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Community News

FREE!
PLEASE TAKE ONE

The monthly newsletter of
the Moscow Food Co-op



August 2007

Co-op Parking Lot Party!

by Kenna S. Eaton, Co-op General Manager

The first parking lot party in 2005 was so much fun we are going to do it again: 4 -9:30 p.m. on Saturday, August 25.

A mixture of fun, food, music, and business, the Parking Lot Party has something for everyone. On the 25th we will close the Co-op parking lot in the early afternoon to get it ready.

We've got events planned for kids like face painting and magical musical instruments. We got three bands lined up to play: Finn Riggins, Chubbs Toga, and Charlie Sutton.

We'll have BBQ delights available, including grilled burgers (and the alternatives) complete with all the fixings, soda, and of course beer as well (and yes, you have to be over 21 for that part).

In between all this fun will be sandwiched our annual member meeting with updates from the Board and the general manager covering where we've been and what we're doing next. You'll also be able

to purchase a raffle ticket for a brand new Schwinn bike, helmet and lock to help raise funds for our proposed parking lot re-model.

If you haven't seen the parking lot plan yet we hope to have a drawing available for you to review and comment on. Sounds like a fun day doesn't it? Hope to see you there!



Illustration by Elizabeth Carney Sowards

Community News

Published by

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



MAD [birth]day Revisited

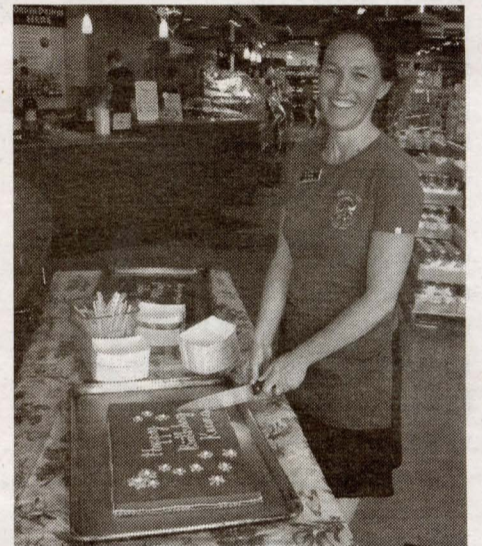
by Kenna S. Eaton, General Manager; Photo by David Hall

Thursday, July 19th dawned cool and misty (unlike the rest of the month) but regardless there was MAD shopping inside the cool Co-op as members stocked up on their favorite items and saved money at the same time.

By the day's end we had 1121 transactions for a total of \$34,922 (after discounts and sales tax) compared to an average day this month of \$16,000! And while it was not the MADest day ever (that was last October) it was

pretty darn close. Since we had chosen my birthday for this summer's MADay we celebrated like royalty by eating cake: chocolate of course, and funnily enough it turns out that lots of amazing people share my birthday!

Thanks for your warm birthday wishes and support everyone and see you next MADay (cake not guaranteed).



Spokane Newspaper Applauds Co-op

by Bill London, volunteer newsletter editor

On July 11, the Spokane *Spokesman-Review* newspaper printed a guide to the best places to eat in the smaller towns of the Inland Northwest. The editors selected for this honor a total of 8 cafes, restaurants, and delis in this huge region.

That included restaurants in places like Kettle Falls, Colville, and Uniontown, Washington, as well as Kellogg and Hope, Idaho.

They also included the Moscow Food Co-op.

The write-up about the Co-op, from reporter Heather Lalley, was very positive. She wrote:

"Moscow residents are lucky to have this spacious organic market and deli right in their backyards.

There's a beautiful array of fresh produce, rows and rows of bulk items, breads, pastries, frozen foods.

And there's a deli counter stocked with salads, sandwiches and other goodies perfect for a lunch stop on the road.

Co-op members pay \$10 a year and get discounts on a variety of products. But you don't have to be a member to shop there.

The Co-op is more than a grocery store; it's really more of a community center. It hosts a growers' market every Tuesday night. There's live music and classes, too."

Way to go, Co-op!

Local Community Harvest: the Co-op Community Dinner Menu for August

by James Agenbroad, Deli Supervisor

Your chefs, James and Ariel Agenbroad, have planned a menu of local foods for the Co-op's Community Dinner for August. The menu:

✿ Cold cucumber soup with butter-milk and fresh dill

✿ Snap bean salad w/ lemon and cracked pepper vinaigrette

✿ Homemade breads made with Shepherd's Grain flour

✿ Filet of Eaton's natural beef with basil butter

✿ Garden pea, feta and fresh herb fritters with roasted cherry tomatoes

✿ Roasted carrots w/ tarragon

✿ Stone fruit galette w/ sweet cream

The dinner will be at the Co-op on Wednesday, August 15 at 6:30 p.m. Reservations are required and can be made with any Co-op cashier.

Tickets for the dinner and complimentary wine tasting are \$28.

Co-Operations



The Front End News

by Annie Hubble, Front End Manager

It is definitely summer time on the Palouse. With summer, the Tuesday night music moves outside, accompanying the Growers' Market and Hot Off the Grill. Drop on by and join in the fun every Tuesday evening from about 4:30 to 7 p.m.

While you are here, say hello to our three new cashiers: Jeremy Johnson, Pam Palmer, and Sarah Whitlatch. Be patient as they learn new skills, but I know already that their friendly smiles will make you feel welcome.

Certain members of the front end team, including myself, are learning new skills also, as we take over some of Laura Long's responsibilities in book keeping. As we learn, we realise how vital Laura has been to the Co-op, and

As we learn, we realise how vital Laura has been to the Co-op, and how much we will miss her. Good luck Laura with your new adventures! "

how much we will miss her. Good luck Laura with your new adventures!

So I am teaching and I am learning... a good way to stay humble about the whole process! And life goes on at the Co-op...always different but always the same.

Have a wonderful summer!

The Business Partner Program

by Kenna S. Eaton, General Manager

One of the many, many jobs that recently "retired" Laura Long did for the Co-op for equally many years was to manage the Business Partner Program (BPP for short). For those of you that aren't familiar with the term, the BPP is a "virtual chain" of local and independently owned businesses in the quad cities. Each BPP member offers our Co-op members some type of incentive to shop at their business such as a discount or a freebie in return for shopping with them.

Now administering the BPP has landed on my already overflowing plate and I'm crying "help!" Thankfully my Board of Directors, specifically the Membership Committee, has offered to come to my rescue and help me with this program. So for the next few months we will be reviewing our policies and procedures before we move on to the new and improved version of the BPP, and, perhaps needless to say, in the meantime we will not be accepting any new applications.

Join the Moscow Food Co-op and Save!



Members Save:

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

Any cashier can help you join, just ask!

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

Open Daily 7:30 am - 9:00 pm

Co-op Business Partners

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

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

Alchymia Life Coaching: 1 free session & \$25 off initial intake session, Katrina Mikia, 882-1198

Anatek Labs, Inc.: Drinking water Bacteria Test for \$10 & Comprehensive well water test for \$90, Mike Pearson, anateklabs.com, 1282 Alturas Dr, Moscow, 883-2839

Anna Banks, Equine Massage Practitioner: \$15 off Initial Equine Massage or Reiki Session, Moon Hill Ranch, 1255 Queener Rd, Moscow, 208-875-0109.

Appaloosa Museum: 10% off in the museum gift shop, Sherry Caisley-Wilkinson, museum@appaloosa.com, 2720 W Pullman Road, Moscow, 882-5578

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.bebebella.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

Clearwater Colonic Therapy: Please call for details: Susann Clark, 208-743-5476, 412 Park Ave, Lewiston

Ecostructure Financial & Leadership training: Free one hour session, Mark Winstein, www.ecostructure.us, 1904 Lexington, 208-596-6500

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

Healing Point Chinese Medicine Clinic: \$10 off initial and second treatments, Lauri McKean, LAc & Meggan Baumbartner, LAc, 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, www.WritingHelp.us, 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

Marketme 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, Victoria Scalise, 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



Tuesday Means Live Music, Food, and Fun

by Joseph Erhard-Hudson, Co-op Music Coordinator

The Moscow Food Co-op's Tuesday Night Music Series concerts are held every Tuesday from 5 - 7 p.m. The free, outdoor live music performances coincide with the Co-op's Tuesday Grower's Market in the parking lot, which runs every Tuesday

from 4 - 6 p.m.

The Co-op's popular 'Hot off the Grill' offers BBQ dinner specials outdoors every Tuesday from 5 - 7 p.m.

Please join us for these August concerts:

August 7 - Paul Smith, an international folk music scholar and virtuoso performer from Moscow, Idaho.

August 14 - Vishnu & Bob, a sax and piano jazz duo from Pullman, Washington.

August 21 - Natalie Rose, solo jazz vocals and piano from Moscow, Idaho.

August 28 - Katrina & Brian, acoustic singer-songwriters from Moscow, Idaho.



The Grocery Zone

by Joan McDougall, Grocery Manager

Last week, I had the privilege to meet and listen to Jim Riddle, an organic inspector for the past 20 years who just finished a five-year term on the USDA's National Organics Standards Board. He has trained inspectors around the world and written many articles on organic standards. I want to share with you some of the basic information he imparted, some of which is taken from his publications.

First the definition. There is a general confusion what the term 'organic' means and what it applies to. There is only one definition of organic under the standard: "Organic production is defined as a production system that's managed to respond to site-specific conditions by integrating cultural, biological, and mechanical practices that foster cycling of resources, promote ecological balance, and conserve product biodiversity." Notice that it talks about production systems and not food products. It is a common misconception that organic applies to the food itself and assures that the food is residue-free. Although the food product

carries the seal of certification, this certification applies to the system that yielded the product, rather than the product itself.

Organic products fall into three categories:

1. 100 percent organic means just what it says - everything in it is certified organic, including any processing aids used in the manufacturing.
2. Organic - products with this label have to have at least 95 percent organic content. The remaining 5 percent have to be on a national list of allowed ingredients. "Organic" product such as organic cheese is a good example. Dairy cultures can be used in production of organic cheese. They have to be on the national list even though they themselves are not organic.
3. Made with organic ingredients - products must have at least 70 percent certified organic content to make the front panel claim.

What is the front panel claim? Every farmer and processor who sells over \$5000 of organic products annually has to be certified to sell their products in the U.S. Processors who only put the word organic on the back panel or ingredients statement don't have to be certified. To put the word organic on the front panel of a product, however, processors have to be certified. There is full traceability from the grocery store shelf, through the processors, and back to the farms where the products were grown.

This traceability issue has lately grown in importance as we experience tainted food from China as well as California. More and more customers are asking us where the products on our shelves were grown. Unfortunately, we don't always have that information. The traceability is verified by the inspectors, but that does not have to be fully disclosed to consumers.

Mandatory Country-Of-Origin Labeling (known as COOL) for meats, fish, produce and peanuts became



law in the United States in 2002, but implementation for everything except seafood has been delayed until 2008. From what I've been reading, consumers want this labeling, but its not clear if they are willing to pay the extra expense it will incur. Jim Riddle pointed out that all of our clothing is labeled with country of origin, but our food is not: an interesting statement of our priorities in my mind.

Jim affirms that the USDA takes these organic standards very seriously. There is a stipulation for fraud or mislabeling that carries a \$10,000 penalty per violation under the federal statute. Jim Riddle was introduced as a man of integrity and that came through clearly. I am grateful for folks like him who are working to keep our food sources safe and accountable.



Art at the Co-op

by Annie Hubble, Art at the Co-op Coordinator

Christie Stordahl is the Co-op's second artist in the City of Moscow's annual Artwalk event. The show will be a mixed medium presentation of photography and masks, and gets underway with an opening reception from 5:30 - 7 p.m. on Friday, August 10. The show continues until Wednesday, September 12.

Christie is a cashier at the Co-op, and her smiling face and calm manner are a

wonderful welcome to Co-op shoppers. She grew up in Twin Peaks, California, spent some years in Detroit, Michigan, and moved to Moscow in 1997, with her daughter Amelia, looking, she writes, 'for something completely different.' Daughter Claire was born in 1999, and the family has made Moscow their home.

Christie has a background in book keeping and is training to do some of

this kind of work at the Co-op as well as her cashiering job, but also has a many faceted interest in art and the creative process.

She loves theatre. She has participated in some local productions, several through the University of Idaho including the production of 'Wit,' and also in 'Cow Tipping and Other Signs of Stress' with the Sirius Idaho Theatre, and is on the Sirius Idaho Theatre Board.

Christie also somehow finds time for art. She studied photography for three years in Los Angeles, before moving to Michigan, and took a mask class a couple of years ago.

Christie uses film and develops her own photography. She loves the dark room work, and points out that as she manipulates the image during the developing process, each print is one of a kind that can never be replicated exactly.

Christie loves the papier mache process involved in mask making, praising it as 'gooey and sloppy!' She has integrated the process of mask making and collage, explaining her realization that 'a mask, actually my face, could become an interesting foundation for collaged images.'



Earth Tub Excitement

by Nora Locken, Baker and Composting Champion

Six months ago I began working in the Co-op bakery, and I can still remember the first egg I cracked. After depositing that lovely yolk and white into my pile of ingredients, I instantly searched for the compost bucket. I looked around near the garbage cans, without luck, then turned to my fellow bakers and asked, "Where is the compost pail?" Sadly there was none present.

Here at the Co-op we needed more

than a little backyard heap, we needed a big solution. Happily, that large solution has been found in the 3,000-pound capacity Earth Tub. For the past two months, Kenna has written articles filling you in on the process of acquiring the Earth Tub and the steps that must be taken in order to install this magical compost maker. I am excited to report that this week we placed our order with Green Mountain Technologies and will be receiving the Earth Tub sometime in September!!

Before the Earth Tub arrives we will have to create departmental composting plans and rework our waste stream in order to collect the proper post-consumer waste. Composting requires two main ingredients: nitrogen and carbon. Since most of our compost-friendly waste produced at the Co-op is nitrogen heavy, we are searching for carbon sources. If any of you lovely readers have significant clean sources of sawdust, bark mulch, leaves or other woody debris you would be willing

to donate, please contact me. You can reach me via email at: nora.locken@gmail.com.

We look forward to getting the community at large excited about compost. There is nothing like turning waste into a gardening treasure. Just remember, Nitrogen + Carbon = FUN!!!

Nora Locken likes her eggs sunny-side up. She gives thanks to her chickens Gloria, Whitney, and Macy.

Board of Directors Report: Reflections from the Road on Values and Value

by Chris Caudill

It's summer travel season and my recent tour of several states provided some moments for reflection during my first few months as a member of the Co-op Board of Directors. In particular, a trip through the Nevada and California deserts as part of my work for the National Park Service (NPS) got me to thinking about water, sustainability, food, life in small towns and what I value.

I was lucky enough to travel to five national parks over a couple of weeks. These were places where vegetation is nearly non-existent, it rains 2-4" per year, the thermometer in my car hit 112° F twice in May, where the NPS considers a significant aquatic resource to be any place you can get your hand wet (places often separated by dozens of miles), and where many of the towns are small and have economies driven by local military installations or mining. Needless to say, I was quite happy and relieved to return the relatively lush Palouse and the culture comforts of Moscow.

So what were those insights, the nuggets of wisdom gleaned from the thousands of road miles?

1) Road food stinks. Aside from the challenge of eating well in roadside diners, I noticed that I'm recognizing few items in typical grocery stores as actual food. At the same time, American grocery stores are becoming creatures with two heads, with organic and natural items popping up in unlikely places. However, it would have been difficult to prepare a full meal using truly all-natural and sustainable ingredients,

unless you consider granola bars a meal. Moreover, all of the organic and natural products I saw were from the Organic Industrial Complex, the big corporations of the organic world.

2) A lot of the food we all eat comes from a LONG way away. In an agricultural area like the Palouse, this is easy to forget, but it's impossible to ignore in the desert where the idea of lettuce growing outside is laughable. Paradoxically, the proximity of California's Central Valley to the places I visited meant the distance traveled by much of my food between field and fork may have been considerably shorter than when I'm in Moscow.

3) Ironically, much of the water use in Las Vegas is more sustainable than is water use in Moscow. At least for the moment, Las Vegas is supplied by water from the Colorado River. Ignoring the ugly facts that the Colorado River does not reach the ocean anymore and that the level of Lake Mead is dropping, Las Vegas water comes from recent precipitation—rain or snow of the last couple of years. However, as most of us are aware, Moscow water comes from groundwater aquifers. While the details of these aquifers are not well understood, it is clear that the water is OLD. So, I was faced with the fact that Las Vegas has us beat (in a sense) in sustainable water use. Things are never as simple as they seem and there's always work to be done, no?


In short, my trip was a big reminder that what we choose to eat and buy may be our most powerful contribution to a better world.

My last observation is that the Co-op supports and inspires a lifestyle in line with my values. The Co-op is an incredible asset to Moscow, not only as a source of food, but as a Sangha, a spiritual community of pilgrims on the path toward sustainability. My journey was a reminder that much of our country seems to have been designed for convenience and commerce, but with little regard for community or culture. While this was not shocking to me, having spent considerable time in sprawling suburban juggernauts like Denver, Baltimore, and Atlanta, the experience left me with a mixture of sadness and gratitude. Sadness because most people, including much of my family, simply have no access to a Co-op, and are in a culture where the idea that a store would give customers a cash reward for walking or biking instead of driving is inconceivable. And I'm grateful because my walk-and-bike card is

nearly punched out; I'm only two bike trips away from some free Bridgeport Pale Ale.

But never mind the free beer, what I value in the Co-op is that it values my values.

So, if you are traveling this summer, I hope you too will return home with renewed gratitude for the beautiful bubble that is Moscow. I also hope you will return inspired because, as members, it is your inspiration that will continue to sustain and nurture the Co-op. You are the Co-op. Please continue to voice your values, vision and perspective through Visioning events and by talking directly to board members—we are your voice. And please pass on any tips for good road food.



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Discounts for Moscow
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Another New Yogurt?

by Peg Kingery, Chill and Frozen Food Buyer; Photo by David Hall

If you see me standing in front of the cooler with a frown on my face, it's not because I'm disgruntled with my job. It's because I'm having a heck-of-a-time trying to figure out where to fit in the newest lines of all natural yogurt. The offerings are tantalizing, but space is limited, so I've chosen brands and types of yogurt that I hope are satisfying everyone's taste buds. Not a yogurt aficionado? Here is a little introduction to the types the Co-op offers.

The Co-op stocks yogurt made from dairy milk, from soy, and from brown rice. Every brand contains active cultures; a few brands are certified organic. Within the dairy category, several styles are represented. These include non-fat, low fat, whole milk, Greek, Mediterranean, European-style and Australian-style.

