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Community News

FREE!
PLEASE TAKE ONE

December 2007

The monthly newsletter of
the Moscow Food Co-op



Savor the Season

by Amy Richard, Co-op Kitchen Manager

Happy Holidays! The days are short and dark and cold, but the Co-op is open and warm and bright!! And we're here to help you get through the crazy holiday season. Some of us love it and some of us hate it, but we're all going in, nevertheless. We'll make the best of it together and before you know it, it'll be spring!

This year the Co-op Kitchen is offering some fun and helpful holiday treats. Derek, the Deli Service Manager, is putting together a sandwich tray that'll be perfect to take to the lunchtime office party (throw in a box of fresh brewed coffee to liven things up when liquor is not an option). Aven, the Pastry Manager, will be baking and frosting some delicious desserts for you and your guests to gobble down before dieting season starts. Emily, the Deli Manager, is putting together some party trays like you'll never find at any run o' the mill grocery store. Unique and healthy stuff made fresh for you!

Everyone in the Co-op is really pitching in this year! Brennus, the Meat Manager, can whip you up a standing rib roast that'll really wow your guests (and save you tons of time). Ask him for other unique entrée ideas for your holiday dinner. Scott, the Produce Manager, will be stocking up on as much locally grown produce as he can get. Pumpkins, taters, carrots, beets, cabbage, garlic and recipe ideas for you too!

Need some great gifts for your friends (or yourself)? Joan, the Grocery Manager, has brought in some great gifts for givin' and eatin'—Montana made Bequet caramels, holiday teas, even advent calendars with Divine chocolate. Amy, the Wellness



Illustration by Elizabeth Carney-Sowards.

Manager, has some new fleece outerwear made from recycled pop bottles in Oregon, alpaca scarves and booties, and soy or beeswax candles.

Whatever you need to get through the season, we'll help you find it at the Co-op! Together we'll celebrate our way through the dark winter and make it through into the bright spring!

www.moscowfood.coop

Community News

Published by
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(208) 882-8537

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Writer's guidelines as well as current and archived newsletter articles are available on the Co-op web site: www.moscowfood.coop

For advertising rates and information:

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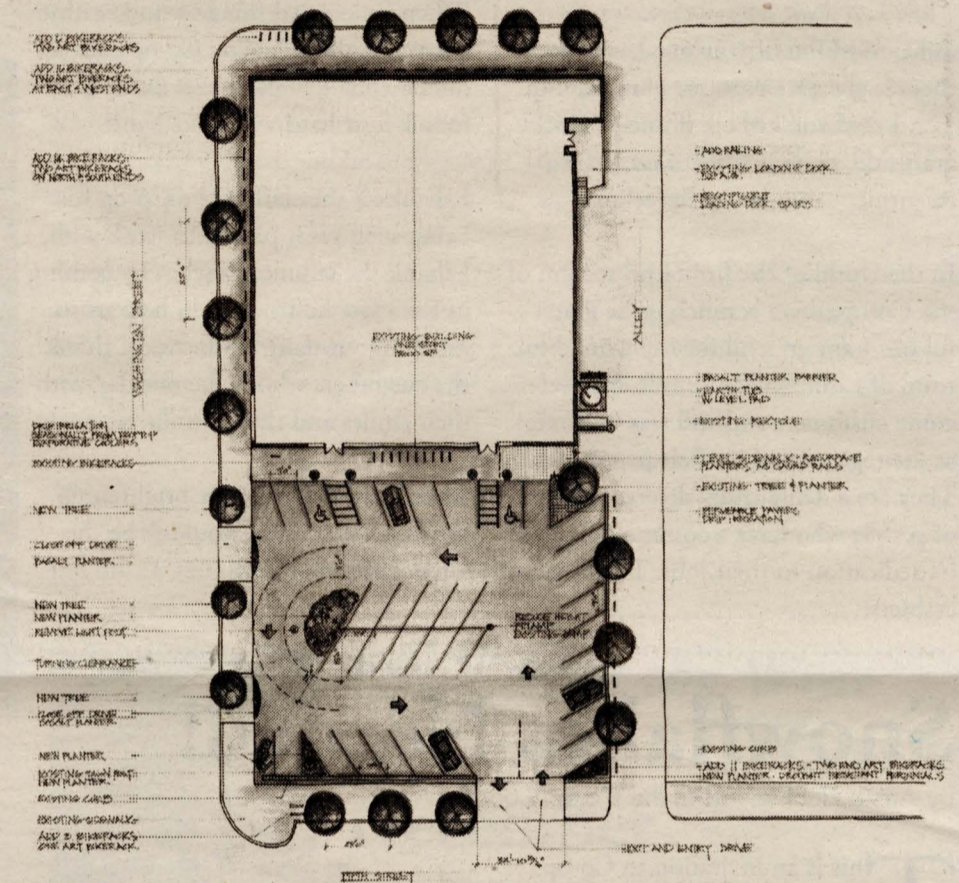
The Co-op Board of Directors monthly meetings are open to members.

Board Report: Changes for Our Front-Yard

by Kathleen Ryan, Co-op Board of Directors

We (the Sustainability committee) have been working on creating a parking lot that is more in keeping with the Co-op philosophy of environmental stewardship, sustainable practices, and providing a friendly gathering place. All of this in a parking lot? Some of you saw the parking lot plan at our Annual Membership meeting in August. The parking lot comprises about half of our site, and is essentially our front yard. And what a yard it is, almost always full of pedestrians, bicycles, vehicles, and movement. Initially we had idealistic plans to remove all the parking directly in front of the store, to create an inviting green social space. Well the realities of how we all use the parking lot have forced us to look for other creative solutions to some of the problems with the parking lot—problems of lots of vehicles moving in, then out onto Washington Street, then back in as we circle the lot looking for a parking spot. We can't lose parking spots to an expansive green space, but we can create a safer, greener lot. On January 1, providing all goes to schedule, the entrance and exit on Washington Street will be closed, and the enter and exit lanes will be on 5th Street. The light pole and large shrub on the Washington Street side of the lot will be removed in order to provide a safe turnaround lane, so we will now enter the parking lot on 5th Street and instead of exiting onto Washington Street loop around the lot. This will provide safer passage for all.

We are phasing the changes to start with closing off the Washington St. access. Eventually we will add two



planter trees similar to the existing planters in downtown Moscow at the driveways and add trees on Washington Street. We have an additional 20 bike racks planned around the store, and locations designated for several planting beds filled with drought-tolerant plants. We are thinking about how to add art to our yard. Should we commission kinetic art for the top of the light pole and more art bike racks? The lot will need paving, and permeable pavers are on our wish list, but they are rather expensive. We'll start small with rerouting for safer passage and phase in more changes as we can afford them.

These changes will take some getting used to, but will provide us all with a

safer, greener front-yard.

If you are interested in working on sustainable issues at the Co-op contact me at kathleenaryan@verizon.net

The next Co-op Board of Directors meeting is scheduled for 6 p.m., Tuesday, December 11 in the Co-op mezzanine. The meeting is open to all; public comment is open from 6 - 6:15p.m. The rest of the agenda is set one week prior to the meeting.

Contact bodfeedback@moscowfood.coop for more information on the BOD meeting.

Board of Directors Election Notice

by Joe Thompson, Co-op Board of Directors

For anyone interested in running for the Co-op Board of Directors, a special orientation meeting will be held 1 p.m., Saturday, December 15, 2007 in the Co-op upstairs meeting room. The focus of this meeting will be to outline the duties and responsibilities of the Board

and to answer any questions you might have regarding your potential role as a board member.

This meeting is considered mandatory for those seeking election to the Co-op Board. If for some reason you cannot make it, please contact me in advance

at josewales@gmail.com or 208-301-8265 and I will arrange another time to meet with you.

Co-Operations



The Front End News

by Annie Hubble, Co-op Front End Manager

I am writing this article as the American holiday of Thanksgiving approaches. When I first arrived in this country, I was a little perturbed by the holiday, not for British patriotic reasons, but because it seemed mainly to involve overeating! But I have come to realise that it is a wonderful opportunity to give thanks for one's blessings.

Whatever kind of year one has had, there is always reason for gratitude. In fact, I read somewhere if one practices gratitude, there is little room left for resentment or other such feelings.

In the world of the front-end section of the Co-op, there is much to be grateful for. I am grateful for my wonderful team of cashiers. They smile and welcome customers and still stay accurate at the register and in their paperwork. They are a delightfully diverse group of people who have a common ground in dedication to their jobs. Thank you cashiers!

I am grateful for my FCs, the affectionate term for my assistants whose full title is floor coordinator. Bob, Elise, and Sarah, with Stacey sometimes subbing, help me in so many ways. They close the store, help with customer service issues, make decisions in the absence of managers, and help me in the evaluation process of cashiers. When we created this position, within a day I stopped getting Co-op calls on my day off! Thank you so much FCs for all your hard work.

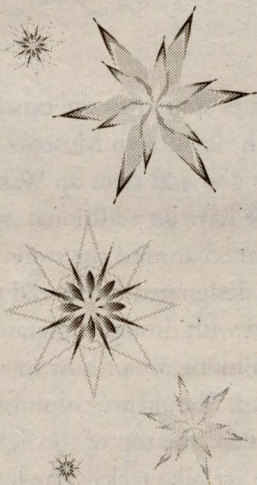
I thank all the staff of the Co-op for being such great people to work with. I thank the volunteers who, by coming in for a few hours a week, help us so much in our daily work. And I thank the customers who make our day with their smiles and thoughtfulness.

Thank you everyone for brightening my day. The Co-op wouldn't be the same without you all!

Snowflakes Needed!

by Annie Hubble, Art at the Co-op Coordinator

This is an invitation to Co-op shoppers of all ages to make paper snowflakes for display in the Co-op during December. Each participant will get a free satsuma, and there will be prizes for the best three snowflakes. Give your snowflake to any cashier, with your name and telephone number written on it, and help make the Co-op even more beautiful during the holiday season!



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, choiram@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.bebbella.com, amamaswork@yahoo.com.

Body Song: Free yoga class or \$10 off first massage, Sara Kate Foster, 106 E. 3rd st, Suite 2A, Moscow 301-0372

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

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: First Initial Consultation Fifty Percent Off, Dr. Tina VonMoltke, PhD, 619 S Washington St. Ste 301, Moscow, 669-0522

The Healing Center: Save \$10 off on first exam or phone consultation, Dr. Denise Moffat, drmfat@NaturalHealthTechniques.com, 413 East 8th St, Moscow, 882-3993

Healing Point Chinese Medicine Clinic: \$10 off initial and second treatments, Lauri McKean, LAc & Meggan Baumgartner, 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

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

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

Andre Masom, Clinical Counselor: Free Wellness evaluation, amasom@hotmail.com, 106 E. 3rd st, Moscow, 882-1289

Mindgardens: Free initial consultation & 10% discount on services, Erik Tamez-Hrabovsky, erik@build-mindgardens.com, 220 NW Tingly St., Pullman, 509-595-4444

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

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

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

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

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

Palouse Discovery Science Center: 10% off on all items in the Curiosity Shop, 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.

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, tyedye@moscow.com, 527 S Main St, Moscow, 883-4779

Whitney & Whitney, LLP: Reduced rate for initial consultations, 604 S Washington St Ste.#1, 882-6872

Wild Women Traders: 10% off clothing and jewelry, 210 S Main St, Moscow, 883-5596



Art at the Co-op: Employee and Volunteer Art Show

by Annie Hubble, Art at the Co-op Coordinator

December's art show opening is from 5:30 – 7 p.m., Friday, December 14 with a showing of works by Co-op employees and volunteers. The show will run until Wednesday January 9. This is the third year we have had this show, now a tradition of the Co-op. It is wonderful

to see how very talented our staff is. So far, our show will include acrylics, screen painting, watercolors, textile printing, and photography, with more entries still to come. Come and meet the many artists—I think this will be a very fun show.



Loreca and Erik Stauber talk with artist-photographer Richard Walker at the opening reception for the show of some of his photographs of Idaho's wilderness and backcountry in the Co-op's deli gallery. His photos will be on display through December 12. Walker has been published in 'Backpacker' and 'Field and Stream'.



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 6 - 8 p.m. The free, live music performances coincide with Tuesday Night Tacos at our hot deli bar; fish, beef, and vegetarian options are available.

Please join us for these December concerts:

☞ **December 4 Jay Glick.** A solo folk singer and guitarist, new to Moscow.

☞ **December 11 Parallax.** Young Moscow duo, cello, piano, and vocals. Cerebral and celestial. Martin (cellist) works in produce dept, has been providing music for Tasteful Thursday events.

