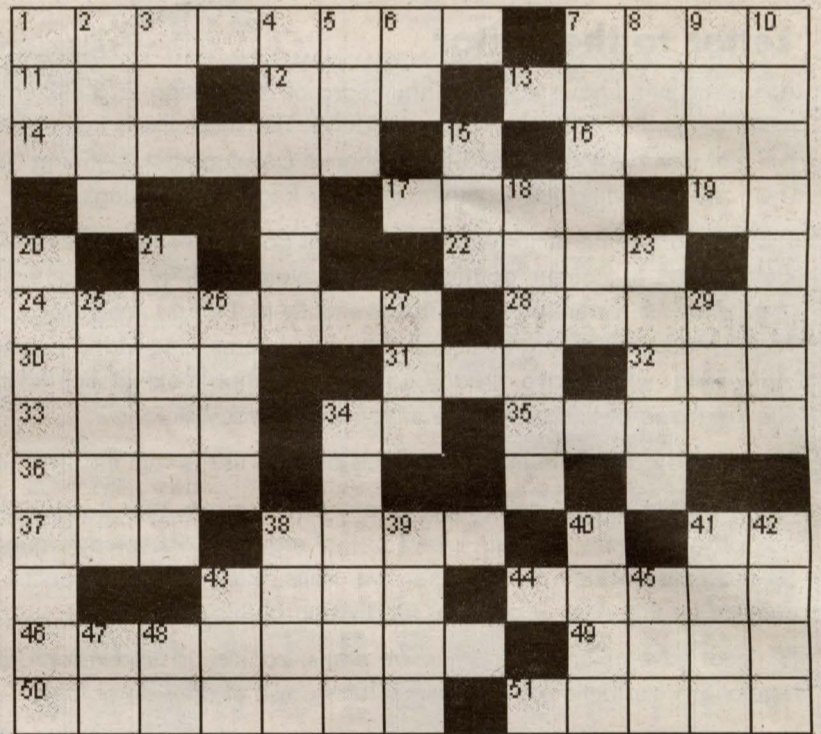
- 1 MFC business partner profiled in August, _____ Systems
 7 Camas Winery makes this sweet treat with strawberry, huckleberry, or raspberry
 11 Fish that goes with bagels and cream cheese
 12 American Indians of the Palouse, _____ Perce
 13 Helios Nutrition makes this type of fermented milk
 14 Recently retired profile writer of MFC volunteers, _____ McGehee
 16 Anti-art and anti-war movement founded in the twenties
 17 Accoutrements brand _____ is covered with skulls, bacon, or devil ducks
 19 Shucks
 22 Apple variety
 24 Joyce's masterpiece or Homer's hero
 28 This city sits on a confluence of the Snake, Columbia, and Yakima Rivers
 30 Othello's ensign
 31 Muir Glen split _____ soup
 32 Highway 1 winds along this beautiful California coastal area, Big _____
 33 Beeler's sausage can be found in this form in the frozen foods section
 34 Laugh
 35 Hunger
 36 Valid
 37 Church, abbreviation
 38 Vegetarian burger brand
 41 This state's name means 'grassy place' in the Cheppewa language, abbreviation
 43 Skywalker's mentor
 44 Ahlaska organic _____
 46 MFC cookbook and newsletter writer, Judy _____
 49 Rising _____ fresh pasta and sauces

- 50 One of the bands that'll play at PCEI's bluegrass concert on Sept. 9
 51 Last month she reported on the MFC community dinner, Barbara _____

