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Community News

FREE!
PLEASE TAKE ONE

April 2007

The monthly newsletter of
the Moscow Food Co-op



Pedal Power Party

By Dave Peckham, bike party coordinator

In April, our hearts and minds turn to springtime fancies like bicycling. To celebrate spring and just-after-Earth-Day, the Co-op is sponsoring a Pedal Power Party, Saturday, April 28. This bike-focused and bike-friendly celebration will be held in the Co-op parking lot.

To help slow global warming, this global cool event includes free bike repair from 9 AM to 3 PM, and several biking events during mid-day. The slow bike race starts at 11:30. Urban trials stunts follow around 12:30. Then there'll be prizes for the coolest bikes, so bring your finest.

In the slow bike race, the loser wins. The cyclist who wins is the one who moves the slowest, standing still (feet on pedals) without tipping. Slow-biking is not easy, so start training now!

This bicycle celebration is sponsored by the Co-op in partnership with Paradise Creek Bicycles and the Village Bicycle

Project. This may be the fourth year that Paradise Creek Bicycles, Village Bicycle Project and the Co-op have teamed up for an Earth Day Saturday of free bike repair. The real goal of the event is to help you get back on your bike after a long winter.



Illustration by Elizabeth Carney Sowards

Community News

Published by

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121 East Fifth Street
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For advertising rates and information:

contact Jyotsna "Jo" Sreenivasan at 892-0730 or ads@moscowfood.coop

For letters to the editor:

Moscow Food Co-op
Bill London, Editor
121 East Fifth Street, Moscow, ID 83843
london@moscow.com

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Editor

Bill London

Issue Editors

Carol Spurling
Carol Hill

Graphic Design

Megan Prusynski

Advertising Manager

Aly Bean

Illustrations

Elizabeth Carney Sowards

Photographs

David Hall

Distribution

Donald Stanziano—Moscow
Kurt Queller—Pullman
Mary Zuber—Lewiston-Clarkson

Back Cover Design

Richard Elgar
events@moscowfood.coop

Webmaster

Bob Hoffmann
webmaster@moscowfood.coop

General Manager

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

Board of Directors

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

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



2006: A Year for Settling In

By Kenna S. Eaton, General Manager

Every year I read annual reports from other Co-ops and I am both inspired and challenged to be able to produce something as comprehensive as they have done. Then I stop and remember that, by many people's standards, we are a small Co-op and, as such, we really don't have the resources (either money or people) to put together such a presentation. But we do have the information, so if you don't mind a simple, homey article here it is, the answer to your question "How did the Co-op do last year?"

The short answer is fine, thank you, but by now you're probably more interested in the longer version. We spent most of 2006 getting settled in; getting systems straightened out and figuring out how to operate smoothly.

Having relocated late the year before, 2006 was our first full year in our new location, and there were lots of new things to figure out like the reverse osmosis water system (hopefully fixed) and how to manage a staff of 100 (still working on that one!).

Another big item was creating a sales history for the Co-op. Usually we make a budget based upon what happened last year, plus current trends (sales growth etc.) and anticipated changes. However this year with no history to base those predictions on we were frequently flying by the seat of our pants; thank goodness for such a dedicated membership base, for ya'll truly showed your support, in fact our sales for the year grew 42 percent over those of 2005.

Such growth is not easy nor is it without pain, but in the end I think I can say that we, the staff, pulled together to work hard and make the Co-op a warm, friendly place that our members want to shop in or just hang out at. We get tons of compliments both from regulars and visitors and it warms our hearts every time we hear them, please don't stop!

So, now down to the nitty gritty. (See the charts).

Balance Sheet

The balance sheet is a snapshot, taken at a moment in time. It reflects the strength of the business. Here is a comparison from December 31st in 2005 and 2006.

ASSETS	2006	2005
Current Assets	\$365,806	\$320,044
Property & Equipment	\$1,010,806	\$1,148,923
Other Long Term Assets	\$23,568	\$8,000
Total Assets	\$1,400,180	\$1,476,967
LIABILITIES AND EQUITY		
Current liabilities	\$176,490	\$276,812
Long-term liabilities	\$902,626	\$949,458
Total Liabilities	\$1,079,116	\$1,226,270
Members equity	\$430,329	\$389,670
Retained Earnings	[\$139,032]	[\$45,879]
Net Income	\$29,737	[\$93,123]
Total Liabilities & Capital	\$1,400,180	\$1,476,967

Income Statement

And now for more fun, here is the Income Statement from December 31st:

	2006	2005
Sales	\$5,845,600	\$4,108,848
Cost of Goods Sold	\$3,499,878	\$2,462,858
Gross Margin	\$2,345,722	\$1,645,990
Expenses		
Personnel	\$1,482,083	\$1,080,332
Operations	\$345,191	\$398,205
Supplies	\$154,142	\$108,477
Depreciation	\$151,936	\$44,379
Bank, Interest & Prof. Fees	\$168,116	\$94,712
Community Action	\$15,329	\$13,007
Total Expenses	\$2,315,985	\$1,739,112
Net Income [loss]	\$29,737	[\$93,122]

So where does the money come from?

Our income stream is purely from sales; all member investments are considered capital and live on the balance sheet. We use member investments to purchase equipment or to help reduce debt; a great reason to join or renew your membership.

This year sales were as follows. Sales in Grocery (packaged, chill, frozen, some cheese, beer & wine, vendor bread, and bulk) accounted for 45.89 percent of

all sales.

Wellness (supplements, personnel care, mercantile and non-food) accounted for 16.25 percent of sales, Produce and flowers equaled 11.57 percent, the Kitchen (coffee, bakery, specialty cheese and deli) 21.45 percent, Meat 5.80 percent and last but not least and in no one's department are special orders of 1.65 percent.

Now don't forget that we give discounts to many people who shop at the Co-op. Staff received over \$67,000 in discounts last year and volunteers & members (mostly MADay) accounted for \$87,720, this is money that is taken off sales before we even get to the bank. Well, I could go on for hours talking about where

money comes from and where it goes: suffice it to say that cash flows quickly thru the Co-op; coming in from our shoppers and back out again into our community in the form of wages and purchases from local producers.

So, that's the relatively short and sweet version. Thanks for reading this far and thanks again for being part of our success story!

Co-Operations



The Front End News

By Annie Hubble, Front End Manager

The Co-op gift card is a wonderful thing. Reusable, it can be used as a gift or as a Co-op shopping card.

For birthdays, holidays, celebrations, (think forthcoming graduations in May!), it is an easy gift.

As a Co-op shopping card, it can not only help you stay on budget, (as many people already testify), but also can save the Co-op money. Any time a customer

uses debit or credit, the Co-op pays a fee. When a customer uses a Co-op gift card, there is no such fee.

The cards are reusable. When you have spent all the money on the card, you can put more money on it, or leave it with us, and we can use the now empty card for other customers.

These cards are very easy to use or purchase. Talk to a cashier if you are interested, and Happy Springtime!



Community Dinner

By Amy Richard, Kitchen Manager

Our Community Dinner this month will be on Wednesday, April 11th at 6:30pm. The chefs will be Mike Bowersox and Emily Melina. They are preparing an Italian feast that sounds very exciting. When was the last time you had cannoli? The menu is:

✦ Italian Stuffed Mushrooms with Fontina and Fresh Basil

✦ Spinach Salad with Red Bell Pepper, Red Onion, Feta Cheese and Balsamic Vinaigrette

✦ Sicilian Salmon Steaks with Sundried Tomatoes, Fresh Basil and Roasted Garlic

✦ Risotto with Parmesan Reggiano

✦ Bittersweet Chocolate Sicilian Cannoli

Wine tasting will be offered at dinner at no additional cost. Seating is limited to 14 so make your reservation early. Tickets are \$24 and are available from your friendly cashier.

I hope to see you there!

April Community Dinner

Wednesday, April 11, 6:30 p.m.

This will be an Italian feast! Free wine tasting is available.

Join the Moscow Food Co-op and Save!



Members Save:

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

Any cashier can help you join, just ask!

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

Open Daily 7:30 am - 9:00 pm

Co-op Business Partners

A Choir of Angels Massage Center: 10% off all Gift Certificates, Patricia Rutter, CMT, choiramc@clearwire.net, Almon Plaza Bldg., 200 S. Almon, Ste. 212, Moscow, c. 208.413.4773. Also by mail.

Adventure Learning Inc.: 10% off base cost of any trip, Donal Wilkinson, 310-3010, adventurelearningcamps.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.

Ball & Cross Books: 10% off Used Book Purchases, Mark Beauchamp, 203 1/2 S Main St. Moscow, 892-0684.

Bebe Bella: A Free Pair of French Terry Fleece Nursing Pads with your first purchase, Rebekka Boysen-Taylor, 208-882-1353, www.bebabella.com, amamaswork@yahoo.com.

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, 310-6936

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 hrs within 50 miles, 2 weeks free water to new 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, drmoffat@NaturalHealthTechniques.com, 413 East 8th St, Moscow, 882-3993

Healing Point Chinese Medicine Clinic: \$10 off initial and second treatments, Lauri McKean & Meggan Baumbartner, www.healingpt.com, PO Box 9381, Moscow ID, 669-2287

Healing Wisdom: 10% off Initial Consultation, Please call for appointment, Candace Magnuson, Clinical Ayurvedic Specialist, 208-699-3812

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

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

Integrative Mindworks: Free 30-min. consultation for new clients, April Rubino, integrativemindworks.com, 3400 Robinson Park Rd, Moscow, 882-8159, april@integrativemindworks.com

Inspire Communications: 10% off All Services, Jo Sreenivasan, http://members.aol.com/write-book64, 892-0730

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

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

Kimi Lucas Photography: 25% off initial photo session, 15% off on photo session, instruction or products & free third pet photo session, Kimi Lucas, PO Box 3432, 310-1064

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

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

Maria Maggi, Intuitive Astrology & Gardener: \$5 off astrological & flower essence consultations, 882-8360

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

Mindgardens: Free initial consultation & 10% discount on services, Erik Tamez-Hrabovsky, erik@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



Art at The Co-op

By Annie Hubble, Art at The Co-op coordinator

It is once more time for the High School Art Show. We hosted this show last year and it was a great success. The art was of excellent quality and I liked providing a showcase for these young artists. I am happy to be able to offer them the opportunity once again. Mel Siebe, their teacher, selects those students who have proved their ability to work independently and who take their work seriously. It is an honour to be chosen for the show.

The opening will be 5.30pm-7.00pm on Friday, April 13th. Come and meet some wonderful young people and see their art. The show will run until Wednesday, May 9th.

Students participating in the Co-op Art Show:

Cecelia Hanford
Meg Besser
Beth Armstrong
Elizabeth Stegner
Maja Strand
Sara Young
Marques Miller
Sara Quinn
Stacey Penoncello
Bethany Davis
Morgan Lindsey
Ava Isaacson
Devin Cogger
Lyndsi Jaureguito
Francisca Crutchfield



Alicia B. Cunningham poses beside some of the quilts she and Kristin Joneshove on display in the deli area of the Co-op. Photo by David Hall.

Marc LaPointe
Jessie Ahler
Dakota Lewis
Michaela Eby
Ella Shreck
Trevor Humble

Carli Trail
Logan Dilles
Grae Foster
Emily Jordan
Amanda Shull
Kjersti Fosso

Amber Sirk
Grace Gardner
Kylee Intermill
Kar Davis
Naomi Cavileer
Ing Chung

Board Election Report

By Kimberly Vincent, board president

The election results are in! In late February and early March there were two days for members to vote for four board members from a pool of 10 dedicated candidates. Kimberly Vincent and Donal Wilkinson were reelected. Two new board members were also elected: Gary MacFarlane and Chris Caudill.

It is always interesting to see how passionate board members are about the Co-op. Each comes with a very personal reason to want to give back to the Co-op. It looks like we have two new strong board members who will have a lot to offer in our governance over the finances and the General Manager (our two main charges). Welcome to Gary and Chris, I speak for the entire board in saying I look forward to your input.

I want to thank Bill Beck, vice president of the Board of Directors for recruiting, running the election, and keeping all informed through this whole process.

Normally the president does such things but I was rerunning so Bill took over the duties and did a great job. Thank you to all the volunteers who sat at the voting table for two days. With so many board members rerunning this year we had to call on volunteers to help with the task.

Candidates this year (10 candidates for 4 positions) indicates to me a growing interest in the operation of the Co-op and its well being. Thank you to all who ran. I do hope you all continue to have so much interest in the Co-op and will consider running again in the future.

Will Simpson has been on the board for the past three years. His term is up and we will miss his pragmatic approach to work. Will gave a lot of time to researching and writing our first draft of Policy Governance. He was willing to put in the time for he wanted a system in place that allowed for Board members to know and understand their roles and how to efficiently carry them out. Thank you Will.

Phil Ronniger is also leaving the board after completing his term. Phil is ever the mediator, always trying to see all sides of an issue. He also spent a huge effort on our Policy Governance. Phil would take our comments, suggestions, and edits and incorporate them into his rewrites of the Policies. We will miss

both Will and Phil at the board meetings. Thank you both for your hard work and valuable contributions.

Normally the board has a one-day retreat in November to make plans and goals for the upcoming year. We postponed our 2006 retreat until February 2007. We carpoled to Field Springs State Park (thanks to Joe and Donal for making the arrangements).

We arrived early to enjoy some fresh air. Everyone donned skis or snowshoes and off we went. After several hours in a light snowfall we headed back to the cabin and sat down to work. Our goal was to complete our edits of the policies and do some strategic planning. We finished our discussion of the policies and Phil and Will sat down at computers to type up our suggestions. The rest of us helped Donal, who was in charge of meals, by chopping veggies, setting the table and talking.

We accomplished a lot in one weekend and found a lot of common interests other than the Co-op. I hope that this can be come a regular way to run the retreat for I find sharing meals is always a great way to build community. This board lost that for a while as we

stopped having meals together during and after the move to the Fifth and Washington Street location. Folks came to the meetings after a long day at work and jumped right into more work. This past year I asked that folks start coming to board meeting half and hour early to have a meal together. This time together allowed us to get to know one another and allowed time to transition from our jobs to our volunteer work on the board. The retreat provided us a concentrated amount of time to focus on our work at hand.

The upcoming year is going to be full for the board. We will contribute to the work for the Strategic Plan that is underway with a committee of members, staff and some board members. We will revisit our By-laws for they seem to be outdated.

We also have new ideas for reaching out to the membership to consider and we are anxiously awaiting the summary of the survey that shoppers (members and nonmembers filled out last fall) so we can address the diverse needs of our shoppers and members. We also have other ideas for reaching out to members that we hope to explore.

www.spiritherbs.com 208-883-9933

Dr. Linda Kingsbury



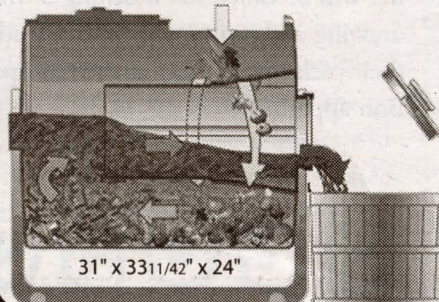
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SUN-MAR

GARDEN COMPOSTER



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UNIQUE AUTOFLOW FEATURES

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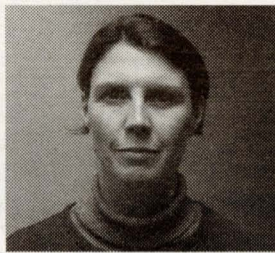
The Sun-Mar 200 is a continuous composter with a 6 bushel (50 gal.) capacity, excellent for kitchen scraps and cut up garden trimmings



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The large pool of can-



Employee Testimony: The Co-op is a Great Place to Work

By Candace Magnuson, kitchen human resources and information technology coordinator

I have worked here for a total of about two years, and I love working at the Co-op!

of issues. Even Kenna, the general manager, is very approachable and happy to answer questions.

The Co-op has invested in me to not only make me a better employee but to make me a better person and member of my community. Since beginning at the Co-op I've been paid to attend customer service, communication skills, management skills, and disability awareness trainings.

Beyond competitive wages, the Co-op offers a number of valuable benefits: an 18 percent discount on all store pur-

chases, holiday, sick and vacation pay, health insurance, and raises at regular intervals.

Being part of the Co-op is truly special because it is a business that works to give back to the community by, among other things, buying produce from local farmers, showcasing the work of local artists, and giving exposure to local craftspeople by allowing vendor booths. The Co-op constantly strives to have a positive impact on its customer's health and the environment. It is a great feeling to know that by working at the Co-op I'm working to make my world

a better place.

If your heart is touched by this testimony I encourage you to support the Co-op not only through your membership but also by contributing your skills as an employee. The Co-op Deli is often in search of enthusiastic food and community lovers who can provide excellent customer service and pay attention to detail in a fast-paced environment. If this sounds like the workplace for you, pick up and return an application to a cashier.

Through all the variety of work experiences I have had, including at another Co-op, I have never felt as loved as I do here. Friendly staff surrounds me and I receive appreciation from my supervisor that kindles my inspiration to excel. I am always encouraged to express my thoughts toward innovation or concerns of inefficiency.

The management team is truly accessible and wants to generate resolution



Tuesday Tunes

By Joseph Erhard-Hudson, Co-op concert coordinator

Join us Tuesday evenings 6-8pm for good local music and great food from the deli.

For eager musicians who can't do a full gig, our first Tuesday this month features an Open Mic. Audience and performers alike had a lot of fun last January, so don't miss it this month.

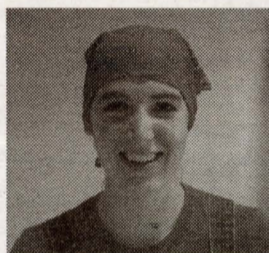
Daniel Mark Faller returns on the 10th with his country/rock solo fun. David Roon has a Dutch name, but his soul was obviously born in Ireland. Last in the line-up this month we have Trillium, a new Moscow Trio featuring Mac Cantrell, Janice Boughton, and some guy named, um, Joseph Erhard-Hudson. Trillium specializes in close harmony, and most of their work is acappella.

This Month's Line-up:

- April 3rd:** Open Mic
- April 10th:** Daniel Mark Faller
- April 17th:** David Roon
- April 24th:** Trillium

Our kitchen always makes a special inexpensive entree for Tuesday nights. Feed your body and soul without breaking your budget.

Joseph Erhard-Hudson has lived on the Palouse for 15 years, was nominated for the Nobel prize in physics, and likes to include at least one lie in every autobiographical statement.



New in the Pretty Darn Gluten Free Department

By Anna Carnegie-Marx, lead baker

News bulletin: This just in...the Pretty Darn Gluten Free bakers at the Co-op have been going on a cooking rampage!! Just take a gander at all the new and exciting things happening in the PDGF case this month.

We now have super-yummy vanilla cupcakes with chocolate frosting, and chocolate cupcakes with raspberry frosting. In addition to these tasty treats there are now Molasses Cookies in the Grab and Go along with the popular Chocolate Indulgence Brownies.

But that's not all. We are now serving

the simply decadent Millionaire Bars. These bars feature a delicious shortbread base topped with creamy dulce de leche caramel sauce and then capped with rich semi-sweet chocolate. It's making my mouth water just thinking about it.

If all this tastiness isn't enough, we are introducing a to-die-for Banana Cream Cake in the deli case and a brand new scone featuring a fusion of flavors, including: orange, jasmine green tea, and ginger. We are so excited to be offering these delicious products and we welcome all your comments, questions, and suggestions.

Co-op Sandwich Bar Give-Away

By Derek Johnson, service supervisor

The Co-op sandwich bar will begin a bi-monthly sandwich give-away on Friday, March the 30th. What is the sandwich give-away, you may be asking? A lucky business or office will win six delicious organic sandwiches made fresh daily at our sandwich bar. The drawing will take place on the second and fourth Friday of each month. To enter, drop off your business card at the sandwich bar coun-

ter anytime between 7:30am through 9:00pm seven days a week. The winner will be called the morning of the drawing and a time can be arranged for their pick-up that day at the Co-op. Bon appetit!



April Co-op Kids! Join us at 9 am in the Cafe...

By Rebekka Boysen-Taylor, Co-op volunteer

On April 11th to make musical instruments out of recycled materials—this was a hit last year so mark your calendars.

Co-op Kids! is a great place to meet up with local families for earth friendly kids activities. There is no cost to attend since the Co-op donates all of our snacks and supplies!

CALLING ALL FARMERS

If you are a local farmer or neighbor

with some new chicks or baby animals and would be willing to bring one or two to share with the kids please contact Rebekka Boysen-Taylor at amaswork@yahoo.com. The kids just love to learn about how things grow!