☞ **December 18 Brian Gill.** An acoustic singer-songwriter, Brian has performed with Joan Baez, Pete Seeger, and Steve Goodman. He spent many years

performing in Chicago folk music clubs; he now lives in Moscow.

☞ **December 27 (THURSDAY) Christian Smith.** Christian is a long-time cook in the Co-op Deli and runs the grill for the outdoor summer concerts. He's glad to have a chance to be behind the microphone instead of behind the grill.



Meats By Brennus

by Brennus Moody, Co-op Meat Manager

Well, we made it through November; Thanksgiving was hectic and busy, but really went well. I would like to thank my crew: Dutch, Fallon, and Kyle. They made this holiday go smoothly.

December, being the next month on the parade of holidays, means once again that we will be gearing up for your meat needs. We will have both free-range and organic turkeys and turkey breasts. There will be other fowl available, including ducks, geese, and Poussin chickens. I have had requests for pheasant, and am glad to say I have a supplier; so, we will have pheasant out in the freezer. We won't be taking special orders for turkeys; they will be first come, first serve again.

We will be running a standing rib roast special. However, at the time of writing this, I don't know the price of the

roasts. They will be cut and tied as per your request. Be gentle; Kyle still ties his fingers to the roasts; now and again, but he's getting better. I will also be making lamb crown roasts. These will be a special order item, because they are a bit time consuming and I need advanced notice for cutting. Plus, I receive lamb once a week so I will need to preorder the lamb rack. These are from Anderson farms, which is the lamb we carry. So if you need one for a special event, the sooner in December we discuss it, the better.

A few people have asked me about different recipes, many of them were here when I started, and I have brought a few in from my family. If you have something which you would like to see, or have us make, come in and talk to us. I also have quite a few recipes for wild game if you are looking for ideas.



Notes from the Wine Department: Cheers to December

by Josh Rafkind, Co-op Wine Buyer

Whether you look forward to the winter season or not, now and again, we all wish for a St. Bernard loyally in tow with a barrel of your favorite spirits tucked under his chin. While I can't help you with the dog, always adopt from the pound by the way, I can suggest a few libations that, winter lover or not, you will enjoy.

Powder skiers and winter hot spring seekers rejoice—there IS good beer in a can! Worth its weight in your pack; if you haven't tried Oskar Blues Brewery's Old Chub Scottish Ale or Dale's Pale Ale for \$1.35, check out what you have been missing. Brewed in Colorado, both the Pale and the Scottish have plenty of character for beer from a can. My friends and I agree they taste amazing sitting in a hot spring or after a day of skiing powder.

The two wines I hope you'll try this month are Graham's "Six Grapes" Reserve Port for \$13.69 and Camas Prairie Winery Spiced Wine for \$10. Port is a sweet fortified red wine, traditionally from Portugal and often served as a desert wine. It is fortified with the addition of distilled grape spirits in order to boost the alcohol

content. Although this wine is 19.5 percent alcohol, the high alcohol content doesn't interfere with the deep and rich flavors of plum and toasted nut. Regardless of whether you are a long time fan of ports or this is your first time trying port, Graham's is sure to please.

Only to be served warm, my favorite offering from our local winery Camas Prairie is their Spiced Wine. A winter special, this wine is sweetened with the addition of cherry wine and spiced with cinnamon, clove, and allspice. A pot of this on the stove will be a great addition to any party.

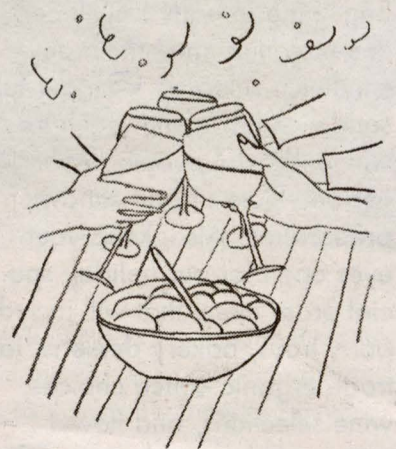


Illustration by Elizabeth Carney-Sowards.



Changes in the Bakery

by Aven Krempel, Co-op Pastry Manager

The bakery has been growing fast and furious in this new store. From 2006 to 2007, the sales grew almost 20 percent. This is great news, we're so glad that members and shoppers love the bread and pastries that we're making. The only trouble is that we have maxed out our current baking methods and systems. Many of you have noticed we are often out of bread by early evening (sometimes three or four o'clock) on most days. We also have a hard time keeping up with desserts on the weekends.

We still have the bakery set up to produce baked goods in much the same way that it was in the old store on

Third Street. We have seen the need for some kind of change coming for a few months now. This fall Amy (the Kitchen Manager) and I went to visit New Pioneer Co-op in Iowa. They have a very successful bakery producing lots of fantastic products and we got a lot of great ideas that we can use to improve our own bakery. You'll notice a lot of changes happening in the next few months.

The biggest change for our staff is that we've hired a new manager! We have split the bakery into two smaller departments: Bread and Pastry. I'll be taking over the Pastry department and Annie Pollard is our new Bread

Manager. Annie has a lot of bread baking experience in a lot of different bakeries. She'll be helping us improve the breads we already make as well as introducing new items.

Starting in early December, in order to make more bread, we'll be baking sandwich loaves in the evening and focusing on artisan bread in the mornings. As customers, the biggest change you'll see is in the way we package the bread. We don't want the loaves baked later in the day to just sit naked in the case overnight getting dried out and stale, so all sandwich loaves will be bagged in the bakery as soon as they are cool. This means the bread will be fresher when

you buy it, and some of it will even be pre-sliced.

In the Pastry department, our biggest change will be how and where we sell our desserts. We'll be offering whole desserts in the deli salad case and slices of desserts will be pre-packaged in the Grab & Go case. We started offering cakes this way before Thanksgiving and the response was very positive.

As always any comments, questions, or concerns that you have are welcome. Let us know which new things you like and which you don't. We're here to make as many people happy as possible.



Buy Local Moscow Open House, Open Late

by Amy Richard, Co-op Kitchen Manager and Buy Local Moscow Representative

The Moscow Food Co-op will be participating big time in the holiday celebration "Downtown Open House, Open Late," the funfest hosted by Buy Local Moscow on Thursday, December 13.

The participating locally-owned, independent, downtown businesses will provide music or other entertainment, and will have samples of food and beverages on hand to share. In addition, Buy Local Moscow member businesses that are not located in downtown will

staff displays in a downtown member store. The merchants will all stay open until 9 p.m.

Our goal is to encourage everyone to come downtown, walk from store to store, and see what the shops are offering to boost everyone's holiday spirit.

Since this Open House, Open Late celebration happens on a Thursday, we will boost our Tasteful Thursday that day into titanic proportions. Expect more samples, more music, and more

fun, from 5 - 9 p.m. on Thursday, December 13.

Then after you stopped by the Co-op, please visit the other unique local shops in downtown Moscow. Expect excitement, music, treats in every shop. Share in the holiday spirit and bring the family for special fun.

Please come to our Downtown Open House, Open Late event and support our community's locally owned, independent businesses.



CELEBRATE MOSCOW
www.buylocalmoscow.org

Co-op Holiday Party Trays

by Derek S. Johnson, Co-op Service Manager

The Moscow Food Co-op will be offering sandwich party trays for your office or business holiday celebration needs beginning in early December. You may mix and match any sandwich selection from our full sandwich bar menu. Each tray will feed 6-12 people depending on whole or half sandwich preparation. Also, keep your eyes open for our holiday special order menu that will include party trays, bakery desserts, fair trade organic coffee choices, wine selections, and flower arrangements and hostess gifts

to supplement your year-end festivities. Please call the Co-op at 882-8537 and ask for the deli counter to order your party trays and come on in to pick up one of the holiday special order menu at the deli counter.

Season's Greetings, Derek

Newsletter Illustrator and Writer Needed

by Bill London, Volunteer Editor

Elizabeth Sowards has provided us with the illustrations that have graced the newsletter covers, and many other articles on inside pages, for almost two years. Our thanks to her for a job well done.

Elizabeth completes her illustrator work with this issue. She is ready to take on other Co-op volunteer work, and so we are in need of an illustrator.

Do you like to draw? Can you provide compelling illustrations of Co-op events and topics for use in the newsletter? Can you create specific illustrations

on a very tight time schedule?

Also, we need a new writer. Katy Farrell's staff profile this month is her last as well. We need a talented volunteer who wants to write a monthly profile and provide the photo as well.

Both the illustrator and writer/photographer receive an 18 percent working volunteer discount.

If you are interested in either position, please email london@moscow.com



The Earth Tub Has Landed

by Nora Locken, Co-op Composting Champion

7 November 2007, 12:29 PM: My telephone rings, I answer. Kenna Eaton, the Moscow Food Co-op

There were cheers, photographs and congratulations, all this elation in the name of organic matter.



With the Earth Tub, we will turn all the Co-op's kitchen scraps, spilled food, and plate scrapings into soil-enhancing compost—and save landfill space at the same time.

The road to composting at the new

General Manager, is on the line. She tells me of the Earth Tub arrival. After much anticipation, the Co-op's mass composter is here!! Kenna informs me that the truck driver is anxious to have this 750-pound tub unloaded from his truck so he can continue with other deliveries.

Co-op location has been a long one and we are not quite there yet. In the summer of 2006, the Moscow Food

She asks, "Nora, can you go rent a forklift?"

I reply, "Yes, right away."

Kenna hesitantly asks, "Do you know how to drive a forklift?"

I hesitantly reply, "No, but I'm sure I can figure it out, and just to be safe I'll bring my friend Mark." I had Mark in mind since he is an experienced forklift driver. Within 30 minutes, we were in the alley placing the Earth Tub on its beautifully constructed gravel pad. A crowd had gathered on the Co-op loading dock, the excitement was so thick you could have cut it with a knife.



Co-op in conjunction with PCEI (Palouse Clearwater Environmental Institute) and the Moscow Recycling Center, wrote a grant to the EPA (Environmental Protection Agency).



Scott Metzger, produce manager; Kenna S. Eaton, GM; Mark Jacobs, Fork Lift Driver; Nora Locken, compost co-ordinator
Katy Farrell, Baker

many phone conversations ensued with the Earth Tub manufacturer Green Mountain Technologies.

We ordered the Earth Tub and it was assembled and shipped from Port Townsend, Washington.

Before we can begin depositing food waste into the Earth Tub, we must have an electrician hook up a mechanical auger that will turn the compost. Our hope is to have everything up and running by the time you read this report. The next step will be to figure out a way to pay for the electrical and construction upgrades necessary to make this giant composter work.

The grant requested funds to set up a demonstration-composting system at the Co-op using the Earth Tub. This spring the grant came through and planning began.



In June, I was asked to be the "Co-op Compost Champion." My mission is to oversee the planning and functioning of the Earth Tub. There were necessary approvals needed from the City of Moscow, information was gathered on how to balance carbon and nitrogen on such a large scale,

I look forward to monitoring the progress of our first batch of compost and hope to share the composting fever with you.



Co-Operations



The Grocery Zone

by Joan McDougall, Co-op Grocery Manager

At this time of year, when the earth is sleeping, we take refuge in the warmth of our homes and feast on foods that bring us comfort. Often these are foods from our childhood, foods from the family and religious traditions we were raised with, foods we associate with support and acceptance. Feeding ourselves and others can be an act of love and encouragement. It is powerful. Although I no longer eat many foods of my youth, I have happy memories of adult relatives preparing them, especially layering the rainbow Jell-O, and stirring the gravy to smoothness. I continue to mash potatoes the way my mom showed me. Over the years, people have tried to change my style, but I continue to use Mom's Approved Method. It's a tradition, a ritual that connects me to her although she is 2000 miles away geographically.

What would it be like if we could be aware of the traditions that we are passing along to those we share meals with? Are we making happy memories? It is such a simple question, but an amaz-

ingly powerful one. To consistently act with the intention of making happy memories changes our perceptions.

One reason I ask you to be aware of your influence comes out of my recent reading of *Fast Food Nation*. Eric Schlosser described the fast food industry's goal to create happy memories of their restaurant experience so they will have customers for life. McDonald's strives to make the customer feel that McDonald's "cares about me" and "knows about me." They want to be your 'Trusted Friend,' "a phrase that captures all the goodwill and the unique emotional connection customers have with the McDonald's experience." Ronald McDonald is readily identified by 96 percent of American schoolchildren, and children in China like Uncle McDonald because he is "funny, gentle, kind, and...he understood children's hearts."