In addition, the Co-op has two brands of goat milk yogurt. The first three are self explanatory; their fat content depends on if they were made with skim, low fat, or whole milk and/or cream. They come in many flavors and are sweetened with fruit, evaporated cane juice, honey or sugar. The sugar content varies, so read the label if that's a concern.

If you love indulging in thick, creamy

yogurt (think Devonshire cream), then Greek or Mediterranean yogurt is for you. Traditional Greek yogurt is made with sheep's milk. The brands we carry, however, are made with cow's milk. Generally, both styles of yogurt contain a higher fat content than whole milk yogurt (8-9 percent versus about 3.5 percent). Their thickness comes from a longer filtration time than regular yogurt, which drains off more of the milk liquid (whey). Those containing fruit come "sundae-style" – meaning they need to be stirred – and are sweetened with honey, fruit or sugar.

European- and Australian-style yogurts are similar in thickness to Greek and Mediterranean except that their fat content ranges from 0 to about 4 percent.

Goat milk yogurt is generally made European-style. The Co-op carries only plain yogurt (fruit-sweetened goat yogurt can be special ordered) that contains no added sweetener, and has a fat content similar to whole milk cow yogurt.

Soy yogurt is made by fermenting soymilk (the liquid obtained after cooking and pressing soybeans), rather than dairy milk, with "friendly" bacteria, usually *Lactobacillus* sp. and *Streptococcus* sp. The brands the Co-op carries are sweetened with fruit or



The Moscow Food Co-op carries Greek, Australian and Mediterranean style, and goat milk- soy- and brown rice-based yogurts, among others.

fruit juice, sugar cane juice, amazake or other natural sweeteners. Soymilk doesn't contain lactose, a sugar in dairy milk, which is a blessing for people like me who love yogurt but can't digest lactose.

People with food allergies and sensitivities will be excited to know about the Co-op's newest yogurt, Ricera, which is made from organic brown rice. It is casein-, wheat- and gluten-free; vegan; and fortified with calcium and vitamins A and D. Because it's made from

a grain, it's naturally low in fat and higher in fiber than milk-based yogurt. Ricera is sweetened with fruit and sugar cane juice.

Yogurt is a delicious source of the healthful bacteria our bodies need. Because of the many styles available, there's a wide selection to choose from to satisfy both taste buds and diet preferences. Is the Co-op missing the brand you like? Let me know and I'll see if I can get it for you. My motto is: there's always room!



Produce Comings and Goings

by Scott Logan Metzger, Produce Manager

Change is in the air. And smoke. By the time this issue hits the presses my esteemed colleague, Matt Saladin, Produce Assistant extraordinaire, will have moved on to greener pastures. Matt is moving to Portland, Oregon to pursue other dreams. We wish him the best, and will miss his caffeinated super stocking techniques!

But fear not. Jessica Wiley, a longtime produce maestro, and organic farming advocate, will be taking his place. Jessica brings extensive produce experience, and a deep understanding of all things vegan to the produce department. If you have any vegetarian or vegan diet questions, Jessica is your go-to person.

We will also miss Scott Eisenhower and his compassionate customer service and conscientious stocking skills, and wish to welcome Gina Baldwin (formerly a cashier) and Cass Davis to the produce department. Welcome all!

In the produce world, organic stone fruits are the current, in season, must have items. The quality is great this season, and the fruits started showing up early. With a wide selection to choose from, you are sure to find a favorite, whether it is the Rainier cherries or the white nectarines.

The more seasonal items like grapes and berries are starting to come on strong, with Northwest grown blueberries, and local raspberries and strawberries available.

The Co-op has a great selection of locally grown organic produce all week long. Look for these great items next time you stop by:

Lettuce, bulk spring mix, kale, chard, collards, raspberries, potatoes, cilantro, herbs, green onions, bok choy, peas, zucchini, spinach, Asian greens, garlic, green cabbage, Napa cabbage, and local flowers.

And remember, the produce department is always willing to do special orders of anything we carry for your special occasions. If there is something you would like to order, feel free to talk to a produce employee the next time you visit. Bon appetit!

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Co-Operations

From the Suggestion Box

The tree by the picnic tables is drought stressed. You should run a drip hose around the tree on the ground and give it a lot of water over a long period of time [If it looks this bad in July, its really in trouble]. Remember- water slowly, avoid run-off. Thanks for your suggestion we'll keep it in mind when we reconstruct our parking lot later this year (we hope). — Kenna, GM

I've brought washed plastic containers in twice in the last month and the Co-op doesn't need them. Should I stop saving & handwashing? Good questions without, I'm afraid, a good answer. Frankly if you can recycle plastic at the recycling center you should. We really can't keep up with the amount that we receive at the Co-op. Our system is challenged by how successful our deli is - there's rarely a moment when the dishwasher isn't washing dishes or pans for the kitchen to use! — Kenna

Please compost!!! You have biodegradable coffee stirrers but hey won't break down in the landfill! Thanks!! Hopefully by now you've read about our new composter, the Earth tub, which we're eagerly waiting installation of. Equally hopefully we can compost the stirrers along with everything else. — Kenna

I love your outdoor music on Tuesday but because they are cooking in the same area they are playing music in it's smoky and uncomfortable. Is there another configuration that might work? Unfortunately we are really cramped for space for outdoor activities. We are planning a parking lot remodel but I can't guarantee it'll solve this dilemma. — Kenna

Please don't refrigerate the potatoes! It turns the starches to sugar, then when you go to fry them they turn dark brown right away. Plus it makes them taste weirdly sweet. Ideal potato storage temperature is 42-48 degrees F. Warmer temps cause sprouting and shriveling. Cooler temps can alter taste and cooking characteristics. Unfortunately, we must store our potatoes in refrigeration, usually around 40 degrees F because when we store them without our losses due to sprouting and greening are too great. Thanks. — Scott, Produce Manager

What cruelty is this? You introduce us to Fage yogurt and then callously pull it? Please, I'm begging - bring it back! I wish more Co-op shoppers felt like you do. Unfortunately, the small size Fage didn't sell so I had to discontinue it. Its still available if you'd like to special order it. We still carry the 17.6 oz size. — Peg, Chill Buyer

Could we carry Burt's Bees bug repellent? This product underwent a packaging change and has not been available. I will consider putting it on my next Burt's Bees order depending on how much repellent we have in stock from other companies. This product is also available by special order in a case of 6. — Carrie, HABA Manager

Can we get "Gluten-Free French Desserts and Baked Goods" by Valerie Cupillard? It's really great.

I researched this gluten-free line and could find no distributor in our area. — Joan, Grocery Manager

I discovered that we no longer carry the Lundberg Farms organic rice milk - which means we no longer carry any organic rice milk. Can we please? The Lundberg beverage line was discontinued by our distributor. I will keep looking for an organic rice milk. — Joan

Please bring "Old Chub" beer back! Old Chub has not left - it's in our beer cooler. When it's available from the distributor we have it chilled. Recently we started carrying the 12 pack. — Joan

It'd be great to see you carry Jones soda. They're out of Seattle and just made the change to cane sugar instead of high fructose corn syrup. I'm delighted to hear Jones is using cane sugar, however they still use artificial colors and flavors so we will not carry it. - Joan

Organic garlic product of China. Why? So much grown locally. We always carry local organic garlic when it is in season. When it is not in season we carry organic garlic from wherever it is available - often imported. — Scott

I love the store and the healthy products. I spend hundreds of dollars here. I am a Christian. There is a rack of very offensive "anti-God/Jesus" bags, etc. - as a member, I am requesting be removed. We do our best to offer products that represent what a majority of our very diverse membership wishes to see at their Co-op. While we understand that not everyone likes everything that we carry, we hope that our selection reflects that diversity. If the products that you are referring to do not sell well, we'll take that as a sign that a majority of shoppers do not enjoy them and they will not be re-ordered. — Carrie

Please - there is way too much anti Bush merchandise. It makes Republicans feel unwelcome here. Please put this in your newsletter. I'd like to know if Republicans are welcome. Of course, everyone is welcome at the Co-op. We select products based on several criteria. Some of those include items not carried in a lot of area stores, items that reflect Co-operative values, as well as items we feel will resonate with as many of our customers and members as possible, and support their values and beliefs. The items to which you refer in your comment have sold extremely well. Because of that, we will continue to stock them, but they are not selected to make anyone feel unwelcome - just as the meat department is not meant to make our vegetarian customers feel unwelcome. — Carrie

Sambuguard (more effective than Sambucol) Thanks. We actually carried Sambuguard until just recently. Unfortunately it was discontinued due to very slow sales. - Carrie

Do we really have to purchase veggies/fruits from countries that use gray water for irrigation? Yuk! The Co-op strives to purchase only organic pro-

duce whenever possible. Greywater is wastewater from household sources other than toilets. Greywater is not sewage sludge, which is not allowed under the organic standards. Greywater is allowed under the National Organic Standards, so long as the water is tested regularly, and does not contain any prohibited substances. The USDA organic standards are the same for national and international growers who wish to be certified. Thank you for your concern regarding this interesting issue. — Scott

Please consider carrying - Applesauce Sticks - I think they are made by 'Nature's Best.' Thanks. I was unable to locate a product by this name. Nature's Best is a supplement line that doesn't carry this type of product. If you have more information please let me know and I will check further. — Joan

Could you please label produce more clearly. We try to always have the prices located directly above the produce it relates to. Local products are easily identifiable by the "Buy Fresh Buy Local" signs and the blue twist ties on the product. — Scott

Please could we have some low salt/unsalted pretzels? I think Newman's Own makes them. Thanks. We carried Newman's no salt pretzels, but they didn't sell so we had to discontinue them. We would be glad to special order a case of 12 8oz bags for you. — Joan

Amy and Brian's brand all natural coconut juice with pulp 17.5 fl.oz. is a delicious treat! Let's try to get it... We will see if we can find a spot for it. — Joan

Please stock Café du Monde type chicory coffee. I love Café du Monde coffee and beignets, however, there is not enough demand for that type of coffee in this area. — Joan

Paul Newman's virgin lemonade in carton. I'm sorry but this product isn't available from our supplier. Have you tried the Simply Lemonade? — Peg

Great help. Jaimee is a real asset. Your staff is cheerful, patient and knows their business. THANKS!! We couldn't agree more with your comment about Jamie and our staff. We are glad to have helped. — Carrie

Angeline's Rice Bread from Portland/Sisters Oregon. Angeline's gluten-free energy bars (4 flavors). This company appears to distribute in the Portland area. Our supplier doesn't carry this line. I am awaiting a response to my inquiry of their distribution channels. — Joan

Perky Os?! (gluten and nut free) This product can be special ordered. Before we bring in a new product such as this we would need to test it and find room on the shelf. I will investigate. — Joan

Staff Profile: Scott Eisenhower

by Katy Farrell, newsletter volunteer

When I first met Scott Eisenhower, I wondered how anyone could be so busy and yet so relaxed. Employed in three of the Co-op's five departments, he must regularly stay focused on what's in-season, new policies, staff changes, and just the general flow of information. Regardless, every change seems to flow smoothly and provides an opportunity to learn more.

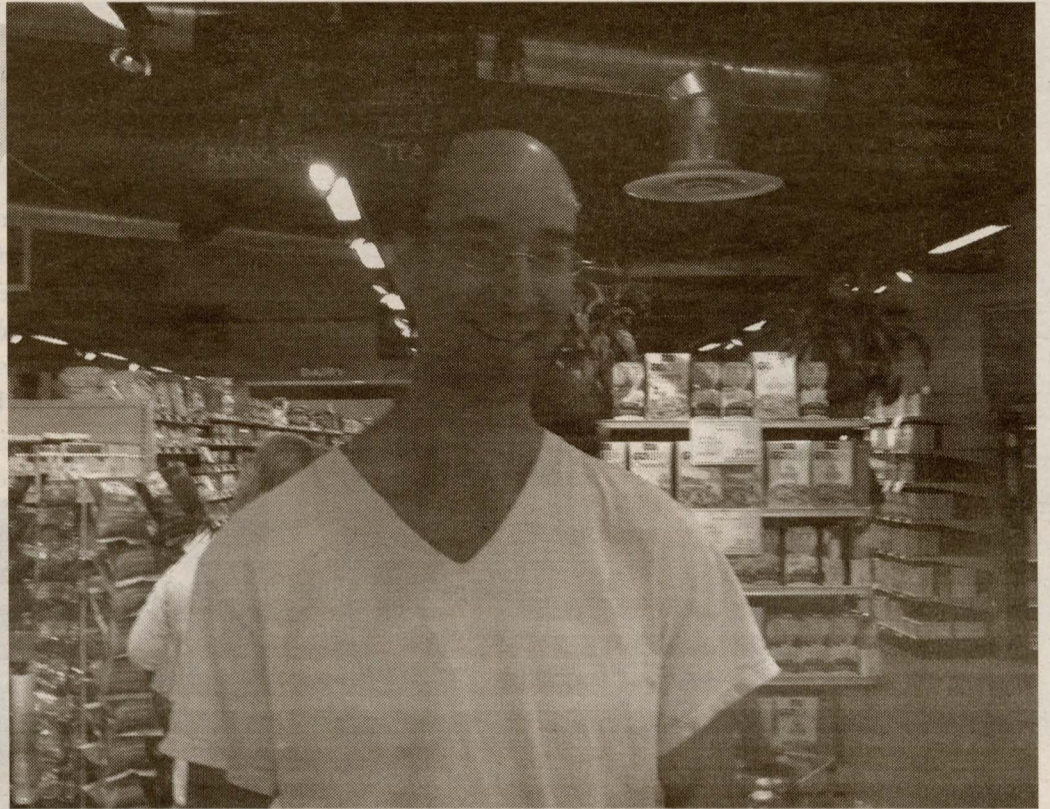
Starting at the Co-op working only eight hours a week in the produce department, Scott gladly took more shifts in grocery, and then eventually in the bakery. Scott's versatility now makes him an asset. This summer, he bakes cookies for the Co-op, watches after the wine in the grocery department, and stocks and assists in produce. In the past year that he has worked here, he was also a bakery volunteer and grocery employee. When posed a question

about which department suits him best, he responds that it's the variance that keeps things interesting. For instance, after spending half of an eight hour shift in the sweltering bakery crafting the cookies that everyone loves, he moves on to the produce department, savoring the fresh air and interaction with customers.

Another contribution of Scott's revolves around his participation

on the Worker's Council at the Co-op. In this group, employee and managers act together to address employee concerns and future plans. He sees this as a forum for people to share their ideas, which is important to maintain a sound working environment.

Scott found his way to the Co-op as the next step in a lifetime of journeying. After being raised in central New Jersey, responding to opportunities has led Scott all over the country. By my count, he has resided in twelve states: New Jersey, Virginia, Vermont, Illinois, Oregon, California, Utah, New York, Colorado, New Mexico, Washington, and Idaho. Brought to some by education, college in Richmond, Virginia and



Scott Eisenhower likes the variety of working in three different Co-op departments.

massage school in Salt Lake City, Utah; devotion, performing improvisation in Chicago, Illinois; or whimsy, living in Los Angeles, California just to see what it was like, his many homes have the common thread of community and creativity.

Both of these intangibilities brought him to Moscow. In our town, he has a deep appreciation for the sense of support and encouragement. Here he finds, as many do, an important space for everyone to grow and learn what it is that they love.

In his own life, Scott enjoys going to the theater, reading poetry, vegetarian cooking, and kayaking, among any activities that revolve around water. Or simply put, food, art, and togetherness, which some would consider the finer things in life.

Perhaps the most striking thing about Scott is his honest commitment to be happy and helpful, which shines through in his work. This was also illustrated during our conversation that would create this article. In the produce section, as I stood prodding with all sorts of questions, we were regularly interrupted by customers asking for assistance. Happy to be of help, Scott diverted his attention to their queries, explaining everything from the benefits of mangoes to how to grill a Portabella mushroom.

These encounters help the Co-op to excel as not only a place to shop, but also to learn and grow. As Scott phrased it, he works in a place where citizens are presented with life enhancing possibility; products combined with the

education to lead healthy and therefore, happy lives. And he feels grateful to be a part of that process.

Katy Farrell likes to brag about beating her mom at Trivial Pursuit.

“Scott found his way to the Co-op as the next step in a lifetime of journeying. After being raised in central New Jersey, responding to opportunities has led Scott all over the country. By my count, he has resided in twelve states.”

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Business Member Profile: Mindgardens

by Joshua Cilley, newsletter volunteer

I Part of my attraction to conducting interviews is that I never know beforehand how an interview is going to go. Too much structure can hold back the energy of the interaction, and a certain amount of spontaneity helps relax everyone involved. So when Mindgardens owner Erik Tamez-Hrabovsky walked up to me for our interview in the Co-op and asked, "Do you want to go to the Goddess Garden?" I thought to myself, *That's a promising start.*

Indeed. Everyone should have a Goddess Garden of his or her own. Built in partnership with another burgeoning venture, 3 Stars of Orion, Erik and the others have spent about a year working to make the space as unique and inviting as possible. Judge for yourself: part of the Goddess Garden is pictured here, along with Erik of course. The white outer coat on the eclectic wall contains hydrated lime, which Erik pointed out is the same formula used by the ancient Romans. To Erik, bio-dynamic gardening serves multiple purposes for everyone involved: food and exercise, relaxation and spiritual recovery, a healthier community of flora and fauna, artistic expression and aesthetic pleasure.

“To Erik, bio-dynamic gardening serves multiple purposes for everyone involved: food and exercise, relaxation and spiritual recovery, a healthier community of flora and fauna, artistic expression and aesthetic pleasure.”

Arizona. There he stayed for 5 years, learning bio-dynamic gardening and carpentry, getting married and starting

a family. Two years ago, his wife started a doctoral program at WSU, and Erik brought Mindgardens to the Palouse. His college ambitions remain with him, though; Erik plans to finish his pre-med degree in the near future, followed by medical school, and hopes for a career combining osteopathology and holistic healing. In the meantime, he enjoys helping people heal themselves with beautiful spaces.

Erik originally named his business

Otherwise, check out his website at buildmindgardens.com for a non-exhaustive list of his services. Call him at 509-595-4444 to set up a free consultation. Co-op members get 10 percent off all services. And take to heart Erik's advice: Think about the space around you; How can you make it more beautiful?

Joshua Cilley is a graduate student



Mindgardens owner Erik Tamez-Hrabovsky stands in the inviting Goddess Garden.

Buildings for the Mind/Gardens for the Soul, but when a random solicitation shrank the name to "Mindgardens," Erik went along with the accident. I'm sure the brevity helps with logo designs.

in creative writing at UI. He lives in Moscow with his wife and their two dogs.