Rebekka Boysen-Taylor is the Co-op kids volunteer and mama to two 'organically grown' little ones.



Word of Mouth meets Oeno Speaks

By Vicki Reich, soon to be former grocery manager

I thought I'd go out with a bang and kill two birds with one stone. In other words, I have just enough time to write one newsletter article. Since I thought tasting port sounded like a great last taste test and since port is a fortified wine, I've combined my two columns and had a lot of fun doing it.

Port has been around since the 17th century and got its start from a war between Britain and France. The British couldn't bear to be without good wine once they declared war and looked to their friends in Portugal to fill the void. The Portuguese coastal wine was not as good and in order to preserve the inland wine for transport, brandy was added. Then someone discovered that if the brandy was added during instead

of after fermentation, the sweetness and fruitiness were preserved, plus the stuff had a real kick.

In order to be called port, the wine must come from the Douro Valley in Portugal. Everything else must be called port-style wine. Most of the Port Houses that we know today have been in existence since the early 1900s. There are many styles of Port. They depend on the amount of time the wine stays in wooden casks and in a bottle. The most sought after ports are Vintage Ports, which are the cream of the crop from a single vintage year that are stored for a long time. They make up only 2 percent of the port in the world. We don't sell any. We sell the youngest (ruby) and the second youngest (tawny) ports. Ruby ports are a rich

burgundy color and fruity and sweet. Tawny, which has aged in wood longer and lost some of its color is an amber color with a drier and nuttier flavor. I decided to taste test the three ruby ports we carry.

The Hog Heaven Handspinners were eager to help me with this tasting. We started the evening with Dows Ruby Port (\$14), which we thought was fruity but not too sweet. The flavor was very upfront and then tapered off at the finish. It was not very full bodied and very easy to drink. The second port was Sandemans Ruby Port (\$12), which had the most beautiful ruby color. It was more full bodied, more acidic and even less sweet than the Dows. The flavor also lingered in your mouth for longer. The last port of the evening was

Presidential Ruby Port (\$13). This was the most complex with rich tannins and smoky overtones. It is moderately sweet and full bodied.

There was no clear winner even though we all went back for seconds and even thirds. We did all agree that we liked port and we were surprised at the strong differences between the brands. Our spinning and conversation were certainly enhanced by our tasting, and if nothing else, that made it all worth the effort.

Vicki Reich is moving to Sagle, Idaho and hopes to continue writing for the Community News with her new-found free time. She doesn't know how she'll cope without a few deadlines in her life.



Filling Those Big Shoes

By Joan McDougall, new grocery manager

We just returned from the annual Natural Products Expo West in Anaheim, California, where we were delightfully avalanched with activity, people and products. It was an overwhelmingly invigorating experience of education mixed with fun. We attended seminars and had meetings with some of our brokers who showed us their newest lines. We tasted food product after food product until our stomachs churned. Enthused about some of the new offerings we sampled, we are now working to bring them to you through the Co-op.

At the Expo we also renewed connections with people from all areas of the industry including staff members from neighboring co-ops in the Northwest. Vicki introduced me to everyone as the new grocery manager, her replacement, and the wide-eyed welcome to me was invariably the same, "You have some big shoes to fill." But I already knew that.

For over a decade Vicki Reich has infused the Co-op with her passion, integrity and deep commitment to members. She has been integral in helping to keep the Co-op strong and vigorous with her fierce dedication to the natural foods industry and her willingness to tackle new skills and build

relationships on behalf of the Co-op. She carries so much history in her head, not only of the Co-op's current home, which she helped create, but also of the past locations it used to thrive in on its journey to today. With Vicki, the management team has continued to take the Co-op to new levels of service. Each step of the way Vicki has given her total involvement. Now she is taking that energy into the next rewarding chapter of her life.

And now it's my opportunity. It's my opportunity to help implement the vision and pour my energy into keeping the Co-op a vital part of our community. It's my opportunity to maintain connections, to seek out the knowledge and to learn the skills necessary to maintain and grow our great resource. Since I have been working at the Co-op, quite a few shoppers have stopped me to give testimony to how valuable the Co-op is to them. One woman believes the products we carry saved her life when she was quite ill. That is a trust I don't take lightly. At least once a week someone with a newly diagnosed allergy comes in seeking products to keep them healthy and robust.

Healthy and robust. That is a vision not only for every member, but for the Co-op itself. We have an incredible community resource, not only to shop

"I am elated to serve as grocery manager and am eager to continue learning how to best serve our members."

at, but also to work at. The Co-op staff is composed of interesting, and some amazing, individuals, all dedicated to the Co-op spirit. I feel gratitude to be among them.

The Expo opened my eyes to how vigilant Vicki has been to staying current with the natural foods industry. I intend to continue that vigilance, with the help of our incredible grocery team and everyone at the Co-op. I love my job. I am elated to serve as grocery manager and am eager to continue learning how to best serve our members.

Can I fill Vicki's shoes? I am not even going to attempt that daunting challenge, but I will continue putting one foot in front of the other on this journey toward keeping our Co-op a vital resource for every community member. I am at the trailhead of the path, only glimpsing what energies will be required of me, but I am committed and eager to give you my best effort. I welcome being of service and look forward to working with you.

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Co-Operations



Produce Roundup

By Scott Metzger, produce manager

It sure feels like spring is just around the corner. I am not quite ready for it, being a lover of winter, but I guess it's inevitable. I can always hope for a few more winter storms though! But our lingering winter has little bearing on what is available in the produce department this time of year from far away, warm places like sunny southern California, Mexico, South America, and even New Zealand. This is the transitional time of year when we are getting a blend of produce from all over the world. While most of our greens and spring crops are coming from California, more and more of the fruits are coming from South America. It won't be long though until we are wallowing in fruits and vegetables from the Pacific Northwest, and even the

Inland Northwest.

A couple of new items from California are just a tease of what lies in store. Organic asparagus, organic strawberries, organic rapini, organic peas, and organic baby artichokes are all part of the early season harvest from southern California.

You may have noticed a few more non-organic items in the produce department recently. Due to popular demand, we are going to regularly carry conventional watercress, and jicama as well as a few select seasonal items. These items can be found in the upper left corner ("conventional corner") of the fruit case.

Another highly popular item that just arrived are the fabulously sweet Ataulfo "honey" mangoes. These smaller yellow mangoes have an incredible flavor and a short season. Look for them on the produce island for the next several weeks.

Finally we are happy to announce that we are now carrying a new selection of slightly cheaper flower bouquets. Look for the flowers by the cash registers, and don't forget flowers for your sweetie!

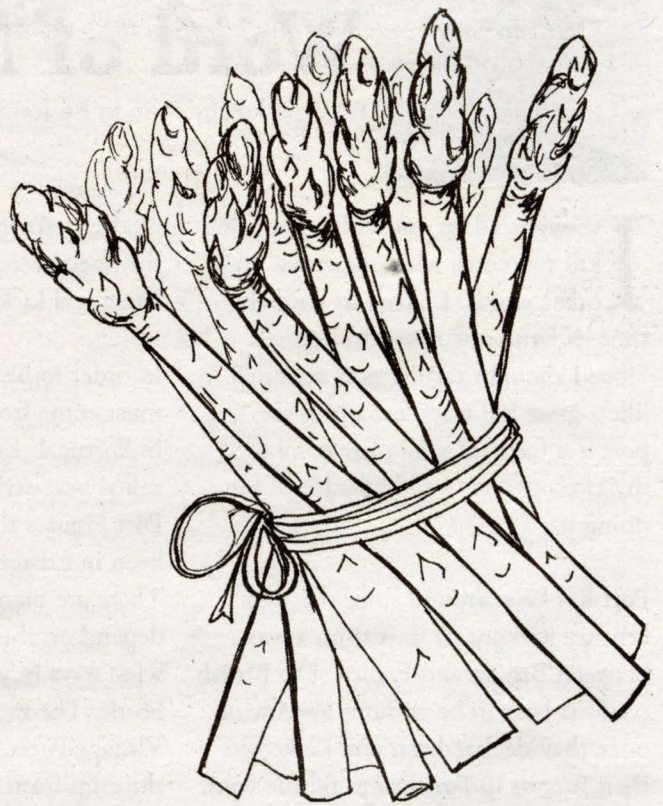


Illustration by Elizabeth Carney Sowards



New Desserts Welcome Spring

By Aven Krempel, bakery supervisor

The bakery has some very fun new desserts for you to savor this month. Avocado Pie is my personal favorite. I was reading an article in a magazine about heart healthy benefits of avocados, walnuts and chocolate when I was struck by a childhood memory of a green pie that my mom used to make. I called her up and she said yes, indeed that was a pie made of avocados. She couldn't find the recipe so I searched a bit online and found more variations than I expected.

Avocado Pie sounds very weird if you've only eaten avocados in a savory way, but they are technically a fruit and, as it turns out, they do go well with walnuts

and chocolate. This creamy and sweet avocado filling on top of a rich dark chocolate and walnut crust will expand your avocado horizons. I encourage you to try a slice. It is a little weird, this green pie, but it is also very tasty, and good for your heart, and soul.

For those of you who are set in your savory avocado ways we have some new desserts along a more traditional line... Panna Cotta, that silky Italian set pudding of cooked cream which we will be serving with a tart balsamic strawberry sauce drizzled on top. Also, Angel Food Cake, its light and airy texture is just perfect for soaking up the sweet mixed berry coulis served along side. Enjoy!

Co-op Sustainability Committee Wants You

By Kathleen Ryan, Co-op board member

The Sustainability Committee is looking for Co-op members interested in joining us to work on various sustainability-related projects at the Co-op.

Currently we are working on redesigning the parking lot to improve safety, add green space and encourage alternative transportation. We are also working on alternative bulk and deli packaging, improving lighting efficiency, and

adding more bike racks. Our previous projects have included determining the most sustainable paint products, water treatment system and composting.

We typically meet once a month on Wednesday at 10am, and work on projects in between. If you are interested in joining us, or have questions please contact Kathleen Ryan at 509-334-5708 or ryandesignnorth@adelphia.net.

From the Suggestion Box

- ✧ *I suggest that the Co-op carry LaLoo's goat's milk ice cream. It is so good and so cute. We have tried that brand in the past. We will bring it back and see if it sells better this time around—Vicki, Grocery Manager.*
- ✧ *Would you please carry Family of Farms hamburger in the 12 ounce frozen package. Sure, look for it soon.*
- ✧ *Would you carry ice cream cones all year long? We always carry ice cream cones. There are two choices of cones on the bottom shelf of the Cowgirl Chocolate display at the end of the frozen section. Also sprinkles and sauce! —Joan, Grocery Buyer.*
- ✧ *Please get Burt's Bees Hand Repair Cream. I rely on that product. Unfortunately Burt's Bees has had lengthy shipping delays and long term out of stock issues. In the future you may special order this product in a case of 6. However, this does not guarantee faster delivery—Carrie, Wellness Manager.*
- ✧ *Please investigate carrying Air Therapy Environmental Essence in orange scent. We'll bring it in—Carrie.*
- ✧ *Please get powdered buttermilk in the bulk foods department. There is no source for organic buttermilk powder in bulk. We do carry Organic Valley Buttermilk powder in resealable bags in the baking section—Vicki.*
- ✧ *Please fill dried fruit containers all the way up or use a smaller container. Thanks. I'll ask the fruit baggers to make better use of the size of the containers—Vicki*
- ✧ *Are you able to get the Kashi 7 grain flake that is similar to the Heart to Heart oat flakes with blueberry? The flakes have half the sugar and more fiber. I am not able to find them in any other stores. I'll see if I can squeeze it in. You can always special order it in cases of 12—Vicki.*
- ✧ *Please bring back the Braggs apple cider vinegar. We will restock that item as soon as possible—Vicki.*
- ✧ *Please sell eggs by the half dozen. Look for them soon—Peg, Chill-Frozen Buyer.*
- ✧ *Can you get Lindemans Ale in different flavors such as cherry, grape and peach? I'll make room for another flavor—Vicki, Goddess of Beer and Wine.*
- ✧ *Hooray! For carrying Fage yogurt. Can you please carry the single serving size with honey? Thanks. I'll see if I can squeeze them in—Vicki.*
- ✧ *Please bring back Sage Flaky Rye or let me know what day it is delivered at the Co-op. We still carry the Flaky Rye. It's delivered on Tuesdays—Vicki. To whoever fixed the lids on the bulk bins so they stay open with magnets or a friction fit... THANK YOU!!! That was our oh so handy handyman Gustaf and you are most welcome—Vicki.*
- ✧ *Can the bread card punches be tracked on our membership card so the computer keeps a record and we have less paper to carry around? Sorry, I wish we could but our system can't do it—Joseph, IT Manager.*

From the Suggestion Box

☞ *I carry my heavy bags carefully from the bottom and don't want to use more paper than needed. Can the cashiers ask if we want our groceries double-bagged? I try to tell them first, but sometimes they are too quick for me. We'll ask them to ask first—Vicki.*

☞ *I want to say your cashiers are all amazing and Selena is a speed demon! I hate being in a hurry, but I usually am and it's good to know that is OK. Thanks, we always appreciate hearing good things about our staff—Vicki.*

☞ *You should carry "Buddy Wash" and "Buddy Rinse" dog care products by Cloud Star. Their natural dog treats are great too! I have requested a catalog from Cloud Star and am considering picking some items up—Carrie.*

☞ *Please order more patchouli and jasmine incense. You are often out of it so obviously it's the most popular so please order more of those scents. Thanks. By the time you read this we should have more in stock—Carrie, HABA Manager*

☞ *What about carrying commitment ceremony cards for gay couples? I have looked many places in Moscow/Pullman to no avail. I'll look for a supplier—Carrie.*

☞ *You should place your "go green" bags near the plastic bags at the checkout so people buy them! Sorry there's just not enough room at the registers for everything we'd like to put there. More display area is in the long-term plan. We do sell a lot of these bags from their current location on the wall at the end of the produce department—Carrie.*

☞ *We need more Jesus band aids so when the fundamentalists ask me about my lifestyle I can say "ouch" and hand them a band aid. We'll have more as soon as Accoutrements has them back in stock. Apparently there are a lot of folks in need—Carrie.*

☞ *Start a fundraiser for airlocks on the front doors. If you built an airlock onto each front door, you would (1) make the Co-op more energy efficient (2) increase the comfort of the cashiers and (3) increase the comfort of others in the eating area. Ask people to donate their change or to simply make donations in order to raise the money. With luck, sufficient funds would accrue prior to next winter. Sounds like a great idea. Want to be in charge of making it happen? Let Kenna know—Vicki.*

☞ *The Co-op loses money for each small purchase with a debit card. It is more economical to run small purchases as credit on debit cards. You are correct about that. However, at the Co-op we're all about good customer service and it's worth the extra couple of pennies to make sure our customers are happy. So feel free to use whatever method of payment you prefer—Vicki*

☞ *To the vegan who suggested using agave sweetener in the baked goods: Beet sugar is also vegan plus it's more economical and it's a local Idaho product. This is true but there is no law that requires beet sugar be labeled as such. There is no way to tell the difference between cane sugar and beet sugar. Refined white cane sugar is often filtered through bone char (charcoal made from animal bones) and is therefore avoided by vegans. The organic cane sugar the Co-op sells is not filtered through bone char and is considered vegan. It's grown organically*

whereas most beet sugar is not. Nutritionally there is no difference between these different forms of sugar. If you are vegan, organic sugar and agave are both good choices—Vicki.

☞ *I note the fresh fish vendor in your parking lot is selling quite a bit of seafood and fish marked as bad choices on EPF/Blue Ocean Seafood Selector lists. I suggest you monitor these. We don't have any say in what the Fish Folks sell. I make a point of not buying any fish from them that are on the red list from the Monterey Bay Aquarium list (go to <http://www.mbayaq.org/cr/seafoodwatch.asp> to get your own copy). If all of us talked to Dale and didn't buy those fish from him, I'm sure he'd stop selling them. I think hearing it from his customers would make a bigger impact than hearing it from the Co-op—Vicki.*

☞ *Ginger berry scones were unpleasantly surprising. I miss the very berry ones.*

Bring back Cranberry Scones. We have started rotating pastry flavors on a seasonal basis, introducing new flavors using seasonal ingredients every six to twelve weeks or so. I promise that the Berry Berry and the Cranberry scones will make their way into that rotation. You can always special order a batch of your favorite scones in a batch of eight anytime. (We do need 48 hours notice.)—Aven, Bakery Supervisor

☞ *Please make more baguettes – you've been out by 5:30-6:00 for three nights in a row. Thanks. I'm sorry that you were unable to buy a baguette on the nights that you were here. We're trying our hardest to keep up with demand. At this point we've pretty much maxed out our morning baking shifts. To justify adding a bread baking shift in the evening demand will have to increase quite a bit more. You can always call and have a baguette or two held for you, and then you can pick it up anytime that day—Aven*

☞ *Co-op's own pork chorizo is excellent-thanks for providing a healthy (well, healthier) version of this Basque treat! You're most welcome—Scott, Meat Manager.*

☞ *Why are you having Member Appreciation Day during Spring Break? I will be gone all the week and so will many other loyal members. Thanks! Spring Break kind of snuck up on us this year. It wasn't planned on purpose. Sorry you missed the fun. There were lots of people in town and we had a very big day. We promise to check the calendar more carefully next time—Vicki.*

☞ *Please ask Gustaf not to park his van so close to the 5th St. intersection on Washington. It's hard for pedestrians to see around when crossing Washington westbound to the Co-op. Thanks! I'll let him know—Vicki.*

☞ *Peanut Ginger Chews in Bulk? Very wonderful. Thank you! The company we get the original ginger chews from doesn't have the peanut ones. I'll see if I can find a source—Vicki*

☞ *We sure miss the Helios kefir (plain), which we have enjoyed a lot and bought a lot of. Can it be brought back? Special order? It was a slow seller. The Nancy's that we brought in to replace it is selling a lot better. You can still special order it—Vicki.*

☞ *Please carry Sei Mei Tea. It's a great, organic product. They also have nice gift packages. We tried selling this in the past and it did not sell well at all. Sorry—Vicki.*

☞ *The cigarette pit by the loading dock is just plain nasty. Smokers at the Co-op should have better respect for the Moscow community. This has been an eye sore from day one of the new store. Please help. I couldn't agree more. We will talk to the smokers about cleaning up their act—Vicki.*

☞ *Jenna is a wonderful cashier. Extremely thoughtful and professional. Very Friendly! Nice to see a smile after a long drive! Thanks, we'll let her know you think so—Vicki.*

☞ *I've recently heard of a product from Scotland called "Sheese", a vegan cheese featuring several different varieties. I wonder the possibility that the Co-op could carry this? It's my understanding that negotiations with a US distributor are underway. Any feedback is appreciated. Thanks so much. I looked on-line and they don't appear to be in distribution. There are only about 10 stores in the country carrying the product and they are all far from here. I'm sure it will be awhile before it is available here. For now your best bet is to order it on-line—Vicki.*

☞ *The key lime pie is amazing. Thank You! Thank you for the positive feedback!—Aven Krempel, bakery supervisor*

☞ *Will you be baking the very yummy gluten-free muffins again? They were so good! I love all the new items you've added too! Thanks! That's a great suggestion, I think we will be bringing back "pretty darn gluten-free" muffins. It will probably rotate with the scones and also change flavors itself. Look for one in April and let us know what you think.—Aven*

☞ *Sugar free cookies or desserts.* We do have one sugar-free cookie (made with xylitol) in our rotation, and we'll probably add another. Right now we don't have plans to introduce any other desserts. Some of our recipes can be altered to use a sugar substitute, so please let us know if you would like to place a special order.—Aven

☞ *The lavender currant scones are to DIE for. PLEASE continue to make them!! We will definitely keep making them for as long as people keep buying them. At some point we'll start making a new seasonal flavor and give this one a rest, but this great recipe will be back again and again.—Aven*

☞ *\$2.75 for a croissant not made here at the Co-op but dough bought from somewhere else? Couldn't you at least make it affordable if it is from Sysco? I love fresh croissants but will not be dishing out \$2.75 for these. I'm sorry you feel that the croissants are too expensive. We spent a lot of time researching the ingredients used in the different brands and feel that we have chosen the best. It is an all-butter formula with nothing hydrogenated and no scary preservatives. We are charging what we feel is a reasonable price and what is needed to cover the cost of the dough, and our labor proofing, filling, glazing and baking them.—Aven*

Volunteer Profile: Julia Parker

By Sarah McCord, newsletter volunteer

I met with Julia Parker on a sunny Saturday in the Co-op's deli seating area. She and two of her three daughters, Simone, age 6, and Indigo, 10 months, had all walked over from their Moscow home in the beautiful spring weather. Her daughter Antonia, also 10 months and recently adopted into the family from Guatemala, wasn't feeling well and so stayed home with Daddy.