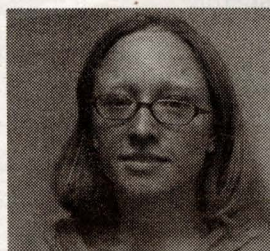
To market so strongly to children who have not developed discernment struck me as diabolical. Luring them with toys and games while feeding them fatty

foods that are less than optimal for health can put parents in a bind. The industry strives to convince parents to abdicate responsibility for their family's health. But the fast food industry is not feeding us with goodwill, they are greedily luring us to be their customers for life in order to perpetuate their empires. McDonald's is the largest owner of retail property in the world, yet they want more. Although they have huge resources, they don't invest in their employees, nor do they educate their customers. The fast food industry is based on expendable unskilled workers. Their business practices are constantly in question from procuring to slaughtering to marketing.

We rarely know the influence we have on one another. Taking responsibility for feeding ourselves good food made with love and gratitude would be a good model to pass along to those we take meals with instead of running down the street to pick up something to fill our stomachs, then eating it at lightning speed. Sharing the process of preparing food can be intimate and

"The fast food industry is not feeding us with goodwill, they are greedily luring us to be their customers for life in order to perpetuate their empires. McDonald's is the largest owner of retail property in the world, yet they want more."

affirming in addition to educational. The results aren't nearly as important as the process. Some of the best holiday stories come from culinary disasters. If you already have meal preparation rituals in place, I commend you. If not, why not begin? Start with baby steps. Instead of buying a can of pumpkin, buy a pumpkin and extract the pulp yourself. Get some cookbooks at the library and try something new. Remember that the process is much more meaningful than the result. Create some happy memories together! Bon appetit!



Recipe Contest Update

by Aven Krempel, Co-op Pastry Manager

A very big "Thank You" to everyone who submitted a recipe for the Pretty Darn Gluten-Free recipe contest. We received 15 recipes from 10 gluten-free cooks. The pastry bakers sat down together and picked out recipes that we think sound yummy and have potential as items we could sell here at the Co-op. We will be test baking about half of the recipes submitted during the next few weeks (end of

November, beginning of December). We will be selling and sampling the best of the tested recipes during December to get some customer feedback. We expect to end up with two-to-four items that we will keep as part of our Pretty Darn Gluten Free line-up. Contest winners will be contacted when we reach a decision and announced in the January newsletter.

Newsletter Writers Shifting

by Bill London, Newsletter Volunteer

Sarah McCord has accepted a job in Boston. Good news for Sarah, bad news for us. Sarah has been responsible for the great volunteer profiles we've enjoyed for the last few years. The profile she wrote for this December newsletter will be her last one. We thank Sarah for her good work.

To replace Sarah, Joshua Cilley will begin writing volunteer profiles in the January issue. For several years he has

profiled the Co-op's business partners.

Again, thanks to Sarah, and thanks to Josh for sliding into this opening.

Bill London edits this newsletter, and reminds all readers that with this issue the newsletter begins its 24th year of publication

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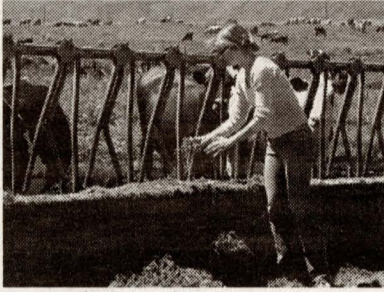
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Our Family of Organic Milks: Straus Family Creamery

by Peg Kingery, Co-op Chill and Frozen Buyer

Of all the dairy foods I buy for the Co-op, the residents in the milk cooler are the ones that give me the greatest pleasure. I'm tickled to be able to offer organic milks from companies that I really, REALLY admire. Consumer demand for organic milk is booming. Over a dozen companies produce it, but few have the values we buyers look for in the products on the Co-op's shelves. Our dairy milk and cream come from Straus Family Creamery, Wilcox Family Farms, and Organic Valley Family of Farms. In this article, I'd like to introduce you to the amazing folks at Straus Family Creamery. Look for future articles on Wilcox and Organic Valley.



of San Francisco. In 1993, it became the first organic dairy in the western United States. While most of their milk comes from their own cows, they occasionally use milk from their neighbors'

organic dairies—their "extended family."

According to their web site (www.strausfamilycreamery.com) Straus is committed to: producing milk and dairy products that are organic and healthful for everyone; and developing sustainable, environmentally sound practices in farming, food processing, and rural community planning. Straus is the only California milk producer that runs both an organic dairy and an organic creamery. All of their products are pasteurized at 170° for 19 seconds, which keeps the natural flavors of the milk intact.

The 270 Straus cows are fed an organic diet of grass, silage, grains, and hay; they graze on pasture from spring until fall. The cows are milked three times daily (instead of the usual two), which reduces stress and increases production. They are never given hormones or antibiotics. Straus maintains a "closed

herd," which means they do not bring cows from other farms to their farm. Bringing new cows into the herd (as most conventional dairies do) raises the risk of introducing disease, viruses, and infections – problems Straus wants to guard against.

Straus never uses pesticides or chemical fertilizers on their fields. They practice water conservation, recycle whenever possible, and avoid using environmentally detrimental chemicals. They recently began powering their dairy with the methane captured from manure. Manure not only provides electricity and heats thousands of gallons of water on their farm, it also fertilizes their pastures. The family drives an electric car – powered by the electricity produced by their cow manure! They use hydrogen peroxide as their cleaning agent, which breaks down into water, instead of chlorine bleach. They even use bug zappers in their pastures for insect control!

All of Straus' products are certified kosher and gluten free. They carry USDA organic certification and are third-party certified by Quality Assurance International and Marin Organic Certification Agency.

In addition to milk products in glass

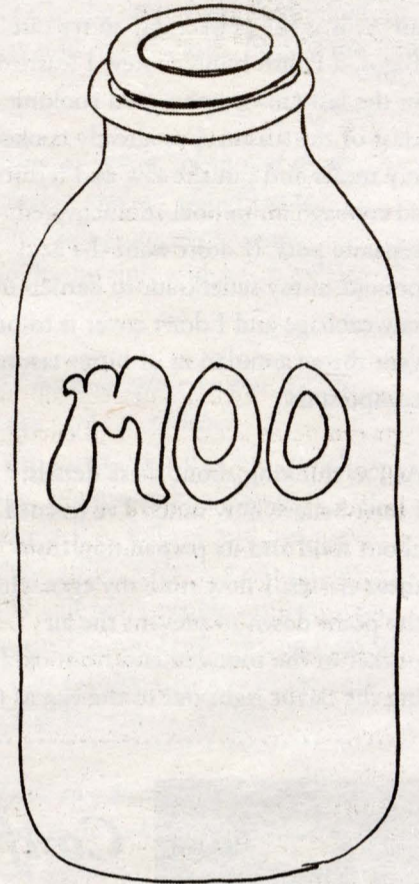


Illustration by Elizabeth Carney-Sowards.

bottles, the Co-op also carries Straus ice cream (the vanilla is to die for!), yogurt in quart-sized containers, and European-style butter. Just in for the holidays is eggnog in glass bottles—what could be more festive!

Our Website Makeover: www.moscowfood.coop

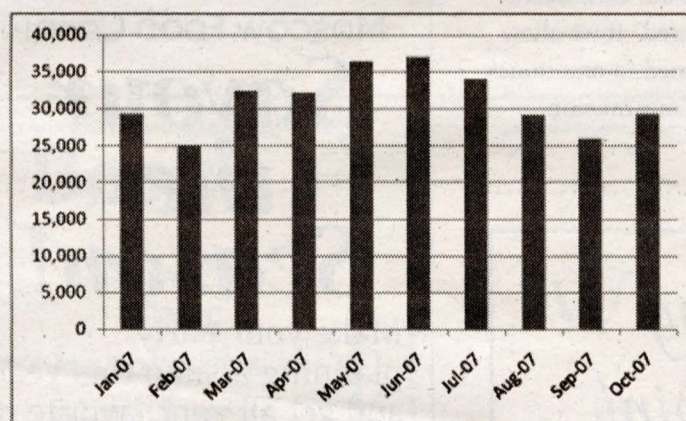
by Lisa Jennings, Co-op Webmaster Volunteer

Hi, I'm Lisa Jennings, your new volunteer Co-op webmaster! Have you visited our website recently? It just received a fresh, new look. Most websites emphasize commerce; ours emphasizes community. The Co-op website features great articles, an events calendar, hot deli specials, a PLU search (for those mysterious bulk food items), and information about Co-op membership and benefits.

Our new website is driven by a powerful, award winning, open-source content management system. This means the articles, events, and pictures can be easily updated by anyone with an online computer, without ever touching a line of code. Best of all, this content management system is free to use, forever!

The positive vibe of our Co-op website extends far beyond the Palouse. In October alone, we had visitors from

Unique Visitors in 2007 (as of October 31, 2007)



over 50 countries, with the highest number of foreign visitors hailing from China and Canada. Most of these visitors find our articles in a search engine such as Google, Yahoo, or AskJeeves. We average around 30,000 unique visitors per month. It's amazing to think our articles are enjoyed by so many people around the world.

Bob Hoffman lovingly nurtured our

great website for the last 10 years, and now he has passed the torch to me. With pride and enthusiasm, I assume the duties of the Co-op volunteer webmaster. Email me anytime at webmaster@moscowfood.coop with corrections, suggestions and great ideas for your Moscow Food Co-op website.

Lisa will be enjoying white sand beaches, scuba diving and fresh coconut curries during her trip to Thailand in January.

Top 10 Articles in 2007 (as of October 31, 2007)

Article Name	Number of views
Vinegar Kills Weeds	56,833
Sweet Peas and Sage	23,390
The Garlic Scape – Eat it or Wear it	13,976
The Great Garlic Scape	7,787
Vegan Bites: Think Green	7,168
The Slender Sardine	6,621
Avocados	6,041
MSG: For you and Me?	5,772
Beets	5,112
Growing Herbs for Great Teas	5,065

What's Cookin'! Classes Hibernate Until Spring

by Jennifer Whitney, Class Coordinator

There is snow on the ground, a fire by my feet, and the smells of allspice and bay leaves in the air ... it is the perfect day to try out Bigos, a Polish hunter's stew I learned in the last Co-op sponsored cooking class of the season. I've already cooked my meats and put the raw and fermented cabbage on to boil, in uncovered separate pots. (I don't want the acid present in my sauerkraut to harden my raw cabbage and I don't cover it to prevent the accumulation of bitter tasting compounds.)

As I'm thinking about these details, I can't believe how much I've learned about food and its preparation from these classes. I now store my eggs with the point down to prevent the air pocket in the rounded end from oxidizing the flavor right out of the egg as the

air seeks to rise to the top. I know that teff is an ancient Ethiopian grain that is grown right here in Idaho with a rich nutty flavor and high nutrition value that gives gluten free flours a golden-brown, fresh-baked look. I also know how to make Ecuadorian "cornbread"—from fresh corn, no flour needed! My cabbages are soft, so it's time to combine them with my meat and add some Porcini mushrooms; I'll stoke the fire while I'm up, too.

I have been surprised at the overwhelming positive responses I receive about our classes. Participants love the knowledgeable instructors that live the lifestyle they are teaching, the hands-on approach, the "window" into another culture, the adaptation of the class to various allergies, the wonderful recipes, and the informal community atmo-

sphere that facilitates questions and answers as the class progresses.

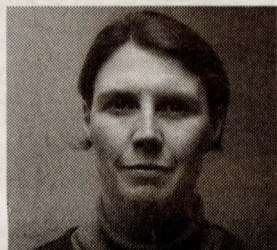
As I start the bacon, adding minced onions to soak up the flavorful grease, I am starting to recognize how valuable these classes are, so a big "Thank You" goes out to our Co-op staff that work hard to make each class smooth and successful, our teachers who put their hearts in their recipes and lessons, and to our participants who ask questions, share tips, tell stories and get their hands "dirty" creating tasty works of art that feed our souls as well as our bodies.

Bacon and onions go into the pot and I add my last ingredient: dried plums; the sweetness really brings out the other flavors. I am excited to learn what techniques and flavor combinations

other cultures use in our spring series, when we continue the ethnic classes. I especially hope to offer Thai, Indian, Korean, and Japanese sushi. If you know any good foreign chefs in your neck of the woods, you might see if they'd be willing to share their expertise with our Co-op community.

Now that my Bigos has simmered to perfection, I'll enjoy a warm meal in front of the fire and dream up tasty new endeavors come spring. Won't you join me?

Jennifer Whitney is a sociology major and can't help but wonder what we say about our culture with the foods we eat and the way we prepare them. She can be contacted at jenwhitney@gmail.com or 882-1942.