Erik claims rural Pennsylvania as his childhood home, growing up just east of Pittsburgh in a little place descriptively called Rural Valley. It then seemed quite natural when Erik told me he loves the "attitude and energy of the Palouse." After three years of college in Pennsylvania, Erik and a friend, on a self-described whim, drove to

"I love circles....call it 'living soil consciousness'...a circle happens; life comes out of the soil, it's pruned and goes back down, and there is an exchange with the sun and water. It's all alive in some form." Erik will work on just about any project a client might need, but he stresses using recycled and reclaimed materials, items a person already has on hand. "It's about the energy of the place...Think about what you want to do with the space, but it has to include art. I want to build contemplative spaces."

Erik also holds gardening workshops, usually free of charge. In these classes, he tries to help people visual the potential of the space in question and encourages them to make it their own. Look for notices of upcoming workshops on the bulletin board at the Co-op.

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Volunteer Profile: Elizabeth Carney Sowards

by Sarah McCord, newsletter volunteer



Have we Westerners lost touch with our pioneer past? Now that there are new homes and chain stores springing up everywhere, are we losing our regional identity? And what, exactly, should we do about growth? After spending an evening talking with Elizabeth Sowards, newsletter illustrator, I learned that these questions, so central to current debate on the Palouse, have been asked in some form or another for nearly a century.

Elizabeth received her Ph.D. in History from Arizona State University, and her thesis explored the cultural history of the modern American West, especially the growth of suburban landscapes after World War II.

“After the population explosion following World War II, suburbs sprung up like mushrooms after a rainstorm. How do people relate to a place that has grown up overnight?”

Although the concerns became more mainstream in the 1970s, questions about growth and the nature of Western regional identity were under discussion as early as the 1920s.

“Especially after WWII, I think people in the West began to fear they were in a place-less society, with the mass manufacturing of homes and the growth of chain stores and malls. People were worried they were losing their regional identity. Regional publications like *Sunset Magazine* began to emphasize that the West is what it is because of wild nature. The ‘sense of place’ for new Westerners has come to be defined as ‘wild nature plus amenities’. You can have it all here.”

“Elizabeth spends her free time immersed in creative endeavors, including watercolor painting, creative writing, and of course, gardening.”

A Western native, Elizabeth grew up part-time in suburban Denver, and part-time in Santa Fe.

“The contrast was not lost on me, even at age ten. I loved the organic feeling of Santa Fe, and learned

much later that the city was consciously created that way.” We talked about suburban landscapes, those with sidewalks and those without, and Elizabeth continued, “My Dad was an avid bowhunter and sportsman. We would go out into the mountains at 4 a.m., and that’s what I remember about Denver—the



Elizabeth Carney Sowards makes this newsletter more beautiful with her illustrations.

mountains, not the suburbs with their cul-de-sacs and malls.”

Elizabeth went to Smith College in Massachusetts, and met her husband Adam when they were both in graduate school at Arizona State. They have a daughter, Ella, who is seven. The family moved to Moscow in 2003 when Adam accepted a tenure-track position at the University of Idaho.

“We were so excited to come to Moscow. A small town—with sidewalks! It is so wonderful to be able to walk everywhere.” They live in a house built in 1941, and although Elizabeth says, “We aren’t handy people,” they have been doing what they can to restore it. It has “a nice craftsman feel that you don’t see in newer houses. It felt more solid, even though it needed work.”

At some point, it’s clear that an avid gardener lived there, because there are hybrid tea roses in need of some tender loving care.

“We are trying not to insult the landscape—we want to maintain it and get it back into shape.”

The Sowards family started shopping at the Co-op as soon as they arrived.

“There was no question we would shop here. Healthy food and issues of food sustainability have always been important to me.”

Elizabeth started drawing illustrations for the newsletter about a year ago.

“I responded to the ad that they needed an illustrator, and I was asked to submit some drawings. I like exploring this

style—black and white, graphical. It’s nice to have a job that is contributing, but is also teaching me something.”

She spends her free time immersed in creative endeavors, including watercolor painting, creative writing, and of course, gardening. As our conversation draws to a close, I ask Elizabeth what the future holds for her, and she responds, “That’s a good question! I’m looking for something fulfilling to do with my work time, and I’m planning on continuing to do creative stuff.”

Perhaps it’s because I was talking with an historian, but I left our interview feeling very aware of, and grounded by, the sense of place unique to our beautiful Palouse. I’m still wondering what conversations about regional identity will be taking place here a century from now.

Sarah McCord lives and works in Pullman. Her suburban-style landscape has both sidewalks and friendly neighbors.

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Tuesday Growers' Market: Living Soil Microfarms

by Carrie and Nate Lowe, newsletter volunteers

Just before arriving at an old country church, along a shoulderless road that ribbons between fields of wheat and lentils near Genesee, rests an oasis of diverse productivity. This oasis, Living Soil Microfarms, is owned and operated by Ken and Betta Bunzel. The Bunzels have about 1/8th of an acre in produce production on their two-acre property in Genesee. And tucked away in the middle of a Moscow residential neighborhood is another microfarm roughly the same size they just recently bought and have started to work with the soil.

Microfarm indeed, as it is a radical contrast to the edgeless blanket of neighboring farms that has become common in rural landscapes across the nation. The diversity and volume of produce that comes off these microfarms is quite impressive and certainly makes up for the size of the farm.

Ken took time on the hottest day of the year to show us his lovely microfarm near Genesee. Standards such as tomatoes, potatoes, onions and zucchini are present, but mixed in are atypicals such as horseradish, fava beans, purple spinach, kohlrabi, and ten, yes ten, different varieties of garlic.

A lifetime of experience has led the Bunzels to the philosophy behind how and what they grow. Ken began growing a garden as a twelve-year-old in a plot no bigger than two picnic tables. After graduating from the University of Wisconsin with a degree in Conservation Biology, he traveled to the University of California – Santa Cruz to take part in their well-established farm apprentice program that promotes raised bed intensive methods. This is also where he met a kindred spirit named Betta (Betta and Ken are now married with two kids).

The raised bed intensive method combined with the use of lots of mulch has many benefits including loose and aerated soil, fewer weeds, no fertilizer inputs (mulch = happy microorganisms that fix nitrogen from the air for

the plants), less watering, and a lot of produce from a small space. In talking with Ken about his farm practices, he emphasized that he tries to mimic nature as much as possible. Nature doesn't leave bare soil, so the Bunzels don't

leave any bare soil in their gardens.

As nature promotes diversity, this little farm does too. Growing at the end of every row are many different flowers and herbs. Near the annual garden is space for perennial fruits and vegetables: currants, gooseberries, raspberries, asparagus, and dwarf apples, to name a few. On the other side of the house the Bunzels planted young ponderosa pines

home in gardens. The plant diversity (along with avoiding some plants that simply don't do well on their farms) is essentially the Bunzel's pest management plan. It must work because they never need to use insecticide—organic certified or not—in their gardens.

In addition to organizing the soil, plants, and insects on his farm, Ken is a strong voice in organizing the



Living Soil Microfarms, though small, are bursting with life.

with an understory of ocean spray, syringa, serviceberry and wild rose when they moved to the Genesee farm a few years ago.

Besides making a beautiful outdoor space, Ken stresses that the plant diversity promotes insect diversity and, consequently, healthy populations of beneficial insects that feed on pests such as aphids and the laundry list of caterpillars and grubs that like to make their

area's small farmers. He has introduced our local producers to the concept of Certified Locally Grown (for more information – check our May article) as an alternative to becoming certified organic. So be sure to support the Living Soil Microfarms, along with all the other local producers that frequent the Moscow Food Co-op's parking lot every Tuesday from 4:30-6:30 p.m.

“The diversity and volume of produce that comes off these microfarms is quite impressive and certainly makes up for the size of the farm.”



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Veganesque: The Power of Yes!

by Caitlin Cole, newsletter volunteer

I am thrilled to be able to contribute a column in the Community News! I am sad to see Hope's column, Vegan Bites, end and hope to be able to continue to explore vegan and vegetarian lifestyle issues with the Co-op community as Hope did.

I would like to take you back to the era during which I started my vegetarian journey. Circa 1987, Portland, Maine. Ronald Reagan was president, there was no internet, and Boca Burgers had not been invented. It was a bleak time for a budding vegetarian such as I saw myself at the time. My saving grace was a small co-op that I used to wander around in, learning about foods I had never heard before: sea kelp, oat flour, nutritional yeast, and beans! I had never know there were so many kinds, there were a dozen kinds in the bulk section in stately oak barrels with shiny metal scoops hanging on the side by twine. At the time to me it was an exotic array of sensual wonders, endless possibilities and discoveries.

As I taught myself to cook I began to see my diet differently. Instead of thinking "I don't eat meat" I started thinking "I do eat bulgar burgers! I do eat beans! I do eat plants! I am a plant eater!" I realized that saying "yes!" to plants instead of "no!" to meat put my mind in a different space, opening myself to the amazing power of saying "yes" to healthy food.

What is a vegetarian diet? I believe that

most people would say a vegetarian diet is one that it is meatless. Beyond that the definition is up for grabs, there are many sub-categories of vegetarianism; pescatarianism (no to meat, yes to fish) vegetarianism (no to meat, yes to dairy and eggs), veganism (no to all animal products) and the latest term coined, flexitarian (yes to vegetarian food, an occasional yes to meat).

I am in wonder at the human need to use labels, no doubt useful to human evolution, to par down and contain the massive amounts of information we receive every minute of our lives into one efficient little word. I myself find labels don't often meet my need for flexibility and choice. Our language is static, but our bodies, how we live our lives and the choices we make are constantly shifting with the potential to recreate ourselves lying within every moment. Right now I am eating as many plant products as I see fit in any given moment. I aim for "vegan" but if I want to eat a lovely bit of cheese I do. Same goes if I want a pat of butter on a steaming ear of fresh corn. My favorite recipes are ones that are inclusive and fun to eat. Inclusive meaning they are designed to work with either dairy or non-dairy ingredients. The fun part means a high yummy factor.

I chose a time to make Berry Peachy Cobbler when I could be alone, sans children, so I could have a relaxing (versus an exciting) time with the preparation. I wanted to be able to

Berry Peachy Cobbler

Filling

- ✦ 5 peaches peeled and sliced
- ✦ 1 cup fresh blueberries
- ✦ ¼ cup orange juice
- ✦ 1/3 cup sugar
- ✦ 2 teaspoons cornstarch
- ✦ pinch of nutmeg
- ✦ pinch of cloves

Biscuit Topping

- ✦ 5 tablespoons softened butter or Spectrum Spread
- ✦ 2 cups flour plus some for rolling out
- ✦ 1 tablespoon sugar
- ✦ 1 tablespoon baking powder
- ✦ ¾ cup milk or vanilla soy milk

Preheat oven to 400 degrees F. Bring filling ingredients to a boil in large saucepan, then turn down to a simmer until the filling becomes thick. Spoon filling into an 8x8 pan and spread evenly. Using your hands pinch the Spectrum or butter and flour together until crumbly. Mix in the sugar and baking powder. Slowly add choice of milk to form a soft dough. Knead a few times on floured surface, then roll it out to an 8x8 size. With a cookie cutter or glass cut 8 biscuits and lay them slightly overlapping on the fruit filling, using scraps of leftover dough to fill uncovered spots. Bake for 20 minutes until topping is golden brown. Let cool for 10 minutes before serving

think pleasant thoughts while I made the dessert. I started off by washing my hands and listening for the sound of the Universe. Om. There it is, ready to go. I had not ever used Spectrum, a butter substitute made from canola oil needed to make the biscuit topping. It did not taste like butter as the label claimed, but it was easy to work with. Making the topping with my hands was a delightful experience, the flour felt cool and soft, like a kind of clean dirt,

and the mixture quickly turned crumbly. It was quite different than how I usually make crumbly things that turn into crusts, which is to use a pastry cutter to work in the butter, which can be quite rigorous. The end result was a luscious dessert (if I do say so myself), served best warm. One of the samplers had a scoop of vanilla ice cream with it. I enjoyed it without. I hope you will choose to say "yes!" to this yummy veganesque dessert!



A whole lot of fun!

Saturday, August 25
4pm until 9:30pm

The Co-op parking lot will be filled with:

- games and activities for children
- BBQ food (beverages too)
- live music

All fun, all are welcome.

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Much Ado About Tofu: "Take That Zucchini and Stuff It"

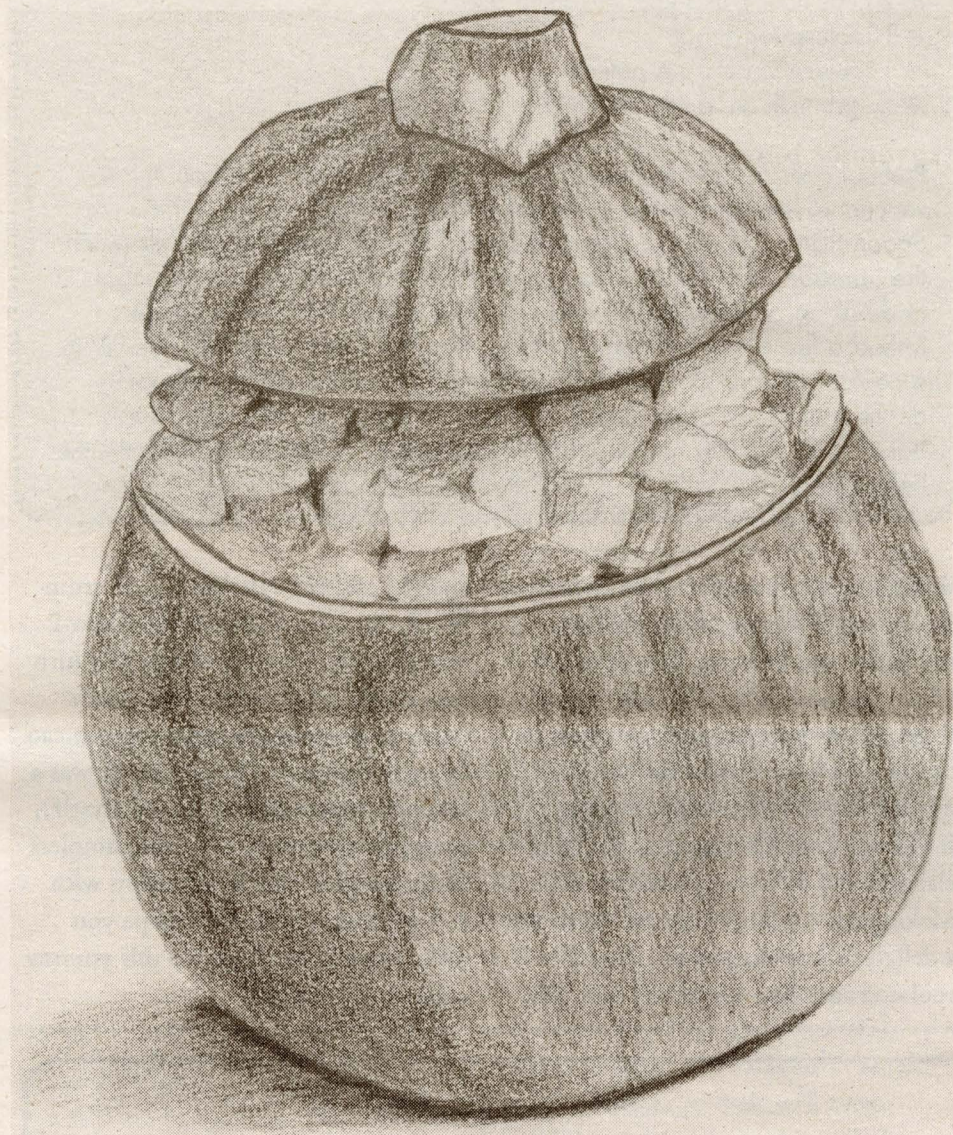
by Terri Schmidt, newsletter volunteer

Planting a garden is a wonderful way to commune with nature. There is joy to be found in placing seeds and little sprouts in rich dark earth and watching them spring to life. One's nurturing spirit comes alive when providing nourishment and water for the baby plants. Even keeping small weeds out of the garden is a peaceful pastime in the springtime.

However, in later summer when the

Some gardeners are proud of the huge zucchinis they manage to bring to fruition. However, when it comes to consuming zucchini you don't want one that competes with the giant pumpkins at the fair. Very large zucchini tend to be seedy and watery. For eating, the young and tender smaller squashes are the best.

If you find your zucchini plants have multiplied abundantly or that your



days get long and hot, spending time in the garden is not nearly so appealing. About that time my nurturing spirit goes out the window as thoughts of spending time in a lake or river become much more appealing. While I provide minimum watering, for the most part those little green dependents are on their own.

One plant guaranteed to thrive on neglect is zucchini. It not only thrives in this area, it multiplies like loaves and fishes. I read about one woman who called a community worker asking if they had need for some extra zucchini. When she was asked how much, the woman said eighteen bushels. It was her first year growing zucchini and she had planted ten hills. In Moscow, the joke is that you never leave your car windows down in August or you may come back to find zucchini has mysteriously appeared in your front seat.

neighbors are overly generous in supplying you with their overflow, never fear. There are many delicious recipes that can be made with the lovely green vegetable and tofu can be a great compliment to many recipes. Tofu adds protein and body to zucchini recipes, but its subtle taste won't overwhelm the delicate flavor of the squash.

For a delicious and healthy meal try the tofu stuffed zucchini recipe. One of my friends grew a fairly new kind of zucchini this summer. It is called eight-ball zucchini and it is round. They make cute stuffed squashes. You just slice a little off the bottom to make them stand upright like a little bowl and stuff them with your favorite filling. In addition to the filling recipe on this page, you could also try experimenting with adding other stuffing ingredients to the tofu - bread crumbs, asparagus, spinach, corn, fresh oregano, soft cheeses, nuts, etc. For a really different option,

Tofu and Rice Stuffed Zucchini

- ✦ 16 eight-ball zucchinis or 4 regular zucchini
- ✦ 1 (12-16 oz.) pkg. firm tofu, crumbled
- ✦ 1 cup cooked brown rice
- ✦ ½ cup chopped onion
- ✦ 2 tsp. minced garlic
- ✦ 2 Tbsp. olive oil
- ✦ 1 Tbls. fresh parsley (1 tsp dry)
- ✦ ¼ cup fresh basil (2 tsp dry)
- ✦ ½ tsp. salt
- ✦ 2 cups tomato sauce
- ✦ ½ cup Parmesan cheese

Place tofu between paper towels and two plates. Put a weight on the top plate to squeeze out excess water. When well drained, crumble the tofu. Cut a small slice off the bottom of the round zucchini so it will sit upright and cut a slice off the top (If using regular zucchini, cut in half) Scoop out the pulp and save for later. Leave at least ¼" of squash in the shell. Sauté onions and garlic in olive oil until soft. Remove from heat and add parsley, basil, and salt. Combine this mixture with the crumbled tofu, rice, zucchini pulp, and 1 cup of the tomato sauce. Stir well. Scoop the filling into the zucchini shells. Place filled zucchini in an oiled 9" X 13" glass dish. Pour the remaining cup of tomato sauce over the zucchini and sprinkle with the Parmesan cheese. (Any extra filling can be baked separately in custard dishes.)