Julia writes the Earth Mother column in this newsletter, which is about things to do with kids that are sustainable and fun. A native of Ohio, she and her husband JD Wulforth moved here from southern Arkansas about seven years ago to take positions at the University of Idaho.

"My husband and I have similar educational backgrounds (he in rural sociology, me in social forestry), and it seemed like we were taking turns working. We moved to Moscow and were both able to work in our fields at the same time."

However, Julia didn't stay at her position as a research associate. She went back to school and got her nursing degree, and is now a nurse at Gritman. One academic in the family seemed to be enough.

"Simone's first pretend game was 'I'm going to a meeting,'" Julia laughs, "and she would gather up papers and walk around. It was time to do something different."

Writing for the newsletter is Julia's first volunteer

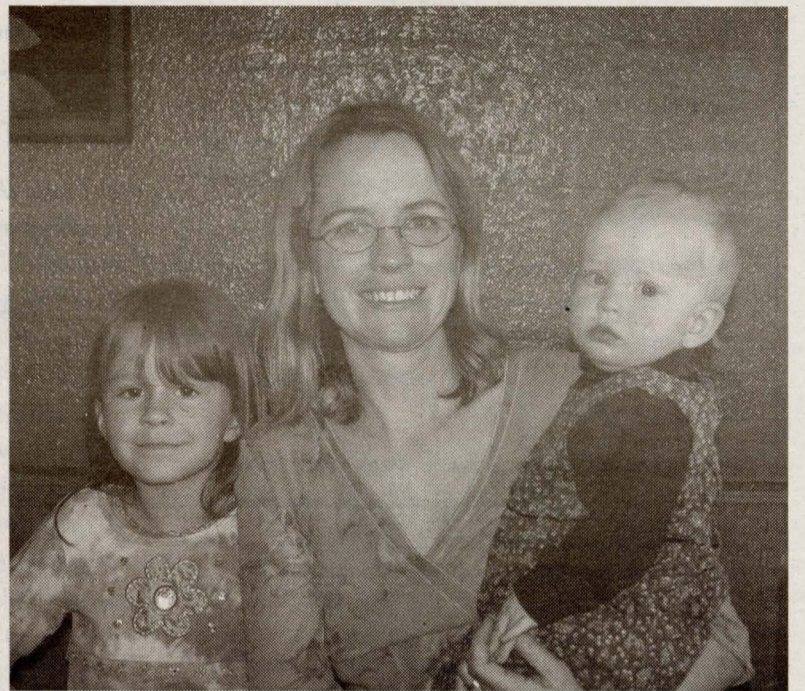
position, but the family has been involved with the Co-op since they arrived in town. "When we were interviewing, I went [to the old store] and Jana was the cashier. She was so friendly—even though there was

a line behind me she answered all my questions, and didn't rush me out the door. Everyone was friendly. Even the people behind me in line didn't seem to mind."

Joshua, Julia's oldest child, was the first to volunteer on behalf of the family. Joshua (who is now almost 20 and living on his own) was a closer on Sunday nights, and when I ask Julia her favorite Co-op story she again talks about the staff. Her son was going through some tough times when he was about 17, "and Eric Gilbert, who closed with him on Sundays, pulled me aside one day and said 'If there is anything I can do to help, just tell me.' This place is so much more than a grocery store ... it's an incredible family that cares about each other."

With three small children and a job outside the home, Julia grins when I ask her what she likes to do in her free time. "Lots of reading. I love to travel internationally, and garden. I really like art—I love to paint and draw." Simone added, "You like to play with me!" Julia agreed, adding, "Now that Simone is older we get to do lots of art together."

I'm intrigued about international travel with children, and so I ask Julia if both Simone and Indigo accompanied her



Julia Parker with her daughters Simone, age 6, and Indigo, 10 mo.

and JD when they went to Guatemala to adopt Antonia. "Yes, and it went much better than I ever would have thought. Simone is a great traveler—she went to Costa Rica last year and has traveled quite a bit with us. Indigo was very easy going, and Antonia was good on the plane, too. The hardest part was the regulations. Both infants could not be seated in the same row, so JD had to sit behind me on the flight home."

There is more adventure ahead for the Parker-Wulthorsts. "In August we will be moving to Costa Rica for a year," Julia tells me, "and I'm expecting that this will influence the way we think about our life—what we need, what we want, how we live. I've always wanted to live outside the U.S., and I'm very excited. It will be awesome. Awesome, and hot. I don't think I'm going to like having babies hanging all over me in that heat. They'll have to learn not to touch Mommy. I can see it now—I love you Honey, but don't touch Mommy." We laugh together, and both Indigo and Simone smile, too. Somehow, I'm sure next year will work out just fine.

Sarah McCord lives and works in Pullman. She thinks a year in Costa Rica sounds like a great idea.

"Writing for the newsletter is Julia's first volunteer position, but the family has been involved with the Co-op since they arrived."

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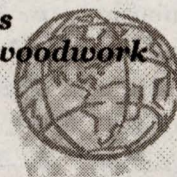
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Clearwater Resource Conservation & Development Council, Inc.

Staff Profile: Sara Kaplan

By Sharman Tullis Gill, newsletter volunteer

If you've ever felt feeble in the kitchen, you'll especially enjoy deli cook Sara Kaplan's story of finding success with cooking. Recalling life before the Co-op, she laughs, "I could barely make a peanut butter and jelly sandwich. I pretty much boiled water before I came here—eggs and spaghetti." She even wondered if tamari was vegetable or mineral. And that was less than a year ago.

Now Sara is a competent, passionate cook, and crazy about garlic. She credits her quick success to fellow cooks and her own curiosity, academic drive, and willingness to learn from mistakes. Her first blooper involved an introductory Co-op recipe—dill peas. Initially, she was glad for the simplicity: just defrost the peas and mix in some red onion and spices. Not quite so fast, her trainer later reminded her: "You're a cook, you have to cook it!"

With a few mistakes behind, Sara is now free to enjoy: "I'm just flying through the kitchen and having fun with it." At home she's creating her own recipes and sharing them with friends who exclaim, "You know how to use a knife!?" She loves to work with spices, vegetables (especially broccoli), fish, and pasta.

"My favorite is the quinoa," Sara shares. "I can't get enough of it." The delectable dish includes the grain (shaped as fish eggs), mixed with soybeans, red pepper, olive oil and vinegar. Mmmm—sounds tasty. I look toward the deli, my stomach rumbling for breakfast, and ask for some suggestions. She speaks highly of the new English yogurt parfaits and the popular

regulars, quiche and pockets. I end up choosing the parfait, a pretty layering of yogurt, blueberries, raspberries, and granola. Tart and sweet, smooth and crunchy. Delicious.

Sara is a Co-op cook, but, for her, she is more essentially a poet. For the past eight years her life has revolved around poetry—cre-

ating, studying, editing, and teaching poetry. Already with a B.A. and M.A., she is currently finishing her thesis for an M.F.A. in creative writing at University of Idaho. With my own love for poetry, I ask her about the program. Enthusiastically, she describes the excellent faculty and collaborative atmosphere with fellow students: "They are



Sara is a deli cook who has learned a great deal about food and cooking from working at the Co-op.

colleagues, gracious peers. Everyone is a smart, good reader."

In addition to an intense dedication to writing and reading poetry, Sara currently teaches a poetry workshop and is an editor for the literary journal, *Fugue*. With her third year near completion, she is applying and interviewing for assistant professorships. I ask if she has a preferred location. Having already lived in North Carolina, Tennessee, Texas, New York, Virginia, and Ohio, she affirms that she is open to many different places. A job offer anywhere would be exciting, but she admits to heartstrings in the beautiful, community-oriented Moscow. "I'm in Idaho now. Yeah Idaho!"

I wonder how Sara does it all—juggling a schedule of cooking (for work and friends), teaching, editing, writing (and re-writing), and applying for future jobs. She describes herself as disciplined, focused, and organized. "I still have time," she says. Time for enjoyment, I think. Time to take her friend's dog, Pilot, for a walk, to be quiet and appreciate the beautiful landscape of the Palouse.

Thanks, Sara, for the pleasant conversation, good food, and the following good words.

A Party Sometime in the Nineteen Sixties in a Florida Room in Cincinnati

Nineteen-sixties white metal patio furniture is like a gas-guzzling nineteen-fifties Buick:

it just sits and holds dusty whiskey bottles to be inherited along with poker chips stacked like Oreos ready for a dip into a martini glass of milk.

White metal patio furniture in a Florida room waits to be dunked or chucked back in time to the party of the century we always talk about when we come to that picture in the album: a lady in a white sun-dress with big purple flowers, behind her, a gas grill, even though charcoal is better.

Second-hand grill smoke drifts slowly over a tomato garden, uneasy in the background. The metal patio furniture holds everyone steady.

Sharman Tullis Gill loves her spice cupboard, both for tasty cooking and the aromatic joy of uncapping cardamom.

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Business Partner Profile: Adventure Learning, Inc.

By Joshua Cilley, newsletter volunteer

When I think of the typical family vacation, I picture kids begging for fantastical locales (with little concept of cost), parents worrying over travel and lodging and endless minutiae, stress clouding over relaxation, and little to show for it in the end except exhaustion, a few photographs, and maybe a t-shirt or a bobble-head doll. Perhaps I'm a little cynical, but if that sounds familiar, Adventure Learning, Inc. could be your ideal alternative.

Donal Wilkinson, founder, director and field guide for Adventure Learning, has a different vision of the family vacation. His non-profit company offers year-round opportunities for getaways that provide plentiful amounts of substance and relaxation.

Many of you probably already know Donal. He's currently a member of the Co-op Board of Directors, and he volunteered at the Co-op shortly

after moving to Moscow in late 2004 (with a profile appearing in the January 2006 newsletter). Donal is also heavily involved in the community as a substitute teacher both in Troy and at the Moscow Charter School, director of the Mentor Program in Moscow public schools, and he runs a program called "Insomnia Kids" that offers

safe activities for kids on Friday nights. Oh, the irony of that name. Between running a growing non-profit business, writing, being engaged, working and volunteering, my only question is when does this guy sleep? I'm joking, but people with a vision as passionate and defined as Donal's have no time for such trivial activities as rest.

Adventure Learning, Inc. is a combina-

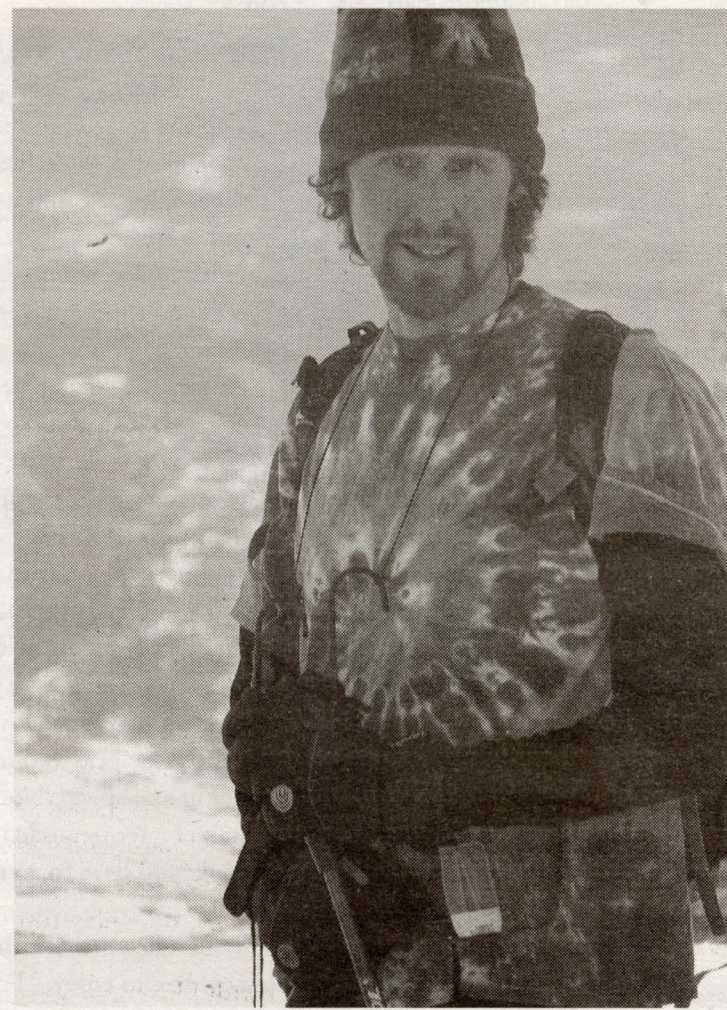
tion of Donal's dreams. Before moving to Moscow, Donal was a science teacher at a charter school in Oregon City. As part of his curriculum, Donal would conduct field trips with his students.

Even then, he knew these trips were "about the journey, not the destination." He saw an opportunity to combine his two greatest passions: teaching and spending time outdoors.

After a visit in 2003 to Moscow, where Donal has family, he decided to begin his own adventure and give substance to his concept.

Donal has 16 years of experience as a field guide, beginning when he was still in college. But his program is far more than just a guide service. For each trip, Donal sets up a curriculum designed to educate kids not only about safety in the wilderness but also a variety of skills and fun activities: observation training, on-site natural history lectures, face-painting, navigation training, cooking, trail respect, finding water, and many more.

On the average trip, half the kids have their parents with them and half do not. Donal sees both as wonderful opportunities for the kids. Surrounded by other kids their age, according to Donal, "kid pride" kicks in and they "will stretch themselves further." He also sees parents getting to dig back to their past and "act like a kid" while still being involved in a not-so-common method of education for their children.



Donal Wilkinson combines his love of outdoor adventure and working with kids with Adventure Learning, Inc.

“Donal Wilkinson, founder, director and field guide for Adventure Learning, has a different vision of the family vacation. His company offers opportunities for getaways that provide substance and relaxation.”

Because Adventure Learning, Inc. is a non-profit organization, Donal is the only employee with the rest of his support staff donating their time. His trips are amazingly inexpensive, and base costs are waived for parents accompanying a child 16 and under. Scholarships are also available on a need basis. Donations to build these funds are gratefully accepted. Custom trips can also be arranged to suit the needs of the group.

Co-op members get 10 percent off any trip. Space is limited so go to the website at Adventurelearningcamps.com to get all the details about upcoming trips. You can also call 208-310-3010 for booking.

Joshua Cilley is a graduate student in creative writing at UI. He lives in Moscow with his wife and their two dogs.

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Pacific Crest Trail 50 mile backpack

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* Check the website or contact us for detailed itineraries: 208-310-3010, www.adventurelearningcamps.com adventurelearningcamps@yahoo.com

Rapini, Bitter and Beautiful

By Judy Sobeloff, newsletter volunteer

I breathed a huge sigh of relief upon finally solving a perplexing and off-putting problem, and perhaps, Reader, you will too. Read on. Having heard my sister rave for months about her new favorite leafy green, broccoli raab, I raced down to the Co-op as soon as it came in and beheld it in all its strange and wonderful glory: its small broccoli-like buds peeking out behind large serrated leaves, with little symphonies of unspeakably beautiful tiny yellow flowers scattered hither and yon, flowers which prompted my five-year-old to exclaim, "I want it! I want it! Can I have the flowers?" Yet when I saw its label—"rapini"—my heart sank, as I knew I had on my hands one of those troubling rape-named vegetables. I thought of you, Reader, and I did not shrink back.

Something clicked, and I connected the little yellow rapini flowers with the yellow flowers blanketing our beautiful Palouse, those of the canola, a.k.a. rapeseed, fields. So, here's the deal: Rapini, or broccoli raab (pronounced rob), native to the eastern Mediterranean and Asia, does in fact have many names, including broccoli rape, rappa, Italian turnip, fall and spring rabe, broccoli de rape, and Cime di rapa. It's widely used in Italian and Chinese cooking, and I learned that in Italian, Bs and Ps are often interchanged. Thus the Italian name for this vegetable is indeed broccoli rape (pronounced raapeh), but in southern Italy also broccoli rabe.

On to the next piece of the puzzle. Despite its name and appearance, broccoli raab is only distantly related to broccoli, being much more closely related to the turnip. It is one of a group of plants derived from *Brassica campestris* of Europe (dict.die.net), and is thereby related to rapeseed—the yellow-flowered "canola" that surrounds us on the Palouse. The Canadians who marketed rapeseed oil changed the unappealing name (though it is still sold as rapeseed oil in countries such as Great Britain) to canola, which comes from the abbreviation Can.O., L.-A., which stands for Canadian Oilseed, Low-Acid. "Low-Acid" refers to erucic acid, a component of rapeseed oil which is "mildly toxic to humans in large doses but is used as a food additive in smaller doses" (wikipedia). The Canadians bred rapeseed until they developed a variety with a very low erucic acid level.

While to me this makes clear that canola oil is derived from rapeseed oil, the canola industry maintains that the two are genetically different (www.sfgate.

com). In any case, the raab or rape of broccoli raab, and presumably of canola/rapeseed, comes from the Latin word for turnip (its close relative), which is *rapum*. Enlightenment at last. Phew.

While I found broccoli raab to be beautiful and relatively inexpensive, it's important to note that it should be eaten soon after bringing it home. My family taste-tested Sautéed Rapini (made with and without blanching first), and Garlicky Pasta with Broccoli Raab. While I enjoyed all of these, in part because of feeling I was eating something both attractive and healthy, I was surprised by broccoli raab's bitterness, having expected a milder flavor, like broccoli. Fred, who preferred the less-tough, blanched version of the Sautéed Raab, said, "It has a wild taste, like something you went out and gathered on a camping trip."

I wish I had been able to capture my children's reactions on film, myself bounding across a sun-dappled field with the steaming rapini platters, my freshly shampooed hair bounding behind me:

Five-year-old (apparently no longer awed by the yellow flowers): I didn't like it as well as broccoli because it tastes a little like kale.

Three-year-old: It's really good! (Starts jumping up and down with excitement.) I really like it! (Bounds out of the kitchen to play with his trains for a moment and then bounds back.) I didn't know it had these flowers! I tasted the wide green leaves and liked it because I like the color green. What a dinner! When will we do it again?

Needless to say, my jaw dropped during the preceding and remained dropped during the following icing-on-the-cake wrap-up:

Five-year-old: It might just be that I have to adjust to it.

Judy Sobeloff hopes always to remember her son jumping up and down exclaiming, "What a dinner!" She invites you to join her next month when she switches, after four years of writing about fruits and vegetables, to the column previously written by Jyotsna Sreenivasan, "Meals Kids Might Eat."

Blanched Rapini

adapted from Cook's Illustrated, www.mariquita.com

- ✦ 1 pound rapini, washed, cut into 1-inch pieces
- ✦ 2 tsp. salt

1. Bring 3 quarts water to boil in large saucepan. Stir in rapini greens and salt and cook until wilted and tender, about 2-1/2 minutes. Drain and set aside.
2. Cool empty saucepan by rinsing under cold running water. Fill cooled saucepan with cold water and submerge greens to stop the cooking process. Drain again. Squeeze well to dry and proceed with the following recipe.

Sautéed Rapini

adapted from www.mariquita.com

- ✦ 2 Tbsp. extra-virgin olive oil
- ✦ 3 medium garlic cloves
- ✦ Optional: 1/4 tsp. red pepper flakes
- ✦ 1 pound rapini (as blanched in above recipe or fresh)
- ✦ Salt to taste

Heat oil, garlic, and red pepper flakes in medium skillet over medium heat until garlic begins to sizzle, about 3-4 minutes. Increase heat to medium high, add blanched rapini greens (from previous recipe) or fresh rapini greens, and cook, stirring to coat with oil, until heated through, about one minute for blanched greens and until tender for non-blanched greens. Season to taste with salt, and serve immediately.

Garlicky Pasta with Broccoli Raab

adapted from How to Cook Everything

- ✦ 1 bunch broccoli raab, 1 pound or more
- ✦ 1/4 cup olive oil
- ✦ 1 Tbsp. minced garlic + 1 tsp. minced garlic
- ✦ 1 pound penne, ziti, or other cut pasta
- ✦ Salt and freshly ground black pepper to taste
- ✦ Minced fresh parsley leaves for garnish
- ✦ Optional: 1-2 tsp. balsamic vinegar

Bring a large pot of water to boil; salt it.

Chop the broccoli raab into one-inch pieces. Cook until tender but not soft. Remove and set aside.

Meanwhile, cook the oil and 1 Tbsp. garlic together in a large, deep skillet over medium-low heat, stirring occasionally. When the garlic is golden turn off the heat until ready to proceed.