Confronted on Both Sides: A Discussion of Response to Hostility and a Remembrance of Why We Love Our Co-op

by Candace Magnuson, Human Resources Supervisor

By choosing to work and shop in the Co-op we've decided to place ourselves in a position outside the mainstream of thinking, speaking, and practice. By being open and responsive to employees, members, and the community, the Co-op is uniquely vulnerable to attack from within as well as from without.

The Co-op is founded on the belief that through education we empower ourselves, and those around us, to make choices that support the healing of the earth and the advancement of all humankind.

This means we have differing opinions,

but all opinions are given respect and given with respect. We remain focused on supporting the greater good of the Co-op and the community.

Peace comes through understanding, which is built with education. Ultimately, we can only change the world by changing ourselves. As Gandhi said, "We must be the change we wish to see in the world." If we fight hate with hate, the only result can be more hate. The greatest battle we face is for peace in our own hearts. We can only be "defeated" if we allow ourselves to be fractioned in emotional argument, sabotaging our mission.

Communication is a challenge, even in the best circumstances. It is easy to fall into misunderstanding and unintentional harm. It is unavoidable that we will make "mistakes," life is a series of lessons. The best we can do is to strive to learn.

We must constantly evaluate our intentions, and always remember why we love our co-op. Let's keep in mind

the question of where we would work and shop if the Co-op wasn't here. To whom would we turn to provide the organic, local, environmentally friendly, and fairly traded products we all love? Who else would actually listen to our comments, complaints, and suggestions, and then respond to them and allow them to influence the creation of policy?

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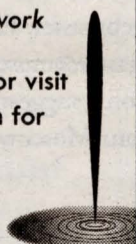
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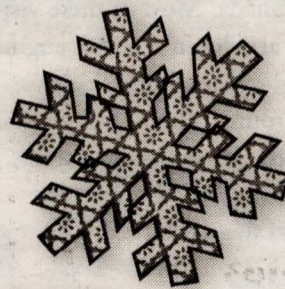
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From the Suggestion Box

Please re-carry the Follow Your Heart Low-Fat Ranch salad dressing. It is my favorite salad dressing and the Moscow Food Co-op was the only place on the Palouse that carried it.

Not a problem—look for it soon. — Peg, Chill/
Frozen Buyer

The planters with fall colors look very appealing.

Thank you for noticing and taking the time to let us know. We appreciate it.

What kind of excuse is sustainable using chemicals [sic] to grow produce on ground that probably should not be tilled in the first place [steep, no humus in soil to hold water]. It may be sustainable but no different than conventional. I vote no for Shepherds Grain - a member

Recently we had the opportunity to talk some more with Fred Jennings from Shepherds Grain about the difference between organic and no-till-drill and why he's chosen the later. As Fred spoke about his family farm, his passion for protecting the soil for future generations became apparent. In his opinion "growing" the soil is better than letting it all wash or blow away. In fact, he is very proud that since he began using no-till-drill his soil has grown a 4-inch layer of humus that even includes worms! So then the issue really becomes weed control; all organic large-scale wheat production requires tilling to keep the weeds down, no-till-drill uses herbicides.

So tough choices for our local wheat farmers: grow the soil and use some chemicals? Or go organic and lose the soil? Let's hope the folks at our local land grant university can come up with a third alternative someday soon. — Kenna, General Manager

Carrying Argentinean asparagus bothers me.

What is it that is bothering you...Taste? Environmental concerns? Importation? Growing conditions? Bananas come from Central America, ginger is from Brazil, avocados are from Mexico, olive oil is from Spain. All chocolate and coffee are grown in the tropics. We stock wines from

Argentina. The list goes on. I would be glad to address your concern if you would be more specific. Thanks. — Scott, Produce Manager

Please carry Tillamook cheese - they are great and don't cost that much.

If you would carry Tillamook cheese I wouldn't have to ride all the way to Winco. It's non-BGH, rennetless cheese and from a Co-op of grass-fed happy cows!

Unfortunately Tillamook cheese isn't available from our distributor. I'm sorry. — Peg

Would you start stocking cloth diapers? Pocket style please...

It is in the works! — Amy, Wellness Manager

I think the Co-op should have a café at the UI [University of Idaho] Commons food court. I hear the students bemoan the lack of healthy choices. I bet it would go over big! - A member

Thanks for suggestion, in fact we heard it quite a few times during our strategic planning process (which is still going on BTW), however at this point in time we've got our hands full just running this one. — Kenna

When it's time to re-do the parking lot please consider putting in natural pavement with pebbles etc. in place of asphalt- a member

Thanks for this lovely suggestion, one we agree with. Unfortunately, at this point in time the cost of permeable paving is prohibitive. For more information on our upcoming parking lot changes read the article in this month's newsletter. — Kenna

Please be sure all produce is priced near the item. Today I could not find prices for green onions or kiwi berries so did not buy them. Thank you.

I'm sorry you could not find prices for produce. We often change signage three times a week and sometimes a few get overlooked. We will strive to be more thorough. — Scott

I love the Kona brand beer...specifically the Pipeline made with kona coffee. If you get more in I'll buy more!

It's back and will be in the store until the limited release offering has sold out. — Josh, Beer/Wine Buyer

Is there such a thing as "good" chemical dryer sheets to soften clothes and get rid of static?

You can order dryer balls from www.Gaiam.com. They reduce drying time and soften fabric. Thanks. — Amy

The Co-op should have wireless and/or a computer for use in the café- a member

I have answered this question before but somehow it keeps resurfacing. We made the decision not to have wireless in our deli so folks would not move in and use it as their office. This way our tables open up frequently and more people can enjoy eating and talking at the Co-op. There are some great cafes in Moscow that provide that service, so we suggest you use them instead. — Kenna

I would like to have two items available (1) achiote, a Mexican spice cake and (2) fresh wasabi root. The fresh wasabi is northwest grown and is 1000 times better than anything else you have ever had.

I will look for the wasabi root and order it when available. We will look into the spice cake also. — Scott

Request Cold Nose from Laughing Dog Brewery, Sandpoint ID.

That label was just released on October 30 and should be in the store the first of November and through the end of the month. — Josh

The paging system is really loud! - Not a member I AGREE!!! But it is loud for a reason. We are paging staff that frequently are very involved in their work or are in some deep dark recess of the Co-op and we need them to be able to hear those pages. — Kenna

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Volunteer Profile: Kimberly Hoppus

by Sarah McCord, Newsletter Volunteer

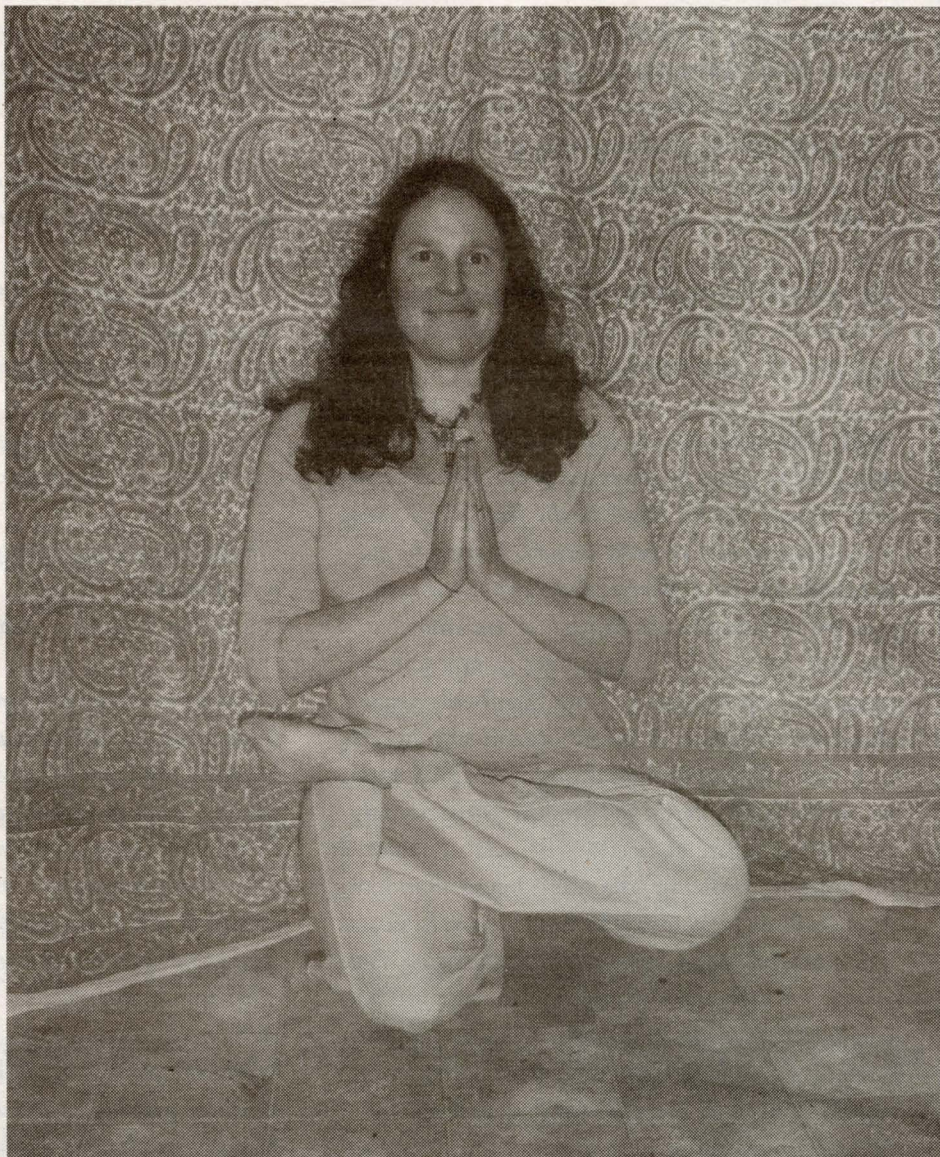
It's pouring rain the morning I'm supposed to meet Kimberly Hoppus at the Co-op. Moments before I leave home, several things happen all at once and I end up calling her to see if we can delay our meeting. "No problem," she assures me, "I'll see you when you get there." I'm grateful for her flexibility. As it happens, her 7-week-old son Milo decided he was hungry right about the time we were supposed to have met, so when they both arrive at the Co-op he's cheerful and full-tummy sleepy. And did I mention adorable? Milo is seriously adorable. I fall into the baby vortex instantly ("Oh! Look at his sweet little fingers!"), especially because he sports a precious little white hat which is perched on his head like a toque. "We call that his chef hat," Kimberly laughs, "and ask him if he's making up recipes." Right before Milo dozes off it does look as though he's deep in thought!

It turns out that flexibility is very much a part of who Kimberly is. She's lived in "twelve, or maybe fourteen" states, and her passion is Bikram yoga. Bikram yoga is made up of 26 postures, and the sessions are held in a 105-110 degrees Fahrenheit room. "It's life-changing. I was living in Portland in 2001, working as a scientist, and within a week two women asked me if I had tried Bikram yoga. I took my first class and had an overwhelming 'Eureka!' feeling." After a year of regular practice, she learned that a nine-week Bikram teacher training session was to be held on the West Coast. "My boss said 'OK', and I went." After the training, Kimberly learned that Portland had

too many Bikram-certified teachers, so she decided to move to San Diego. It was there she met Ben. She flashes huge smile and says, "Life's wonderful that way!"

Before they arrived in Moscow in August, Kimberly wrote to Annie Hubble asking if there were any volunteer positions

available at the Co-op. "Annie told me that I should let her know when we arrived. When I did, there were two positions open—deli server and dessert baker. I'm gregarious and extroverted, and I've worked in Co-ops before, so I knew I could do deli server, but I do like to bake." So, in October, not long after Milo's arrival, Kimberly began making desserts in the bakery. While



Kimberly Hoppus demonstrates the toe-stand pose.

she doesn't yet have a favorite, tiramisu is the "most exciting" dessert she's made so far—"coffee, brandy, and ladyfingers—it came out really beautiful!" She's a stay-at-home mom, and so volunteering at the Co-op means not only making delicious goodies and getting a discount, it also means that "once a week for three hours, I leave the house and forget about spit-up and poop!"

While Kimberly volunteers, Ben gets one-on-one Daddy-time with Milo. Before they moved to Moscow, Ben and Kimberly lived in Missoula and several other places in the West. In addition to taking courses prior to beginning graduate school, he also fought forest fires. Ben is now a graduate student in forestry at the University of Idaho (UI), and Moscow is a familiar locale. "Ben's dad also went to grad school at the UI in the early '80s, and his mom shopped at the Co-op. They will be here at Christmas and they'll get to see the new Co-op!" Kimberly tells me that sometimes, all of a sudden, Ben will realize he's been to a place in Moscow before. "It happened with the book sale at the VFW recently. We walked in and he realized, 'This is where my older brother had Cub Scouts!'"