DOWN

- 1 Local musician Paul _____ Smith's new cd, *Homemade*, is available at MFC
 2 Area within the Nez Perce National Forest, _____-Mallard
 3 Maker of kitchen goods
 4 Her mac and cheese can come in rabbit or peace sign shapes
 5 Shirt
 6 Simple slang
 7 Expectant mothers should check their products out at Sid's Pharmacy
 8 Health from the Sun product The Total _____ contains omega-3, 6, and 9
 9 Elton John has reworked this Verdi classic
 10 August's profiled volunteer, Omie _____
 15 Buy a cloth one, try the colorful Eurosac, so you won't have to use a paper one
 18 Lakewood makes an excellent version of this tropical juice
 20 Brand of baked chips, _____ Gourmet
 21 Constellation of the swan
 23 Variety of tea you'll find in the bulk section
 25 Local park on the upper reaches of the Palouse River
 26 Feudal jurisdiction or a Japanese martial arts master
 27 Sunshine _____ herbal salt scrub
 29 Mongrel
 34 Priest River cheesemaker, _____ Valley Creamery
 38 Dash
 39 Try _____ Mam's organic, fair trade coffee grown by Mayans in Chiapas
 40 Apple, pears, or quince
 41 Even with hi-tech fibers this is still a great material for winter clothes
 42 They make great frozen chicken nuggets and pot pies
 43 Affirmative slang
 45 Military rank or printing term, abbreviation
 47 Not germane to internet postings, abbreviation
 48 Ram Dass' classic work _____ Here Now