Cover and bake at 350 degrees for 30 minutes. Remove cover and bake another 10 minutes or until zucchini is tender.

Zucchini Tofu Salad

- ✦ 1 pkg. firm tofu, cubed (I prefer Small Planet garlic/herb tofu)
- ✦ 3 young zucchini, sliced
- ✦ 3 large tomatoes, diced
- ✦ 1 red or yellow bell pepper, sliced
- ✦ 1 red onion, cut in rings
- ✦ ¼ cup balsamic vinegar
- ✦ ¾ cup olive oil
- ✦ ½ tsp. salt
- ✦ ¼ tsp. pepper
- ✦ 1 tsp. minced garlic

Combine cubed tofu, zucchini, tomatoes, pepper, and onions in a bowl. Toss lightly. Mix vinegar, oil, salt, pepper, and garlic and pour over vegetables. Chill for several hours, stirring occasionally. Makes 4-6 servings.

try stuffing zucchini flowers, which are also edible.

If it's too darn hot to cook, try the cold salad instead. It not only uses some of that abundant zucchini but also many other fresh vegetables appearing in gardens now. Tofu is adaptable and can be eaten cooked or uncooked, so you can leave the oven off. If you start the veggies and tofu marinating the night before, you'll avoid working in the kitchen when the sun is hot and the next day lunch will be ready made. Add a baguette and a jug of ice tea and you'll be all set for a simple summer picnic.

Terri Schmidt suggests donating some of your abundance of zucchini to the local food bank this month.

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Lavender: the incredible, edible, potpourri?

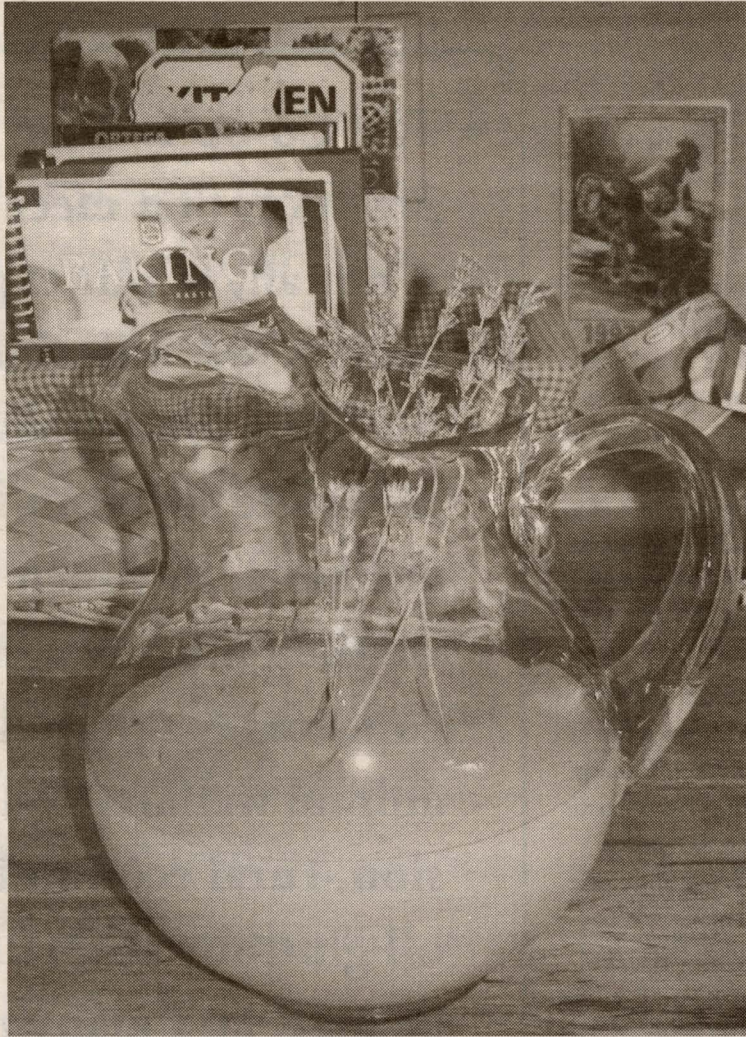
by Jordy Byrd, newsletter volunteer

I've seen it in my mother's garden. I've seen it on the roadside, in sock drawers, lockers and even the most putrid dorm rooms, frat houses and college apartments. But never have I seen lavender in food or drink. Boy, I have a lot to learn.

When I first stumbled upon Aura Cacia's lavender in the Co-op I thought... hmm, it smells

nice and all, but could it possibly taste good? So with this question, I began to devour the flower.

Lavender is found all across the world, and the best lavender is produced in the Mediterranean region. Lavender made its way to northern Europe well before the Middle Ages and was used for the brain, its connecting parts and for the illnesses that affect them. Smelling salts, which are used to rouse a person who has fainted, are still made of the essential oil of lavender blossoms. Lavender



is used in traditional medicine as a cure for headaches, stress, anxiety and insomnia.

French lavender is most famous for making its home in the underwear drawers of women everywhere. Sadly, most people know lavender as only a quaint room freshener. I was once one of those people and now I have seen... and smelt the light.

First, I decided to make Lavender Shortbread. And although I'd love to

Lavender Shortbread

- ✦ 3 Tbsp. fresh lavender flowers or 1 1/2 Tbsp. dried lavender flowers
- ✦ 1 cup butter 1/4 cup (scant) cornstarch
- ✦ 1/2 cup icing sugar
- ✦ 1 1/2 cups flour
- ✦ 1 Tbsp. lavender tea

Preheat oven to 325° F.

Use food processor to blend chilled butter (not room temperature) plus lavender flowers, icing sugar and cornstarch. Add half the flour amount and lavender tea. Pulse gently until roughly cut into a "crumbly" texture. Blend in remainder of flour until it "balls" into a smooth dough. Roll in a wax paper log like frozen cookie dough. Chill 30 minutes.

Cut into 1/2 inch rings, bake on ungreased cookie sheet until just golden on the bottom, approx. 20 minutes.

Lavender Lemonade

- ✦ 1 cup sugar
- ✦ 1/4 cup fresh lavender flowers or 1 tablespoon dried lavender flowers
- ✦ 1 cup freshly squeezed lemon juice, strained

Combine sugar with 2 1/2 cups water in a medium pan. Bring to a boil over medium heat, stirring to dissolve the sugar. Add the lavender blooms to the sugar water, cover, and remove from heat. Let stand at least 20 minutes (and up to several hours). Strain mixture and discard lavender. Pour infusion into a glass pitcher. Add lemon juice and another 2 1/2 cups water. Stir well and watch lemonade change color. Makes 6 cups.

be positive and open minded with my taste buds, I cannot lie. I hated them. The recipe was easy to follow and the ingredients were simple but the overall product I was not satisfied with. My 1/2 inch rings metamorphosed into little lavender pancakes. But more disastrously, each bite tasted like a handful of Christmas potpourri. The funniest thing about the whole cooking experience was that I washed down the shortbread with a can of Diet Coke and later my burps smelt like flowers.

ordinary lemonade to a summer picnic, when you can bring extraordinary?

Resources

http://www.planetbotanic.ca/factsheets/lavender_fs.htm

http://www.happyvalleylavender.com/lavender_recipes.html

Jordy believes that the firmest policy is change.

With the first disaster, I desperately needed to produce something of quality. And that's just what I did. I think I enjoyed my Lavender Lemonade better than the classic original. The lemonade had a subtle kick to it, unlike the overwhelming shortbread, but the lingering aftertaste is what truly won me over. I enjoyed the simple recipe so much I think next time I'll get creative and add a few strawberries or raspberries. I mean really? Who wants to bring



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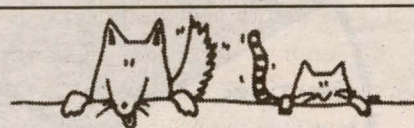
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Sustainability. . . Now What Exactly Does That Mean?

by Sharman Gill, newsletter volunteer

The following article is the second in a series that explores food sourcing and the complexities of organic versus local foods.

Sustainability—what does that mean? I think I know. And yet I don't. The meaning of "sustainability" is subjective, value-laden, and sometimes abused as special interests seek a buzzword with a loyal following. But defining "sustainability" is critical to shaping an alternative food culture, especially one that can help us move beyond the "organic" versus "local" dilemma to an understanding of choices that will best meet our needs without compromising future generations.

So I'm offering some definitions. David Suzuki, a geneticist and science educator with the Canadian Broadcasting Corporation, sums it up nicely: "We live in a finite world with finite resources . . . sustainability means living within the earth's limits . . . sustainability means doing things better—not doing without."

In further exploring "sustainability" I turn to my favorite author and recipient of the only fan letter I've ever sent—Wendell Berry. In his "Seventeen Rules for a Sustainable Community," Berry defends rural communities and traditional family farms in an effort to preserve the "ecological diversity and integrity, and the renewal, on sound cultural and ecological principles, of local economies and local communities."

Furthermore, he emphasizes the fundamental connection of our eating patterns to "sustainability." In his 1989 essay, "The Pleasures of Eating," Berry encourages us to think of ourselves as participants in agriculture rather than

as consumers: "Eaters, that is, must understand that eating takes place inescapably in the world, that it is inescapably an agricultural act, and that how we eat determines, to a considerable extent, how the world is used."

Great definitions. However, Suzuki lives in Canada and Berry farms in Kentucky. What about the Palouse? What does "sustainability" mean for the Moscow Food Co-op? Kenna S. Eaton, the Co-op's general manager, speaks of "sustainability" as being "grown or manufactured with care and attention for the impact on the community—the environment, the animals, the people."

Co-op member and farmer, Nancy Taylor, expands further on this: "It varies. It's different for different farms and geographies. What are your limiting resources? Here on the Palouse keeping the soil intact is one of the first priorities . . . The production practices must maintain the integrity of the natural resources and also be economically sustainable and socially just."

The Co-op is filled with products that meet many, if not all, of our expectations for "sustainability." But sometimes the complete spectrum is not available, in which case we then must weigh our concerns for pesticides, animal welfare, soil erosion, rural economies, oil gluttony and climate change, and many potential other factors. Following are several examples of "sustainability"

"The Co-op is filled with products that meet many, if not all, of our expectations for "sustainability." But sometimes the complete spectrum is not available, in which case we then must weigh our concerns for pesticides, animal welfare, soil erosion, rural economies, oil gluttony and climate change, and many potential other factors."

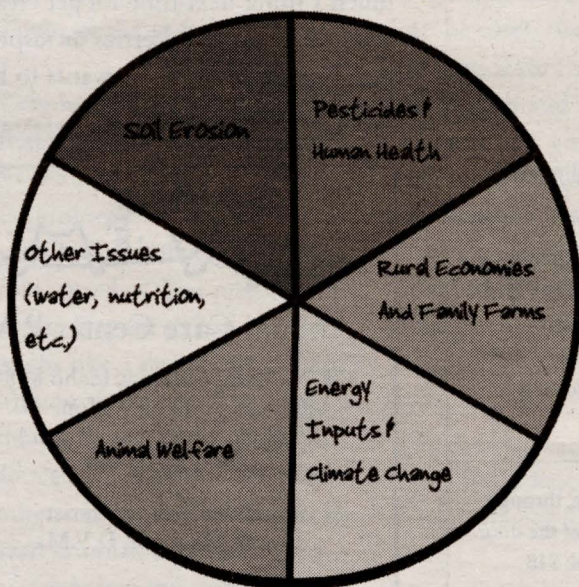
choices that the Co-op staff has made, which don't include "organic" certification.

Oregon Country Natural Beef: This co-op of cattle ranchers is third party certified by the Food Alliance for meeting "environmental goals, land sustainability and equitable labor practices." The cattle are free of hormones and antibiotics. In their own words, the company believes their product is an example of "sustainability" in practice: "While family based agriculture across the country is in decline many of our ranchers are making modest land expansions to accommodate the next generation."

But Oregon Country Natural Beef is not certified organic. That would require moving the cattle to a crowded feedlot, due to the impossibility of managing 4 million acres of organic pasture. Kenna Eaton explains, "We have organic beef in the store and, ten to one, people want the Oregon Country Naturals because it is clean, grass fed, and much more affordable." All of this—environmental concerns, preservation of local economics, humane treatment of animals—is wrapped up in the word, "sustainability."

Shepherd's Grain: We live in wheat

A spectrum of sustainability



“Visit the Tuesday Grower’s Market and you’ll find that other farmers are pursuing “sustainability” through their own green labeling systems that keep with the old organic values but sidestep the financial and labor-intensive burdens that the federal organic seal demands. They are finding alternative labeling systems with third party nonprofits such as the Food Alliance and Certified Naturally Grown.”

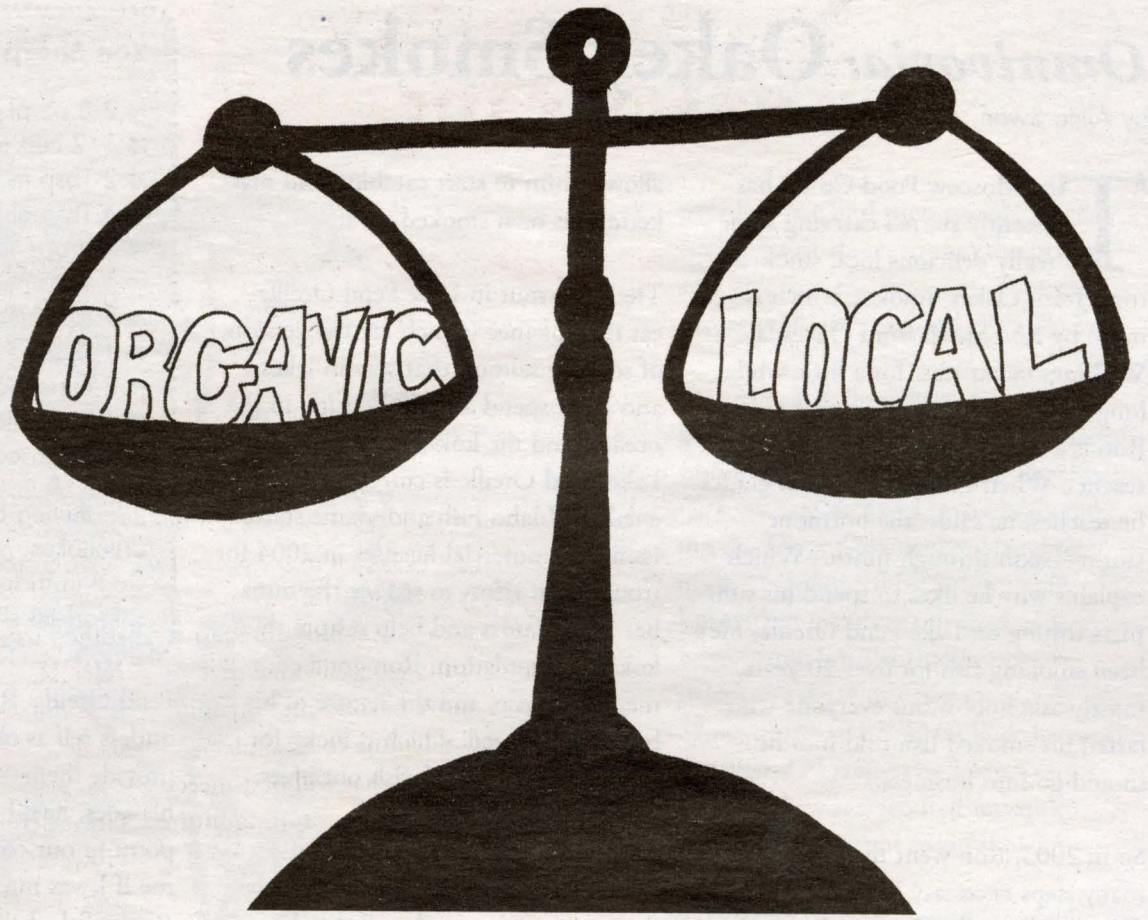


Illustration by Elizabeth Carney Sowards

Visit the Tuesday Grower’s Market and you’ll find that other farmers are pursuing “sustainability” through their own green labeling systems that keep with the old organic

country but unfortunately most of the Palouse’s wheat is shipped overseas. Shepherd’s Grain is a cooperative of 18 different farms that emphasizes soil quality through direct seeding and crop rotations. But they aren’t certified organic. Why?

Karl Kupers, of Shepherd’s Grain, explains: “While under current technologies, direct seeding does rely on synthetic fertilizers and pesticides, organic production still relies on tillage. The key point is that with the topography of the Northwest the soils are most vulnerable to erosion and in my opinion that must be the focus of any sustainable production system adoption. While I have great respect for benefits of organic production systems, I strongly believe that long-term, ecologically and economically successful food production in the inland Northwest demands a production system that squarely addresses the need to tackle soil loss and erosion. And currently, only direct-seeding production systems do that most effectively.” So the Co-op has embraced the “sustainability” aspects of Shepherd’s Grain, although the option isn’t ideal because it’s non-organic.

values but sidestep the financial and labor-intensive burdens that the federal organic seal demands. They are finding alternative labeling systems with third party nonprofits such as the Food Alliance and Certified Naturally Grown (see Carrie and Nate Lowes’ “Food for Thought” in the June 2007 *Community News*).

Organics are a component of “sustainable” food, but if not available, looking at the complete spectrum of “sustainability” can help us weigh the costs and benefits of our food choices.

.....
Sharman Gill has finally produced an outstanding back-yard pea crop. She and her family are still craving more.

What Do You Think?

by Bill London, newsletter volunteer editor

Sharman Gill’s series on the values and choices of organically and locally grown food raises as many questions as it answers. Her research certainly shows how Co-op staff buyers face plenty of tough choices when selecting the products that appear on Co-op shelves or are made into our meals at the Co-op Deli.

Her series is not complete. In future months, she will tackle the questions raised about the takeover of organic production by multinational corporations and the issues of food safety and purity involved with imported organically-labeled food. However, before she embarks on those articles, she is going on vacation.

For us, that means that the September issue of our Co-op news will continue this discussion by hearing from you. What do you think? Should the Co-op always offer organic, always support local, or what criteria should be used? What questions do you have? What ideas do you want to share?

We will gather all the responses and print them in the September issue. So, please email your essay, questions, or ideas, to Bill London by August 15. Send by email only to london@moscow.com. Your comments are welcome, just remember no more than 500 words long, and be sure to include a byline.