Kimberly likes to travel, read "escapist books," and paint, though many of these pastimes have taken a back seat

since Milo joined the family. Some of her art will be on display at the Co-op in December, and travel is still part of her life. "Milo's a really good traveler. We went to Missoula, just the two of us, and he slept in the car." When the weather warms up in the spring, she and Ben plan to take Milo backpacking, fishing, and camping. Eventually, they'd like to live somewhere where Ben can work, perhaps for the Forest Service, and where Kimberly can once again have her own Bikram yoga studio. I'm sure, though, that the rest is flexible!

Sarah McCord lives and works in Pullman. Next month, she'll be living and working in Boston. Au revoir!

"It turns out that flexibility is very much a part of who Kimberly is. She's lived in "twelve, or maybe fourteen" states, and her passion is Bikram yoga."

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Staff Profile: Mark Jacobs

by Katy Farrell, Newsletter Volunteer

One unique feature of working at the Co-op is the flexibility of staff and management. Mark Jacobs has definitely benefitted from this. His employment with the Co-op has really centered around utilizing not only his strengths, but also his interests.

Mark began working at the Co-op in March of this year. As a morning pastry baker, he happily crafted sweet rolls, muffins, scones, and all sorts of treats for Co-op shoppers. When an opportunity to work for the Forest Service arose though, he gladly traded in his early mornings for time among the trees.

May 15 he left for five months in the Frank Church Wilderness of No Return, to work as a Wilderness Ranger. While stationed about 25 miles from the nearest road, he enjoyed the things not commonly experienced by individuals. At night he would fall asleep to a chorus of wolves, under a full sky brightened with stars and the moon. During the day he, with volunteers, would clear and repair hiking and horse trails.

Now finished for the season, Mark returned to the Co-op to substitute in the bakery and help with the Earth Tub. His knowledge regarding composting comes from Sassafras Farm in southeastern Ohio, a small family farm run by a couple committed to organic agriculture. Mark worked there while attending Hocking College, where he earned an Associate's Degree in Eco-Tourism and Adventure Travel. Through Hocking, a sister school to the University of Idaho, Mark first heard of Moscow.

Mark's decision to move to Moscow was made in December of 2006, when he and his girlfriend were looking for new adventures away from their home state of Ohio. When deciding where to move, the choices were narrowed down to Montpelier, Vermont, Elkins, West Virginia, Bishop, California, and Moscow. Moscow seemed to possess the most

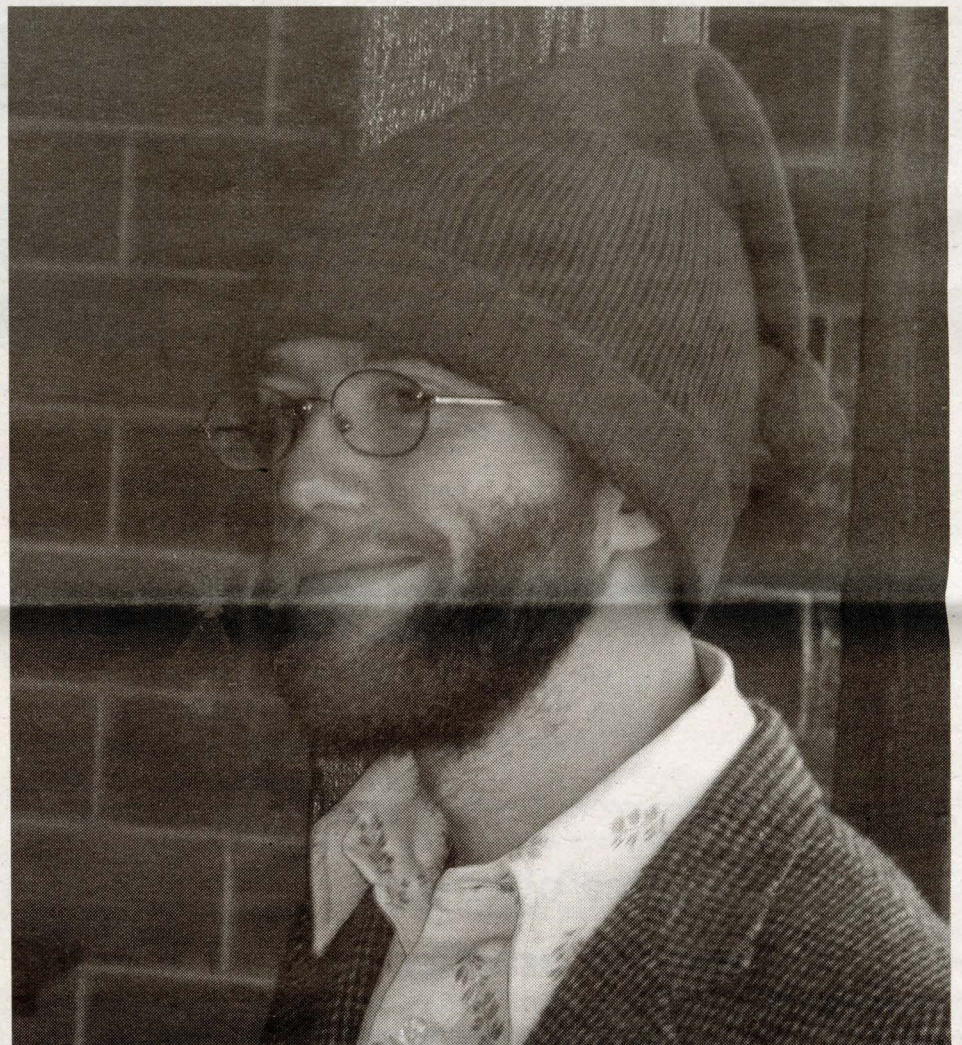
sought after qualities.

And he is happy with the choice. Pleasantly surprised by an active community, outdoor opportunities, the ability to walk everywhere one might need to go, and the thriving local food market, Mark enjoys living in the town. However, he is not ready to settle down just yet.

Though he has no definite plans, his prospects for the future are bright. There are definitely more places to

explore, everywhere from Alaska to the Bahamas, where he studied during college. Mark also hopes to do more long distance hiking, perhaps adding the Continental Divide Trail to his list of experiences on the Appalachian and Pacific Crest Trails. Overall though, he would be happy to work outdoors, perhaps farming, and enjoy his days with his new wife.

Katy Farrell is finishing this article from her mother's study, overlooking the just changing fall leaves in Ohio.



Mark Jacobs happily reflects on the delivery of the new Earth Tub.

“While stationed about 25 miles from the nearest road, he enjoyed the things not commonly experienced by individuals. At night he would fall asleep to a chorus of wolves, under a full sky brightened with stars and the moon.”



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Business Member Profile: Masom Counseling and Consulting

by Joshua Cilley, Newsletter Volunteer

Andrea Masom would rather have been listening to me talk. As a counselor, that's what she does. As the subject of an interview, that's not very productive. I'm glad she was so adaptable.

Andrea grew up on Long Island. When she finished high school, she wanted to get away from all the development, so after some time traveling, she moved to Rural Pennsylvania where she would stay for 12 years. Her first job was flipping burgers at Grant's Department Store. When the store closed, Andrea went to the unemployment office, and a counselor suggested that she get a job working with runaway youths. She took a position with the juvenile court and ran social rehabilitation and day treatment programs. Understandably, this is a job with an unsettling success rate. Burnout is common, and after a few years, Andrea decided to go back to school. She earned Bachelor's degrees in English and sociology at Susquehanna



Andrea getting ready to have lunch on a busy day at the Co-op

“Andrea opened a private practice in Moscow and was licensed as a professional counselor in 1994. She now sees a wide variety of clients. Anyone can approach her for help, and she applies a sliding scale for fees.”

University in Pennsylvania, and then her Master's in education in counseling at the University of Idaho. When I asked Andrea why she decided to stay in the area, she laughed and said, “I was just out of grad school. I was broke.” (Because I'm only a few months away from defend-

ing my own master's thesis, I cringed a bit, on the inside.) “No, I love the area,” she said. “I own a house outside of Moscow. I like the commute and being separated from town. I enjoy that space.”

Out of graduate school, Andrea was a

career counselor in a few local schools. She still holds that position part-time in Potlatch and Lapwai, but after a while she wanted to expand her work. She opened a private practice in Moscow and was licensed as a professional counselor in 1994. She now sees a wide variety of clients. I asked her what she specializes in. Her answer, before I considered it, surprised me. “I work with people. Most everything comes down to the relationship between two people. The goal is always balance in the person's life, careers and relationships. Finding balance in life...physical, emotional, spiritual, psychological. It might sound trite to say ‘balance’ but that is the key.” I find the thought to be anything but trite.

Andrea works with all ages, and her clinical license in 2003 opened the door to insurance coverage, currently a listed practitioner with over 15 insurance companies. Many of her clients come from either insurance or medical referrals, but she doesn't limit her practice to any of these avenues. Anyone can approach her for help, and she applies a sliding scale for fees.

If you need to talk to someone and not sure where to turn, Andrea can help. Confidentiality is assured. Co-op members receive a free wellness assessment, essentially a conversation with an educated and caring individual. Andrea's private office is in Moscow. Call her at (208) 882-1289.

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

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Joshua Cilley is a graduate student

A Partridge in an Asian Pear Tree

by Jordy Byrd, Newsletter Volunteer

Call me a scrooge, whatever you will, but "The Twelve Days of Christmas" carol makes my skin crawl. Something about the monotonous sound appears more like a broken record... of a book on tape. This of course goes without mention, the ridiculousness of the Christmas presents. "On the first day of Christmas my true love gave to me, a partridge in a pear tree"?

Oddly enough, I don't recall ever asking for one of those when I was a child. Did you? Be this as it may, the holiday ear jerker served as somewhat of a muse to me one winter evening. Why hadn't I thought of it before? Pears! The juicy, delectable little fruit that graces us again each holiday season.

My longing to cook with pears was met with a few stipulations. I want to expand my taste buds and tingle my tongue with new senses. I want something different. So naturally, I went to the Co-op for inspiration. After wandering around the produce section, bumping into every man, child and cart in my path, I stumbled upon Asian pears.

There are three types of Asian pears: round or flat fruit with green to yellow skin; round or flat fruit with bronze-colored skin and a light bronze-russet; and pear-shaped fruit with green or russet skin. The fruit very much resembles an apple and similarly, maintains a crisp texture (even ripe) and remains unchanged after picking or storage, unlike the flesh of European pears such as Bartlett or Comice. The best North American pear-growing districts are in California, Washington, and Oregon, and are extensively grown in home

orchards in the United States.

I was a bit hesitant with my first recipe of Asian Pear Salad. I didn't think the ingredients would create enough dressing to suit my tastes. (I feel obliged to admit my shameful past) I came from a breed of salad-eaters who smothered their food in ranch dressing. Having recoiled my former ways, I was extremely pleased with the salad. It is a quick and scrumptious combination between sweet and tangy.

My second recipe was a Northstar Asian Pear Buckle. I seem to have adopted an uncontrollable sweet tooth from my mother and in the end, succumbed to my desire to make dessert.

The dish delighted me with its heavy usage of honey and the added bonus of cream cheese. I have only three rules of thumb for this dessert. First, use a sweet base such as raisin bread; I used a simple wheat, which tasted awkward with the richly sweet mixture. Second, always serve hot. Fresh from the oven is even better. Third, you can never go wrong with adding a scoop of vanilla ice cream on the side.

Enjoy!

Jordy is spending Winter break in Germany visiting her boyfriend's family and will devour enough pastries, breads and spetchla dishes to tide her over until next visit.

Asian Pear Salad

This is similar to those fancy Asian pear salads you tend to find in more upscale restaurants. Super-easy to make, and easy to vary the ingredients to your liking.

- * 4 cups of mixed greens (baby greens are the best!)
- * 1 head of radicchio
- * 2 medium Asian pears, diced
- * 1 1/2 tablespoons white wine vinegar
- * 1/2 teaspoon Dijon mustard
- * 4 teaspoons olive oil
- * 1/2 teaspoon sugar
- * Salt and pepper to taste
- * Feta cheese (or other type) to taste

Tear the greens and radicchio into bite-sized pieces.

Combine greens and diced pears in a salad bowl.

In a separate bowl, whisk vinegar and mustard. Add oil while whisking. Add salt, pepper, and sugar.

Top salad with crumbled feta. Drizzle salad dressing on top, to taste.