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



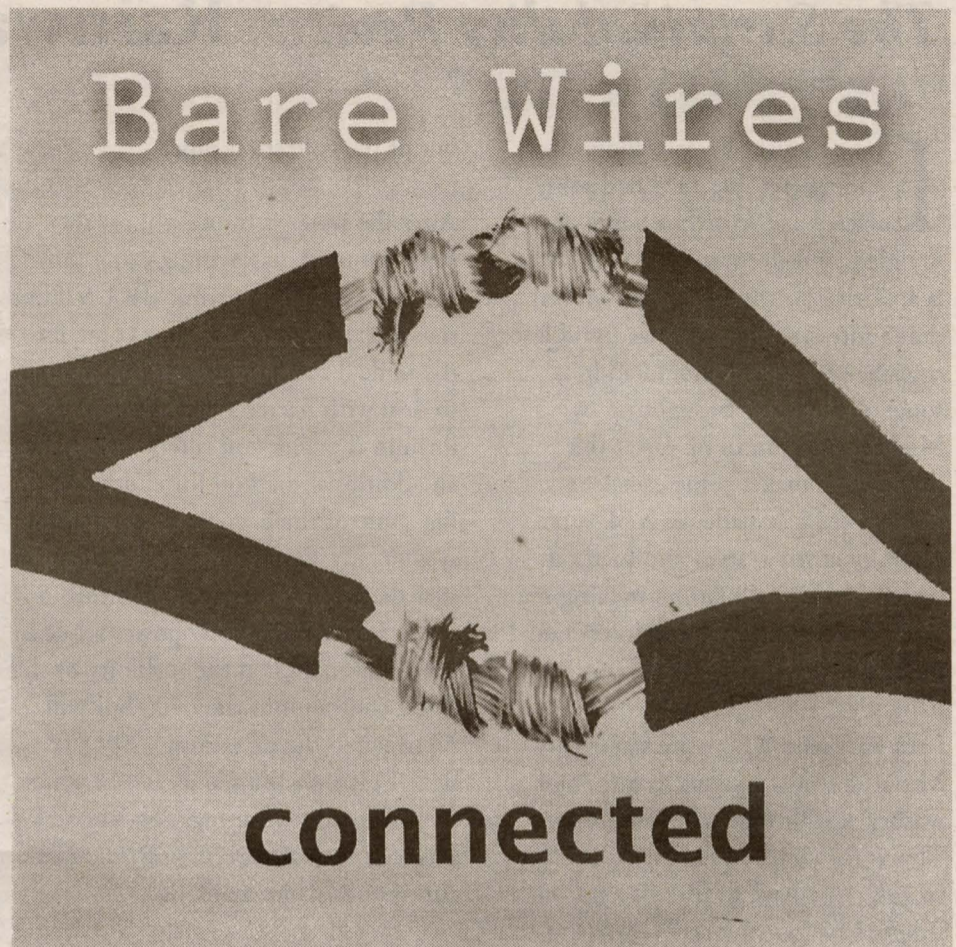
Off the Record: Bare Wires

By James Reid

Bare Wires' most recent CD, *Connected*, is available for purchase at the Co-op. The group, which performed at the Rendezvous in the Park this summer, describes itself as an eclectic band that plays a hearty mix of rock/blues/country stew marinated in equal parts wood smoke and cheap beer. The band consists of four Moscow musicians whose musical roots extend back to the '60s and '70s, and listening to the band's original cuts on this recording, it's easy to transport your self to that era and imagine you're driving down Highway 95 in a Dodge Demon or a Plymouth Duster listening to a band like Steppenwolf or Spirit on the eight-track player. On the band's website, members cite influences such as the Beatles, Jimi Hendrix, the Doobie Brothers and the Eagles, among many others, and it's not hard to hear these influences at work in the band's often hard-driving cuts.

The disc opens with a distorted guitar riff that is soon backed by rhythm guitar bass and drums as "Crossroads Angel" unfolds, and in the middle of the cut, a long guitar solo spins itself out over a one-chord vamp. All the songs on *Connected* were written by

one or the other of the band's guitarists: Guy Knudsen and Doug Lind. Lind's "When It's Over" has a bit of a jazz flavor, owing to its chord progression reminiscent of Van Morrison's song "Mooondance." One of my favorite tracks is Guy Knudsen's "Demon Rum." It begins with a blues-flavored solo guitar that is then doubled by the bass. This is a technique effectively used by the '60s power trio Cream as well as Led Zeppelin, and it works well here, too. You want some hard-boiled lyrics for the music to support, and "Demon Rum" has them: "Stone walls and iron bars, made a lot of friends in the county jail. Thirty days down in the hole, just because I couldn't pay the bail." These are classic blues lines dealing with the time-honored subjects of bad luck and trouble, most of it self-inflicted. This is fertile ground for song writing, and the next cut tills the soil with the following chorus: "No one to shelter me, nowhere to hide me, spend a lifetime on the run. Everything I own is right here beside me, empty bottle and loaded gun". The flavor of this track is a little more country, emphasized by the presence of an acoustic guitar. It makes me think a little bit of the Allman Brothers' "Midnight



Rambler." Not all of Bare Wires' songs are blues-derived. "Chosen One" sounds like it could have been written during San Francisco's 1967 Summer of Love and performed by a group like the Quicksilver Messenger Service. *Connected* will appeal to anyone who grew up listening to the rock of the '60s and '70s, as well as anyone who

longs for something different from the omnipresent rap that fills the airwaves today.

James Reid will present a program of music for electric guitar at the Lionel Hampton School of Music Recital Hall on October 5 at 8 p.m.

Letter to the Editor

Almost no one I have talked to has heard of Proposition 2, a citizen's ballot initiative on the November ballot in Idaho. The short title is Initiative Limiting Eminent Domain When Used for Economic Development, Defining Land Use Law, and Permitting Just Compensation for Regulatory Takings.

The first part of the initiative would prevent governmental entities from using their powers of eminent domain to take private property for economic development. The U.S. Supreme Court ruled recently that such taking was constitutional. That Connecticut case galvanized state legislatures, and Idaho is among the many states which have already passed legislation making such takings illegal. The language of this part of the initiative is already state law.

The second part of the initiative affects all land use law in the state, defined as:

- (a) any statute, rule or ordinance, or any law that regulates the use of or division of land or any interest in land or that regulates accepted farming and forest practices, including comprehensive plans and zoning ordinances that are enacted by this state or political subdivision of this state; and
- (b) Local government comprehensive plans, zoning or subdivision ordinances, regulations, restrictions and controls for the use of division of land.