Add the broccoli raab to the skillet and turn the heat to medium. Cook, stirring and mashing the broccoli raab, until it is hot and soft.

Meanwhile, cook the pasta. When the pasta is just about done, drain it, reserving about a cup of the cooking liquid. Add the pasta and remaining 1 tsp. minced garlic to the skillet with the broccoli raab and toss with a large spoon until well combined. Add salt and pepper, along with some of the pasta water to keep the mixture from drying out. Garnish. Stir optional balsamic vinegar into the mixture about a minute before serving.

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Much Ado About Tofu: Earth Friendly Tofu

By Terri Schmidt, newsletter volunteer; Illustration also by Terri Schmidt

April is the month we honor Mother Earth. Eating more tofu in place of meat is a benefit to the planet. "The meat industry consumes over half of all water used for all purposes in the United States. Most of this water is used to irrigate cattle feedlots. Water utilized to produce 1 pound of meat amounts to 2,500 gallons. In comparison, the water utilized to produce 1 pound of wheat amounts to 25 gallons." (www.dbc.uci.edu/~sustain/global/sensem/MeatIndustry.html) The soybean crops that tofu is made from also take much less land and water to produce, which makes tofu an earth friendly option.

A new environmentally beneficial material made from tofu by-products has entered the market: SoySilk. "SoySilk Fiber is made from the residue of soybeans from tofu manufacturing. This process is a 100-percent natural renewable resource and free of petrochemicals, making it extremely earth friendly. You might think that wearing something this good for the environment, looks and feels like burlap. Nope. SoySilk fiber has the feel of cashmere, is beautiful to look at and has excellent wearability. It's even machine washable." (<http://60secondideas.typepad.com>) Apparently making fiber out of soy is not a new concept, Henry Ford had a soy fiber suit in the 1940's. If you are interested in checking out some soy fiber products, you can find SoySilk tofu teddy bears at <http://www.tofu-bear.com/> and read about SoySilk yarns at <http://www.soy silk.com/aboutus.html>.

With Earth Day comes spring and with spring comes new baby greens from the garden. After eating heavy winter meals

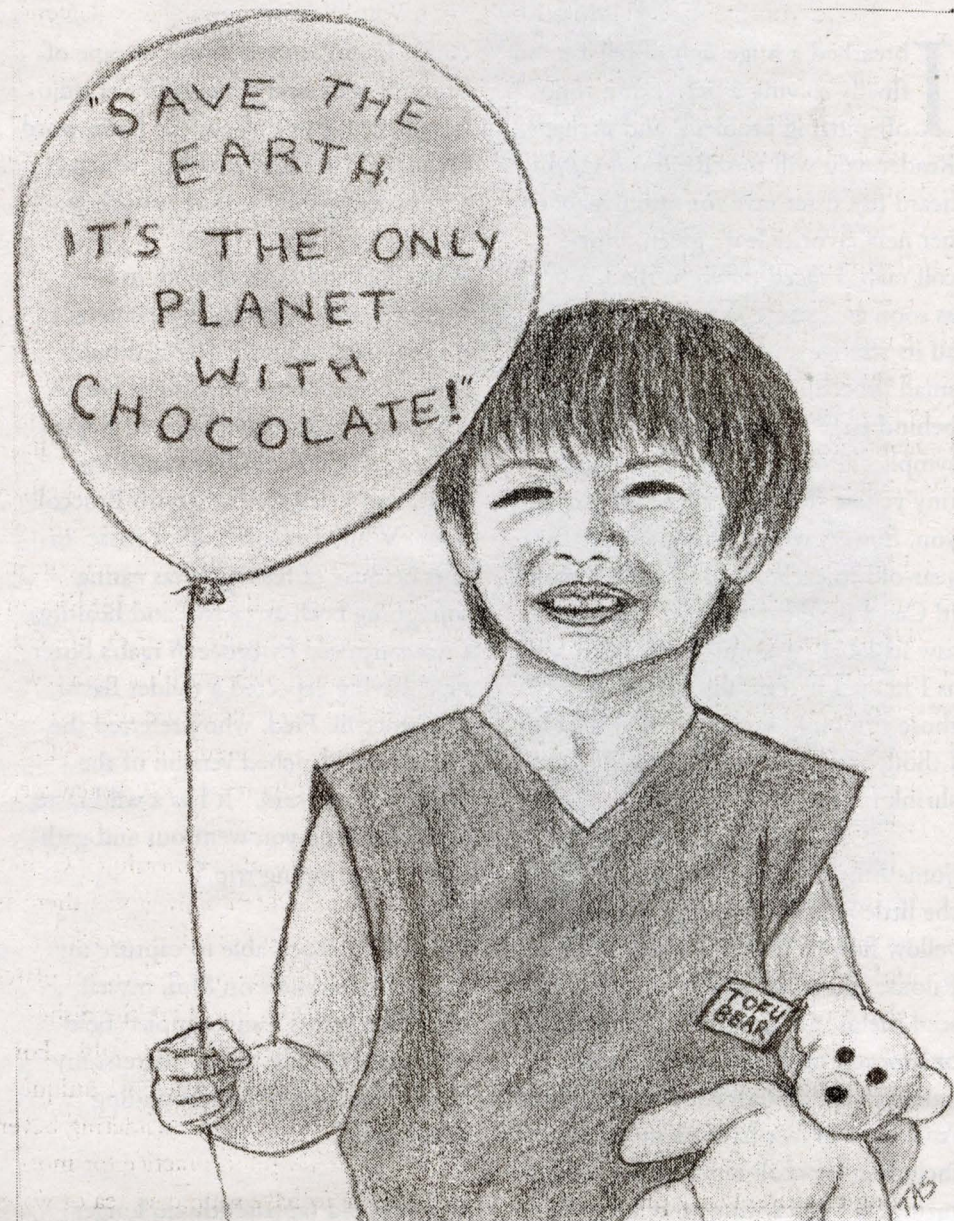
many of us are ready for some lighter fare. Spring rolls are a delicious way to enjoy some fresh raw vegetables including the new green lettuce that will be popping up.

Like tofu, spring rolls are very versatile. You can fold wraps around any fresh vegetable that appeals to you. In addition to the vegetables listed in this recipe, you might want to substitute bean sprouts, mint sprigs, scallions, red peppers, bok choy, snow peas, or cabbage. If you want to add a little meat, cooked shrimp or chicken is a good addition. This recipe is wheat free for those of you with wheat allergies or celiac disease.

Spring rolls are very tasty, but sometimes the rolling process is a challenge. I am impressed with the lovely tight spring rolls the Co-op deli workers create. Mine are not so pretty. I suspect I try to stuff too many tasty filling ingredients into each roll. I would advise keeping the fillings to a manageable level. Either that or find the person with the best dexterity in your household and cajole them into rolling up the spring rolls for you. Cooling the rolls after they are made helps the edges adhere.

The tossed salad is another way to enjoy those bright tasting spring greens. Tofu can be easily substituted for chicken or tuna in many salad recipes.

Terri Schmidt is happy to see spring arrive with Mother Earth dressed beautifully in tulips and daffodils.



Fresh Spring Rolls (wheat free recipe)

- ✦ 1/2 pkg. firm tofu
- ✦ 1 Tbls. sesame oil
- ✦ 1 Tbls. wheat free soy sauce
- ✦ 1 tsp. chopped garlic
- ✦ 6 large rice paper wrappers
- ✦ warm water
- ✦ 3 oz. thin rice noodles
- ✦ 1/2 cup chopped fresh basil
- ✦ 1 cucumber, chopped
- ✦ 1 cup grated carrots
- ✦ 2 stalks celery chopped
- ✦ 1 can water chestnuts chopped
- ✦ torn lettuce leaves

Slice tofu into finger size strips and sauté in olive oil, soy sauce, and garlic. Drain on paper towels. Cook rice noodles as shown on package, drain and cool. Prepare vegetables. Soak rice paper wrapper in warm water for about a minute to soften. When the rice paper wrapper is soft, place it on a flat workspace. Place some rice noodles across the lower third of the wrap and layer 2-3 tablespoons of the other ingredients on top. Add a couple of strips of tofu. Roll the bottom edge of the rice paper over the fillings. Tuck both sides up, then firmly roll it up. Chill in refrigerator for a few minutes. Serve with peanut dipping sauce.

Peanut Dipping Sauce

- ✦ 1/2 cup peanut butter
- ✦ 2 tablespoon fresh lime juice
- ✦ 1 tablespoon wheat free soy sauce
- ✦ 1 teaspoon brown sugar
- ✦ 2 tablespoons coconut milk
- ✦ 1/8 teaspoon cayenne (optional)
- ✦ sprinkle of chopped cilantro

Mix all ingredients and stir until smooth. Add water to thin to desired consistency.

Salad Greens with Tofu

From <http://www.recipe tips.com>

- ✦ 1 bunch salad greens, spinach, romaine, or spring mix
- ✦ 2 ounces feta cheese, crumbled (any flavor)
- ✦ 8 ounces tofu, extra firm
- ✦ 2 ripe tomatoes, seeded and chopped
- ✦ flour
- ✦ 1 tablespoon vegetable oil
- ✦ 3/4 cup extra virgin olive oil
- ✦ 1/4 cup vinegar, balsamic or cider
- ✦ 1 teaspoon spicy brown mustard (optional)
- ✦ 1 clove garlic, minced
- s ✦ salt and pepper to taste

Drain tofu and cut into cubes. Coat lightly with flour and brown in 1 tablespoon oil over medium heat. Season as desired.

Divide greens among plates, add chopped tomatoes; sprinkle each with feta cheese and add browned tofu.

In a small bowl combine olive oil, vinegar, garlic and mustard. Whisk until blended and season to taste. Drizzle over each salad.

Vegan Bites: Chinese Vegetarian Cooking

By Hope Von Stengel, illustrated by Joseph Von Stengel, newsletter volunteers

Did you know that a vegetarian diet has been part of the Chinese way of life for nearly 3,000 years? Last month I was inspired to write about the connection between veganism and Middle Eastern cooking when I realized how many Middle Eastern dishes were naturally vegan. That article provoked an interest in researching other parts of the world where vegan/vegetarian cuisine is a vibrant aspect of the culture.

The Chinese first embraced vegetarianism for its health benefits. Deh-Ta Hsiung writes in *Chinese Vegetarian Cooking*, "Traditionally the Chinese have always been highly aware of, indeed one would almost say obsessed by, the link between food and health, whether physical or spiritual... Many Chinese vegetarians were influenced by the indigenous philosophy of Taoism, which developed the hygienic and nutritional science of food closely related to the basic yin-yang principles."

Some Chinese vegetarians are Buddhist and abstain from eating all meat and fish, as they loathe the slaughter of any living creature. Dairy products naturally are not a staple in Chinese cuisine; so many 'vegetarian' Chinese are basically vegan, with the exception an egg here or there.

One of my favorite vegetarian restaurants of all time, and my son, Soren, heartily seconds that, is the Lotus Garden in Eugene, Oregon. Wonderful Chinese vegetarian food if you are ever in the area! This vegan's paradise offers gorgeous sauces, brilliant vegetables, and marvelous 'mock' meats. Soren's favorite dish is this unique appetizer called 'Longevity Buns,' which look like marshmallow flowers and contain a tasty bean mixture inside. These distinctive buns are a perfect example of how Chinese vegetarian cuisine balances appearance and function. Color is equally important to the Chinese cook

as aroma, flavor, and form.

Although the Chinese cook pays great attention to the harmonious balance of all aspects of each dish, most dishes are simplistic in seasoning. In this respect, the basic ingredients are allowed to let their own flavors speak for themselves. As many of you already know, while the Chinese vegetarian diet is rich in tofu and vegetables, rice and noodles provide the basis of each meal. Leftover boiled rice becomes fried rice and noodles are the essential ingredient in many soups and Chow Mein. Rice or noodles accompany stir-fries, braised, and steamed dishes. Although a few Chinese veggie dishes are time-consuming and complicated, most contain easy-to-find ingredients with few steps.

If you are planning on eating a Chinese vegetarian style meal at home, there are a few things to note. First of all, the Chinese seldom serve individual plates to each person, but share the dishes with other members at the table. For each person at the table, one unique dish is made. When considering beverages, it is common practice for most Chinese to have soup over tea or water at mealtime. Others may choose to drink wine, beer or alcohol. At the end of the meal, Chinese tea may be served without sugar or milk.

If you are looking for Chinese Vegetarian cookbooks, you will find abundance searching Ebay, Powell's, and Amazon. *Chinese Vegetarian Cooking* by Kenneth Lo & *Chinese Vegetarian Cooking (deja-vu)* by Deh-Ta Hsiung are two that I can personally recommend.

Hope & Joseph Von Stengel are currently enjoying time (after being away yet again) at home and looking forward to more sunny days. They can be reached at hopevonstengel@gmail.com and digtem@gmail.com.

Cucumber Soup

From *Chinese Vegetarian Cooking* by Deh-Ta Hsiung

- ✦ ½ cucumber
- ✦ 2 oz black field mushrooms (or shitake)
- ✦ 2 ½ cups water
- ✦ 1 ½ tsp salt
- ✦ 1 tsp sesame seed oil
- ✦ 1 spring onion, finely chopped

Split the cucumber in half lengthwise, and thinly slice but do not peel. Wash and slice the mushrooms, but do not peel. Bring the water to a boil in a wok or large pot. Add the cucumber and mushroom slices and salt. Boil for about 1 minute. Add the sesame seed oil and finely chopped spring onion, stir and serve hot.



Old School Vegan



Deep-Fried Bean Curd with Mushrooms, Bamboo Shoots & Bean Sprouts

Adapted from *Oriental Vegetarian Cooking* by Gail Duff

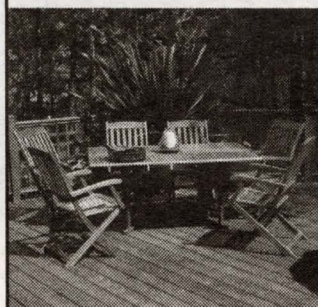
- ✦ 4 Chinese mushrooms (if unavailable use shitake or crimini, thinly sliced)
- ✦ 1 ¼ lbs. bean curd (tofu)
- ✦ 2 tsp. fine sea salt
- ✦ 1 cup drained, canned bamboo shoots
- ✦ 4 scallions
- ✦ Oil for deep-frying
- ✦ 2 T peanut oil
- ✦ 1 garlic clove, crushed
- ✦ 2 cups bean sprouts
- ✦ 3 T tamari or shoyu sauce
- ✦ 1 T Chinese rice wine or dry sherry
- ✦ 1 cup vegetable stock

Soak the Chinese mushrooms in hot water for 30 minutes, drain and quarter (or prepare other mushrooms). Cut the bean curd into 4 flat cakes. Lie on a plate, sprinkle with salt and let sit 1 minute. Drain water from plate. Thinly slice the bamboo shoots and chop the onion into 1-inch pieces.

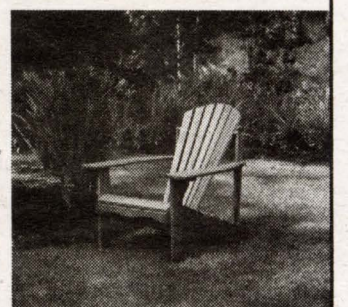
Next, heat the oil for deep-frying to a temperature of 350 degrees. Put in the pieces of bean curd one at a time and fry until golden. Lift out on to paper towels. Note: this is where I deviate from the recipe. Instead of deep-frying, I stir-fry the tofu in 1 T peanut oil in a wok on med-high heat for 10 minutes, stirring about every minute.

Then, heat the 2 T oil in a wok or large frying pan over high heat. Put in the garlic, and cook 30 seconds. Put in the mushrooms, spring onions, and bean sprouts. Stir-fry 30 seconds. Put in the bean curd, tamari or shoyu sauce, sherry and stock. Cover and simmer 10 to 15 minutes, or until the sauce is thick.

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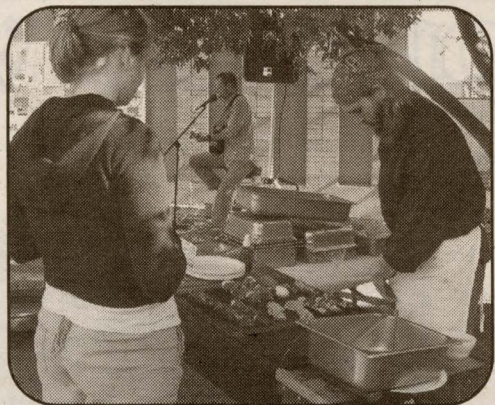
The Co-op connects you to your community.

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The Co-op connects you to local artists: monthly art exhibits at the Deli, artists cards for sale and vendor tables offer direct sales opportunities.



The Co-op connects you to yourself: informative articles in the Co-op's Community News, organic foods and wellness products, free product and healthful living information at the Co-op.



Healthy World

The Co-op connects you to a healthy world: informative articles in the Co-op's Community News, organic foods and wellness products, Co-op sponsorship of educational forums, Co-op donations to local events and organizations, free product and healthful living information at the Co-op.



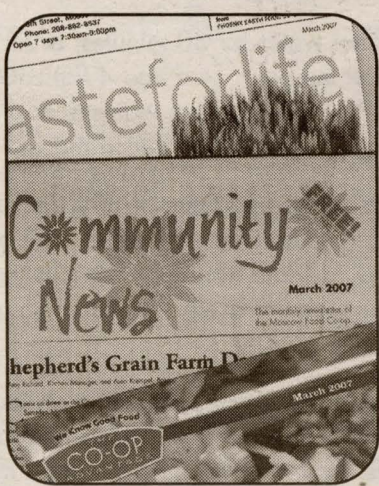
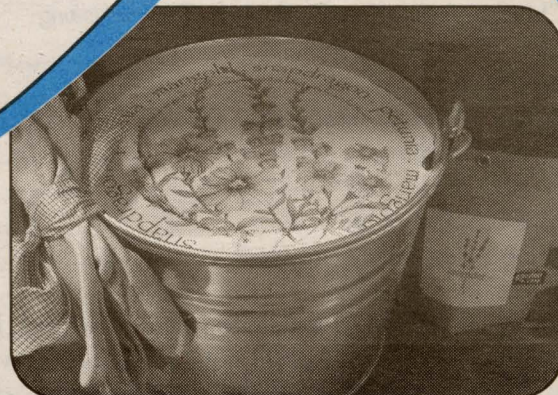
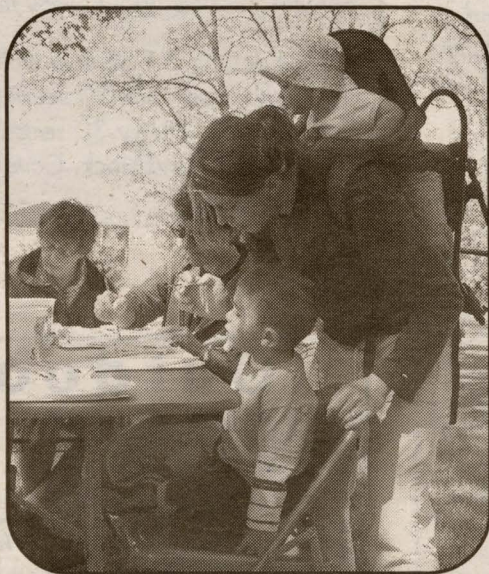
Local Products

The Co-op connects you to local products: locally-made products of all kinds sold at the Co-op and vendor tables offer direct sales opportunities.

The Co-op connects you to healthy families: Co-op Kids activities, child-friendly recipes and advice in the Co-op's Community News, organic foods and wellness products, Co-op support for bicyclists and pedestrians.

Healthy Families

The Co-op connects you to a vibrant downtown Moscow. The Co-op is the anchor store that is the number one reason shoppers are drawn downtown, the Co-op helps sponsor downtown events.





Connecting at your Co-op!

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Co-op connects you to local musicians: CD's, Tuesday live music at the Co-op Coffeehouse or BBQ.

Local Growers

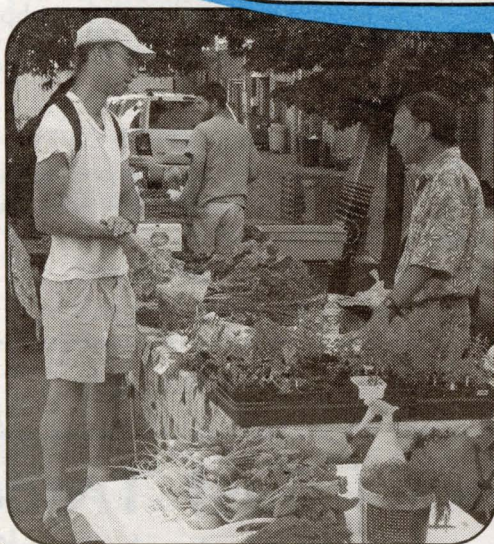
Co-op connects you to local growers: Tuesday Growers Market, selling locally-grown produce at the Co-op, Taste Fairs, and Co-op Farm Tours.