Northstar Asian Pear Buckle

Base:

- * 4-6 slices of bread, crusts removed (prefer raisin bread)

Asian Pear Mixture:

- * 1/3 cup milk or cream
- * 3 tablespoon honey*
- * 3 cup Asian pears, peeled and sliced 1/8" thick

Topping:

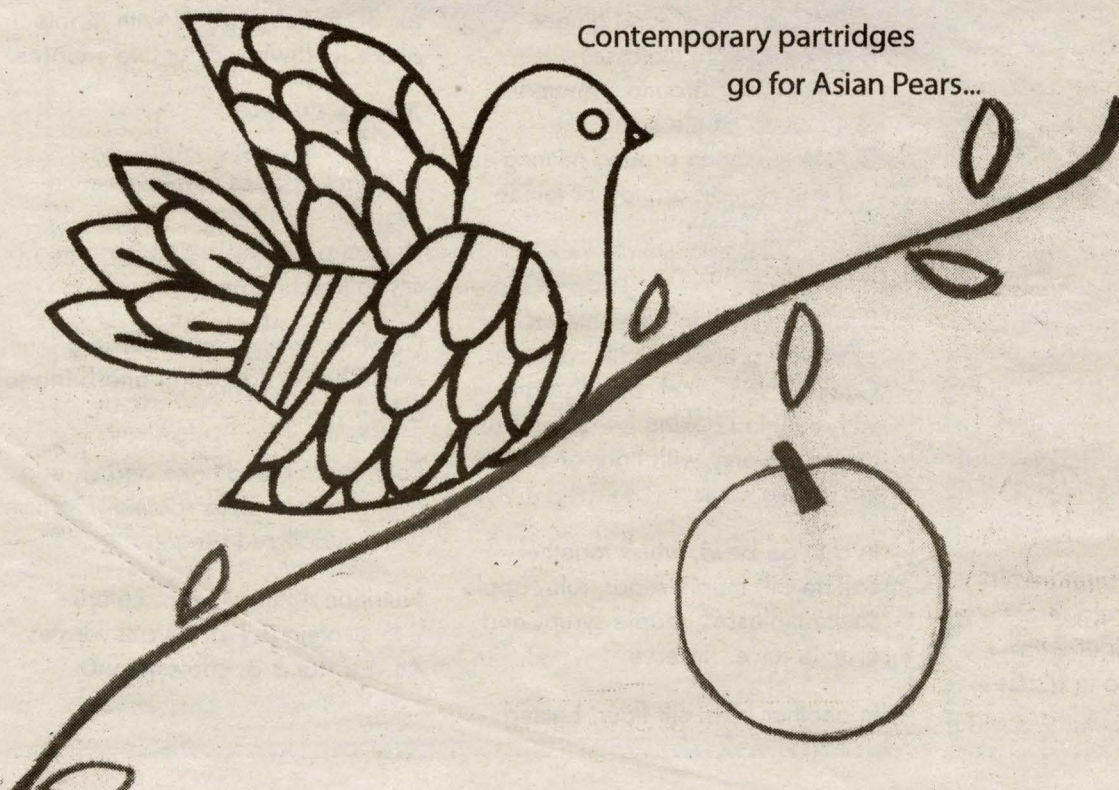
- * 8 ounce Softened cream cheese (regular, not light)
- * 1/2 cup honey*
- * 1/4 cup cream (heavy, light, or half & half)

Preheat oven to 350 degrees. Spray an 8 x 8 pan with nonstick cooking spray. Fit bread into base of pan one layer thick piecing if necessary. Don't use strong breads such as rye or pumpernickel. In food processor, combine cream cheese, cream, and honey. Process until smooth (light cream cheese is too thin/soft).

Mix 1/3 cup milk with 3 tablespoons honey until combined. Toss in pears. Layer pear mixture over bread. Spread cream cheese mixture on top as evenly as possible. Bake at 350 degrees for 20-35 minutes. Broil until topping turns golden (3-7 min.).

Sources: www.northstarorchard.com/AsianPearRecipes.html and www.bouquetoffruits.com/fruit-facts/asian-pear-facts.html

Contemporary partridges go for Asian Pears...



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Much Ado About Tofu: Wrap It Up, Tofu Cookbooks

by Terri Schmidt, Newsletter Volunteer

Christmas is just around the corner. If you are trying to think of a welcome gift, consider a tofu cookbook. Tofu cookbooks are good gifts for health conscious or vegetarian friends and family members. Tofu recipes generally incorporate healthy fresh ingredients. Below are reviews of a few cookbooks to help you select one that may appeal to you. For those who are not in the market for a new cookbook but do enjoy perusing new recipes, I have also included reviews of some tofu cookbooks you can check out at the Latah County Library.

Good Tofu Cookbooks To Purchase:

✦ *The Moscow Food Coop Cookbook*, 2005.

This cookbook is a compilation of some of our Coop's most popular recipes. It has icons that designate vegan, vegetarian, and wheat free recipes. Some tasty tofu recipes included in the book are: Kale Slaw, Spicy Thai Noodle Salad, and BBQ Tofu.

✦ *101 Things to do With Tofu* by Donna Kelly and Anne Tegtmeier, 2007

This cookbook has simple recipes and fast healthy meal ideas. It includes such categories as kid-friendly favorites and international entrees. Sample recipes: Healthy Mac 'n' Cheese, Tripleberry Tarts, and California Breakfast Burritos.

✦ *Tofu Quick and Easy* by Louise Hagler, 2001

Directions are easy and straightforward in this cookbook—good for those who

don't want to spend their life in the kitchen. Ingredients used in the recipes are also easy to find. Sample recipes: Peanut pineapple slaw, tofu raspberry pudding, lasagna.

✦ *The Art of Tofu* by Akasha Richmond, 2001

Akasha Richmond's recipes are inspired by her travels around the world. This cookbook has beautiful photographs of prepared food. Two of her recipes appeared in last month's column—Spicy Mumbai Potatoes and New Soul Food Cornbread. The delicious Gingerbread recipe on this page is also from *The Art of Tofu*.

✦ *Tofu 1-2-3* by Maribeth Abrams, 2006

Maribeth Abrams claims her recipes will turn "tofu-phobes into tofu-fans." She is a natural foods expert who shows even skeptical cooks how tofu can be used creatively in great-tasting recipes. Recipes include Kale and Chickpea Chardonnay, Hot Fiesta Dip, and Mochaccino Pie. This cookbook, like the ones listed below, is also available through the library.

Tofu cookbooks available through Latah county library:

✦ *Tofu Mania* by Rita Housez, 2000

Tofu Mania features 120 recipes for familiar dishes that include tofu as an ingredient, but not the main ingredient. It's not a vegetarian cookbook; meat is included in some recipes. Sample recipes: Apricot Soda Bread, Bok Choy and Pears in Honey Ginger Sauce, Penne Alfredo.



✦ *Moosewood Restaurant Cooks at Home* by Moosewood Collective, 1994

I love Moosewood cookbooks; they always have great recipes. This is mostly a vegetarian cookbook, but does have a section on fish dishes. It also has about 20 good tofu recipes. Sample recipes: Curried Chickpeas and Tofu, Gingered Greens and Tofu, Tofu-Basil Dressing.

✦ *Amazing Soy* by Dana Jacobi, 2001

Many good recipes in this cookbook

include tofu, but you'll have to hunt to find them because the index is not specific. Recipes with other soy products such as edamame, soy milk, and soy yogurt are also included. Sample recipes: Buckwheat Brulee, Big Dill Loaf, and Miso Soup with Tofu and Wakame.

Terri Schmidt hopes you will be blessed with some quiet time to curl up with a good book or cookbook this Christmas season.

Small Planet Soy Nog

Courtesy Tofu Phil, Small Planet Tofu

- ✦ 1 1/2 pounds Small Planet Organic Firm Tofu
- ✦ 4 cups soymilk, your favorite brand
- ✦ 2/3 cup turbinado sugar, light brown sugar, or sucanat (or use 1/2 cup honey or 1 cup alternate liquid sweetener)
- ✦ 1/4 teaspoon salt
- ✦ 1 cup cold water
- ✦ 1 cup rum or brandy (or use apple juice with rum or brandy flavoring to taste)
- ✦ 4 1/2 teaspoons vanilla extract
- ✦ 20 ice cubes
- ✦ Nutmeg

Place the crumbled tofu and the soymilk in a blender with the sugar and salt.

Blend until very smooth. Scrape this into a large bowl or pitcher, and whisk in the water, rum or brandy, and vanilla. Mix well, cover, and refrigerate until serving time. To serve, blend half of the mixture in the blender with 10 of the ice cubes until frothy. Repeat with the other half. Serve in glasses with nutmeg sprinkled on top.

Gingerbread

From Art of Tofu by Akasha Richmond (by permission)

- ✦ 1 1/2 cup canola oil
- ✦ 3 cups cake flour
- ✦ 1/2 cup maple sugar
- ✦ 2 teaspoons baking soda
- ✦ 1/2 cup Mori Nu Lite Tofu (firm) pureed
- ✦ 3/4 teaspoon baking powder
- ✦ 1/2 cup applesauce
- ✦ 2 teaspoons ground ginger
- ✦ 1/2 cup light molasses
- ✦ 1 teaspoon ground cinnamon
- ✦ 1/2 cup maple syrup
- ✦ 1/4 teaspoon ground nutmeg
- ✦ 1 tablespoon orange or lemon juice
- ✦ 1/4 teaspoon salt

Position a rack in the center of the oven and preheat to 350 degrees. Coat a 9 x 13 inch baking pan with canola cooking oil spray. Dust the pan evenly with flour and tip out the excess flour.

In a large bowl, whisk together canola oil, maple sugar, tofu, applesauce molasses, maple syrup, and orange juice. Reserve.

In another bowl sift flour, baking

soda, baking powder, ground ginger, cinnamon, nutmeg, and salt. Make a well in the center of the dry ingredients and add wet ingredients to the bowl. Mix lightly until blended, don't overmix.

Pour batter into the prepared pan. Bake for 30-40 minutes or until cake springs back to the touch and the cake tester inserted in the center comes out clean. Allow cake to cool for 30 minutes; glaze with maple glaze (below) and cut into squares.

Maple Glaze:

- ✦ 1/3 cup maple syrup
- ✦ 4 tablespoons unrefined cane sugar
- ✦ 1/4 cup finely chopped candied or crystallized ginger

Combine syrup and sugar in a small, heavy saucepan and bring to a boil.

Pour over cooled cake and spread evenly with a cake spatula. Garnish with crystallized ginger.

Nutritional information: calories 249 protein 3.1 g. carbohydrates 48.6 g. fat 5 g. cholesterol 0

Veganesque: Start Your Day in a Hempy Way—Eat Hemp for Breakfast

by Caitlin Cole, Newsletter Volunteer

Have you noticed how much hemp food is at the Co-op lately? I invite you to do some hemp hunting for yourself. There are breads, nutrition bars, waffles, cereals all made with hemp. What is the big deal about hemp and we should we eat it?

I have been eating hemp in the form of hemp seed every day for the past three years. I keep a bag of hemp seed (found in the baking aisle at our Co-op) at home and eat it every morning sprinkled liberally on top of a piece of daily wheat bread with a schmear of peanut butter every morning. I bake with it, sprinkle it on salads, put it in my children's applesauce, and use hemp oil to make salad dressing. It tastes great and is big on nutrition. Hemp seeds are actually nuts that are 35 percent protein and they contain all 10 essential amino acids, vital to human health. During digestion proteins in food are broken down into amino acids. The amino acids are then taken into the body and reassembled into human proteins.

Optimum quantities of the right kinds of protein may not be available to the body much of the time. Even though the body has enough essential amino acids available to prevent deficiency diseases, it may not have enough to build quantities of immunoglobulins necessary for the immune system to fight infection.

The best way to insure the body has

enough amino acid material to make the globulins is to eat foods high in globulin proteins. The hemp seed protein is 65 percent globulin edistin, and includes quantities of albumin, its protein is readily available in a form similar to that found in blood plasma. Eating hemp seeds may aid people suffering from immune deficiency diseases. Hemp seed was used to treat nutritional deficiencies brought on by tuberculosis, a nutrition blocking disease that causes the body to waste away.

Another benefit of eating hemp is the high amount of fatty acids found in the seeds and oil. The fatty acids hemp seed and oil contain are known as essential fatty acids, the only two acids our bodies cannot produce and therefore must be eaten. Essential oils are important for our immune system responses, may reduce cholesterol and plaque in the arteries, and recent studies suggest they may improve brain function and heart protection. Hemp's omega profile is an excellent alternative to those who have concerns with the toxicity of fish oil or who wish to eat a vegetarian diet.