The initiative, if it became law, would require, with few exceptions, that governments give land owners "just compensation" if the enactment or enforcement of any land-use law reduces the fair market value of their property.

Because the burden of evaluating, let alone paying, each possible claim would be so great, I believe, the effect would be to disable the State Land Use Planning Act, Forest Practices Act and possibly also the Right to Farm law.


I have a strong libertarian streak, but I also believe that land-use planning is a useful and civilized way for a community of people to agree about how to live together and get along. I don't find the vision of unregulated land use and land division at all appealing. It also ticks me off that this initiative was brought to Idaho by someone from New York, with funding from out of state.

To read the initiative, go to www.sos.idaho.gov/ELECTINITS/06init08.htm. Watch for announcements of a public forum on Proposition 2 in late September.

Suvia Judd lives and practices agriculture in Moscow, owns property in rural Latah County, serves on the Latah County Planning Commission and is expressing only her own opinion in this column.




Composting Toilets



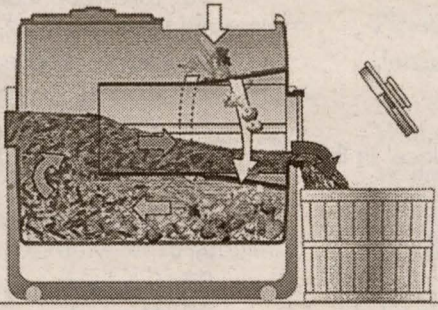
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Letter to the Editor

WATER:

We all turn on the tap several times a day almost without thinking, yet our water supply should not be taken for granted. As growth occurs, water is a resource that must be monitored closely. Just because we've always managed doesn't mean that we won't have to make some sacrifices in the future.

Moscow gets about 30% of its water supply from a shallow Aquifer, the Wanaþum, and the rest from a deep aquifer, the Grande Ronde. Pullman gets its water from the Grande Ronde only. We know that the Grande Ronde is dropping about 18" per year, but we don't know exactly why or what to do about it. Although we get adequate rainfall, we don't keep it because of run-off, evaporation and transpiration from plants. So when someone says there is no problem because we get adequate rainfall, they either aren't looking at all of the facts or they are doing wishful thinking.

What Can We Do?

Although people complain about studying something to death, in this case, we have got to learn more so we can better understand the recharge and discharge of our aquifers. Well monitoring and other research is taking place, but it is very difficult to understand these age-old aquifers and their interrelations between the different basalt layers. Attend the water summit to be held here on October 3, or if you can't, get information from it.

Keep abreast of what is happening in the area and think how it could affect our water. WSU is building a new golf course, and though it appears they

will be taking some steps to conserve water, it should be monitored because we all draw from the same source. A big new shopping mall in Whitman County near the state line is proposed. Our City and County officials should demand some say in how it will affect our water. Currently Ralph Naylor Farms, LLC, has applied for a conditional use permit to develop an open pit mine over the aquifer. There will be a hearing on this on Sept. 25 and the public should attend. In Idaho, water permits are granted by the Idaho Dept. of Water Resources, and the last time Naylor applied for a water permit, many people protested, and they were eventually denied the permit. Stay tuned on this issue.

We live in the arid West, even if it is the Northwest. We are not Seattle and we can't keep our lawns green like they can. Developers and homeowners should be strongly encouraged to incorporate xeriscaping and use appliances which conserve water. Rebates for low-flow toilets, dish and clothes washers should be available. Rain barrel use should be encouraged. Reservoirs, like the one Troy is considering, should be discussed as a possible way to enhance our water catchment.

In short, we are going to have to bite the bullet and recognize the need to keep informed, conserve, be willing to help fund research, and demand diligence from our community leaders on this vital issue.

—Linda Pike

Letter to the Editor

By Michael Robison, EcoWater Treatment Consultant

I very much enjoyed reading "The Sustainability Review: Rainwater Collection" article in the August issue. Mike Forbes' water storage project and his plans for the future are great! I look forward to creating a similar system one day myself.