Omnivoria: Oakey Smokes

by Alice Swan, newsletter volunteer

The Moscow Food Co-op has recently started carrying some really delicious local smoked trout from Oakey Smokes, which is made by Ron Sharp from Oakesdale, Washington. At least for a little while longer (he's going to retire next year), Ron is a science and computer science teacher. When I asked him what grades he teaches, he said, "the hormone storm—sixth through ninth." Which explains why he likes to spend his summers fishing on Lake Pend Oreille. He's been smoking fish for over 20 years, mostly as a hobby, but everyone who tasted his smoked fish told him he should go into business.

So in 2003, Ron went through the many steps necessary to start smoking fish commercially. His initial intention was to run a custom smoking business, processing salmon and steelhead for amateur fishermen who wanted their catches smoked. But the fate of the kokanee salmon intervened to help Ron get a commercial fishing license, which

"Oakey Smokes smoked trout is currently available at the Moscow Food Co-op, and Country Mercantile in Pasco, and at Dock of the Bay Restaurant on Lake Pend Oreille. Ron says that they sell as much trout as he can provide them."

allowed him to start catching and marketing his own smoked trout.

The lake trout in Lake Pend Oreille eat the kokanee (which are the version of sockeye salmon that stay in lakes and don't spend any of their life in the ocean), and the kokanee population in Lake Pend Oreille is currently threatened. So Idaho Fish and Game started issuing commercial licenses in 2004 for trout, in an effort to reduce the number of predators and help restore the kokanee population. Ron got a commercial license, and the nature of his business changed, which is lucky for those of us who don't fish ourselves.

The smoking process that Ron uses for his trout takes 3 days. The fish is first cut and trimmed—all the skin and belly fat is removed, and bones are picked out. Then the fish is brined in a mixture of salt, brown sugar, garlic and onion for 36 hours. Other fish smokers don't let their fish brine for quite as long, but Ron thinks the 36 hours are important, to allow the flavors from the brine to fully penetrate the fish. After brining, it takes about three hours to prepare a batch of fish for the smoker. Each piece is individually glazed with brown sugar, onion and garlic, and then the whole batch is smoked for 12-14 hours. After the fish come out of the smoker, Ron hand picks any remaining bones out, and then refrigerates it for 12-24 hours before vacuum packing.

Oakey Smokes smoked trout is currently available at the Moscow Food Co-op, and Country Mercantile in Pasco, and at Dock of the Bay Restaurant on Lake

Ron Sharp's Smoked Fish Dip

- ✦ 2 8 oz pkgs cream cheese, softened to room temperature
- ✦ 1/2 cup milk
- ✦ 2 Tbsp mayonnaise
- ✦ 4 Tbsp chili sauce (salsa)
- ✦ 6 drops Tabasco sauce
- ✦ 1 Tbsp minced onions
- ✦ 1 tsp dried mustard
- ✦ 1/2 tsp salt
- ✦ 2 cups Oakey Smokes smoked fish
- ✦ 6 Tbsp sliced green olives
- ✦ 1 8 oz. can artichokes, NOT MARINATED, coarsely chopped

In a mixing bowl, combine all ingredients, except seafood, olives and artichokes. Mix thoroughly. Gently fold in the remaining three ingredients. Cool in fridge overnight. Serve cold on thinly sliced baguette or crackers, or spread on slices of bread and broil until crispy brown.

Pend Oreille. Ron says that those three outlets sell as much trout as he can provide them—if he wants to expand his sales, he'll have to hire help. At that point in our conversation, Ron asked me if I was interested in learning to smoke fish. I told him that my husband would probably divorce me if I decided to take that up, because he's not a fan of smoked food generally, and in particular does not like smoked fish.

Ron's reply, as you might expect of someone who has a smoked fish business, was that Nick doesn't like smoked fish because he hadn't tasted Oakey Smokes. Yeah right, I thought. Nick is a pretty adventuresome eater, and I was pretty sure that he really, actually didn't like smoked fish. But being the good sport that he is, he tried the Oakey Smokes trout, and Ron was right. It was like Mikey with the Life cereal—he likes it! Not only that, but our 2-year-old, who we've never been able to convince to eat anything that might possibly look, smell, or taste like fish before, tried it and asked for more.

The smoked trout is very firm in texture, and tastes almost like candy, courtesy of the brown sugar (and that, I'm guessing, is why our 2-year-old liked it so much). But the reason Nick liked it is because it was not overly salty like much smoked fish is. And it has a really distinct and natural smoky flavor, almost like it just came off a smoky barbeque that you're standing right next to. And that's what you'd expect, seeing the list of ingredients on the package: lake trout, salt, brown sugar, onion and garlic. Nothing else.

I'm including Ron's recipe for smoked fish dip, but he also recommended crumbling his smoked trout into an Alfredo sauce, letting it simmer for 15 minutes, and then serving it over fettuccine. Just typing that makes my mouth water.

Alice is going to conduct an investigation, while on the vacation in the Midwest, into Ron Sharp's claim that Pacific Northwest lake trout is better than its Great Lakes counterpart.



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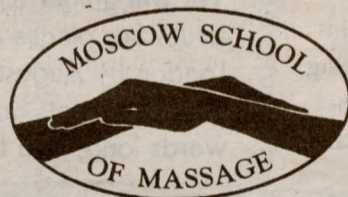
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Are you interested in
Natural Healing?

Wild & Free: Yarrow

by Sarajoy Van Boven, newsletter volunteer

“You belong among the wildflowers...”

“You belong somewhere you feel free.”

—Tom Petty

*“Well, there is time left—
Fields everywhere invite
you into them.”*

—Mary Oliver, from
“Part 3” of west wind

Several years ago, on Judy's birthday, Sarah told me the plant which I'd bouqueted was not, in fact, Queen Anne's Lace, but Yarrow; news which I received with reverence and awe. Behold, in my unknowing hand, was the Legendary Medicinal Wildflower Goddess, Yarrow, whose reputation had preceded. To meet a being, a goddess, a plant, in all the many known and unknown dimensions, is a royal introduction, indeed.

Books impart only so much, reducing the many dimensions to two, to flat pages. Identification books help jog a sluggish memory, but a first identification is best, surest, and most potent, cara-a-cara. Especially in the case of Yarrow, sure identification is a must, as many plants with similar descriptions are poisonous, even deadly.

Only two dimensions of Yarrow spread before you today. And today, I attempt to accurately distill this mighty and graceful goddess onto thin newsprint.

Unless the heat rushes them through their season, the Yarrow will bloom into August. Yarrow is tall and thin, airy and hardy all at once. For such a dainty looking thing, it's an aggressive lover of harsh living. Take a look at a rocky hot hillside, not fit for human life, a la Mars, and you'll spot several stalks of this frilly wildflower. Look for a 1-3' tall plant, with alternating feathery dark green leaves up the stem. It will be topped with a domed hat of lacy flowers, called a floret. Wild Yarrow flowers are commonly white, though sometimes pink, red, or yellow.

Mythologically, the powerful and beautiful Yarrow, with her million healing leaves, stood by the Greek warrior, Achilles, during the battle of Troy. Legend claims that Achilles saved many Greek lives (who presumably went on to take Troy lives) by packing wounds with Yarrow leaves (*Edible and Medicinal Plants of the Rockies*).



The story fossilized into Yarrow's Latin name, *Achillea millefolium*: Achille's thousand leaves. Slang for Yarrow is, “soldier's woundwort.” Healing the wounds of war is powerful work; now if only there were a wildflower to prevent war. The word “Yarrow” itself, is a convoluted Anglo-Saxon descendent having once meant “to prepare:” a testament to the many and frequent uses of this herb. (*Growing and Using the Healing Herbs* by Weiss and Weiss)

Having providentially blown into my life, I have welcomed the Goddess of Wildflowers with profound respect, eager for new adventures in healing.

Lacking dental insurance, when pain strikes my mouth, I turn to Yarrow (and re-dedicate myself to flossing). An ancient, well-used painkiller, masticated fresh Yarrow leaves and roots packed into my aching tooth works as well as Vicodin, without the drowsy side-effects.

I soak dried Yarrow into my homemade facial toner and steep it in tea

when my family faces colds and fevers.

To dry, cut Yarrow when in full bloom. Remove the delicate leaves and dry them separately as they dry very quickly, then store them in a dark, dry place. The flower-tipped stalks can be dried

upside down and then stored. We dry herbs upside down so that the potent oils sink into the leaves and flowers, rather than uselessly drip onto the floor.

Yarrow is also thought to be a garden guardian, repelling insects. This assertion flies in the face of recent experience, as Yarrow stood by uselessly during the Great Apricot-tree Slaughter of '07, perpetrated by indomitable leaf-curlers invading our garden. The Sepwepemc burned the European invader to deter mosquitoes (*Plants of Southern Interior British Columbia and the Inland Northwest* by Lone Pine). Fresh Yarrow is a reputed mosquito repellent when rubbed on skin.

Yarrow propagates through root rhizomes and a proliferation of seeds. We've harnessed both methods for our own domesticating purposes: yard. When mown early in spring, and couple times through summer, Yarrow spreads a royal lawn. Soft and lush, it collects dew and needs no watering. I've read that Yarrow tires the soil, however in four years, we haven't encountered problems.

I hope these slavish rows of black font on newsprint have imparted a semblance of the power and beauty of the Goddess of Wildflowers. I hope Yarrow's soft feather-leaves tickle us from pain and her filigree of flowers enthrall us with the authority of beauty.

Sarajoy also recently learned that Queen Ant's Legs, as she'd known the plant (which is Not Yarrow) since fourth grade, is normally referred to as Queen Anne's Lace. Sarajoy wonders if there are anymore such childhood misunderstandings lurking around, ready to embarrass at any moment.

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In The Garden: Dorothy Smith, Poulterer

by Holly Barnes, newsletter volunteer

“Summer afternoon—summer afternoon; to me those have always been the two most beautiful words in the English language.”

—Henry James

The Moscow Food Co-op's producers are many and varied. I enjoyed a visit recently with Dorothy Smith who provides eggs for the Co-op. Dorothy lives outside of Troy on land where she was born. Her parents arrived in 1937 during the Great Depression. Eventually the family acquired 700 acres that they farmed while raising 7 daughters. Dorothy's mother died only 3 years ago at the age of 97. Dorothy and her husband farmed and raised cattle for many years on the land and now she handles the duties with the help of her son, and grandson, Taylor.

Dorothy has a small but productive flock of chickens, numbering less than 20, which provide her with eggs

enough for selling to some private customers and to the Co-op. She gathers from 10-12 eggs every evening from her coop. This production is maintained through the winter. In a separate section of the coop are nine pullets purchased in May that will be producing eggs in October, increasing the output.

Dorothy also has a beautiful vegetable garden made all the more amazing by the fact that she had both hips replaced and must limit her bending down. She cleverly planted twining bush beans this year so she could pick them standing up. The raspberry bushes were heavily laden with large berries. She picks every morning before it gets too hot. A friend sells some of them at the Farmer's Market for her.

Gardens and chickens go great together. Weeds pulled from the garden, along with other garden leavings, are tossed into the coop. The chicken manure is placed in the compost pile, which eventually makes its way to the vegetable garden. It's a very healthy cycle on Dorothy's farm and surely the way nature intended.

Dorothy lets the chickens out of the coop each morning and into the chicken yard. In the summer her grandson, Taylor, is in charge of finding and returning to the coop any that might get out. He also helps with her vegetable garden, mowing the lawn, and other chores. The egg money goes to the bank for Taylor's college fund. Dorothy wants Taylor to grow up to like animals, clearly that has already happened.

Dorothy has tucked flowers and shrubs into all corners of her yard. They are in every nook and cranny on the farm, from the vegetable garden to the chicken coop, to the house. Daily, she hand carries a gallon water jug to take care of infant dahlias, along with the baby squash plants. She clearly enjoys both her flower and vegetable gardens, and the chickens.

The trumpet vine growing on the chicken coop is this year blooming for the first time. Her wisteria vine in the yard is huge and blooms profusely in the spring. She has many geranium (pelargonium) plants that she started from seed.

Bird feeders are scattered all over the

In the August Garden:

- ✦ Deadhead roses and perennials to encourage continued flowering;
- ✦ Make a final feeding of perennials and shrubs to harden them off for winter;
- ✦ Enjoy warm summer evenings in the garden whether it be your own or one of the Palouse country's many beautiful parks.

farm with one on the chicken yard gate and several under the heavily laden apple tree. She also spreads chicken scratch for the quail that come around.

Dorothy takes time for outside activities too and the day before I visited her farm she went up Hell's Canyon to the dam on a jet boat. She saw a lot of wildlife and had a great time.

Take a minute to think about the diversity of producers that make our Co-op the fine resource that it is. Dorothy Smith is one of many who toil for our benefit.

Holly Barnes hopes to have chickens on her city lot one day. The comforting sound of their cackles and clucks, and the part they play in a great gardening cycle, appeals a great deal.

Letter from the Land: Wanted: One good listener with a sense of humor

by Suvia Judd, newsletter volunteer

Louise Barber has served on the Latah County Planning Commission for almost ten years, the last several as secretary. She has just resigned to do volunteer work abroad, and she will be sorely missed for her calm good sense and warm, peaceable demeanor (and good meeting minutes!) Meanwhile, the rest of us must reluctantly go on without her, as we begin our long awaited revisit to the Latah County Comprehensive Plan. So I have been thinking about what qualities I would most like to see in her replacement, not that she can BE replaced.

What do Planning Commissioners do? We are like a legislative committee, advisory to the County Commissioners, and responsible for drafting the language of the comprehensive land use plan and the land use (zoning) ordinance that carries out its ideas. As we begin our "Comp Plan" review, we are looking at four questions: What makes a "good" comprehensive plan? How can we create a terrific public participation process for county residents? What quantitative information do we need about changes in our County since the last revision (1994)? How does future economic development fit in to the

Comprehensive Plan?

What do I value in a Planning Commissioner? The ability to empathize with another point of view, to put oneself in another persons' shoes, is vital. Can you sit in a hearing in Courtroom 1 with one hundred angry people who think you are about to destroy their way of life, and listen with understanding and without defensiveness or judgment? A sense of humor is very useful. So is patience and the willingness to revisit something more than once, more than twice, even six times.

Also, your difference in point of view may be with other members of the Planning Commission. Do you have a strong internal compass and the confidence to speak up when you disagree with all of the other six members?

There is no one background that makes a better Planning Commissioner, I don't think, but I think we do our best work when we have a certain number of "meta thinkers" on board, people who can imagine how particular language in the Plan or the ordinance might play out as applied over time in a wide variety of situations. A related skill is the ability to keep an eye on the

process - in public meetings, in work sessions, in a project as we work on it over time. Is everyone being included? Are we staying on track with our goals? Are we expressing ourselves positively? Are we keeping a good record of our decisions?

All the planning commissioners I have served with have cared both about protecting resources for the future, and about protecting individual liberty from government intrusion, although it takes us all differently. I think those people who stay on the board and persevere share a vision that land use planning at its best can be a community conversation to prevent conflict over land uses.

The county commissioners try to get geographical balance on the PC. They also try to get variety of occupations, and to always include someone with a strong agricultural background. I also enjoy it when we have a good gender balance.

So here is your chance. Send your application letter in to the County Commissioners right now, because they will be appointing someone within a month or so. And if it's not for you, persuade a friend to do it!

Suvia Judd has served on the Latah County Planning Commission for twelve years. Or is it thirteen?

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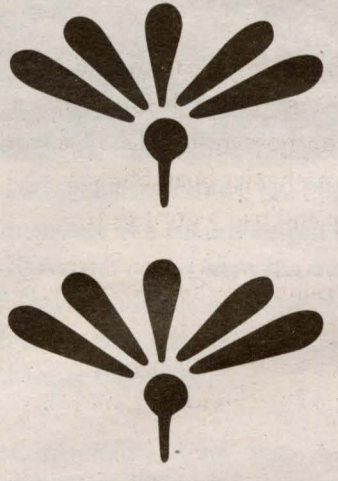
1st session free for coop members

Postcard from the Land: Mountain Bouquet

by Suvia Judd, newsletter volunteer

A young relative presented us with a bouquet of wildflowers she picked on Moscow Mountain on July 5th this year. It contained: ocean spray, syringa (mock orange), foxtail grass, wild geranium, a small-flowered willowherb (fireweed), larkspur, clarkia, scarlet gilia, a salmon

flowered collomia, black medick, bachelor's button, yarrow, and spreading dogbane. It lasted for weeks in a bottle on the window sill, a rainbow of cream, white, pale tan, deep pink, bright pink, purple, pale pink, orange, pale salmon, yellow, clear blue, off white and pink & white. Thank you, N.



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PALOUSE REPORT: Hot Summer Days

HERE ON THE PALOUSE
YOU CAN TAKE THE HEAT HOWEVER YOU FANCY

YOU CAN BROIL AMONGST THE WHEATFIELDS,

SPLASH AROUND IN THE SUN AT HAMILTON AQUATIC CENTER

AND LAIRD PARK

OR ENJOY THE COOLSHADE OF EAST CITY PARK

AND IDLER'S REST.

August Co-op Kids!

by Rebekka Boysen-Taylor, volunteer

Co-op Kids is a great place to meet local families. All activities are free unless otherwise noted and all ages are welcome.

In August we will meet only once at 9 a.m. on August 22nd at Friendship Square to make Recycled CD Garden ornaments and play on the toys. See you there!

In July we had a wonderful time making our own bubble solution and playing outside at Friendship Square together. The kids decided that home-made bubbles were much better than the store bought mixture we compared it to and here is our recipe...

Earth Friendly Bubble Solution

- ✦ 4 1/2 cups warm water
- ✦ 1/2 cup Seventh Generation hand washing dish soap (other dish soaps will work of course)
- ✦ 1/2 cup vegetable glycerin (available in the bulk section near the lotions at the co-op)

Rebekka Boysen-Taylor is the Co-op Kids! Volunteer and mama to two organically grown little ones in Moscow.



July's Co-op Kids Activity: Bubble making at Friendship Square

Earth Mother: Take-along Tapestry

by Julia Parker, newsletter volunteer

Our lives are about to change. In August, our family is embarking on a year long sabbatical, traveling from Idaho to the East Coast, on to Europe and then south to Turrialba and Puntarenas, Costa Rica. So, I have also started to try to figure out art projects that can be taken from place to place easily. One project that I think will work well is a small tapestry project. Large tapestries have been used for decoration, privacy and warmth for thousands of years. We hope to see some authentic ones on our travels in Europe. I adapted this project from Jovinelly and Netelkos' book *The Crafts and Culture of a Medieval Castle* available at the Moscow Public Library. This project is durable and does not have a lot of losable components. Further, you can actually legally get it through airport security.