Of course there is still a controversy about hemp, even the industrial type which is bred to maximize fiber and oil and contains such a small amount of THC (the psychoactive substance which is found in hemp's cousin, the marijuana plant) that one cannot become intoxicated from the effects. It is against federal law to grow industrial hemp in the United States, but it is legal for other countries to import it to

Peanut Butter and Banana Hempcakes

- * 1 1/2 cups whole wheat flour
- * 2 teaspoons baking powder
- * 2 tablespoons hemp seeds
- * 2/3 cups ripe banana (about a large or two small)
- * 1 1/2 tablespoons smooth peanut butter
- * 1 cup vanilla soymilk (or hemp milk)

In medium bowl combine dry ingredients. In another bowl cream together peanut butter and banana, stir in milk. Combine banana mixture with dry ingredients until well blended.

Oil a cast iron pan or griddle and place over medium heat. When hot, spoon in batter using about 2 tablespoons per cake, spreading with the back of a spoon. Cook until golden on each side. Oil pan between batches. Makes about 16 cakes.

Hempy Breakfast Burritos

- * 4 whole wheat or corn tortillas
- * 2 tablespoons hemp seed
- * 3/4 cup nut butter of choice
- * 2 medium bananas sliced lengthwise

Warm each tortilla in a dry pan until just heated. Spread nut butter evenly on each tortilla, sprinkle with hemp seed, then place banana half on top and roll tortilla around the banana to enclose it. Makes four yummy burritos.

our country to be used in foods. The main concern for some folks seems to be that if we make it legal to grow industrial hemp it will be difficult to tell the legal hemp plants from marijuana plants, i.e., it would be easy for an industrial hemp farmer to camouflage illegal plants with a legal crop. Hemp is grown legally in 30 countries around the world.

Why eat it for breakfast? Hemp is good anytime, but why not do your body and your taste buds a favor and start

your day off with a boost of protein and EFAs? Eat some hemp, I know you want to!

Resources:

The Emperor Wears No Clothes by Jack Herer
www.plantcultures.org
www.jackherer.com

Caitlin Cole wishes you a peaceful Yule season!



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Omnivoria: Celebrating Locally with the Eatons

by Alice Swan, Newsletter Volunteer

I recently ran into Nikki Eaton at the Co-op and asked her what was new at Eaton Natural Beef. I first wrote about Eaton Natural Beef in this column a little over a year ago when the Co-op first began carrying their meat. I knew Joe and Nikki had many plans at that time, but I was completely (pleasantly!) surprised by the new turn their business has just taken—Eaton Season Ranch.

First off, I have to say that I love the fact that I see Nikki around town and have the opportunity to chat with one of the people who raises the beef that I like to buy. I think that because I grew up gardening, I have always had a good concept of where produce comes from, but as a child my sense of where meat came from was a Styrofoam tray from the supermarket. So the idea of knowing the people who raise the meat I eat is a much more novel concept to me than knowing the farmers who grow the produce I eat.

At any rate, the Eatons have built a guest cabin on their ranch where you can go for a weekend (or week-long!) getaway. The Eaton's ranch is in a beautiful spot in Wawawai Canyon,

adjacent to the Snake River, Wawawai County Park, and the brand new Wawawai Canyon Winery. Its location alone makes it a great spot for all kinds of outdoor activities, but you can also arrange to have a naturalist show you around, take lessons in roping and riding from the experts, or even get a massage.

The cabin is equipped with a kitchen, and for a small additional fee, you can order a basket of local, seasonal, organic foods (featuring Eaton Natural Beef, of course, if you eat meat) and suggested recipes that you can prepare yourself. I think this is a wonderful twist on the 'bed and breakfast' concept—after all, cooking yourself is an important aspect of having an awareness of where your food comes from and how it gets to the table. As Nikki says, "We want to give you the opportunity to connect with how, where and by whom your food is raised. Facilitating that connection is our primary reason for opening our ranch to you!"

A night or two at Eaton Season Ranch would make a wonderful holiday gift for yourself or someone special in your life; it's supporting a local business and

Grilled Steak with Marsala-Mushroom Sauce

Check with Brennus about availability/special ordering. A nice, hearty winter/holiday preparation for your Eaton Natural Beef (from www.sustainabletable.org):

- ✦ 4 tablespoons (1/2 stick) butter
- ✦ 1 cup chopped leek (white and pale green parts only)
- ✦ 4 teaspoons minced garlic
- ✦ 4 cups sliced mixed fresh wild mushrooms (like oyster, stemmed portobello and stemmed shiitake)
- ✦ 2/3 cup dry Marsala (or other dry red wine)
- ✦ 2/3 cup beef broth
- ✦ 4 - 8 ounce Eaton Natural Beef steaks (whichever variety you like best)
- ✦ Salt
- ✦ Pepper

Marsala Mushroom Sauce:

Melt two tablespoons butter in heavy large skillet over medium-low heat. Add leek and garlic and sauté until almost tender, about 5 minutes. Increase heat to medium until golden brown, about 6 minutes. Add Marsala or wine and beef broth and boil until liquid is reduced by half, about 4 minutes. Strain sauce, reserving mushrooms (can be prepared 1 day ahead. If you do, cover strained sauce and mushrooms separately and chill). Bring sauce to simmer in heavy large skillet. Remove skillet from heat. Gradually whisk remaining 2 tablespoons butter. Add reserved mushrooms and stir over low heat until mushrooms are heated through, about 2 minutes. Season to taste with salt and pepper. Place grilled steaks on plates. Spoon sauce and mushrooms over steaks and serve.

Steaks:

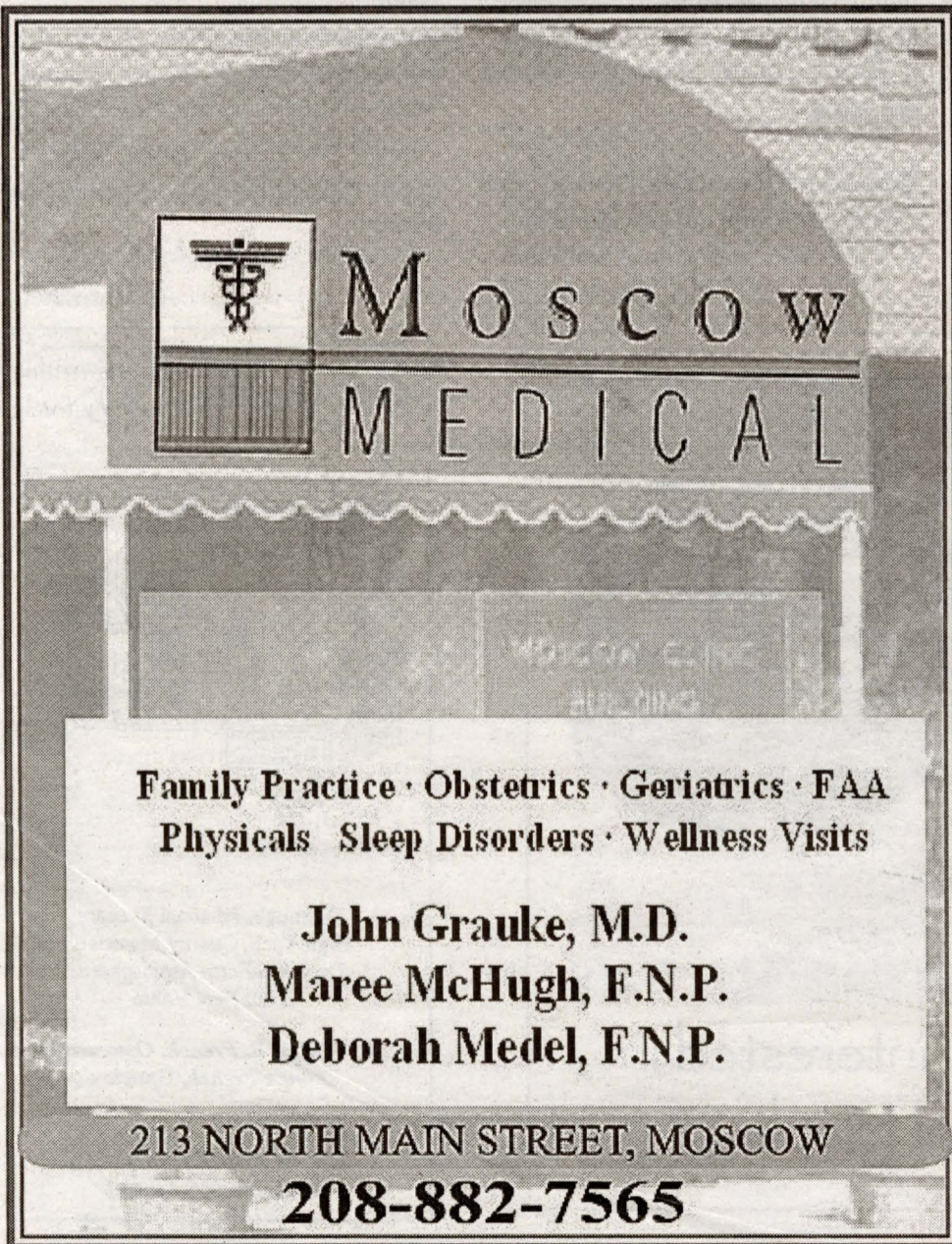
Pat the filets dry and season on both sides with salt and pepper. Brave the cold and grill them outside over a very hot grill, searing on both sides to seal in juices. Or stay warm and cook in a grill pan on the stove or put them under the broiler for a few minutes on each side.

is also not a material 'thing' that contributes to the excess consumerism of the holiday season. You (or the lucky recipient of your gift) would get to relax and regroup, but also learn more about sustainable ranching, and see first-hand where this really excellent beef comes from.

For more information, see www.eaton-seasonranch.com.

Even if you don't go stay at the ranch, I would encourage you to make Eaton Natural Beef a part of your holidays. It's the most locally produced meat product that the Co-op carries, and both the taste and the way it's raised are outstanding. In brief, the cattle are fed an all-vegetarian diet (mostly grass, supplemented in the winter by giving them the option of eating hay and grain) and are never given hormones, antibiotics, or steroids. They are rotated on different pastures throughout the year, and weed-control and re-seeding of pastures is done by hand. More information on the cows and the Eatons' ranching principles can be found at www.eaton-beef.com, or in the September 2006 Omnivoria column from this newsletter (available online at www.moscowfood.coop).

Alice is looking forward to having a brand new kitchen in which to cook local beef sometime in January.



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Wild & Free: Dreams

by Sarajoy Van Boven, Newsletter Volunteer

Though the foreshadowing was thick, it seems sudden: the ground is frozen, the trees are bare, and the berries are shriveled. The earth withholds now. And this brings my meandering mind to the things I lack: my Christmas wish list.

From February to March, my calendar of Wild Offerings is full, but in this quiet, dead place, where we hope rejuvenation is churning beneath us, I think of all the things I will not write about, even in seasons of opulence, because they are not "mine".

I want you to know about them, though. If the opportunity arises for you to try them, I want you to seize it. And learn and eat until you are full, and brag to me about it later.

Among these, is the now reclusive, yet still famous Camas.

From the University of Idaho hails one Joy Mastroguiseppe, an encyclopedia of local, ancient Native American meals. Speaking at Neill Public Library in March 2006, at the invitation of the Palouse Prairie Foundation, she informed attendees that the stretch between Moscow and Pullman (now an enormous blacktop fit for a fleet of Jumbo Jets) was once prime and coveted Camas land. Highway 270 has since supplanted Camas's purple star blossoms and humongous bulbs; although there still seems to be a humble vestigial bloom tucked between two hills, visible at bicycle speeds, in April.

Ms. Mastroguiseppe's slides illuminated

the extensive preparations of Camas, which involved a three-day lasagna-like layering of bulbs, leaves, and coals. The rumored result is a sweet, digestible starch, the backbone of Native American cuisine used for cakes and gravies.

Camas preparation appears to have been a mega-project requiring a tribe, which has also been superseded by the social equivalent of Highway 270. Women dug up the Daffodil-looking roots with sticks, sometimes competing for poundage to show off wifely prowess.

It was a task to which the men would have brought bad luck according to *Edible and Medicinal Plants of the Rockies* by Linda Kershaw. The men apparently tended the large fire pits, smoldering the bulbs. Women would cause death in the family if they touched them. Common stereotypes would suggest that these pre-urban myths kept barbeque projects in the jurisdiction of men, and gathering a ladies-only affair. Which was probably a little sad for the men who wanted to dig and the women who wanted to smolder. But that's what this Wild & Free is about:

Highway 270 has since supplanted Camas's purple star blossoms and humongous bulbs; although there still seems to be a humble vestigial bloom tucked between two hills, visible at bicycle speeds, in April.

unfulfilled dreams.