There are two aspects of Mike's article that I am called to respond to:

1) Mike uses the Eternity System water treatment product made by Seagull Distribution. As a water treatment consultant, I am always interested in "new" water treatment products. The Seagull line of products is new to me. The information offered on the Seagull website is generally of interest and value, although I did find some less-than-acceptable information. I give them a "thumbs up" for the quality of their products. After speaking with one of their representatives, I have to add that the Eternity System is a very expensive, and very simple, carbon filtration system. I imagine the housing will last virtually forever. However, the filter cartridge is nothing more than a carbon filter, with the same level of effectiveness and limitations of most carbon filters. Its effectiveness does not compare with the effectiveness of a reverse osmosis system.

The other aspect of Mike's system, and the main reason I am writing "to the Editor" today, is the bacteria and other contaminants a rainwater system is likely to collect.

In my educated opinion, the Eternity type of carbon filtration is intended for use on municipal and private water systems (chlorinated systems) ... and not well suited for a rainwater collection system, unless it is supported by a series of sediment and carbon prefilters and an ultra violet light. Water tanks, cisterns and water collection systems are notorious for breeding bacteria. Was I drinking or cooking with water from a rainwater system, I would consider sediment and carbon filters, followed by a UV light to be the minimum level of protection.

When drinking/cooking water is stored in a tank of any kind, a cistern, spring or even a shallow well, I encourage folks to have it tested for bacteria at least once each year ... and if bacteria is found, to take the appropriate action ... at the very least, not drink it. Please keep in mind that bacteria is but one of the many potential water contaminants. I encourage every private well owner to have the full private well analysis performed at least once every two years.

I am looking forward to hearing more from Mike as his rainwater collection system continues to evolve. I understand a UV light is part of his future plans.

See Mike Forbes' response and Part II of the Rainwater Collection article on page 25.

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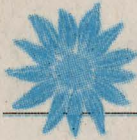
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Bulletin Board

Moscow Food Co-op
121 East Fifth
Moscow ID 83843

MOSCO

Co-op Events

Co-op Kids!

Tuesdays September 5 & 19, 9am
Please join us for an outdoor morning at Friendship Square Sept. 5 and then on Sept. 19 in the cafe for cork crafts!
Rebekka Boysen-Taylor
amamaswork@yahoo.com

Co-op "Hot off the Grill" Music and Barbecue—August Schedule

Tuesday Evenings 5-7pm at the Co-op
September 5—Noi and Friends
September 12—Dan Maher
September 19—Vishnu and Friends
September 26—Brian Gill

Co-op Community Dinners

Thursdays August 10 & 24, 6.30pm
A current menu is posted on the deli counter and at the cash registers. Reservations required.

Grass-fed Beef at the Co-op

Saturday Sept 16, 10am—2pm
Nikki Eaton will be at the Co-op on Saturday, September 16, to demonstrate the quality of their local (Colton, WA) meat by cooking some top sirloin and giving everyone a taste.

Other Events

Palouse-Clearwater Environmental Institute—September Events

Tuesday Sept 5, 3-6pm
Learning Nursery—open to community members—come and learn!
Aly Bean ☎ 882 1444 or aly@pcei.org

Saturday, Sept 9, 12 noon
PCEI Annual Membership Meeting, followed at 1pm by bluegrass played by "Pickin' in the Pasture". Visitors are welcome to visit & tour our grounds & see demonstrations
Saturday Sept 16, 9am—4pm
Restoration work in Elk River—carpool from PCEI to site at 8am—please join us!

Moscow Community Theater—Auditions for 'The Sound of Music'

Thu Sept 8, 7-11pm (ages 16+)
Fri Sept 9, 1-5.30pm (ages 5—16)
Come audition. ☎ 882 4731 for info.
Fri Sept 9, 6.30-8.30pm—Potluck BBQ
At the 1912 Center—please join us to see how you can become involved with MCT.