I will separate the project into preparation, take-along project and post-project sections. Much of the list of materials can be left behind after the initial steps. For your tapestry, you will need at least some of the following supplies.

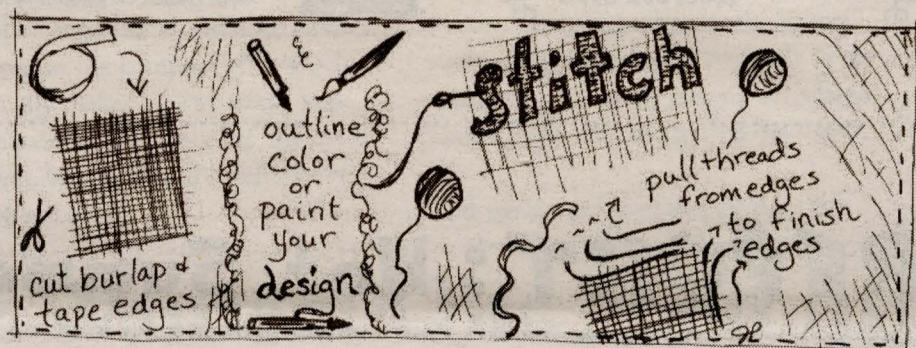
Preparation:

- ✦ Burlap – you decide the size and shape (best to start small)
- ✦ Masking tape
- ✦ Scissors
- ✦ Indelible markers
- ✦ Acrylic or fabric paint in light colors (optional)

Take-along Project:

- ✦ Plastic tapestry needle (also sold as a child's practice needle)
- ✦ Yarn (or thin ribbon, embroidery floss)

Post-Project:



- ✦ Dowel or stick
- ✦ Thread

Preparation:

Cut the burlap in to a manageable size square or rectangle with an extra inch around the edges. Tape the edges with masking tape so they don't fray while you work. With indelible markers draw a picture on to the burlap. Don't forget to put something under the burlap while you are coloring because the markers will bleed through onto whatever is behind it. Washable markers won't work because they will rub off on your yarn and hands while you are working. You can also color the whole fabric background. If you have sections that you want to show through the stitching that are light in color, you need to paint those with acrylic or fabric paint. Make a fairly complete picture on the tapestry. Sewing can fill in as much as you like and be used for embellishing the picture.

Take-along project:

Plan where you want to fill in your tapestry with yarn. Thread a single strand of yarn on your plastic needle no longer than the child's arm and knot the end. The holes in the burlap make it easy to sew. Decide about how big your stitches will be for each section—you can vary them from one part of your picture to another. For

example the main part of your picture might have a big flower—you could use big stitches here. Another part of your picture might have small clouds in the background—you could use small and sparse stitches here.

Because your tapestry already has a colored picture on it your child can decide how much to fill in and embellish with stitching. Hopefully, this makes the project a little less daunting than a completely blank piece of embroidery cloth. Yarn—as opposed to thinner embroidery floss—fills in spaces on the tapestry quickly and makes big, bold sections of color. Thin ribbon can also add a different texture to the tapestry and fills in quickly.

Stitches should be simple straight rows using the little open squares in the burlap as a guide.

When you are done filling in as many sections of your tapestry as you like, remove the masking tape. You can finish the tapestry by pulling a few loose threads from the sides and leaving a fringed edge. To hang, stitch with regular thread to a small dowel or straight stick leaving a little sticking out on the sides for hooks or nails.

Hopefully, by the time we reach our semi-permanent destination in Turrialba, Costa Rica, our daughter will have a nice wall-hanging to decorate her new bedroom.

Julia Parker and family leave Moscow in mid-August for adventures unknown and will return in August 2008 unless they buy a cabana on the beach in Costa Rica and stay.



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Meals Kids Might Eat: Summer of Cucumbers

by Judy Sobeloff, newsletter volunteer

Cucumbers, now there's an idea for a healthy, refreshing summer treat. Or so our naïve heroine thought, undaunted by her children's initial echoing "Yuck!" (the elder) and "Yuck!" (the younger). Not an auspicious beginning, but if she waited for full-fledged auspiciousness she'd still be waiting.

Cucumbers, I discovered, are primo summer fare for good reason (Listen up, kids! Nutritionists back me up!) Not only, I read, is water the "most abundant nutrient in cucumbers" (www.organicfood.com), but "the inner temperature of a cucumber can be up to 20 degrees cooler than the outside air" (www.foodreference.com). Note to self: Book next summer's vacation to East Inner Cucumber.

First, my children (cheerfully, eagerly) joined me in making Nancy's Mother's Cool Summer Cukes, a recipe my friend Nancy remembers fondly from her childhood, which in turn inspired this article. On hot summer days the woman known to us today as "Nancy's Mother" would peel and slice up cucumbers in the morning, refrigerating them all day in a container with ice water and vinegar for—voilà!—a cool, quick pickle. Despite my children's lack of enthusiasm for cucumbers, they love pickles—and besides, with the removal of the tell-tale green peel, I thought this dish stood a fighting chance. Anyone want to place bets?

For experimental purposes, we made three varieties of Cool Summer Cukes, as Nancy had recommended using rice vinegar for sweetness or adding sugar if using red wine vinegar. My kids did enjoy the peeling and chopping, but with the addition of the vinegar, things

turned... sour. When it came time to make the red wine vinegar with sugar version, my five-year-old, who had been expressing various objections along the way, actually protested, "But Mama, I don't like sugar!" I'm still boggled by that one.

Fortunately, a seven-year-old friend joined us for the official taste testing. To warm up the judges, I gave them each a cucumber-cream cheese tea party sandwich on special tea party dishes, certain to be a hit. But lo, only our guest claimed to like it, saying, "It's creamy and crunchy at the same time."

Our guest judge also professed to like all three Cool Cuke varieties, though no one was fooled into thinking these were pickles. Despite negative ratings from my two for the rice vinegar version, which their friend liked the best, matters improved when it finally occurred to me to have the three-year-old express his opinion before his big sister. "I want another taste!" he cried, regarding the red wine vinegar-sugar combo. "I really like it!"

For the most part, the adults liked all three Cool Cuke versions. The mother of the guest judge exclaimed, "I love these, and my mom used to make something just like it." Even more gratifying was the response of the guest judge's father, who said, "Anything pickled I totally hate, but I liked this." He liked the wine vinegar with sugar version when salt was added, and particularly liked the chopped up onion with it.

Last up was my friend Caitlin's Cucumber-Tomato Salad, a truly refreshing salad that I loved, perfect for summer. While Caitlin claimed

Nancy's Mother's Cool Summer Cukes

Peel and slice cucumbers. Place in container with cold water and rice vinegar or red wine vinegar with a little sugar, (about half water, half vinegar). Add ice cubes and chopped onion. Seal container and refrigerate for 1-6 or more hours, tasting partway through and adjusting vinegar-water balance. Salt to taste. Nancy also suggests serving these with large ripe tomatoes filled with tuna or tofu salad.

Caitlin's Cucumber-Tomato Salad

- ✦ 2 cucumbers, peeled and sliced
- ✦ 4 Roma tomatoes, diced
- ✦ 1 red onion, minced
- ✦ ¼ cup lemon juice
- ✦ 3 Tbsp. extra virgin olive oil
- ✦ 1 clove garlic, minced
- ✦ 3 Tbsp. chopped basil
- ✦ ¼ cup black olives, pitted and chopped
- ✦ salt and freshly ground pepper to taste
- ✦ ½ cup crumbled feta cheese (or a less intense kind for kids)

Toss all ingredients in salad bowl and chill for at least three hours.

Cucumber-Cream Cheese Tea Party Sandwiches

Spread cream cheese on white or mild bread. Peel and slice cucumbers and arrange on bread. Make into sandwich or leave open-faced. Cut on the diagonal into four quarters. Slice off crusts with knife, natch.

VARIATIONS: Add dill or scallions to cream cheese. Substitute peanutbutter for cream cheese.

her four-year-old son gobbles this up (except for the feta) and has done so many times, she was unable to provide a list of dates and places. By then the children were exhausted from the rigors of the tasting process, and I was too demoralized to even show this to my two—but when I called our guest witness to the stand and gave her the salad (a tamer version made without olives, basil, and garlic), she pronounced it "good." Her pickle-hating father (ano-

nymity maintained here in the interest of preserving dignity) liked this salad as well, except for the olives. As he reminded us, "I hate anything pickled. Aren't olives pickled grapes?" He insisted he was joking, but no one believed him.

Judy Sobeloff believes that someday her children will embrace vegetables.

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Going TV-Free

by Bill London, volunteer newsletter editor

Barbara Brock teaches at Eastern Washington University, lives in Spokane, and recently wrote a great book about families that survive without television. Her book, entitled "Living Outside the Box: TV-free Families Share Their Secrets," documents the reasons some American families have chosen to eliminate television from their homes, and also explains how these families have made that change. The 214-page book is very readable, entertaining, and ultimately inspiring. Brock's book was published by Eastern Washington University Press in 2007. The book is available at the Moscow library and at BookPeople.



younger, as graduate students and then as new parents, we were just too busy. We stayed active and never had time for TV.

Q: What do your children think about TV? Are they sorry to have missed out on TV while growing up?

A: Actually, our kids, now 14 and 18, are much more radical about TV than I am. They wonder how others find time to waste on TV.

Q: The bulk of your book is a report of your survey of TV-free families. How did that survey happen?

A: I was curious about TV-free families and parents who raise children without a television. This was in 1999 to 2000. I began by placing three small ads in magazines seeking responses from TV-free families. A total of 300 families responded and then completed my 22-page questionnaire. In 2002, my article about this topic appeared in a professional journal, and now this book has

been published.

Q: Were the families who responded satisfied with their decision to be TV-free?

A: Overwhelmingly yes. Ninety percent reported no regrets in that decision. In addition, about 80 percent stated that their marriages were stronger without TV in the home and about 70 percent reported that their children acted better without TV.

Q: How do the families who responded to the survey suggest making the transition to being TV-free?

A: Almost everyone said that the best way to end the TV addiction is to go cold turkey. Some people reported that they actually threw their TVs in a dumpster. They said that setting limits for TV watching just does not work. They also agreed that after a very short adjustment time, the improvements will be obvious and everyone will be supportive of the change.

Q: What is the one best source of information for parents considering going TV-free?

A: The best website is from the Center

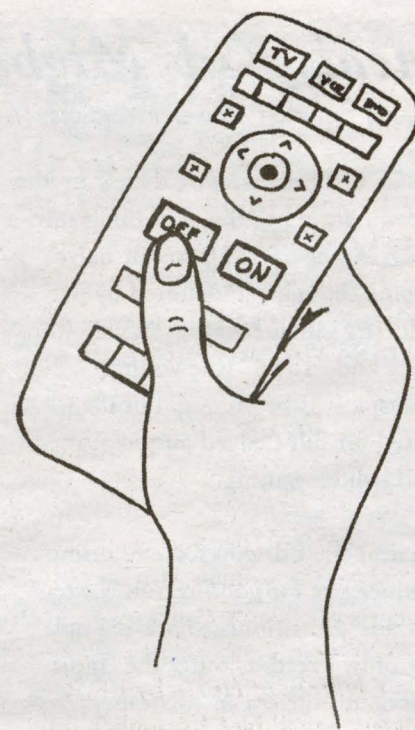


Illustration by Elizabeth Carney Sowards

for Screen-time Awareness at <http://www.screentime.org/>. This group sponsors the TV Turnoff Week every April. The website is full of downloadable resources and useful support information for parents considering this option.

Q: Will you be coming to Moscow soon for a book signing?

A: Yes. I will be at BookPeople on Saturday, September 8, from 10 a.m. until noon. I'll sign books and offer a multi-media presentation about going TV-free.

Co-op Crossword

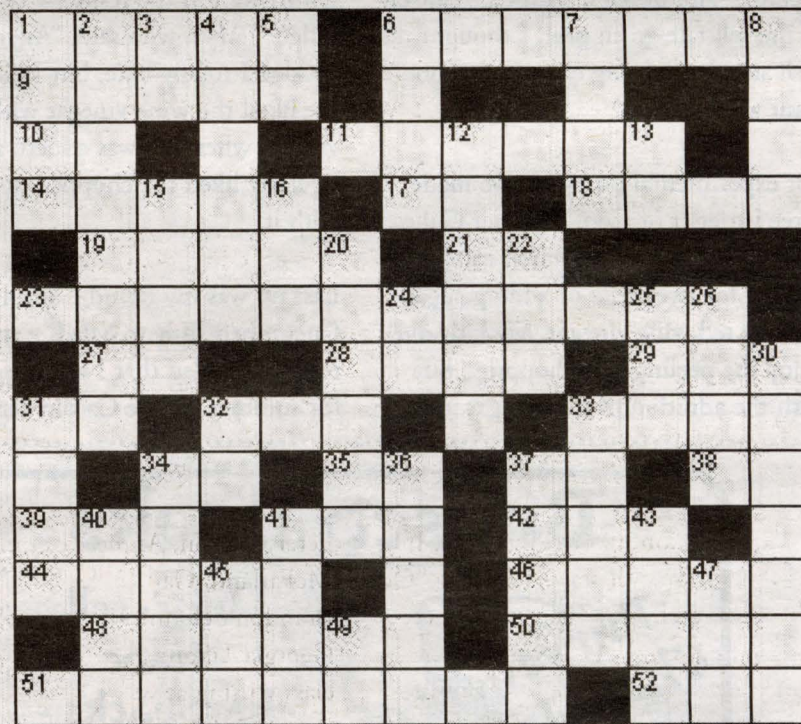
by Craig Joyner, newsletter volunteer

ACROSS

- 1 Farewell to this 17-year MFC employee, 1st name, 2nd is 1 down
- 6 July's profiled volunteer, 1st name, 2nd is 34 down
- 9 Central and South American indigenous tribe
- 10 This state's motto is "All for Our Country"
- 11 Detroit sobriquet
- 14 Burgundy wine grape
- 17 Latin or French pronoun
- 18 Last month's profiled employee, 1st name, 2nd is 51 across
- 19 Annoys
- 21 Thus
- 23 July's featured business partner, ___ ___ Books
- 27 Alternative to MD
- 28 Part of a decade
- 29 Local book, Mountain Bike Guide to ___ Heaven
- 31 ___ Box
- 32 Pea or people
- 33 Another name for taro
- 34 For example
- 35 Einsteinium on the Periodic Table
- 37 Before Jr.
- 38 This state's name means "tribal town" in Creek
- 39 Web address
- 41 Equip
- 42 Give one to your Deli server
- 44 Napoleon's last victory two days before Waterloo
- 46 Harden
- 48 Downtown Moscow
- 50 American philosopher Mortimer or Grace's last name from Will & Grace
- 51 July's profiled employee, last name, 1st is 18 across
- 52 We're all awaiting the return of The Pita ___

DOWN

- 1 Thank you for 17 years of hard work, last name, 1st is 1 across
- 2 ___ Bakery Sprouted Hot Dog Buns in the freezer
- 3 Hesitant interjection
- 4 Remembrance
- 5 Summer luxury, abbreviation
- 6 Boylan's ___ Beer
- 7 Lone ___ Farms Rosemary Dijon Elk Sausage
- 8 Last month's featured musician, last name, 1st is 15 down
- 12 Amy's Organic Soup ___ Bean and Rice
- 13 HeBrew Beer originates from this state
- 15 July's profiled musician, 1st name, last is 8 down
- 16 Not no
- 20 The Radio Beat DJ from July, James ___
- 22 Nobel Peace Prize winner Lord Boyd or hockey player Bobby
- 24 Dogfish Head Brewing comes from Milton, ___
- 25 Wild, Chinese sheep
- 26 In the bulk bins you'll find Koyo Food's buckwheat noodles
- 30 The Co-op's former Coffeehouse music coordinator, Eric ___
- 31 Watch his live music act on August 7th, 1st name, last is 36 down
- 32 Movie rating
- 33 Pullman's Daily ___ Espresso
- 34 July's profiled volunteer last name, 1st is 6 across or American composer



- 36 August 7th he'll perform his live act at MFC, last name, 1st is 31 down
- 37 Skirt or flank
- 40 Fissure or the tezra ___ often used by Shelley, Byron, and Auden
- 41 Arabic Google or Arabic for where
- 43 Organic Valley Organic Orange Juice can come with this
- 45 Scharffen Berger or Dagoba have chocolate available in this form
- 47 Progressive outdoors gear company
- 49 Also known as the Palmetto State

Craig is also known on local radio as brentbent.

New at the Library

by Chris Sokol, Latah County Library District

"If I read a book that impresses me, I have to take myself firmly by the hand, before I mix with other people; otherwise they would think my mind rather queer."

—Anne Frank

FICTION

Austenland by Shannon Hale. A fantasyland for the woman with everything except a Mr. Darcy of her own.

The Children of Hurin by J.R.R. Tolkien; edited by Christopher Tolkien. A tale of Middle-earth's First Age, previously published in incomplete forms, edited by Tolkien's third son.

The Dark River by John Twelve Hawks. A mesmerizing return to the places and people portrayed in "The Traveler," haunted by the vision of a world where both hope and freedom are about to disappear.

The Exception by Christian Jungersen. A bestseller throughout Europe, this is a gripping dissection of the nature of evil and how ordinary people are driven to commit unthinkable acts.

Girls of Riyadh by Rajaa Alsanea. A novel that set off controversy throughout the Arab world by revealing forbidden details about the private lives of four young women from Saudi Arabia's upper classes.

NONFICTION

The Flexitarian Table by Peter Berley.

Inspired, flexible meals for vegetarians, meat lovers, and everyone in between.

The Green Book by Elizabeth Rogers and Thomas M. Kostigan. The everyday guide to saving the planet one simple step at a time.

Housebuilding for Children by Lester Walker. Step-by-step guides for houses children can build themselves.

Idaho Bird Guide by Dan Svingen and Kas Dumroese. Where, when and how to find 400 species at over 110 birding sites.

Kicking the Carbon Habit by William Sweet. Global warming and the case for renewable and nuclear energy.

Merchant of Death by Douglas Farah & Stephen Braun. The fast-paced true story of the man who changed the face of modern war— and the international quest to stop him.

Plato and a Platypus Walk Into a Bar... by Thomas Cathcart & Daniel Klein. Understanding philosophy through jokes.

Smart Power by William H. Kemp. An urban guide to renewable energy and efficiency.

Stormy Weather by Guy Dauncey. 101 solutions to global climate change.

What's Science Ever Done for Us? by Paul Halpern. What The Simpsons can

teach us about physics, robots, life, and the universe.

DVD

Buffalo Boy (Vietnam, 2004) Coming-of-age story set in rural 1940s Vietnam.

Daughter of Keltoum (Algeria, 2001) A young Swiss woman travels to an isolated Berber settlement to find her biological mother.