Neighbors

Co-op connects you to your neighbors: at Deli Co-op Community Dinners, chatting in the aisles, as staff, volunteers, and local business partners in the Co-op Community News.

From a past shopper survey, we know that the number one reason people come to downtown Moscow is to shop at the Moscow Food Co-op. The Co-op has become more than just an anchor store for downtown, however. It is a community meeting place where we develop friendships, discuss issues, and create a sense of place.

-- Margaret Howell, executive director, Latah Economic Development Council



Omnivoria: Anderson Ranch Lamb

By Alice Swan, newsletter volunteer

While I was soliciting suggestions for this month's column, several people suggested that I write about ham, as it is a traditional Easter dish. But as I promised not to write about pork for the third month in a row, lamb came out the winner.

I have to confess that lamb is not something that I have much experience either cooking or eating, and I have no good reason for that. It's probably just because I like pork so much that I tend to focus on it for special occasions when I'm likely to cook something like a roast. So, I braved new territory and brought home a lovely leg of lamb roast from the Co-op recently.

Lamb is usually associated with spring, partly because of its relation to Easter (it has always struck me as a little odd that lamb is a traditional dish for a holiday on which people are celebrating the resurrection of the Lamb of God, but my husband and I once had rabbit for Easter dinner, and I suppose that's no less strange for us, since we mostly just celebrate the Easter Bunny), and partly because most lambs are born in the spring. However, in mild climates, sheep can be bred year-round for a consistent supply of fresh meat.

The lamb available at the Co-op comes from Anderson Ranches in Brownsville, Oregon (just off Interstate 5, midway between Corvallis and Eugene in the Willamette Valley). The Andersons have been raising sheep in Brownsville for five generations, but the current generation, Reed and Robyn, have

taken the business to a new level with certification from Humane Farm Animal Care. The mission of HFAC is "to improve the welfare of farm animals by providing viable, credible, duly monitored standards for humane food production and ensuring consumers that certified products meet these standards." Anderson lamb is also certified natural under the USDA, but the HFAC Certified Humane label has a lot more meaning and credibility (see www.certifiedhumane.org for more information on the specifics of the program, including the guidelines a sheep farmer must follow to qualify).

Sheep are generally easy to raise in a sustainable manner since they are very gentle grazers, and their grazing can also help control invasive weeds. Anderson lambs are also exclusively grass-fed, and are fed no by-products, hormones, or antibiotics. And since they are grass-fed, and not grain finished like much commercial lamb is, even the fat is better for you. Anyone who has read Michael Pollan's *The Omnivore's Dilemma* knows that the fat in grass-fed beef contains more healthy omega-3 fatty acids than grain-fed beef, and the same is true for lambs.

Another label that Anderson lamb carries is "American Lamb." Americans eat very little lamb compared to other countries where it is consumed (an average of less than 1 pound per person, per year, compared to New Zealand, which comes in first at 39.6 pounds per person, per year), but American lamb tends to fare better in taste tests compared to lamb from other

Roast Leg of Lamb on a Bed of Potatoes
Adapted from *Gourmet*, March 2002

Note: the proportions in this recipe matter very little, hence the vagueness of quantities. Use the spices according to how much you like them.

- ✦ 1 (6-8 pound) leg of lamb (for 8 servings; use a smaller roast if you're feeding fewer people)
- ✦ Several large garlic cloves, thinly sliced
- ✦ Chopped fresh thyme and rosemary (we only had rosemary on our roast, because we forgot to buy thyme, and it was still quite tasty)
- ✦ 4 lbs thinly sliced yellow-fleshed potatoes (or Ronniger's rainbow potatoes)
- ✦ 5 Tbsp olive oil
- ✦ Salt
- ✦ Pepper
- ✦ 2 Tbsp honey

Preheat oven to 350 degrees F. Trim all fat from lamb. Cut small slits all over lamb with a sharp knife and put a slice of garlic and a pinch of thyme and rosemary into each slit.

Toss sliced potatoes with 4 Tbsp olive oil, salt, pepper, and more chopped herbs to taste in a large bowl. Spread the potatoes evenly in a large roasting pan. Put lamb on top of potatoes, then rub with honey (heat your honey up a little if the lamb is cold, otherwise it won't spread easily) and sprinkle with salt and pepper.

Roast lamb in middle of oven 1 hour then drizzle with 1 Tbsp olive oil. Continue to roast until an instant-read thermometer inserted in the thickest part of lamb (do not touch bone) registers 135 for medium-rare, 30-45 minutes more. Let lamb stand, loosely covered with foil, 15 minutes before carving.

The original recipe also suggests that while the lamb is standing you sauté about 1 ¼ pounds of mixed tender greens in olive oil and garlic to serve with the lamb and potatoes, which complements the flavor of the meat quite nicely

countries. This is because the focus of breeding American lamb is on producing meat, whereas the sheep raised in other countries are sometimes raised primarily for their wool, and only secondarily for meat. (For more on the sheep industry, visit sheep101.info or sheepusa.org).

I confessed above that I hadn't had much experience cooking lamb, and now I have to confess that that's still the case, since my mom was visiting recently and she cooked the roast we had. But the recipe she used was very simple, and the potatoes cooked under

the roast are particularly yummy. Lamb is a red meat, and has a very unique taste that is hard to describe, but not at all like beef. This taste gets stronger as the lambs get older, and is the reason that mutton (meat from mature sheep) is not very popular. Anderson lamb is wonderfully tender and juicy, and we all found the flavor to be just the right balance of distinctive taste without being too strong.

Alice and her husband are looking forward to celebrating their son's 2nd birthday this month.



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Letter from the Land: Down to Earth

By Suvia Judd, newsletter volunteer

The tundra swans flew over our house on March 16th. We were unloading our groceries about midnight, when I heard the first calls. I ran out to the street and there was a big chevron of thirty or more birds, calling "Hlew, Hlew" as they flew over and off towards the northeast.

This is my favorite season, when the first green sprouts and swelling buds of things appear, but sparsely enough that I can appreciate each new treasure. What I have been thinking about a lot is mud. It was such a warm winter that our paddocks were muddy more often than frozen; the alpacas never got the clean fleeces of a snowy winter, and my memories will be more of having my boots sucked off than of carrying hot water from the house, though there was some of that.

Most days for the last month or more I have been coming into the house thoroughly dirty, with mud splashed up to the knees of my jeans. I have been thinking of all the names of dirt, and the connotations they carry.

Think of earth: earthy, down to earth, earthenware, moved heaven and earth, unearthly, salt of the earth, earth air fire and water, earth the planet.

Earth the word gets to cover a lot of territory: the sense of the soil, the ground, the land, an element (chemical or alchemical,) the whole earth on which we live. What strikes me is the dichotomy between the wholesome and the undesirable. "Down to earth" connotes commonsense, and sound reason, and "salt of the earth" someone who is common or ordinary in a wholesome, reliable, valuable way. "Unearthly" implies that the earth is safer than strange spectres that are not of earth, but "heavenly," although used as an adjective to describe earthly pleasures, relates to the mood of shape note hymns and early New England Christianity, that life on earth is pretty grim and please let's hurry it up and go on to something better. And then there's "earthy", with its connotations of things low, vulgar, and sexual.

Soil has the same mixed associations. It

is actually two words, one coming from a Middle English word meaning a piece of ground, and the other ultimately from Latin words for pig and pigsty. "Soil" in its first sense has neutral meanings: soil science, soil horizon, "tillers of the soil." In its second sense we have "to soil" meaning to get something dirty, and therefore "soiled laundry," and "soiled dove" (a prostitute.)

And what about dirt? Common as dirt, dirt poor, dirt cheap, get the dirt on someone, dirty language, dirty movies, on one hand, and good clean dirt on the other. In American usage dirt can mean soil and earth, i.e that which we grow our food in, but its British usage implies the unclean, and it comes from Middle English "drit," whose origin is an Old Norse word meaning excrement, filth, or mud.

Earth, soil, or dirt, it can be that which grows our food and supports and sustains us, or that which is contaminated and endangers us. I am grateful to my mother who taught me to appreciate the wonderful fluffy texture and rich

"Think of earth: earthy, down to earth, earthenware, salt of the earth, earth air fire and water, earth the planet."

smell of newly made compost, and the sharp spicy smell of leaves turning into humus in the woods after a rain. It was she who brushed the dirt off a freshly dug carrot and handed it to me to eat. On the other hand, she also taught me to paper a toilet seat, because it was "dirty."

I accept that we will always use "dirty" to mean unsafe or impure; and even good rich earth becomes dirt when its mud on the rug. But I like to focus on the magical skin of soil that covers our planet earth, and supports all life. I've heard sustainable farmers say, "Let's not treat our soil like dirt." Let's not treat our Earth like dirt either. And may all our dirt be "good clean dirt."

.....
Suvia lives in Moscow.

What's Cookin'!

Classes Sponsored by the Moscow Food Co-op

WHEN: Wednesdays: May 9, 16, and 23, at 5:30pm
WHAT: One-hour cooking demonstration, followed by sampling and discussion.
WHERE: Unitarian Universalist Church of the Palouse basement
 420 E. 2nd St., Moscow
COST: \$18 per class.

**Cards for all recipes will be provided.
 Enrollment is limited to thirty per class.
 Register with any Co-op cashier.**

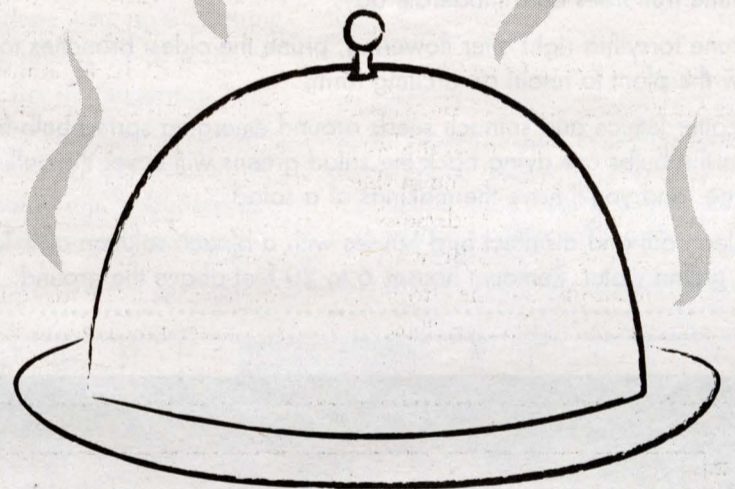
Here are the first three classes. Watch for more beginning in September.

May 9th
 Adding non-meat alternatives to your family diet: Cooking with Tofu
 Taught by Co-op newsletter columnist, Hope Von Stengel.
 Recipes: Banana Honey Pudding and Chinese Style Tofu Sauté

May 16th
 Adding non-meat alternatives to your family diet: Cooking with Tempeh
 Taught by Co-op Deli Supervisor, James Agenbroad.
 Recipes: Gingered Tempeh Pasta Salad

May 23rd
 Buying organic on a budget; preparing quick organic meals
 Taught by MaryJane Butters, organic pioneer from MaryJanesFarm
 Recipes: One skillet meal (BakeOver), FoldOver, Panbread, and Hi-End Chopped Salad

Questions? Contact Jennifer Whitney • 882-1942 • jenwhitney@gmail.com



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In The Garden: Composting

By Holly Barnes, newsletter volunteer

“What I enjoy is not the fruits alone, but I also enjoy the soil itself, its nature and its power.”

—Cicero

“Boring,” my sister, as avid a gardener as I, commented when I told her April’s topic. It’s a shame that one of the main keys to having a great (as opposed to good) garden is considered boring. But I agree the topic can make one’s eyes glass over.

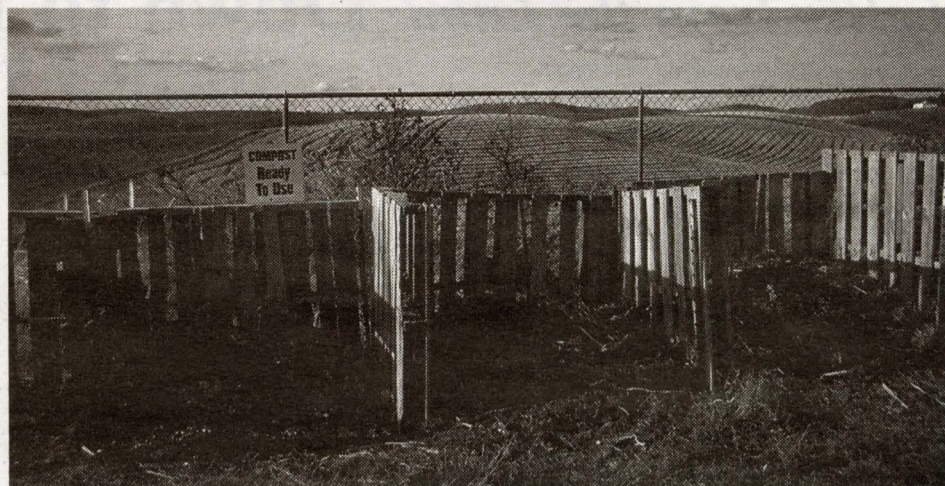
In my research I found that instructions for composting get so detailed, and are so conflicting, it’s no wonder gardeners, and would-be gardeners, lose interest. I’m here to tell you that since there is no compost police force you can do what you want for your garden. I suggest you start with a very small composting project and increase, if you want, as you want.

Composting happens whether a garden-

er interferes or not. All plant materials will decompose within time. You, the gardener, can speed up the timetable, or not. Just remember that your garden will be as healthy as its soil, and humus, the product of compost, is very healthy.

To start a simple pile, pick a spot on your property to dispose of your plant waste. Either sun or shade is fine. If you have a choice, some considerations might be to find a place that can be enlarged later if you enjoy it, and you may want it out of sight. At this point you can just start dumping leaves and weeds and kitchen waste and leave it to decompose. Eventually there will be rich humus ready to spread on your garden. That’s all there is to it!

Now, if you want to speed up the process there are many additional considerations you can choose to employ, or not. The smaller the pieces of plant material, the faster they will decompose. If you cut up leaves your pile will be ready sooner. If you cut waste plant material, it too will decompose more



Part of the extensive composting system at the Moscow Community Garden

quickly. A pile works the best when it is 1 cubic yard or larger so the more material you have in a pile, the more decomposing activity you can expect.

Decomposition requires carbon, nitrogen, air and water. When these are in place bacteria begin to break the materials down. Bacterial activity in a pile works most efficiently when there is a specific ratio of carbon to nitrogen. Most simple piles are composed of a greater amount of carbon than nitrogen. Fallen leaves, straw and weeds are primarily carbon. If decomposition is very slow it can be revived with the addition of nitrogen. Kitchen waste from fruit and vegetable trimmings is rich in nitrogen as are fresh grass clippings and coffee grounds. Adding these to a slow pile will increase bacterial activity, and hence, decomposition. Stirring the pile adds air, another aid to decomposition. Water sprinkled on it occasionally will also speed the process.

The backyard compost pile can be managed a little, or a lot, according to your interest. You will find that the end product is black gold and will provide you with a very healthy and productive garden.

There are some cautions: Do not put meats and/or bones in your compost. Even with fruits and vegetables you will learn what takes too long to decompose. I don’t put banana or avocado peels or eggshells in my kitchen waste. If you want to mince or grind these things in a blender they will decompose more quickly but I don’t bother. If the process isn’t easy I won’t do it. If you have varmints I would forget about putting any kitchen garbage on the pile. I also would not put any perennial weeds, like dandelions and thistles, in the pile. The unmanaged home compost pile is not ever going to get hot enough to kill those weed seeds.

Many books are available as guides for composting if you become converted. Check the library for sources and read what you can, always remembering that the level of managing a pile is your choice, compost happens whether you work at it or not.

Holly Barnes is delighted that the gardening season is finally upon us and looks forward to spending many hours lost in her passion.

In The April Garden:

- ✦ Direct sow seeds of cool season vegetables and hardy annuals in the garden;
- ✦ Sow seeds of more tender plants indoors according to when they can be put out in the garden;
- ✦ Prune fruit trees on a moderate day;
- ✦ Prune forsythia right after flowering, prune the oldest branches to 12" but allow the plant to retain an arching form;
- ✦ Scatter lettuce and spinach seeds around emerging spring bulb foliage, when the bulbs are dying back the salad greens will cover the yellowing foliage, and you’ll have the makings of a salad;
- ✦ Clean out and disinfect bird houses with a bleach solution of 4 T. bleach to 1 gallon water. Remount houses 6 to 20 feet above the ground.

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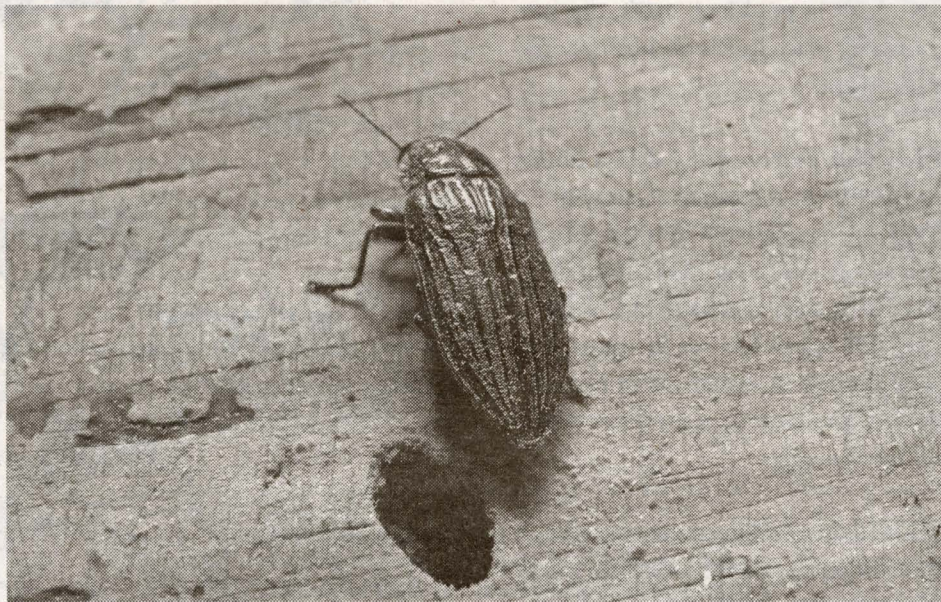
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Nature in the City: It Came Out of My Cutting-Board!

By Sarah Walker, newsletter volunteer

Sometimes Nature comes right inside our homes. My friend Sandy was surprised when a 3/4 inch-long beetle bored its way out of her kitchen cutting-board! She'd used that board for 10 years, slicing tomatoes, crushing nuts with a wooden mallet, whacking up winter squash. It was a birthday gift from a friend who had made it out of a Ponderosa pine board he'd milled himself, back in 1978. So this beetle's larval stage had lived inside her cutting board for 29 years before it unexpectedly emerged this February as a startlingly beautiful copper and emerald adult Golden Buprestid or Metallic wood-borer,



This Golden Buprestid beetle lived 29 years as a soft white larva inside a hand-made kitchen cutting board. This winter, it chewed its way out as an adult, a flying beetle with iridescent green and copper wingcovers. Photo by Warren Miller.

Sandy tells this story: "The other day I noticed a small hole in the surface. The next morning something was pulsating in it! We each checked it out with a hand lens. I thought it looked like several somethings. So, we watched a while—that was somewhat 'boring,' so I put a glass dish over the area and we left it. Came back later to see part of a beetle emerging! (I had seen its feet and thought that was the other somethings.) By noon, the entire beetle was out—a beautiful golden wood beetle. We have it in a container. Boy were we excited! Turns out, such beetles eat only on dead wood. And sometimes they have come out of big timber beams in buildings 50 years later!"

Sandy's Metallic wood-borer is a common forest insect in the Northwest. Naturalist Daniel Mathews says it's "widespread but shy," a beauty that "rivals our most glamorous butterflies,"

in his book *Cascade-Olympic Natural History*. In the wild, adult Buprestids fly around in forests during spring and summer, eat Douglas-fir needles, mature, and mate. Females lay clusters of pearly oval eggs in bark crevices, usually on a recently fallen Douglas-fir or Ponderosa pine.