Outdoor Fitness Monitoring Event

Saturday Sept 9 from 10am
Hamilton Indoor Recreation Center, on Mountain View & F Street. Activities include running or walking a 1-2 Km course, with fitness monitoring stations along the way. Finishers will receive a free T-shirt. All welcome. *Roger Blanchard* ☎ 882 7098.

Santa Barter Fair

Friday Sept 9 & Saturday Sept 10
60 miles northwest of Moscow on Highway 3. Buy, sell & trade. Saturday night a potluck is followed by music jams & drumming. Free Admission. *Gisella Quigley* ☎ 208 245 5303

Compassionate Communication

Saturday September 9, 7-9.30pm
AKA Nonviolent Communication—at UU Church Sanctuary. Free Introduction class. *www.palousecc.org* ☎ 882 2562

Moscow Library Book Club

Monday Sept 18, 6.30pm
@ the Library, 110 S. Jefferson
Book: "Kite Runner" by Khaled Hosseini
Contact: *Chris Sokol*, ☎ 882 2562
chriss@latahlibrary.org

Farmers' Market

Saturdays 9.30—11.30am
September 2—Potatoes
September 9—Lisa S
September 16—Pullman
September 23—Hog Island
September 30—Alex

Moscow Community

Wed. nights, 9/20-11/1
Moscow Public Library
A nine-week program for writers, taught by eight local writers. Applications due 9/7. For details, see: *www.latahlibrary.org* or pick up info sheet at library reference desk.

Sirius Idaho Theatre

September 21—23 & 28—30, 7.30pm
Cow-Tipping and Other Signs of Stress
by Gregory Fletcher at the Kenworthy Performing Arts Centre, 508 S. Main St.

Introduction to Permaculture

Fri (eve)/Sat/Sun September 22, 23 & 24
lazymsuris@earthlink.net or ☎ 882 4785

Fall Equinox

Fri Sept 22 & Sat Sept 23
The Orchard Studio & Cafe offers offerings of local & regional artists. Practitioners with talks, music, movies and artistic Events. *www.theorchardstudio.com*

Eyes Wide Open: The Human Cost of War

Tue Sept 26 & Wed Sept 27
A national traveling memorial in honor of fallen National Guard personnel and civilians at the Administration Building, UI campus ☎ 882 7067

UI Women's Center

Mondays in September
Clothesline Project, a Domestic Violence Awareness Month event.

Wednesday Sept 13, 5pm
Everything You Always Wanted to Know About Gynecology, But Were Afraid to Ask

Thursday Sept 14, 1-5pm
Women's Center Open House

Tuesday Sept 19, 5pm
Film: *In the Time of the Butterflies*
All events above held in Memorial Gym Room 109, UI Campus

Thursday Sept 28, 6pm
Camas Prairie Winery, 110 S. Main
Women's Center Article Club
All events are free and open to the public
☎ 885 6616 for more details of activities.

Music @ One World Café—8pm start

Sat Sept 2 - Amy Bleu (Portland)
Fri Sept. 8 - Finn Riggins (Hailey, Island)
Sat Sept. 9 - Uniontown (Moscow)
Sat Sept 16 - Desert and Rain (Moscow)
Fri Sept 22 - Love (Pullman, MO)
Sat Sept 23 - Cold (Pullman)
Thu Sept 28 - Iris (Moscow)
Fri Sept 29 - Zung (Moscow)

Moscow: Friday
Meetings in Friedman at Third and Main. ☎ 882 2562
sperrine@pcc.edu
Pullman: Friday
Under the clock by 12.45pm
☎ 334-4688 *nancy.cw@pullman.com*

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

Send us your community announcements! Email events@moscowfood.coop by the 24th of each month. For more events & info, visit our web site: www.moscowfood.coop/event.html