The Great Match (Mongolia, Niger, Brazil, 2006) Three soccer fans from the farthest corners of the earth are determined to watch the 2002 World Cup final on TV.

The Night of Truth (France/Burkina Faso, 2004). The award-winning debut by one of Africa's most talented female directors.

Silent Waters (Pakistan, 2003) A

haunting indictment of religious extremism.

The Zen of Socks (U.S., 2007) Learn to knit socks with Moscow knitter Mary Jo Hamilton.

STAFF PICK

Debbie Fischer, Deary Library, recommends:

Cross by James Patterson, on CD. In addition to the extremely suspenseful storyline, this unabridged audiobook was expertly narrated by Peter J. Fernandez, offering the listener a satisfying palette of imaginative characters. A keeper!

Chris Sokol is the Adult Services Librarian for the Latah County Library District. Visit the library's website at www.latahlibrary.org for more new items.

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Moscow Community Creative Writing Workshop Returns This Fall

by Judy Sobeloff, workshop director

Attention, Co-op Shoppers. If you've ever started writing "Ode to Kale Slaw" or pesto cheese rolls or red chard . . . If you've ever curled up inside a grocery cart to fire off the opening chapters of your novel . . . the Moscow Community Creative Writing Workshop or one of its two new offshoots may be for you.

A workshop for writers of all levels from beginner to advanced, the M.C.C.W.W. is a ten-week, 13-part writing workshop for adults, meeting Monday nights, September 17 through November 26, from 6:30 p.m.-9:00 p.m.

Each night will be taught by a different local writer (Mary Clearman Blew,

Peter Chilson, Annie Lampman, Ron McFarland, Gail Miller, Joy Passanante, Brandon Schrand, Judy Sobeloff, and Georgia Tiffany) and will feature in-class writing as well as discussions on the craft of fiction, nonfiction, or poetry. Session Topics include: "Writing From Personal Documents," "Crossing Literary Borders," "Scenes From a Life," "Recovering the Family," "Writing the Top of Your Head Off," "Make Me Laugh," "Finding the Pharaoh's Eye," "Oral Interpretation for Writers," and "The Art of Revision."

Workshop participants will have the opportunity to receive feedback on their writing and to read their writing on local radio station KRFP and with workshop instructors at BookPeople on

November 12th.

The main workshop, as described above, will be limited to 16 participants. In addition, two six-week workshops (a Monday night poetry/nonfiction workshop and a Tuesday night fiction workshop) will each be available for up to 12 participants on the wait-list.

Applications are due by September 5th. For further information about the workshop, application guidelines, and application form see the Moscow Arts Commission website, www.moscow-arts.org, or pick up a sheet at the Moscow Library reference desk.

Judy Sobeloff, director of M.C.C.W.W., writes about food for the Co-op newsletter.

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What's Cookin'! Presents *For Your Health*, the first of two fall series

by Jennifer Whitney, class coordinator

What's Cookin'!, the cooking classes sponsored by the Moscow Food Co-op, will offer two different course series this fall. For Your Health, our first series, is devoted to recipes and cooking ideas for those with interested in special or health-related diets. The classes are ideal for celiacs, diabetics, vegetarians, vegans, or anyone concerned with maintaining a target level of carbohydrates or cholesterol. Each class will include a one-hour cooking demonstration, followed by sampling and discussion. This series will begin in September.

The second series of classes, which will begin in October, will focus on ethnic cuisine.

All the classes will be held in the basement kitchen area of the Unitarian Universalist Church of the Palouse, 420 E. 2nd St., Moscow.

The first 3 classes of the For Your Health series will be taught by Angela Bunce, who adopted gluten free cooking for her family when her husband

and mother-in-law were diagnosed with celiac disease.

As a registered dietitian, she specializes in gluten intolerance, leading a monthly support group in the valley as well as seeing individuals for nutrition consultation. She is a regular speaker regarding celiac disease at local conferences, being the subject's local expert in this field. She will share how her husband's diagnosis almost seven years ago has not limited their lifestyle, although when she first tried gluten free baking, her oven produced many expensive failures.

Gluten Free at Home will start off the series on Wednesday, September 19th, at 5:30pm and will help you learn how to adapt your favorite recipes for great tasting, gluten free meals you can make at home. With an emphasis on quick and easy meals, this is a great class for those making the transition to gluten free living, but can also benefit those familiar with it to keep flavor and variety on their menus.

Never starve at social functions, lunch meetings, events or on busy days outside the home again. In Gluten Free on the Go, Wednesday, September 26th, at 5:30pm, Angela will provide strategies and tips to meet the challenge of living a gluten free diet in a gluten filled world. This class will also review gluten free products, restaurants and available resources.

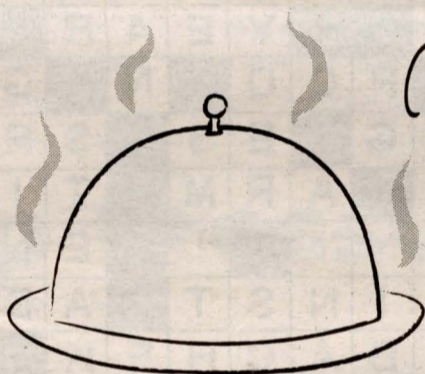
Everyday Baking, Gluten Free! on Wednesday, October 3rd, at 5:30pm, will curb your cravings for those hot-from-the-oven goodies and fill your tummy with yummy breads for sandwiches and toast. Angela will provide tips on substituting gluten free flours in your favorite recipes and how to prepare some successful oven-baked goods.

The series will wrap up with Low Carb "Sunday" Soups on Wednesday, October 10th, at 5:30pm. We all have busy lives; wouldn't it be nice to make a couple gallons of soup on a lazy Sunday afternoon, so you can enjoy a quick and easy, healthy meal on a busy day? Join Donal, as he shares his time-saving

Sunday tradition for low carb soups to freeze and enjoy throughout the week. The recipes for this class are vegetarian as well as low in carbohydrates and sugars. Donal Wilkinson's been a committed vegetarian for 24 years and a type I diabetic for the past five. He's been cooking since his mother first enrolled him in a soup cooking class at the age of eight and now focuses on low carb meals to regulate his blood sugar.

Whether you are changing your own eating habits and want to expand your menu, or you have family or friends that eat according to one of these diets and want to provide healthy meals for them, these classes apply to anyone wanting to learn new ways to spice up their meals.

Tickets are now on sale for these classes and can be purchased from any Co-op cashier for the price of \$18/class. You can attend any one class or all four, but enrollment is limited to 30 per class. If you have any questions, please contact Jennifer Whitney, class coordinator, at jenwhitney@gmail.com or 882-1942.



What's Cookin'!

Cooking classes sponsored by the Moscow Food Co-op

A four-class series about special diets entitled *For Your Health*

1 First class: Gluten Free at Home

Featured Recipes: Beef Stroganoff and Wraps

Have you discovered the healthful benefits of eating gluten free, but find you occasionally miss your favorite dishes or find your new diet often lacks flavor and variety due to the challenges you face living gluten free? Angela's class will give you tips on how to convert your favorite recipes and teach you to prepare some delicious, quick and easy gluten free meals. A food tasting and discussion will follow the cooking demonstration.

Instructor: Angela Bunce adopted gluten free cooking for her family when her husband and mother-in-law were diagnosed with celiac disease. As a registered dietitian, she specializes in gluten intolerance, leading a monthly support group in the Lewiston-Clarkston valley as well as seeing individuals for nutrition consultation. She is a regular speaker regarding celiac disease at local conferences, and is the subject's local expert in this field. She will share how her husband's diagnosis almost seven years ago has not limited their lifestyle.

Date: Wednesday, September 19th, 5:30pm-7pm
Location: UU Church's basement, 420 E. 2nd St, Moscow
Cost: \$18

2 Second class: Gluten Free on the Go

Featured Recipes: Pizza

Have you discovered the healthful benefits of eating gluten free, but find you starve when you leave home because gluten free food is not readily available at most restaurants, stores, or social functions? Angela's class will give you tips on how to meet the challenge of living gluten free in a gluten filled world with ideas of how to cope outside the home as well as reviewing the GF products, restaurants and resources available. A food tasting and discussion will follow the cooking demonstration.

Instructor: Angela Bunce
Date: Wednesday, September 26th, 5:30pm-7pm
Location: UU Church's basement, 420 E. 2nd St, Moscow
Cost: \$18

3 Third class: Everyday Baking, Gluten Free!

Featured Recipes: Irish Soda Bread, Chocolate Chip Cookies & Meringues

Have you discovered the healthful benefits of eating gluten free but find you miss delicious, hot-from-your-oven goodies? Angela's class will give you tips on how to substitute GF flours in your favorite recipes and teach you to prepare some delicious quick, easy and successful gluten free baked products. A food tasting and discussion will follow the cooking demonstration.

Instructor: Angela Bunce
Date: Wednesday, October 3rd, 5:30pm-7pm
Location: UU Church's basement, 420 E. 2nd St, Moscow
Cost: \$18

4 Fourth class: Low Carb "Sunday" Soups

Featured Recipes: Pistou Soup (vegetarian) & Egg Lemon w/ Spinach Soup (vegan)

We all have busy lives. Wouldn't it be nice to make a couple gallons of soup on a lazy day, so you can just grab a quart out of the freezer and heat it up on a busy day? Join Donal, as he shares his time-saving Sunday afternoon tradition for diabetic friendly soups to enjoy throughout the week. The recipes for this fun Fall soup class are vegetarian (with one vegan) as well as low in carbohydrates and sugars.

Instructor: Donal Wilkinson's been a committed vegetarian for 24 years and a type I diabetic for the past five. He's been cooking since his mother first enrolled him in a soup cooking class at the age of eight and now focuses on low carb meals to regulate his blood sugar.

Date: Wednesday, October 10th, 5:30pm-7pm
Location: UU Church's basement, 420 E. 2nd St, Moscow
Cost: \$18

Registration required. Register for one, or any number of these classes, with any Co-op cashier.

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

Choices in Wellness: Chinese Herbal Medicine

by Dr. Angila Jaeggli, newsletter volunteer

Many practitioners of acupuncture and Traditional Chinese Medicine (TCM) address disharmony and disease through the integration of acupuncture with Chinese herbal medicine to clear stagnation and create balance.

Chinese herbal medicine has a very long history in the Orient, and has been passed down through the centuries to modern practitioners. The earliest and most extensive Chinese pharmacopoeia, the Shen Nung Herbal Classic, is said to have been completed in the 5th century B.C. This document contains hundreds of medicinal herbs and ranks them for their quality, potency and availability in the wild. This classic herbal manual groups herbs into two categories: "food" herbs and "medicinal" herbs. Charlotte Sun, RN, PhD of the Genesee Valley Daoist Hermitage fervently believes in food as medicine, and has structured her practice of Traditional Chinese Medicine around this belief. "Food is medicine. Teaching a person how to integrate 'herbal' food into their routine allows for daily, natural prevention and treatment as opposed to relying on pills or supplements." Says Sun. And while medicinal food is crucial for long-term health, Sun admits the need for more specific herbal treatments in cases of acute illness or chronic disease, when

the body may have more specific needs and demands.

"Medicinal" herbs are prescribed based upon the person's specific condition and constitution. Founded upon thousands of years of documentation and study, there are hundreds of classic, patient formulas available for each specific condition. And although these documented formulas are readily available, many practitioners of TCM choose to combine herbs based upon the very specific needs of the individual. Both plants and fungi are commonly used and may originate from all parts of the plant: the root, stem, leaves, and bark. Herbal prescriptions are created by choosing primary herbs to address the main complaint, and secondary herbs to stimulate the action of the primary herbs, or which address lesser, secondary complaints.

Because we are complex beings with multiple systems typically affected during illness, herb combinations are blended by TCM practitioners to match each system that is out of balance. For example, in the TCM treatment of diabetes, primary herbs are used to lower blood sugar, slow the liver's release of sugar and reduce insulin resistance, while secondary herbs are added to improve circulation, heal tissue and regulate appetite. Depression

is another example where herbs are used beneficially in combination to address cause. In TCM, primary herbs are used to calm and lift the spirit, while others are added to address common co-complaints that tend to be present with depression, such as insomnia, fatigue and irritability.

In addition, some very promising and powerful research has surfaced regarding the use of plants and mushrooms in the support of the immune system, specifically in diseases which deplete the immune system, like cancer, HIV, autoimmune disease and other forms of chronic illness.

Local practitioners of acupuncture and TCM who integrate the use of Chinese herbs within their practice are: Dr. Paris Kharbat from the Art of Medicine

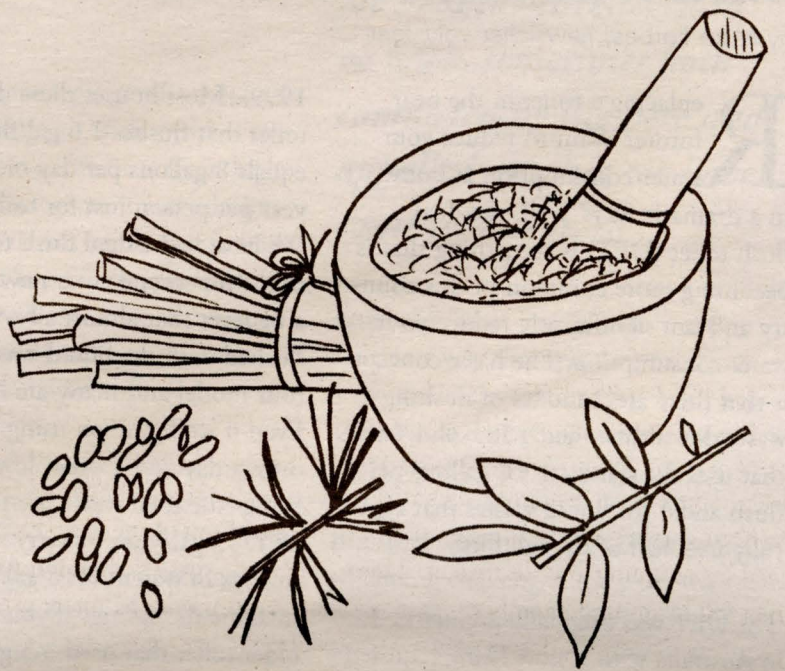


Illustration by Elizabeth Carney Sowards

(509-432-5053), Meggan Baumgartner, L.Ac. and Laura McKean, L.Ac. from the Healing Point Chinese Medicine Clinic (208-669-2287), and Karen Young, L.Ac. (208-883-8894). Practitioners of TCM, Charlotte Sun and her husband Master Da Jing, can be found at the Genesee Valley Daoist Hermitage (208-285-0123).

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Dr. Angila Jaeggli is a naturopathic physician who specializes in integrative family medicine. She recently moved here from Seattle and is now practicing in Pullman. More information can be found at www.sagemedicineclinic.com.

August Events at the Dahmen Barn

by Leslee Miller, Artisans at the Dahmen Barn

On Saturday, August 5 from 1 to 5 p.m., an opening reception will be held at Artisans at the Dahmen Barn for Roberta Tiemann's exhibit of over 30 original watermedia paintings, many of which have been exhibited nationally. The exhibit will run through August 29 during open hours at the Dahmen Barn. There is no admission charge.

On Saturday, August 11 from 9 a.m. to noon, John Aegerter will lead a group of 2nd through 5th graders in doing self-portraits with Cra-Pas, a chalk crayon, on black construction paper. Materials will be provided; the fee is \$12. Advance registration by August 7 is required. The class is limited to 12 students.

On Saturday, August 11 from 7 to 9 p.m., the local band Uniontown will play a benefit concert at Artisans at the Dahmen Barn. The cost is \$5 at

the door. The band has three members from the Palouse area; they play original "Palouse rock."

On Saturday, August 25th, from 7:30 to 9:30 p.m., the local group Hog Heaven Big Band will play for a swing dance. The cost is \$8 for a couple and \$5 for a single.

Artisans at the Dahmen Barn is located on highway 195 in the big white barn behind the iron wheel fence. Visitors can see artisans at work in their studios and purchase their creations, visit The Shop at the Barn that features work of more than 100 regional artists and craftspeople, learn by signing up for classes, and enjoy regularly scheduled performing arts events. The facility is open Thursday through Sunday from 10 a.m. to 6 p.m. For more information call 509-229-3414 or go to www.ArtisanBarn.org.

New to the Palouse: Eastern Washington Lesbians social group

by Jamie Winterhawke

Iam somewhat of a Portland transplant. After recently returning to the Palouse area, I began searching for members of my community. The lesbian community. Coming from Portland, where activities and groups abound, I hoped to find something going on here, but because I lived in Pullman prior to Portland, I returned knowing the gay community was sparse. However, I was still hopeful and determined. Finding no connection with other lesbians, I formed a group: Eastern Washington Lesbians.

Although our name suggests we are exclusively lesbians, the group is open to all gay, lesbian, bisexual, transgendered, and questioning members of the community as well as their friends and family members. Members are predominantly from the Pullman/Moscow area, but range to other eastern Washington cities as far as Yakima. Our members are women of all walks of life, from students to professionals, whose ages range from 20 to 60.

Currently we communicate through postings and emails. We will be hosting our first formal gathering this fall and we are looking forward to various events throughout the year. A future function of the group will be to act as a clearinghouse for the local GLBTQ community, providing resources on social issues and activities. Our group is member driven, making sure all have a voice in decisionmaking.

As I stated above, I am somewhat of a Portland transplant. I lived in Pullman while studying for my master's of fine arts degree at WSU. I am a working artist who also does pro bono work in the community.

To join EWL, send a brief bio and the reason you want to join to: eastern_wa_lesbians-subscribe@yahoo.com

.....
For further info contact Jamie at winterhawke06@yahoo.com.

Sustainability Review: Dual Flush Toilets

by Mike Forbes, newsletter volunteer

Replacing a toilet in the near future? Want to reduce your water consumption at home in a dramatic way? Well, the dual flush toilet (DFT) is something that is becoming more common in this country and can significantly reduce your water consumption. The basic concept is that there are 2 modes of flushing waste down the toilet, 1 for solid wastes that uses the standard 1.6 gallons per flush and 1 for liquid wastes that typically uses half of the full flush.

The DFT was originally popularized in Australia with it now being required in new homes by code there. With a more universal understanding of water problems in this country it is becoming more common to see this fixture at a plumbing store and for most manufacturers to offer 1 or more models in their product line. Companies such as Caroma, Kohler, Mansfield, Sterling, Toto and others make dual flush toilets that are easy to obtain. For excellent comments and reviews on DF toilets visit www.terrylove.com, I've found this site to be very helpful with real world experiences and a discussion forum.