The eggs hatch into creamy-white legless larvae (or "grubs," for the non-appreciators out there). They are worm-shaped except for flat, wide thoraxes, hence their AKA "Flat-headed wood-borers." The flattened area is armored with hardened plates that protect the soft larva as it hungrily chews its way deep into the dead tree's heartwood, growing to about 1 1/2 inches long. When mature, it chews its way back toward the surface of the tree trunk where it pupates, transforms into the

brightly colored winged beetle, chews a small oval hole, and emerges.

In its natural home, inside a recently dead tree, the larva matures in a few years. But when its wood-home is transformed into a rafter, a picture frame, a bookshelf—or a cutting board—everything changes. Now the larva's food supply is drastically drier and less nutritious. But the larva doesn't die, it just matures more slowly. Very, very slowly, even 50 years, as Sandy reports.

People concerned with the dollar value of wood wish there were no such thing as wood-eating insects. Look at the Orpheum Theater in Vancouver, B.C.! Beetles bored through the roof, causing it to leak. Most of the stories I found, though, are about Golden Buprestids occasionally boring small oval escape

holes in furniture or wood trim. These are not the beetles that cause widespread "damage" in forests. But commercial foresters describe wood-eaters with words like pest, infest, attack.

People who study ecosystems discuss forest beetles with words like role, cycle, nutrient. When a tree dies, it leaves room for others to grow; as it decomposes, it creates food for new trees. Borers help decomposition by providing entrance holes deep into heartwood for bacteria and fungi. In northwestern forests, Metallic wood-borers are food for woodpeckers and Vaux's swifts.

Whichever way we "see" wood-boring beetles, they are eye-catching. Postage stamps from around the world feature Buprestid jewel beetles. Another beetle beauty, the scarab, inspires dichroic glass jewelry made by Mike and Nancy McCoy of Essential Glassworks. They write that, to ancient Egyptians, "Scarabs are considered holy, representing the sun due to their circular shape and bright colors. As they burrow deep into the earth, they re-emerge, resurrected and reborn. Hence they are viewed as escorts from death to life, bringers of luck, and protectors of health."

Maybe Sandy's beetle will bring good luck!

.....
Sarah Walker is used to getting emergency phone calls when butterflies hatch in people's houses during winter, but has had only one beetle call, so far.

Co-op Crossword

By Craig Joyner, newsletter volunteer

ACROSS

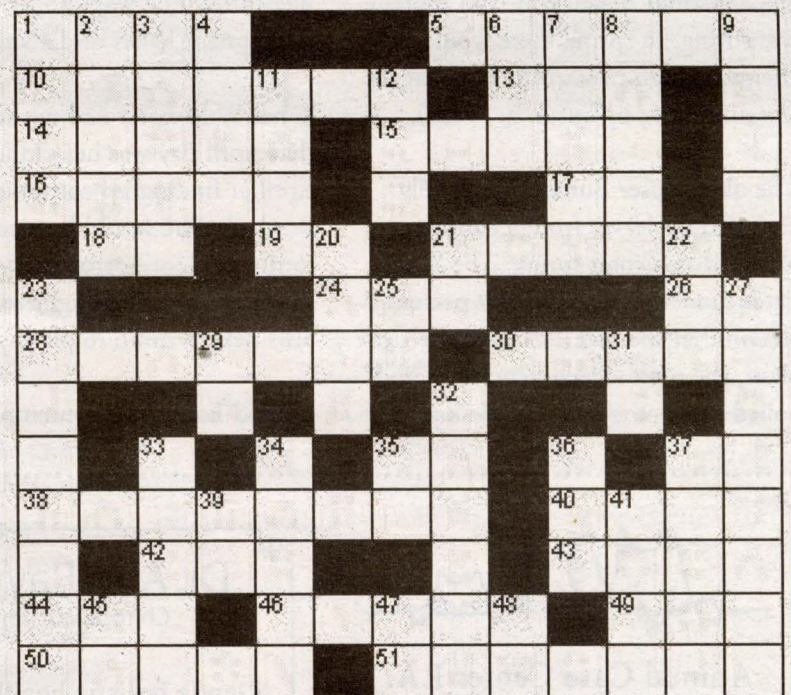
- 1 Last month's profiled volunteer, first name, second is 5 across
- 5 Last month's profiled volunteer, second name, first is 1 across
- 10 A _____ Home Companion
- 13 Giovanni's Cool Mint Lemonade Scrub's main ingredient, _____ salt
- 14 Pacifica candles has the best
- 15 Visitor
- 16 Hale-Bopp or Haley
- 17 Stephen King novel
- 18 Brown's state, abbreviation
- 19 Homonym for tea
- 21 Larry Tracy's Raw _____ is from Lenore, Idaho
- 24 Endangered Species Chocolate has two bars named after this mammal
- 26 The s in Where's Waldo
- 28 _____ Chinese Medical Center, 1st blank is 29 across
- 30 _____ Chinese Medical Center, 2nd blank is 30 across
- 35 Prosecutor, abbreviation

- 37 _____ Bronner's Pure Castile Magic Soaps
- 38 The Co-op's meat department makes the absolute best
- 40 Potting _____ Creations, local creator of seed saving kits
- 42 You can catch one Tuesday nights at MFC
- 43 Branching out beyond meatless burgers to 'chicken' nuggets and sausages
- 44 This regional bottled water can be delivered, Idaho _____
- 46 Fish Tale Organic _____ Pale Ale
- 49 Floss brand
- 50 Co-op general manager or grass fed beef brand
- 51 Local product, _____ Chocolate Habanero Truffle

DOWN

- 1 The Kenworthy's abbreviation
- 2 Blunder
- 3 Country musician _____ Judd
- 4 The fourth dimension
- 6 Compass point
- 7 Frankincense tears or copal

- 8 The MFC Deli offers three sizes of this coffee concoction
- 9 Sound Sea Vegetables toasted sushi _____
- 11 80's metal band with a rodent's name
- 12 Roe
- 20 In the freezers, _____ French Toast Sticks
- 21 Man
- 22 Yang's companion
- 23 Last month's profiled employee, first name, second is 27 down
- 25 After G but before R
- 27 Last month's profiled employee, second name, first is 23 down
- 29 Purple Haze Raspberry Wheat Brew comes from Arbita Springs, _____
- 31 Laughing Dog Brewing is located in Ponderay, _____
- 32 Othello's lieutenant and Iago's victim
- 33 Washington Sound
- 34 Last month's featured band _____ Time



- 35 Dogfish Head Brewing comes from Milton, _____
- 36 The standard for connecting peripherals to computers
- 37 Dwell and Natural Home offer advice in this arena
- 39 Yes

- 41 North American American Indian
- 45 Alleycat Amber Ale originates from Eureka, _____
- 47 The eastern Washington
- 48 Shucks

Wild & Free: Burdock

By Sarajoy Van Boven, newsletter volunteer

The story begins in the dark winter when one European immigrant bur inconspicuously settles in receptive soil.

In April (Latin: *Aprilis*, meaning "open," wide open), Burdock (Latin: *Arctium lappa*, meaning bear-seizer) lumbered awake. Without a manual or self-help book, Burdock's root found its place in the soil and his leaves began their odyssey toward the sun. At this time, Wild-Eater noticed the unexpected visitor in her yard. She felt the thick leaves, rich with nutrition.

All summer, opulence crept into alleys, parks, creek beds and the Burdock. With abandon, Burdock offered its leaves to the sun and root to the earth. As the leaves unfurled in gratitude, the sun found a growing welcome for its energy. The cycle of gratitude and attraction fed itself until one day in autumn Burdock said, "A good season deserves a good rest." And with that he began to curl his sleepy leaves in.

Wild-Eater inspected Burdock again. She noted his leaves, extravagant like Rhubarb's. The layered, 1' by 2' (or smaller), immense heart-shaped leaves with woolly undersides were like jumbo Valentines. Thick, short stems grew from one place in the ground. Burdock wondered what would happen next. Wild-Eater thought about using a pitch fork to dig, dig, dig up the massive white, fleshy root as intact as she could. Instead, she precisely noted Burdock's location.

Burdock slept serenely that winter without worry. He knew his root, filled with iron, thiamine, magnesium, zinc, Vitamin A, calcium, and protein, was strong. In spring there would be energy enough to start his leaves again (Healing Wise by Susun S. Weed).

The older, wiser Burdock gracefully uncurled his leaves from a confident rosette that second spring. The Wild-Eater came again. Being 100 percent certain that she had identified the right plant, she took several new leaves and boiled them as greens. People have also

used them in poultices: mash, dip in hot water, place leaves on burns, sores and eczema.

Wild-Eater entertained a debate about abundance vs. too much of a good thing. She foresaw the six foot tall giant with Velcro-inspiring burs dropping into her husband's dreadlocks. Wild-Eater decided to harvest the second-year Burdock. It would die in the fall anyway, root rotting, a meal for worms and beetles only.

If Wild-Eater had been ancient Nez Perce, if her faith in the earth to provide was great as a Nez Perce's, if she believed, as they did, that giving away remaining food stores awakened the abundance that lies in the earth, sleeping and dreaming of giving itself away, she would have given a First Roots Festival (Lecture, 3/13/06, by Joy Mastroguiseppe of University of Idaho). But the Wild-Eater did not yet understand the laws of nature, abundance, gratitude, faith and attraction.

Without festival, she shoveled into her wet April yard, a wide, deep, unattractive hole. Perhaps a post-hole digger or pitchfork would be a better idea. Sweaty and tired, she finally just chopped off what exposed root there was.

Wild-Eater washed the thick root then boiled it for twenty minutes, changed the water, and boiled it for 5 more minutes, perhaps unnecessarily. She chopped and fried it with other veggies and it tasted buttery, like artichoke hearts. She might have added it to soup. She read of shredding and frying it like hash browns or roasting and grinding it like coffee. She would never feed them to pregnant ladies or diabetics.

What Wild-Eater had not foreseen that April day was her sadness the next April at finding no conveniently located Burdock. She would have to go down to the creek or borrow someone else's Burdock now. She might collect seedy burs next autumn to plant.

If Wild-Eater now contemplates plant-



ing Burdock next year, it might just be true that you reap what you sow. Perhaps Burdock has knit himself into the fiber of Wild-Eater's being, like a bur, and is still unleashing lessons of generosity and gratitude upon her. Perhaps he is waiting, within her, to unfurl his leaves of faith, thanksgiving and plenty, waiting for his place

within her garden. Perhaps she will try First-Roots-Festival faith, and perhaps she will try gratitude for roots and burs alike.

Sarajoy (sarajoyvb@yahoo.com) sets aside a portion of her garden for wild-edibles to find a place for themselves.



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Meals Kids Might Eat: Food Projects

By Jyotsna "Jo" Sreenivasan, newsletter volunteer

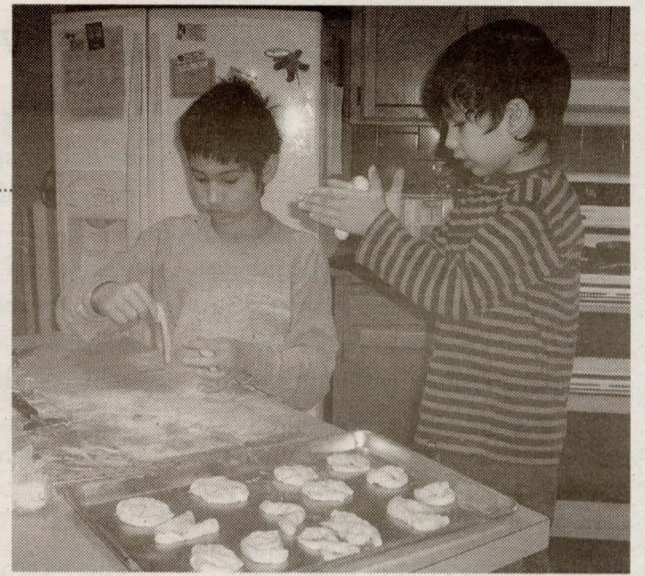
April 23-29 is TV Turn-off Week (<http://www.tvturnoff.org>). Watching less TV can lead to more exercise and better eating habits for kids. If your family is contemplating turning off the TV and videos for this week, you might be wondering: what should we do instead?

How about – food projects! Try making homemade pizza or creating sushi rolls

(both recipes are on the Co-op web site). Or you might like to have a tea party. My sons occasionally enjoy laying out their miniature tea set and serving mini amounts of food. I make an herbal tea with chamomile or rooibos for their teapot.

Or—you could try these delicious homemade soft pretzels. They are time-consuming to make but worth it.

This is Jyotsna's last Meals Kids Might Eat column. Judy Sobeloff will be taking over this column starting next month, and Jyotsna will be taking over the Ad Manager job.



Shaping the pretzels—think of it as creativity with food!

Homemade Soft Pretzels

(Adapted from Honest Pretzels by Mollie Katzen)

This recipe makes 32 small soft pretzels. You cook the pretzels in two steps: first you boil them, and then you bake them.

- ✦ 1 ¼ cups lukewarm water
- ✦ 1 teaspoon active dry yeast
- ✦ 1 tablespoon sugar
- ✦ 2 tablespoons butter, melted
- ✦ 3 to 3 ½ cups unbleached white bread flour, plus extra for handling dough
- ✦ 1 ¼ teaspoons salt
- ✦ 4 cups of water
- ✦ 5 teaspoons baking soda
- ✦ Parchment paper or waxed paper
- ✦ Oil for the baking pan
- ✦ Salt and/or sesame seeds to sprinkle on the pretzels (optional)

Make the dough:

Pour the lukewarm water into a bowl, and add the yeast and sugar.

Stir in one tablespoon of the melted butter.

Add three cups of flour and the salt, and mix well, using your clean hands to knead the dough briefly. If the dough is too sticky, add the extra ½ cup of flour.

Pour the extra tablespoon of melted butter over the ball of dough, and swish the dough around so it gets coated with the butter.

Cover the bowl and let the dough rise for an hour or so.

Shape the pretzels and bake them:

Oil a baking sheet generously. If you like you can sprinkle the oiled sheet with sesame seeds. This will help prevent the pretzels from sticking to the baking sheet, and will add flavor.

Line a second baking with parchment paper or waxed paper. This will be used to hold the shaped but unbaked pretzels. I sprinkled my parchment paper with flour to prevent the pretzels from sticking.

Fill a pot of water with four cups of water and 5 teaspoons of baking soda. Bring to a boil. If you are working with kids you might delay doing this until about half the pretzels are already formed.

Put oven rack in the middle of the oven and preheat oven to 450 degrees F.

When the dough is ready, press it down and place it on a floured work surface. Divide the dough in half and put one half aside in the covered bowl. If you only want to make 16 pretzels today, put this second half of the dough in an airtight container and store in the freezer.

Divide the dough on the work surface into 16 equal portions. You can do this easily by cutting the dough in half, and cutting the halves in half, until you have 16 portions.

Using floured hands, roll or stretch each portion of dough into a snake of about 12 inches (or even longer).

Shape the snake into a pretzel shape or any shape you like. For a traditional pretzel shape, make a circle out of the snake, cross the ends, cross them again, and then bring the ends down onto the circle and press firmly. The shapes do not have to be perfect. Even misshapen pretzels will taste

wonderful. Place each pretzel carefully on the parchment paper or waxed paper.

Bring your formed pretzels over near the boiling water. Have the oiled baking sheet nearby (preferably on the other side of the pot of water).

Flip a pretzel from the parchment or waxed paper onto your hand and place it carefully in the boiling water. Do this with two or three pretzels, and then set a time for one minute. The pretzels will swell and stiffen during this boiling. Apparently this boiling process gives the pretzel a firm skin and adds flavor.

When the timer rings, use a slotted spoon to lift each pretzel out of the water and onto the oiled baking sheet.

Continue until you have boiled all the pretzels.

At this point you can sprinkle salt on the boiled pretzels if you like.

Put the tray of pretzels into the oven and set the timer for 8 minutes.

When the timer rings, take the tray out of the oven and turn each pretzel over. In my experience, these pretzels do tend to stick, so use a thin metal spatula and try your best to scrape the pretzel up whole.

Bake the turned-over pretzels again for 7 minutes.

Take the out of the oven, cool briefly, and enjoy!

You can make the other 16 pretzels now if you like. Your family may have demolished the first batch by the time the second batch comes out of the oven

Earthmother: Rich, Easy, Beautiful Sidewalk Art Supplies

By Julia Parker, newsletter volunteer

When was the last time you laid down on warm concrete? Were you young enough that your mother got upset that you snagged your Speedo? April may not be the warmest month here in Moscow but on a sunny day I bet those sidewalks radiate wonderful heat. OK, so it's not a yoga mat or a sleep-number-bed but you should give it a try. And, while you are stretched out on the sidewalk with your favorite kids grab some homemade art materials and vent your pent up artistic talents for all the neighbors to see.

While you're waiting for that sunny spring moment, get in the kitchen with your young one and make some sidewalk art supplies—sidewalk chalk and my new favorite sidewalk paint. Here's how to make basic sidewalk chalk and paint. Both will wash off the sidewalk with the spring rains.

Store-bought sidewalk chalk comes in

such pale pastel colors that it is hard to see much difference when displayed on the sidewalk. So, we made chalk with lots of tempera paint powder so the chalk would have a richer color than the store-bought version. Both tempera powder and plaster-of-paris or art plaster come in rather large containers. You will either be able to make very large quantities of chalk or share with someone else or have lots of materials left over. Buy the primary colors of tempera paint and mix your own variety. I think we'll make a few batches for this year's Wulforth-Parker family birthday extravaganza. (All six of our birthdays fall within 6 weeks between May 1 and June 15. Seven if you count the dog's birthday on May 3.) Once you have mixed up the ingredients you will need to put the slurry into molds. We used an ice cube tray. The chalk needs to cure two days before you use it.

Today, we had an especially warm day and our sidewalk already says

"Welcome Spring" and "I love my purple

Daddy." I hope you enjoy your sidewalk art projects and send warm wishes to your Moscow neighbors, moms and dads—whatever color they may be.



Sidewalk Chalk

adapted from Cook's Illustrated, www.mariquita.com

- ✦ 1 cup plaster-of-paris (a.k.a. art plaster)
- ✦ ¾ cup water
- ✦ 3 or more tablespoons of tempera paint powder

Sidewalk Paint

- ✦ 1 cup cornstarch
- ✦ 1 cup water
- ✦ Food coloring or 1 or more tablespoons of tempera paint powder

In no time at all, you can whip up some sidewalk paint for you and your young artist. Use equal parts cornstarch and water then add as much color as you desire. Food coloring works, but the paint fades a great deal as it dries – for example, purple paint turns light blue when it dries. Also, you will need to keep a spoon handy to mix the paint once in a while because the cornstarch settles to the bottom.

The Radio Beat: Emily Poor on KRFP - Bluegrass Botanicals

By Sean Quinlan, newsletter volunteer

For the uninitiated, Emily's "Americana Hour" is everything that the name suggests. It is an exciting—and expansive—mix of bluegrass, folk, country, and roots music. Listeners can expect to hear a diverse range of performers within this exhilarating genre: on any given show, for example, Emily fills the airwaves with songs by Mary Chapin Carpenter, Pete Seeger, Laura Love, Rickie Lee Jones, and John Pryne, just to name a few. And there's lots of Joni Mitchell to boot.

If the show is such a delight, it's largely because the Americana genre is a passion for Emily. "It has great personal resonance," she confesses, "and what I truly love is the diversity of the music. It combines so many things: folk music, arts, crafts, and dancing. The best thing is that Americana is so communal—it is something that is truly open to the public."

As it turns out, Emily is more than an aficionado; she's also a performer. She sings and plays a number of instruments (she's even learning the ukulele). She regularly performs duets with local singer Brian Gill, and Co-op patrons may have seen her on stage on music nights, playing—of all things—the trombone.

But there's more than music on Emily's show: every other week, Emily begins with an installment of what she calls the "Palouse Botanica." This is not surprising, given that Emily is major-

ing in botany and conservation at the University of Idaho.

"Really," she laughs, "it's just an opportunity for me to jabber about plants." She talks expansively about the local ecology—"the Palouse prairie is just magnificent," she gushes—and uses the show to highlight the social aspects of plants.

"This means," she explains, "I take a plant and put in some kind of context." In one recent show, for example, she discussed the banana in all its complexities.

"Many people don't know that 'organic bananas' doesn't mean 'ethical bananas,' that the bananas aren't produced in exploitative situations. Given politics in Latin America, you have to watch the labels: they need to be double certified—both organic and free trade, just like coffee."

Beyond these fascinating vignettes, her botanical interests allow her to bring other people on board. In some of her shows, she interviews local figures and scientists about plants and the Palouse ecology.

Emily joined KRFP about a year ago. Initially, she was drawn to radio by a "simple love of music and a desire to talk on the air." Once ensconced behind the mike, however, she found the experience exhilarating, and she has attracted a loyal following and regular callers.

"It's really a kind of hedonistic joy," she declares. "It's shy person therapy, a kind of exhibitionism for introverts."

"It's had all sorts of positive consequences for me, personally," she continues. "For one, it's made me more comfortable with my own voice. I've learned to regulate it, to smooth it out around the edges. It's been fantastic for my way of speaking, and it's been particularly helpful for my singing."

In addition to her show, Emily also wears a number of other hats around KRFP. Notably, she's a board member and acts as the Americana music director, hunting down record labels and building the station's music collections. She also does the "morning mix" -- a combination of news, commentary, and new music—on Thursday mornings at 7.00.

KRFP has proven a wonderful part of Emily's experiences in northern Idaho. She originally moved to Moscow five years ago to study at the University of Idaho. Coming from Boise, she first found the town "tolerable"—she says this with a sly grin -- but quickly succumbed to its charms.

"When I arrived," she laughs, "it was during all those debates over the topless ordinance. And I saw a magnificent make-shift parade done by the Friends of the



Emily. Photo by Aeravi Mahoney-Link.

Clearwater. I was hooked."

Emily's "Poor Gal Americana Hour" is rich in its musical and botanical lore, and shows the beauty of community radio—allowing DJs to play and say what they feel, so listeners can learn and appreciate.

The "Poor Gal Americana Hour" appears every Sunday afternoon from 12.00 noon to 2.00pm.

You can find out more about 92.5 KRFP on the web at www.radiofreemoscow.com (including streaming audio).

Sean Quinlan is an historian of science.

All Welcome at Open Mic Show

By Veronica Lassen, show coordinator

Announcing: Community Fundraising Open Mic/Open Stage! Singing, dancing, comedy, karaoke, juggling, poetry and more! Friday, April 13th, 7-10pm at Unitarian Universalist Church of the Palouse, 420 East 2nd Street, Moscow. Come one, come all—everyone is invited.

Performers are wanted for this fundraising event. If you perform you will receive a \$3 discount off your admission with a \$4 discount/person for performing groups of 4 or more. Sign up to perform by calling Veronica Lassen at 882-2562.

The admission price of \$8 will help support the

Compassionate Communication workshop: "Vibrant Relationships—at Home and at Work" being held on May 18 and 19, in Moscow. The workshop will be led by Kathleen MacFerran, a Certified Trainer with the Center for Nonviolent Communication.

For more information about the event, and the workshop in May, visit the website of the Compassionate Communication Network of the Palouse (CCNP) at www.palousecc.org.

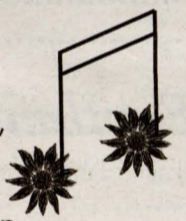
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 **Open Mic / Open Stage**

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 - Performers Wanted (*discounted admission*) -
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\$8 Admission supports Compassionate Communication Trainings for information & to sign up visit www.palousecc.org

Listen to Kenna on KRFP-FM

A fifteen minute interview with Co-op General Manager Kenna Eaton is part of the radio show "Coffee and Jazz with Adrienne Vincent" at **11 every Saturday morning**.

Kenna talks about Co-op products and Co-op events — please join her on KRFP-FM at 92.5



Earth Day Celebration

By Andy Boyd, manager, Moscow Recycling

Do you know an individual, an organization, a business or school, or even a project that is occurring that you feel has made a significant commitment to protecting the environment, improving quality of life, and promoting sustainability? If you feel that these efforts should be recognized by the Moscow and Pullman communities, now is your chance to nominate one or more of these candidates.

Just visit <http://www.palousecalendar.info/friendsites/mail.php> and fill out the nomination form and let these deserving entities be acknowledged.

Fill out the form by Saturday, April 14th, and the winners will be announced on Sunday, April 22nd, Earth Day, at the University of Idaho Earth Day Celebration being held on the Theophilus Tower lawn.

The Earth Day Celebration, sponsored by the U of I Environmental Club and the Palouse Earth Day Association, will be held from 3 to 9 pm on April 22 and will feature live music including White Water Ramble. The Environmental Club will be raising money for their club through selling barbecued delights.

To find out more about all the Earth Day events occurring during the month of April, including the Earth Friendly prizes you can win by attending any of the listed events, please visit <http://www.palousecalendar.info/friendsites/PEDA.html>. Thanks for celebrating Earth Day everyday.

Have a Happy Hemp Fest

By Bennett Barr, festival publicist

With the rains of March and April, the time comes to start thinking about planting your garden in Moscow. In the month of April, one specific plant will be celebrated at Moscow's East City Park for the eleventh season in a row. This year's Hemp Festival will take place on Saturday, April 21st from 10 a.m. till dusk.

Like every year, the festival will include regional vendors with crafts and food, as well as informational booths on the subject of hemp. 'Hemp Can Save the World' will be the theme of this year's festival.

Live music on the main stage will include bands such as: Plasma Soul, Sweatshop Band, Acoustic Wave Machine, Chubbs Toga, Burns Like Hellfire, Ala Zingara, Milo Duke, Darin Schaffer, Charlie Sutton, Lanny Messenger, Evy Llyan and more. Guest speakers will also talk on the subject of



This year's Hemp Fest theme is "Hemp Can Save the World!" Logo design by Megan Prusynski.

hemp and its many uses.

The Hemp Festival is always a great time to come out and enjoy the beginnings of spring in Moscow! Hope to see you there!

For more information or to volunteer contact Arlene at: tyedye@moscow.com.

Pay Dirt Farm School

By Sunny Cook, MaryJanesFarm

Pay Dirt Farm School is a non-profit organization that was founded by MaryJane Butters in 1997. MaryJane, organic farmer and Moscow businesswoman, founded the non-profit to help educate aspiring organic farmers through one-week apprenticeships.

It is difficult for people to take an entire week off to study organic growing methods, so Pay Dirt's goal has now shifted to help more local people grow food.

The new focus is to help everyone become "farmers," and not just those with large acreage. There is so much that can be done to grow more food locally, by helping people to convert a portion of their yards to garden space. The resulting food production could benefit not only the gardeners but also those in the community who are less fortunate.

The non-profit organization, Backyard Harvest, through PCEI, has done a magnificent job facilitating the donations of excess local garden produce to area food banks. (See their website: www.backyardharvest.org for more information.)

Pay Dirt Farm School would like to offer the community a complimentary program to Backyard Harvest, by teaching people, in two-hour Saturday classes once a month, how to grow more food in their yards or apartments. The classes will cover everything from planning the garden to canning and preserving the produce! The methods taught will be organic and intensive, using techniques to maximize both the growing season and the space used.

The goal of the classes is to help our community become more self-sufficient and compassionate. If we can produce more food locally, less has to travel long distances using fossil fuels to get here. The food will be fresher, the impact on the environment will be less, and our citizens will be healthier for it.

For more information, please call Sunny at MaryJanesFarm:

208-882-6819 or visit: <http://www.maryjanesfarm.org/About/paydirt/>

Moscow Renaissance Fair: Spring Has Arrived!!

By Jennifer Whitney, RenFair Publicity Director & Andy Boyd, RenFair President

Heeeeeellooo, Spring!!! The winter hibernation is over and it's time to come out and reacquaint yourself with abundance, friends and the beautiful outdoors. The 34th Annual Moscow Renaissance Fair will be held at East City Park, on Saturday, May 5th and Sunday, May 6th, from 10am to dusk.

Moscow's favorite celebration of spring is a true family event, with free admission to all, so don't leave anyone but the dog behind! Half of East City Park is dedicated to the amusement of our swashbuckling youth. Bring your cutlasses and eagle eyes because this year hosts a pirate treasure hunt! From theatrical performances to arts and crafts, and rock climbing to face painting, there are plenty of engaging activities to keep your child entertained all day.

While the kids are busy enjoying themselves, you can walk over and enjoy a turn around the May Pole, followed by a visit to our artisan booths, where over 130 of the Northwest's most talented artisans will be in attendance, offering us the fruits of their creativity and ingenuity. We're sure you'll find something

unique to indulge yourself.

After an afternoon of shopping, make sure to make it over to the food court where twenty of the Palouse's non-profit organizations will tantalize your taste buds. Not only will you satisfy your hunger, but you will also be performing a civic duty to area non-profits such as, PCEI with their Paradise Pitas, Radio Free Moscow offering gyros and quesadillas, and Hospice of the Palouse serving up Mediterranean lasagna.

An eclectic lineup of mesmerizing music will entertain your soul and engage your feet as you tap rhythm with Working Spliffs, a heady mix of reggae, jammin' rock and blues out of Spokane and from Seattle, Flowmotion, lively, original and unique dancing sounds for your Saturday night. Sunday features Faces of Eve, all the way from Nashville, with their blend of folk, soft rock, and New Orleans style funk, finishing up the weekend with Reno's Sol' Jibe, world rock for gypsy souls.

Be a part of this year's excitement, festivities, and dancing, laughing, and merry making jamboree of spring cel-

The 34th Annual Moscow Renaissance Fair—Main Stage

Saturday, May 5, 2007

10:00 Welcome Ceremony: With King & Queen introduction.

10:15 Kelly Riley: A mix of folk, blues, and traditional music with a Western bent.

11:10 Moscow Community Theatre: Excerpts from The Velveteen Rabbit.

11:45 Festival Dance Celtic Dancers: Dancers blending Irish and Highland traditional dance with new choreography.

12:15 Sabor de la Raza: Mexican, folkloric dance club of the University of Idaho.

1:00 Acoustic Wave Machine: Locally-grown, original groove-food for your soul.

2:00 Maypole Dance: With Leaping Trout (by the volleyball court).

2:30 Red Eye Gravy: Bluegrass, folk, Americana, and acoustic blues.

3:30 Costume Contest: Creative as well as traditional garb encouraged.

4:00 Parade: A jubilant, colorful journey around East City Park.

4:30 Finn Riggins: Progressive, post-punk, newer wave, dance dance, Moscow rock.

6:15 Working Spliffs: A heady mix of reggae covers and originals mixed with jammin' rock and blues from Spokane.

7:50 Britta Von Tagen: Sword dance displaying an emotional balance

between masculine and feminine, good and bad, light and dark.

8:15 Flowmotion: Original music boasting a unique and lively sound that keeps the crowd dancing from start to finish. These guys are from the Seattle area.

Sunday, May 6, 2007

10:00 Barefoot and Pregnant: Acoustic roots of voice, guitar, folk, and hot chocolate.

10:45 Parallax: Cello and piano duo with original songs and rockin' improvisation.

12:00 The ColdRail Blues Band: Guitar driven blues for dancing.

1:30 Uniontown: Roots-rock for the Palouse. Local talent presenting original songs.

2:30 Maypole Dance: With Leaping Trout (by the volleyball court).

3:00 Faces of Eve: A blend of folk, soft rock, and New Orleans style funk from Nashville.

4:30 Sol' Jibe: Soul-stirrin', foot stompin', world rock for gypsy souls. Reno is their home base.

Unless noted otherwise, all Main Stage performers call the Palouse home! Main Stage performances are broadcast live on KUOI 89.3 FM & at www.moscow-renfair.org

Come to the First Annual Moscow CommUNITY Walk!

By Megan Prusynski, Moscow CommUNITY Walk committee member

Several members of the community have been planning an exciting new community event that aspires to bring the people of Moscow together in the spirit of unity and harmony. It is called the Moscow CommUNITY Walk, with the theme of "Walking on Common Ground," and is scheduled for Saturday, April 28, 2007.

This is a unique event for Moscow, and the entire community is invited to participate. Individuals and groups will meet at Friendship Square at noon. Speakers from the community and student speakers chosen by a student

essay contest will deliver thoughts on community and walking on common ground.

At 1:00 PM the walk will proceed from Friendship Square, accompanied by music, to East City Park. Walkers will be greeted at the park with games, music, beverages, activities for kids, and a soul food & potluck lunch catered by John Crout.

Governor Butch Otter has proclaimed April 28th CommUNITY Walk Day in honor of this event. Unity is the only agenda, and the motto for the walk is "Walking together, embracing unity,

to experience our common humanity." Similar walks promoting unity are common in other cities, and we hope to continue the event here in Moscow on an annual basis.

The CommUNITY Walk planning committee invites everyone to participate, and would appreciate financial contributions to support the event. Donations are tax-deductible, and may be sent to Moscow CommUNITY Walk, P.O. Box 8613, Moscow, ID 83843. To volunteer to help or for more information, e-mail walkingon-commonground@hotmail.com. See you April 28th!



Come "Walk on Common Ground" and celebrate CommUNITY April 28th. Logo design by Megan Prusynski.

Double Your Fun: Two Fundraising Events for the Village Bicycle Project

Editor's note:

Co-op member Dave Peckham created the Village Bicycle Project (VBP) in 1999 as a nonprofit organization working to send donated bikes to Africa, teach bike maintenance to Africans, and provide improved tools for bike repairers in Africa, especially in Ghana, West Africa. One-day repair and maintenance workshops are a centerpiece of the VBP (see <http://www.pcei.org/vbplprograms.htm>). At the end of each workshop participants are eligible to purchase bicycles at one-half the retail cost.

To date, well over 1200 people have received bicycles, improving their lives by increasing access to places of work, markets, schools and health care facilities. Two fundraising events are scheduled to continue the important work of VBP.

Movie Time, April 15

By Mary Jo Hamilton, event coordinator

On April 15th, the Kenworthy Performing Arts Center will present three documentary films on the VBP. The films are "Ayame," which is a 40 minute documentary filmed in Ghana about VBP, "New Life for Old Bikes," an 11 minute film made here in Moscow about loading donated bikes for shipment to Africa, and "Ghana Women's Bicycle Initiative" a short documentary filmed in Africa about the importance of the VBP bicycles to women in that region.

At 7pm, this celebration will begin with a short concert by the local African music group, Sesitshaya Marimba Band. Admission will be a suggested donation of \$5. Dozens of door prizes will be given away, and those attending will be able to buy additional tickets for \$1 each.

This fun-filled film event is sponsored by the Purple Paisley Quilters and the Social Action Committee of the Unitarian Church. For questions, or to donate a door prize, email mhamilto@vetmed.wsu.edu.

African Music and Dance—Rockin' the Bikes for Ghana

By David Vollmer, dance impresario

African music will fill Mikeys Gyros on Main Street in Moscow on May 4 (the Friday of Moscow Renaissance Fair). The back room at Mikeys will be open beginning at 6pm.

Here's the plan. From 6 to 8 pm, we eat and drink and do our bidding on all the great silent auction stuff. Food and drink will be sold and provided by Mikeys. 15 percent of sales will be donated to the VBP.

A suggested/optional donation of \$5 will be taken when people wander into the back. At 8pm, everyone can learn how to move with African Dance Lessons and then at 8:15 we'll have some African Drumming and Dancing (performers TBA later).

From about 9pm to 11 pm we'll enjoy African DJ Music, with special African Music Vinyl Spinning by Dave Peckham at 10pm.

Silent Auction items can be donated by contacting: Jen Farley at 835-5531 or email: auction@ghanabikes.org.

TV Turnoff

By Bill London, newsletter volunteer

April 23 through 29 is National TV Turnoff week. Activities are planned at schools, community centers, and in families across the US (check online @ www.tvturnoff.org). The goal is to break the TV habit, to get kids away from this brainless passive activity into creative play, and away from the obesity, overconsumption, and violence associated with TV watching.

When faced with the no-TV option, parents often wonder how it is possible to raise kids without this electronic babysitter. Perhaps they forget that 60 years ago, nobody had a TV at home and children were occupied with work and play and school. Of course, it is possible to raise kids without TV. Here is an example: Anne Larkin, the daughter of Co-op stalwarts Melissa Rockwood and John Larkin. Anne is

15 and a sophomore at Moscow High School.

In this interview, editor Bill London questions Anne Larkin about her own TV-less life.

Q: Were you raised without watching television at home?

A: Yes. My parents did have a TV but they took it away when I was 1 or 2 years old. I don't remember watching TV at home. We now have a TV to play DVD's, but we don't have cable or watch TV shows.

Q: Do you see any TV now?

A: I probably watch about two hours of TV a week at friends' homes. But that is enough. I don't miss it.

Q: What do your friends think of you not having a TV?

A: I don't have any other friends who don't have TV's, but that is no problem. My friends don't think it's weird

that I don't watch TV. They know I use my time to do other things.

Q: What other things occupy your time instead of watching TV?

A: I do my homework from school. I have ballet classes. And I talk on the phone.

Q: Do you feel like you miss out by not regularly watching TV?

A: No. My friends don't talk about TV.

Most of my friends don't have time to watch TV during the week.

Q: What do you think of the idea of a TV Turnoff Week?

A: If it worked for just that one week, there wouldn't be much effect. But if it showed people how to watch less, it would be beneficial. Kids would learn how to spend more time with their families or exercising.

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Feeling Alive, Vibrant and Well: Life Coaching

By Jennifer Whitney, newsletter volunteer

If you were to look at your life today, giving the areas of profession, finances, rest & relaxation, physical well-being, and relationships each a value indicating your level of fulfillment, how rich would you be? Could the wealth be even greater, or more valuable? These are some of the core elements a life coach looks at to help you gauge if you're living your life in alignment with your values.

Katrina Mikiah, a professional life coach here in Moscow, says, "My chosen vocation is about helping people to thrive doing what they love and being guided by their own inner wisdom."

By creating a space of complete acceptance and safety to explore yourself in a deeper way, a life coach helps you find your hidden hopes, values and goals, discovering where you want to go with them and the actions you will take to get there. (International Coaching Federation, www.coachfederation.org)

Several of Katrina's clients shared their life coaching experiences with me; their valuable wisdom is as follows:

Dianne French, Optician & co-owner of Palouse Ocularium says, "The coaching was thorough, helpful, and resulted in me feeling as though I had found my own way, thanks to [Katrina's] skills in listening, supporting, and following-up. Additionally, she held me accountable for following-through on my planned

actions, which led to quick results. Life coaching, whether just a few sessions or an ongoing relationship, can be of benefit to anyone and everyone wanting to enhance their life."

Renee Jardin lives in California and dropped out of corporate America two years ago. She relates, "The coaching process has helped me paint a clear picture – a vision of what I want every aspect of my life to be. With help from my coach, I'm focusing on what I want (instead of what I don't want) and it's made a world of difference in every area of my life."

Rachel Clark, a mother, wife, freelance writer, and individual, has been working with Katrina for about a year. "As a freelance writer, I have the opportunity to work for various clients. One project... didn't quite feel right, and I was not enjoying the work. Katrina's reflection of my own inner knowing, allowed me to open to the possibility of saying "No" to this work, even though I thought I "should" be doing it. By saying "No," I was really saying, "Yes" to myself - to other opportunities to contribute to the world. Now, I am empowered in my choices, noticing what inspires me, where I feel genuine enthusiasm, and what opens me to being more connected with my self."

Mark Winstein, President of Ecostructure Financial, discovered the benefits of life coaching about 8

years ago. "I have had a number of life coaches in the past and feel that Katrina is among the best and most effective coaches I've ever met. My very first session with her led me to make a profound shift...that has helped me be more relaxed and yet more fully engaged both at home and at the office. My experience working with her individually convinced me to bring her on board as a Corporate Coach. She has consistently provided benefits for our leadership team, including helping make meetings shorter, more focused and productive, and helping us choose critical paths for the company and for each team member as an individual player."

Laura Girardeau, recent Life Coach graduate, says, "I have received coaching from Katrina for nearly a year, and have made huge changes in my life and attitude as a result of her work. She sprinkles a few seeds... and before you know it, we are mighty oaks, doing things we'd only dreamed of before! I was so inspired by Katrina's "Coach for Life" techniques that I took the intensive training in San Diego and am now starting my practice."

Katrina's practice is called Alchymia. Originally used in reference to turning base metals into gold, Katrina sees alchemy as a metaphor for finding our greatest treasures in the seemingly ordinary and often times hidden aspects of ourselves.

Katrina will offer a workshop entitled "Becoming an Alchemist: Practicing the Art of Personal Transformation" on Saturday, April 21 from 10am - 4pm. Check her website (www.alchymia.us) or call 882-1198 for more information.

For more information on Life Coaching visit: International Coach Federation www.coachfederation.org; Coach For Life www.coachforlife.com; Alchymia www.alchymia.us

Local Life Coaches

Alchymia Life Coaching Services
Katrina Mikiah, Professional Life Coach
(208) 882-1198; katrina@alchymia.us
www.alchymia.us

Laura Girardeau, Life Coach
(509) 339-5606

*Both Katrina and Laura offer a free, confidential sample session.