Let's do a little math to illustrate the water saving potential of these toilets. If you look at statistics the average person in this country flushes the toilet just a little more than 5 times per day (American Water Works Association,

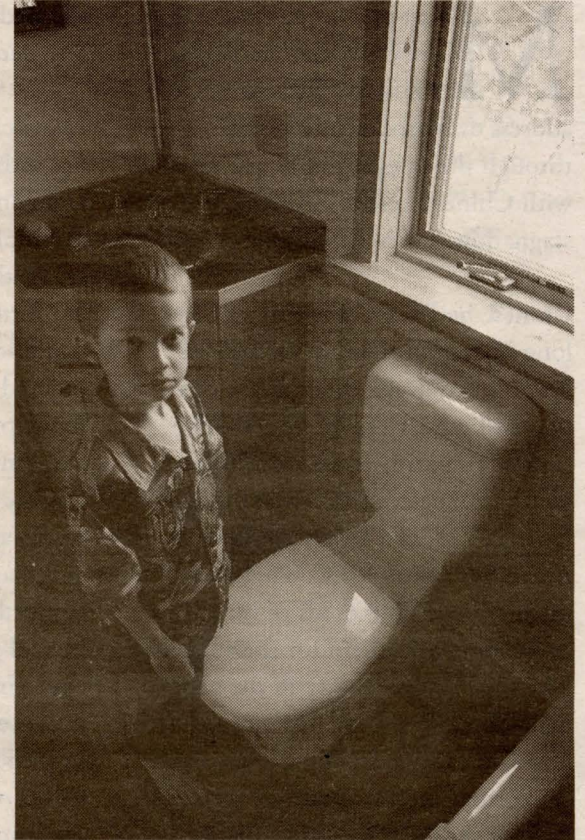
1999). Most houses these days have a toilet that flushes 1.6 gal/flush; that equals 8 gallons per day or 2920 gal/year per person just for toilet flushing. We have had a dual flush toilet in our home for several years now and I am a believer that almost all waste can be flushed with the liquid waste mode (our model and many are .8 gal/flush). Even if we figure on using the full flush once a day and 4 other low flushes that brings the total water use to 4.8 gal/day or 1752 gal/year; a pretty significant savings in water (1168 gal/person). Just imagine the savings if you still had an older toilet that used 3.5 gal or more to flush.

Do these things work and what are the drawbacks? Lets start with a little design discussion. Most toilets these days flush using either a gravity flow method or pressure assist. You'll notice the pressure assist varieties because they sound like a jet taking off when you flush them; I'm not a huge fan of these although they do work well. The gravity flow method utilizes a tank that washes down the bowl through a larger than normal opening in the bottom of the toilet. There is a test method called the Maximum Performance testing (MaP) that uses soybean paste to simulate real world conditions of toilet performance (visit www.cuwcc.org for a detailed description and test results). You'll see there are many DF toilets

that perform well in these tests and do not live up to the negative reputation that many "low flow" toilets have.

Drawbacks: Many of the toilets have a small water surface area since they use less water to flush. Consequently there is less water in the bowl creating a larger potential for "skid marks" to appear in the toilet. I personally haven't felt this to be a problem but something that can occur. We have a Caroma Caravelle 270 and two things come to mind. The seat is a little cheap (it hasn't broke or shown signs of that and for that matter a replacement could be had) but looking at other DF toilets many have conventional seats. Secondly, with the force of the wash-down process we occasionally see some water splashing on the underside of the toilet seat lid.

Where do you buy them? Locally they are available at The Natural Abode and McCoy's Plumbing and the prices vary from approximately \$200-400 depending on the model. This price is very competitive with most quality toilets out there. There are some communities in the country (Seattle and many California cities) that are offering



This dual flush toilet is installed in the Forbes family home.

rebates up to \$200 if you install a DFT. If your local plumbing shop doesn't stock the toilets I'm sure they can special order them because the local area distributors have them available.

Mike is looking forward to leading the Tour of Solar Homes later this fall.

Letter to the Editor

I have heard reports of the continuing success of the Moscow Food Co-op, from friends who are still there. Even though my wife, Judy, and I have not even visited Moscow since 1990, we were active in the Talisman House Co-op that began on Elm St. in 1972. We had rolled into 'Scow as two young hippies with a baby, and a dying VW bus.

I was the Managing Director of Moscow Recycling Center back then, and the staffs of these two community resources put together a "Honey and Granola Co-op" that brought back bulk orders when our recyclable loads were sent to Lewistown and Spokane. I remember the Good Food Store, Jim Eagan, the Basoas, Eileen Jenson, Dave??, Roger Hayes (who I still keep in touch with) and the Mosiers. Although we moved away in 1974, some of our friends kept plugging away at the Co-op. We returned from 1979 to 1983 for grad school, and saw your first storefront Co-op. We shopped there, and some of your organizers supported Moscow Free Transit, which we co-founded. Our son, Tobin, who is now 35, used to ride his bike down to the old market (in the old P.O. lot) to sell surplus produce from our backyard garden on S. Jefferson St.

We moved back to Gettysburg, Pa, where we were co-ordinators of the Adams County Food Co-op, which unfortunately folded during the Reagan Era. We went on to begin Broad Valley Orchard (Certified Naturally Grown), and started the first CSA here. The CSA has spun off a Coffee and Carnivore's (meat, dairy, cheeses, and eggs - from local Amish farmers) Co-op. Now we are trying to get local folks to take a stab at again forming a bulk foods co-op again. "Local foods-Local Economy" is starting to resonate again in these troubled times.

I was wondering if you could send me some advice to pass on to our CSA Core Group, about what it takes to start, and maintain a real co-op? You can reply to me thru this e-mail, or thru our website www.broadvalleyorchard.com. Thank you.

—Thom Marti

PS: Wow, that was really 35 years ago! Where has the time gone?
PPS: I completely agree with you that such an enterprise needs to run like a real business. It is how we have kept a 3-acre farm profitable for 25 years.

August Hot Specials	
Breakfast / Lunch	Dinner
SUNDAY	
Egg and Tofu Scrambles, Bacon & veggie sausage, Homefries	Jambalaya: Chicken or Veggie, cornbread, Mean Greens
MONDAY	
Breakfast: Egg Scramble, Roasted Potatoes. Lunch: Gourmet Pizza by the Slice	Pasta with Cod and Ratatouille
TUESDAY	
Egg Scramble, Bacon. Lunch: Egg rolls, Fried rice, Peking Chicken	BBQ Night: BBQ Chicken, Tempeh Kabobs, Dill Potato Salad
WEDNESDAY	
Tofu Scramble/Potato Latkes Lunch: Spicy Dahl, chicken or Tempeh. Somosas w/Mango Chutney. Brown Rice	Chicken Curry, Pad Thai Noodles, Charred Green Beans
THURSDAY	
Smothered Burritos, Tamales, Gaspacho	Herb baked Salmon, Stuffed Zuchini, Risotto w/ spinach & peas
FRIDAY	
Fresh local berry pancakes, Maple-apple sausage. Lunch: Green curry stir-fry w/	local produce & Rice noodles, Wontons, Sesame snap peas. Dinner: Gourmet Pizza by the slice
SATURDAY	
Breakfast Burritos, roasted potatoes. Green chile sausage. Lunch: Beer battered chicken or tofu, Mixed Local greens,	Deluxe Potato Salad. Dinner: Quesadillas: chicken or veggie, Spanish rice.

Citizen in a Strange Land

by Lisa Cochran

It has been several weeks since our return from our sojourn in France, where my daughter and I have called "home" for the past two years. We lived in small, intimate French villages in the countryside. My daughter attended local schools while I dabbled in various jobs and tried to improve my language skills. There is nothing like a little time away to help give perspective and a fresh look at ourselves, our culture and the various pros and cons of living amongst other peoples and other ways of life.

In some ways I feel as if I have returned to a strange land where things don't make very much sense; sometimes I feel simultaneously homesick for France yet relieved to be back, sometimes both comforted by life here and appalled at what we have come to accept.

I clearly miss the best that France offers: daily sampling any number of the 370 varieties of French cheeses; endless baked goods; a plethora of inexpensive and tantalizing wines; "real" coffee, and the fact that almost everywhere one looks there are architectural sights that could have been cut and pasted right out a travel magazine. Distinctly different cultures and languages are accessible within just a few

hours travel time. Public transportation is efficient and affordable. Voting percentages rank in the eightieth percentile, there are multiple and vibrant political parties and politicians are held accountable for their public life, not their private. People take to the streets to put democracy into action. Separation of church and state is clear and unequivocal. Medical companies and the drug manufacturers do not run the economy; health care and medications are low-cost or free.

Homeopathic treatment is the first and foremost form of healthcare. Sexuality is treated upfront and without shame. Condom machines are conveniently located in public areas and on most beaches, swim attire is optional.

In France, children and families are truly held as precious national assets, not just re-election lip service, and the French government does in fact put their money where their mouth is. Maternity and paternity leave are a given, quality childcare is affordable, and the French take frequent time off from work to be with their families. Social needs rate higher than commerce, beginning with two and a half hour lunches, shorter work weeks and more frequent vacations.

Higher wages for legal employment allow for the dignity of the worker to prevail. Women are frequently in high positions of management and administration. Safety issues are foremost while the individual bears some responsibility to act with prudence. Common sense is demanded and litigation does not dominate personal behavior.

Education is world-class and not something to dally with when government budgets need to be balanced. No Child Left Behind legislation is a baffling to the Europeans as is the often low pay here for nurturing the minds of future citizens. Arts, music and language are as essential abroad as reading, writing and mathematics. While soccer is an obsession in European culture, no one would ever consider cutting back on core educational programs in favor of sports programs.

On the other hand, back home here gas and oil and their by-products are much cheaper (so quit your whining!). Being home means also the comfort of familiarity and much much less frustration. After all, France is world famous for its bureaucratic complexities that drive even the French themselves into confusion. For example, the struggle to obtain and retain a visa was so compli-

"Sometimes I feel homesick for France yet relieved to be back, sometimes both comforted by life here and appalled at what we have come to accept."

cated that most people I knew either quit part way through the process or were too intimidated to try. Most kept their heads ducked just below the radar and hoped for the best.

But despite some of the almost overwhelming challenges, the past two years in France were a chance for us to immerse ourselves into a different way of viewing what we thought we knew about the world beyond our shores. But mostly, I was felt privileged to travel to 8 different countries, meet so many interesting people, and of course, watch my little girl grow in ways that are not possible living in a small town in Idaho. And whether her playmates were British, Dutch, German, Irish, Slavic, Spanish or French, watching them together made the entire journey all the more brilliant and definitely worth the effort.

Lisa Cochran has been an "on and off" resident of Moscow since 1984.



Letter to the Editor

As some of you may have noticed, our July *Community News* featured a Co-op business partner, Ball and Cross Books.

Ball and Cross, behind Bucer's, is owned by Mark Beauchamp, an active member of Christ Church, and a graduate of New Saint Andrew's College.

Ball and Cross features Canon Press published materials and more literature by other far right wing, conservative publishers.

To give you a glimpse, here are a few samples of these published works:

"Sodomites parade in the streets, claiming that if we do not appropriate more money to study why people with foul sexual habits get sick, we are somehow violating their civil rights. Feminists, in rebellion against God, invert the order of the home established by God. They do so in a way that seeks to rob women of their beauty in submission and their security in being loved." (p. 15, *Southern Slavery As It Was* by Doug Wilson and Steve Wilkins, Canon Press 1996)

"Strong families promote happiness and contentment. Happy, contented workers are good workers. Thus, even if a slave owner was not a Christian, there were important reasons to discourage immorality. Marriage was encouraged. Adultery was punished and divorce was discouraged by the whip." (Pp. 33, 34 *Southern Slavery As It Was*)

"Multiculturalism delivers a two-fold insult to American blacks. In the first place they are saddled with a mandatory pride in bogus realities. Advocacy history in its "Afrocentrist" guise says that blacks taught Socrates everything he knew, blacks built the pyramids, etc. Thinking blacks are embarrassed by the whole farce. 'Kwandi Kweebe invented the light bulb. Yeah, right.'" (True Defiance by Doug Wilson, Credenda/Agenda Vol. 9 Issue 1, Canon Press)

"Jesus was not above using ethnic humor to make His point, either. . . It's not right, He says, to give perfectly good white folk food to 'niggers.'" (Pp. 43, 44, *A Serrated Edge* by Doug Wilson, Cannon Press 2003)

"Each individual, like the rest of his fellows, is an enemy of God in his mind by wicked works (Colossians 1:21). We are surrounded by these enemies. We read their literature, hear their conversation, and participate in their community. In effect, the prince of

this world and his servants are taking the offensive against the saints continually." (P. 70 *The Principles of War* by Jim Wilson, Community Christian Ministries, 1964)

"The judge may not acknowledge god's law, and we should seek to replace him with a judge who does." (Courtroom Culture by Gregory C. Dickison, Credenda/Agenda Vol. 14 No. 6, Canon Press)

Ball and Cross books offers 10% off to Co-op members. However, as a Co-op member and as an employee, I'm not likely to take advantage of this discount. I would rather go to Bookpeople of Moscow for books that more reflect my value system, such as *The No-Nonsense Guide to Fair Trade* by David Ransom and *The Better World Shopping Guide* by Ellis Jones. Please don't get me wrong. I, to, value a classic education. That's why I purchased *The Color Purple* by Alice Walker and *The Souls of Black Folk* by W.E.B. Dubois. These books were good deals, and I gladly paid 100% for them.

Selena K. Rosewater

Co-op cashier and member and avid reader.



Letter to the Editor

We recently made a transition from Genesee to a second microfarm location on Lynn St. in Moscow. The Co-op deli staff has been coming once a week for 2 hours to tour and work in the garden. The goal has been to educate the staff about how the vegetable crops used in the kitchen are grown. This has been very helpful to us as well.

The Co-op has done so much to support local growers and we are very grateful. Thank you for this opportunity for us to share our growing philosophy and techniques.

—Betta and Ken Bunzel, Living Soil Microfarms



Bulletin Board

MOSCOW FC
121 East Fifth
Moscow ID 83843

Co-op Events

Art at the Co-op

Friday August 10, 5:30-7pm

Opening reception and meet the artist for co-op cashier Christie Stordahl, who is the co-op's second artist in the Moscow City's annual Artwalk event. The show will be a mixed medium presentation of photography and masks.

Co-op Community Dinner

Wednesday August 15, 6:30pm

Your chefs, James and Ariel Agenbroad, have planned a menu of local foods:

- Cold cucumber soup
- Snap bean salad w/ lemon and cracked pepper vinaigrette
- Homemade breads
- Filet of Eaton's natural beef with basil butter
- Garden pea, feta and fresh herb fritters with roasted cherry tomatoes
- Roasted carrots with tarragon
- Stone fruit galette with sweet cream.

Reservations are required and can be made with any cashier. Tickets for the dinner and complimentary wine tasting are \$28.

Co-op Kids - meet at 9am

Wednesday August 22

Meet at Friendship Square to make recycled-CD garden ornaments and play on the toys. See you there!

Co-op Parking Lot Party!

Saturday August 25, 4-10pm

A mixture of fun, food, music and business and our annual member meeting with updates from the Board and the general manager covering where we've been and what we're doing next.

Kids' stuff includes face painting and magical musical instruments. For music, we've got three bands lined up to play: Finn Riggins, Chubbs Toga, and Charlie Sutton.

We'll also have BBQ delights available, including grilled burgers (and the alternatives) complete with all the fixings, soda, and of course beer as well [for the over 21s].

What's Cookin'? Classes

Sponsored by the Co-op, tickets for fall classes on Health-related food and on ethnic cuisine. For more info, contact Jennifer Whitney, class coordinator:

jenwhitney@gmail.com or ☎ 882-1942.

Live Music, Food, and Fun

Tuesday Night Music Series 5-7pm

incorporating Hot off the Grill BBQ dinner specials and the Tuesday Growers' Market!

- August 7 Paul Smith
- August 14 Vishnu & Bob
- August 21 Natalie Rose
- August 28 Katrina & Brian

Community Events

Artisans at the Dahmen Barn

Saturday August 5, 1 - 5pm

Opening reception for Roberta Tiemann's original watermedia exhibit. The exhibit will run through August 29. No admission charge.

Saturday August 11, 9am - Noon

Kids' Self Portrait Class at the Dahmen Barn 2nd through 5th graders, in Crayon) on black construction paper. Class size limited to 12 students. Registration required by August 10.

Saturday, August 25, 7:30pm

Monthly Swing Dance. The band will play their tunes from the 1940s. Serious dancers, to the dance! Listeners alike are all welcome. \$8 for a couple + \$5 for a drink.

For more information on...

☎ (509) 229-3414 or visit...

Palouse Folklore

Sunday August 19, 7pm

Whiskey Puppy in concert
at The Attic (314 East Second Street, Moscow)
Admission by donation.

Saturday August 25, 7:30pm

Felina in concert
at The Attic (314 East Second Street, Moscow)
Admission by donation.

Saturday, August 18

Contradance
6:30pm potluck under the cottonwoods, 7:30pm for a beginner's lesson, 8-11pm dance.

Find us at the old Blaine School House (take Highway 95 south from Moscow about five miles to Eid Road, just after Milepost marker 340, then east (left) to the crossing of Blaine and Eid Roads.)

\$4 newcomers, \$5 members, \$7 non-members
For more information: www.palousefolklore.org

Moscow Community Writing Workshop

Monday nights from Sept 1

Applications due by September 1. For more info about workshop guidelines, and application for... www.moscow-arts.org or library...

Drinking Libe

Monday nights, 7pm

This group for thirsty left-leaning, m... Coeur d'Alene Brewery on Monday... Contact Sara Anderson at: moscow@drinkingliberally.org

Plaza Concert Series at 1912 Center

Monday August 13, 6:30-8pm

This free concert is the final one of the series and features the 1912 Chamber Food from Peri's Garden is available purchase beginning at 6pm. ☎ (208) 669-2249 or www.1912Center.org

Kids in the Kitchen

Saturday August 18, 3 - 5pm

Multigenerational cooking class here at the 1912 Center, for kids ages 4 to 8 years old. Seniors from the Senior Center will help young budding chefs to cook up a meal to take home for their families to eat for dinner.

This class is hands on and will produce delicious results. Course materials fee is \$10. Register in advance at the HAI office (inside the 1912 Senior Center) or call: ☎ 669-2249.

Vigil for

Moscow: Fridays 5:30

Ongoing since November... Friendship Square. Reservations... and opportunities for activities...
Dean or Gretchen Stewart
☎ 882-7067, spokane@potlatch.com

Pullman: Friday August

Under the clock by the... ☎ 334-4688...com

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



We want to hear from you!

Send us your community... email to events@moscowfoodcoop.org... of the month. For more events & info... www.moscowfoodcoop/event.htm