.....
Jennifer Whitney is excited to present a series of organic cooking classes sponsored by the Co-op. Look for the ad in this month's newsletter! This will be her last article for *Feeling Alive, Vibrant and Well*.

Folk Arts in Uniontown

By Leslee Miller, manager, Artisans at the Dahmen Barn

Fur will fly at the Dahmen Barn on Saturday, April 14 beginning at noon. The **Fiber to Fashion Demonstration** will start off with the shearing of some sheep, alpacas and angora goats in the shed behind the barn. In the Hay Loft Hall on the second floor several steps in the process of turning raw fiber into an end product will be demonstrated by numerous local craftspeople.

Visitors will see carding, which is combing the fibers into a parallel orientation, then spinning the combed fiber into yarn with both a drop spindle and a spinning wheel. Three weavers will be in action, two on different types of looms, and one weaving with cards. Both wet felting and needle felting will be demonstrated. Knitting by hand and by machine will be featured, and a group of women who make hooked rugs will show their craft. Everyone who will be demonstrating has been invited to bring items to sell that they have made. This event is FREE and goes until 4 pm.

A **concert of traditional oldtime fiddling** will be held at Artisans at the Dahmen Barn on Saturday, April 21, 7 PM. Mabel Vogt, recognized as a champion fiddler and popular contest judge, founded the Potlatch Junior Jammers in 1984 and continues to lead the group today.

Mabel Vogt will also play from her repertoire of fiddle dance music featuring jigs, reels, ragtime and waltzes. Vogt has won many awards, including Idaho Grand Champion and Northwest Senior and Adult Champion.

Artisans at the Dahmen Barn is located in the barn behind the magnificent wheel fence on highway 195 in Uniontown, Washington at 419 N. Park Way. The story of the transformation of the former dairy barn into an art center, plus a roster of resident artisans and a complete schedule of events may be found at www.ArtisanBarn.org or by calling 509-229-3414.

River Swim Film Comes to Moscow

By Andy Norris, film producer

I am currently on tour with my feature-length documentary film **SOURCE TO SEA: THE COLUMBIA RIVER SWIM** and will be presenting the film at the NuArt Theater on April 17th at 7 PM. Tickets are \$5 general, \$2 students. I will be at the NuArt for a discussion after the film.

SOURCE TO SEA is about Christopher Swain's 13-month swim for clean water and human rights down all 1,243 miles of the Columbia River. Tribal issues, salmon issues, petroglyphs, pollution from Canadian mines, the Hanford Nuclear Reservation and more are covered at length.

We recently won the "Most Inspiring Adventure

Film" award at the 2007 Wild and Scenic Environmental Film Festival.

Swimmer/Activist Christopher Swain has gone on to swim the Hudson River, Charles River, Lake Champlain, and has been honored by the United Nations for his efforts. He is about to begin his next project, swimming from Ottawa, Canada down the entire eastern seaboard to Washington, D.C.

Herbs for Body and Soul

Spirit

Herbs

Chakra Tea Elixirs
Balance - Grounding - Grief Relief
For sale now in the tincture aisle

Aura & Chakra Balancing Meditation CD

The Coop Listener: Finn Riggins (alive bugs)

By Jeanne McHale, newsletter volunteer

Slipping into the Co-op late one evening with the Finn Rigginses, all eyes were on the members of the newest Idaho-based, Moscow-born band phenomenon. Cashiers stopped their tapping and shoppers parked their carts. No, it wasn't a rush to get autographs, but rather to say hi to former Co-op cashier and music impresario Eric Gilbert. It was less than an hour till closing time, and I was with Eric and his band mates Lisa Simpson and Cameron Bouiss to find out how these talented young people created the music on their album Finn Riggins (alive bugs). So we elbowed our way past the salutatory throngs of shoppers and checkers and sat down in the break room for an interview. I was taking advantage of the band's mid-tour stop in Moscow to give a benefit concert for Friends of the Clearwater. Like the tunes on their CD, the timing was perfect, as the new Finn Riggins CD had just been added to the Co-op's collection of more than a dozen CDs, which are, of course, all for sale.

The band members call their music "Moscow Rock," because it reflects the open-mindedness and passion of the band's geographical musical roots. Moscow is the swirling musical center of a vortex that has spun out a number of original bands such as Oracle Shack, which might be considered the forerunner of Finn Riggins. The Finn Rigginses are graduates of the Lionel Hampton School of Music and (alive bugs) was recorded live at John's Alley.

The tunes are alternately playful and head-bobby, guitar-crazed and insect-imitating, improvisational yet structured, and darkly philosophical. The band sounds like more than three people and like they enjoy what they do.

I asked about the band name. They just liked the way it sounds, like the criterion for a good song. The Finn Rigginses profess no affiliation with the town of Riggins, but are proud of their Idaho ties. The band members recently relocated from Moscow to the Hailey area to devote themselves in entirety to the musical life. The box elder bugs that have thronged Eric and Lisa's home inspire the album title and the artwork that accompanies the hand-assembled CDs packaged in recycled 5 ¼ inch floppies. The band is strongly committed to the culture of recycling; selling newly screen-printed second-hand t-shirts as band souvenirs at their concerts.

Finn Riggins can be funny, as on "Have a Glove Compartment," a new wavy ode to the virtues of that handy device under the dash, spiked with 80s-style synth voices. "Have a glove compartment, love it love it love it love it." Finn Riggins can be sober, as on "Blackrock," a song inspired by a mining disaster in which Lisa plaintively probes the meaning of death and entombment, and the end of a worthwhile life, running a vocal gamut of emotional intensity. "It wasn't bad, I just went to sleep."

Finn Riggins is Eric singing and shredding the keyboard, Lisa gone wild on guitar and vocals, and Cameron holding it all together on percussion and the steel drum.

The jazzy instrumental number "Pancake" is a steel drum feature that seems to be in a state of constant tension. "Box Elder" is a very avant garde tribute to cohabitating insects, featuring Lisa on a climactic guitar solo. Eric explains that this tune is still evolving. A jazzy segue connects it to the poetic "Blackrock."

How are these songs created? The approach is slightly different for each piece, but playing often and having fun seem to be key aspects. Perhaps a rhythm or a chord progression gets the idea started, occasionally a song springs spontaneously into existence. The band's influences are more philosophical than musical, in accord with the difficult-to-categorize nature of their sound. The tunes drive at a fast pace



The Finn Rigginses (from left: Cameron Bouiss, Lisa Simpson, and Eric Gilbert) at the 1912 Center where they played a benefit concert for the Friends of the Clearwater on Mar. 2.

and have the edge only a live performance can convey. Some songs almost need a parachute at the end to slow them down.

To experience the full impact of the band, I attended their Friends of the Clearwater concert with my taller half, and we found ourselves compelled to ecstatic dancing by Finn Riggins (). The band incited bodily appreciation from dancers of all ages and from all walks of leg. Loved it loved it loved it loved it.

Jeanne McHale looks forward to wearing out some more shoe leather when Finn Riggins () plays at the Moscow Renaissance Fair on Saturday May 5.

Auntie Establishment

By Joan Opyr, newsletter volunteer

She's at it again. My grandmother, who recently turned 85, is thumbing her nose at Death. She recently suffered a scary bout of pernicious anemia—she was in the hospital for three days, getting blood transfusions and packed cells—but she looked the Grim Reaper in the face and flipped him the bird. My grandmother is stubborn, wily, ornery and tough, all qualities I admire. I sincerely hope she goes right on being as independent as she can, and as bloody-minded as she likes. I just wish she'd stop giving her friends and family the finger as well.

She needs to move into assisted living, but try telling her that. I did and she hung up on me. Twice. Assisted living? I can kiss Aunt Fanny! When did I get to be so bossy? She thought I'd been an English major in college. She didn't realize that I'd been to medical school. Is Doctor Know-It-All in? How

much does she charge? Does she take Medicare?

I ignored all of this and suggested that it might be time for my grandmother to change quacks. She might need (gasp) a geriatric specialist.

"Why?" she said.

"I don't know," I admitted. "Maybe because you're 85?"

"I might be 85, but I am not planning to die."

"I'm glad of it," I said. "A geriatric specialist might help you with that."

"I like my regular doctor. He's nice."

"Would that be the doctor who failed to diagnose your anemia? The doctor who never asks questions and lets you

get away with murder?"

"I do not need a geriatric anything."

"No," I agreed. "You're right. Would you like me to find you a pediatrician?"

Click.

It's not easy getting older. I'm forty myself—a baby, my grandmother says, but if so, then I'm a baby with a sore back and wheezing lungs that tell me when it's going to rain. My kids will no longer stand behind my chair and pluck the gray hairs from my head because they "don't have all day." Forty is fine; I am glad to be forty. I wouldn't be twenty again on a bet. The thing is, though, that apart from the gray hair and this crop of wrinkles that someone seems to be farming on my forehead, I don't feel any older. When I wake up, I feel just the same as I did at sixteen.

"My grandmother is stubborn, wily, ornery and tough, all qualities I admire."

The only difference now is that when I get out of bed, bits of me creak.

I have a picture on my dresser of my grandmother at sixteen. It's 1938 and she's wearing a dress she sewed herself in Home Economics class. She's smiling at the camera, brown-eyed, full of life. That same face smiles out at me now—when I'm not playing Doctor Know-It-All—and I know that she and I are really the same age. Our bodies are playing tricks on us, that's all. I want to keep her safe, but even more importantly, I want her to be happy.

Assisted living. If only we could make it more like summer camp.

Jeanne Opyr lives with her family in Moscow.

The Sustainability Review : Dishwashers

By Mike Forbes, newsletter volunteer

Back to appliances for a brief bit. The dishwasher is an appliance that by many gets the rap that it is a water wasting energy hog, which for many dishwashers it is. Things are changing slowly with the advent of many newer models originating in northern Europe (where most of all appliance energy efficiency technologies arise). The dishwasher that uses 10-20 gallons of water per load and consumes 500-750 kWh of electricity per year does not have to be the one that you put in your house. Most of the energy used by a dishwasher is to heat the water. Some of the new efficient models use the motor that cycles the water around to assist in heating. There are models that in tests at our home use far less water per load than you reasonably use washing dishes by hand.

We use to live in an old farmhouse that had no dishwasher. I installed a Bosch dishwasher that performed well at the time using approximately 300 kWh in electricity and about 5 gal of water per load. I thought this was good considering our sink held about 2 gallons of water to do dishes and we could put several washings worth of dishes in 1 dishwasher load. We purchased all of

our appliances early for our house and installed them in the yurt. Research showed that Asko dishwashers are the best out there. I was able to find an Asko on the internet for less than \$400 shipped to our door (it was a showroom floor model). They generally uses 3-1/2 – 5 gallons of water per load and 190-240 kWh/year of electricity, much less than any other. If you look at the AEEE's (see website listed below) guide to efficient appliances the Asko models fill the list with a few other brands making appearances (Bosch, Eurotech, Fisher & Paykel – beware: some of the models listed are not conventional units but small apartment style and that is how they make the list, apples and oranges appear together.)

I tested the dishwasher when we first got it to see if it really did what it claimed. The water consumption is hard to measure since it varies the quantity of water based on how dirty the dishes are. I tested it with no dishes and it used about 3 gallons during that load. Our drain froze in the yurt this winter so we drained our sink/dishwasher into 5 gallon buckets for a period of time. We have been running the dishwasher on the Pots/Pans selec-



The yurt kitchen serves as a testing grounds for new appliances like dishwashers.

tion and it would use approximately 5 gallons of water per load. Our method is to not rinse dishes and let the dishwasher clean them off. On the normal cycle with this approach some nested dishes don't come clean but on Pots/Pans they'll all come clean. We have 2 "top of the line" fancy residential dishwashers at work (Kenmore stainless) and they are the worst dishwashers I've ever seen. Many guys at work regularly inspect the silverware before using it for food bits and about 10-20 percent of the dishes (no kidding) need re-washing after running on the Pots/Pans cycle with harsh soap. Our dishwasher runs circles around this and uses a fraction of the water/electricity.

What you should look for:

- 1) Energy Star rated
- 2) Print the list from the www.aceee.org and use that when shopping
- 3) Look at the yellow label (many times they are missing so ask the salesperson)

for the kWh consumption

- 4) Call the company and ask them how much water per load the dishwasher uses, most know this info, some owners manuals have this information listed

To buy an Asko you can find them at University Appliance or Fred's Appliance in Spokane or you do like we did and buy it on Ebay. After I bought ours the store in Spokane had a big clearance/demo sale where they had many older Asko washers for <\$300. Even though they retail for over \$1000 you can definitely find them for much less.

Resources:

- <http://www.aceee.org/consumerguide/dishwashers.pdf>
- <http://www.askousa.com/dishwashers/index.html>

Mike and his family are really close to moving into their new house.....

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



If You Are Experiencing Any of These Symptoms

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

Your Hormones May Be Out of Balance

To learn more, attend a class on

Bio-Identical Hormone Therapy

A More Natural Approach to Hormone Therapy

Thursday April 19th, 6:30 p.m.

Gritman Medical Center Conference Room

OR

Wednesday April 25th, 6:30 p.m.

Pullman Regional Hospital Conference Room

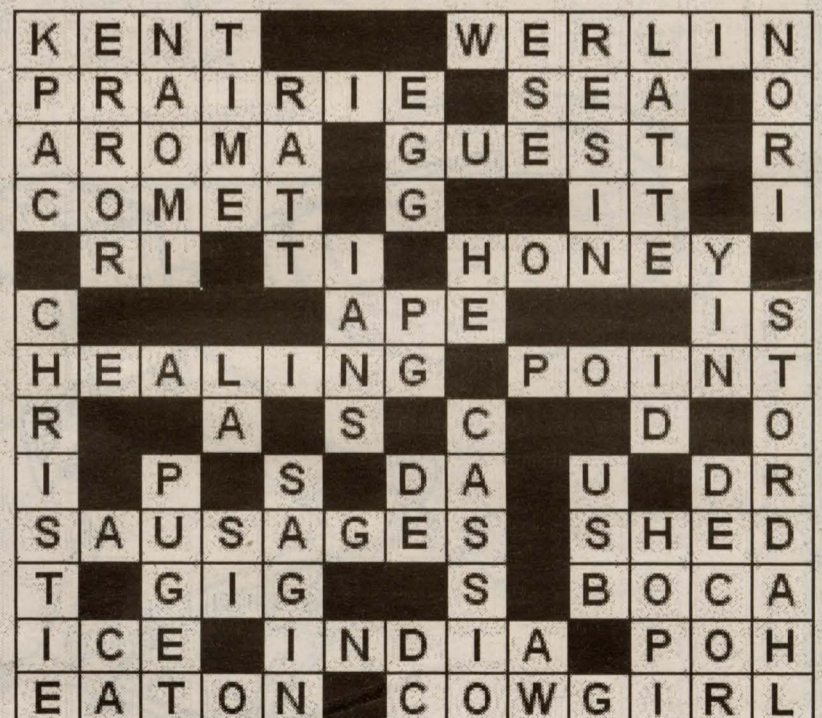
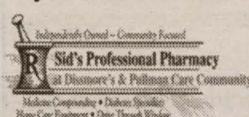
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Bulletin Board



Moscow Food Co-op
121 East Fifth Street
Moscow ID 83843

MOSCOW FOOD CO-OP

Co-op Events

Art at the Co-op

Friday Apr 13, 5:30—7pm

Opening of the High School Art Show, showcasing art from Moscow High students. The show will run until Wednesday May 9.

Co-op Community Dinner

Wednesday Apr 11, 6:30pm

- Italian Stuffed Mushrooms with Fontina and Fresh Basil
- Spinach Salad with Red Bell Pepper, Red Onion, Feta Cheese and Balsamic Vinaigrette
- Sicilian Salmon Steaks with Sundried Tomatoes, Fresh Basil and Roasted Garlic
- Risotto with Parmesan Reggiano
- Bittersweet Chocolate Sicilian Cannoli

Wine tasting will be offered at dinner at no additional cost. Seating is limited to 14 so make your reservation early. Tickets are \$24.

Co-op Kids – meet 9am at the Coop

Wed Apr 11—make musical instruments out of recycled materials. This was a hit last year so mark your calendars.

Wed Apr 25—Kids Snack Making- we will learn a little about nutrition and put together some fun, healthy treats to eat and take home. *Rebekka Boysen-Taylor: amamaswork@yahoo.com*

Tuesday Tunes

Tuesday evenings 6-8pm

- Apr 3 Open Mic
- Apr 10 Daniel Mark Faller
- Apr 17 David Roon
- Apr 24 Trillium

Community Events

Pay Dirt Farm School Class

Saturday Apr 7, 10:00—12:00

Compost, double-digging, square-foot gardens, companion plants, succession crops, trellises, and mulch. Fee - \$25 includes handouts.

Pre-register at MaryJanesFarm ☎ 882-6819

Community Fund-Raiser for Peace

Friday Apr 13, 7—10pm

Open Mic / Open Stage (performers wanted with discounted admission)

UUCP 420 E 2nd St. Moscow

\$8 Admission supports Compassionate Communication Trainings.

www.palousecc.org

Mom's Spring Arts and Crafts Fair

Friday Apr 13, 10am-9pm

Saturday Apr 14, 9am-4pm

At WSU Beasley Coliseum.

Palouse Patchers Quilt Show

Saturday Apr 14, 10am—6pm

Sunday Apr 15, 12 Noon—5pm

Latah County Fairgrounds, Blaine & Howard Over 200 quilts on display, free refreshments, Merchant's Mall and "Quilting the Stars" Raffle Quilt. \$3 for adults. www.palousepatchers.org

Village Bicycle Project

Sunday April 15, 7pm

Kenworthy Performing Arts Center will present three documentary films on the project, with a short concert by the Sesitshaya Marimba Band. Admission will be a suggested donation of \$5 with door prizes. For questions, or to donate a door prize, email mhamilto@vetmed.wsu.edu

Moscow City Council Meeting

Monday April 16, 7pm

Provisions to limit size of future big box stores in Moscow. Citizen input is vital.

www.nosuperwalmart.com

Moscow Library Book Club

Monday Apr 16, 6.30-8pm

The MLBC will meet for *History of Love* by Nic... Everyone is welcome!

Source to Sea: C

Tuesday Apr 17, 7pm

Feature-length documentary Theater. Tickets are... Film producer Andy... discussion after the fi

Northwest Prog

Thursday Apr 19—

To be held in Todd F... The conference will... activists, artists, acad... anyone who is intere... social justice to shar... one another.

www.wsuprogressive.com

11th Annual Hemp Festival

Saturday April 21, 10am—Dusk

East City Park, rain or shine! Music all day long, craft booths, speakers, and in general a lot of fun! If you are interested in a booth, contact Arlene: tyedye@moscow.com

Dahmen Barn – Uniontown

Saturday Apr 21, 12 Noon

Fiber to Fashion Demonstration

Saturday Apr 21, 7pm

A concert of traditional oldtime fiddling

www.ArtisanBarn.org or ☎ 509-229-3414

Earth Day Celebration

Sunday April 22, 3—9pm

Live music including White... www.palousecalendar.info/fr

National TV Tu

April 23 through 29. Acti... schools, community center... homes across the US.

Free Money M Worksh

Wednesdays 6-9pm, 1350

(Health & Welfare conference room). Sponsored by Latah County Human Needs Council

Free Dinner & Door Prizes start 5:30pm

April 11—Banking FAQs- Keeping in the Black & Consumer Loans- Cars and more

April 18—Budgeting for the Weary & Financial Resources in Moscow

April 25—Credit Report secrets & Finally Home- owning, renting and you!

Info/ Registration: Ben ☎ 882-7571x 3624

UI Women's Center Events

☎ 885-6616 for all Women's Center info

Wednesday Apr 11, 5pm

Dr. Traci Craig will give a how-to workshop on the art of writing and performing slam poetry. Free refreshments.

Friday Apr 13, 7pm

Andrea Gibson, a Denver-based activist and spoken word artist.

Moscow COMMUNITY Walk

Saturday Apr 28, 1pm

Walk from Friendship Square, accompanied by music, to East City Park. Walkers will be greeted at the park with games, music, beverages, activities for kids, and a soul food lunch catered by John Crout.

walkingoncommonground@hotmail.com

34th Annual Moscow Renaissance Fair

Sat May 5/ Sun May 6, 10am—Dusk

East City Park. 130 craft booths, 20 food booths, childrens' activities, no admission—celebrate spring!

Vigil for P

Moscow: Fridays 5:30—6:

Ongoing since November 20

Friendship Square. Resource

encouragement, and opportun

☎ 882-7067, sperrine@onach.com

Pullman: Fri Apr 6, 12:

Under the clock by the P

☎ 334-4688



Send your community announcements! Email events@moscowfood.coop by