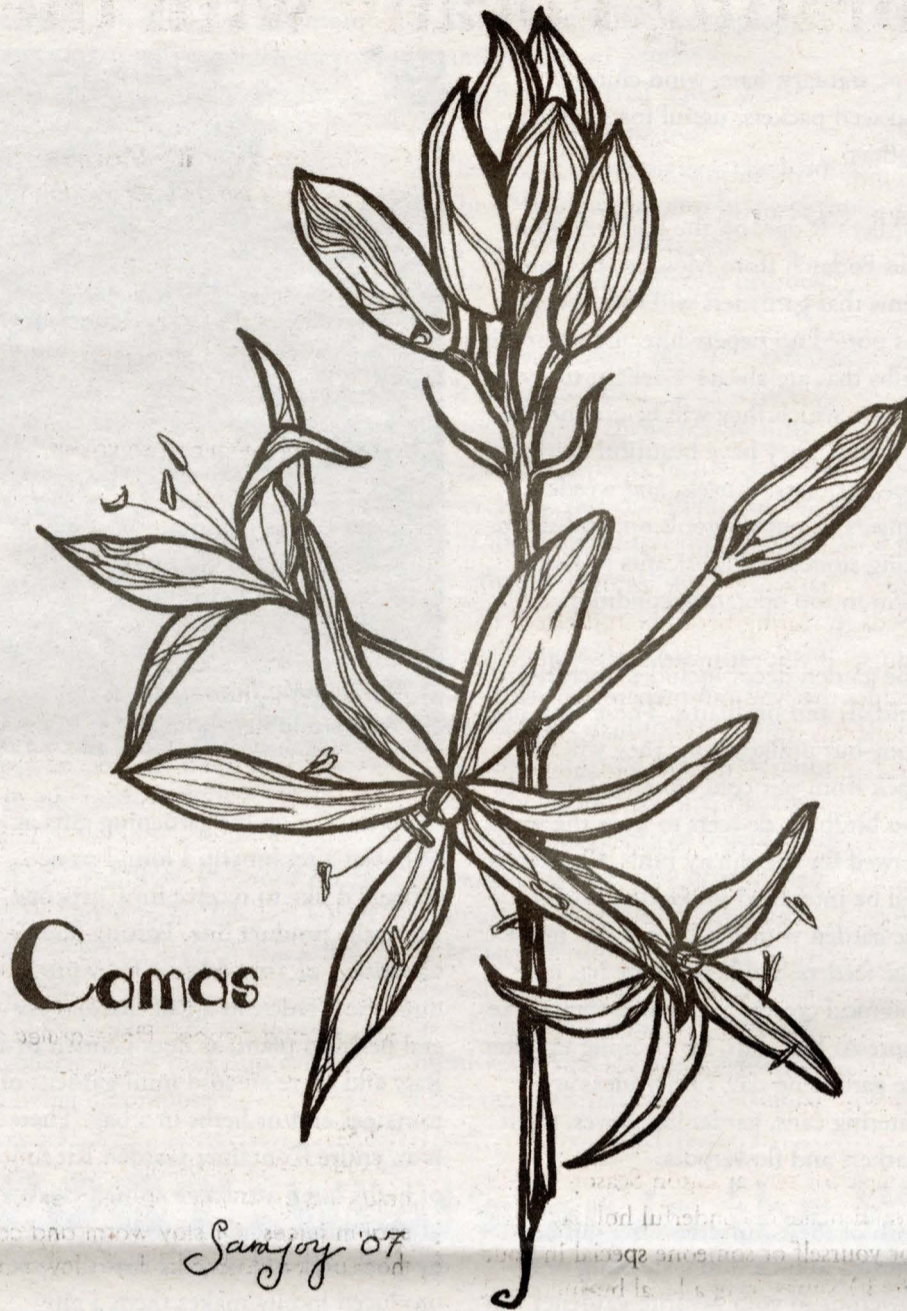
If the preparations alone weren't discouraging enough, there's also the pesky identification problem posed by its evil twin, Death Camas.

Lichens also are a Wild Edible draped across the branches of my dreams. The hairy locks dangling overhead are allegedly edible. Although the gag-texture of Big Foot sheddings may be too much for some, I simmer with curiosity about this ancient staple. When born of a tasty habitat, these hirsute plants were pit-steamed into cakes, added to soup and pulverized into bread flour (Kershaw). It could be gathered year round, dried for any occasion (perhaps Christmas or a birthday?), and was considered a survival necessity (*Food Plants of Interior First Peoples* by Nancy J. Turner). Whereas, expert Turner refers to only Black Tree Lichen, expert Kershaw notes imaginatively dubbed Speckled horsehair, Old-Man's beard, and Witches hair.

This wild, hairy food, remains locked in mystery to me, in part because Kershaw warns that lichens can be poisonous from area to area. She notes that the experienced taste small amounts before gathering. I suspect that my Westernized palate would be unable to discern a poisonous taste in something that is already incomprehensibly foreign to my tongue.

Although not dissatisfied, I dream of the earth's more esoteric provisions finding their way to my reverent mouth. Perhaps these foods, like tribal-living, make a better fantasy than a reality. But what are these long dark nights in cold, barren lands made for other than such dreams? Looking closely at each bare tree branch, I notice that even before winter sets in, the buds have found their places and are snuggled in for winter, dreaming of spring and opportunities for the adventures, which will someday, surely, be theirs.

Any leads or braggings on these and other dream-edibles could be directed to sarajoyvb@yahoo.com



Camas

Sarajoy '07



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In The Garden: Gifts for Gardeners

by Holly Barnes, Newsletter Volunteer

“An addiction to gardening is not all bad when you consider all the other choices in life.”

—Unknown

It's December and time for the annual Gifts for Gardeners column. I love doing the research for this month's column!

We gardeners got an early gift. The fall weather offered great gardening well into November before it got too windy and cold. The essential chores always get done but this year there was time for some non-essential ones as well and the weather to do some outside puttering late into the fall.

Two nurseries are open locally through the winter, Crossroads on the Pullman Highway, and Fiddler's Ridge in Potlatch. I visited both recently to do this story and came away grateful that they both remain open through the winter and I encourage you to patronize them so we will continue to have that option in the off-season.

Crossroads has quite an elegant holiday display (all inside and dry and warm!) with many ideas for holiday decorating. Gift ideas are plant stakes, tools, gloves,

pots, statuary, hats, wind chimes, and seed packets, useful for stocking stuffers.

Fiddler's Ridge, on the highway going into Potlatch from Moscow, has many items that gardeners will love. Theresa has potted up paperwhite and amaryllis bulbs that are always a delight to see in bloom, which they will be around the holidays. They have beautiful heirloom tools: pruners, shovels, and weeders, hangers to put the tools on, and sharpening stones and lubricants to keep them in top operating condition.

The garden décor includes fiberglass sundials and birdbaths. These look like stone but unlike stone, they will not crack from our cold winters. There are also birdbath de-icers to keep the water thawed for the thirsty birds. Gardeners will be interested in coaxing birds to the garden with Fiddler's Ridge many nice feeders. Fiddler's Ridge has nice botanical creams and a soap they make, Espresso Bar soap, for cleaning up after the gardening day. Other ideas are watering cans, gardening gloves, plant markers and flowerpots.

Both of these nurseries offer gift certificates to tuck into a stocking or a flowerpot so your favorite gardener can make their own choice of a gift later in the season.



Shop the Co-op for gardening gifts as well. On a recent trip I found some things I'd like to receive for Christmas. I love the product line, Potting Shed Creations, of Troy, Idaho. They produce the Garden in a Pail that has several herbs to plant, as does Garden in a Bag, and there are also mini-gardens of tomatoes and/or herbs in a bag. There is an entire Container Garden Kit full of herbs in an attractive container. Any of their items would be well received by gardeners and the fact that they are produced locally makes them a gift choice that is in line with my buy local philosophy.

A nice gift to put together is a flowerpot stuffed with gloves and/or hand tools (lovely heirloom ones are available at Fiddler's Ridge), a few packets of flower, lettuce or herb seeds, perhaps some plant markers, and lotion for gardeners rough hands. Call the nurseries before you visit as they have special winter and holiday schedules.

Holly Barnes turns her interest toward quilting during the winter but the true passion, indeed addiction, will once again be indulged come spring.

Co-op Crossword Puzzle

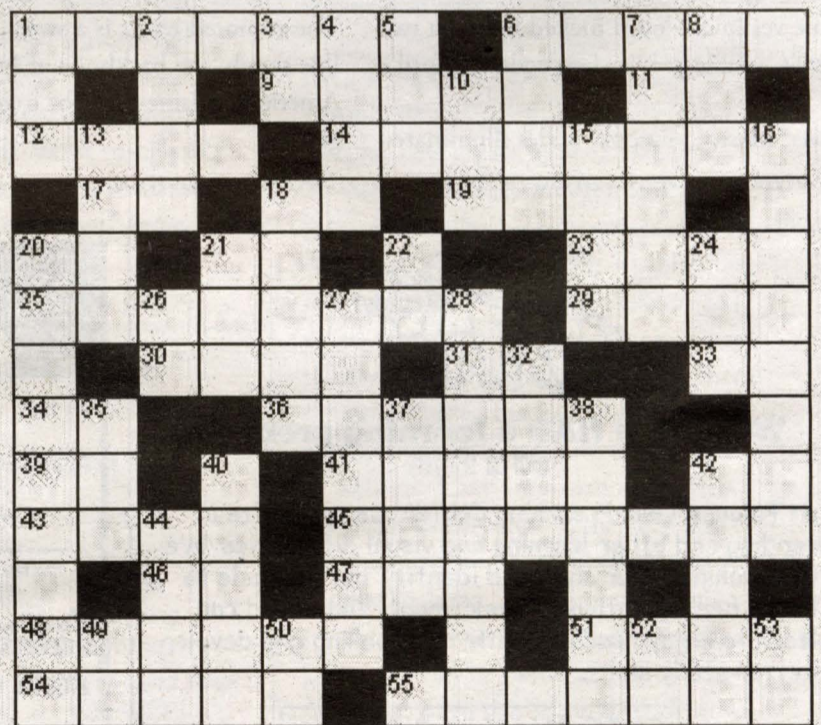
by Craig Joyner, Newsletter Volunteer

ACROSS

- 1 Endangered Species milk chocolate bar with peanut butter
- 6 You'll see a few of these in this month's puzzle
- 9 Idaho's veggie claim to fame
- 11 Hawkeye State, abbreviation
- 12 MFC's new webmaster, 1st name, last is 14 across
- 14 New webmaster, last name, 1st is 12 across
- 17 Kenya's country code
- 18 Form of punk rock or oggy, oggy, oggy!
- 19 He scampered down the yellow brick road
- 20 Post modern upgrade for A.D.
- 21 Last of the colonies and 4th to ratify the Constitution, abbreviation
- 23 Malevolent
- 25 Feast of Lights
- 29 Planet or bar
- 30 Ragout or paella
- 31 College degree, abbreviation
- 33 The lovable, candy-eating alien
- 34 Computer department, abbreviation
- 36 Common herb also known as bloodwort
- 39 Head this direction to Florida, abbreviation
- 41 Female relative
- 42 ___ & the Sunshine Band
- 43 River of Life in Romany, fresh in Hindi, and a great maker of 35 down
- 45 Authentic Italian zabaglione
- 46 Four
- 47 Full Sail Vesuvius is an example of the Belgian variety
- 48 Greek brand of olive oil
- 51 Most popular cheese in Europe during the 14th to 18th centuries
- 54 Granny's apples
- 55 Simply Organic _____ sauce, great on fettuccini

DOWN

- 1 Organic Valley milk comes in this size, abbreviation
- 2 Aura Cacia uses this blush scent in many of their products
- 3 12 inches
- 4 Japanese mountain and sweet apple
- 5 A verbose alternative to 33 across, abbreviation
- 6 Tuscan river that sometimes floods Florence
- 7 Also called Sonata, it's a cross between Golden Delicious and Clivia
- 8 Procrastinate
- 10 Tolkein's sentient tree
- 13 Swedish superstore with funky furniture and names
- 15 One to six and you can use MFC's express cashier
- 16 Shortest day of the year and Pagan winter holiday
- 20 December 25th
- 21 Probiotics in yogurt will keep this healthy
- 22 The only state named after a President, abbreviation
- 24 Umbrage
- 26 Halifax is the capitol of this Canadian province, abbreviation
- 27 African American festival to counter the commercialism of Christmas
- 28 Also known as bluebell
- 32 Best known meatless burger brand
- 35 43 across
- 37 Middle Eastern monetary unit
- 38 Seat of Washington County and known for their baseball Senators



- 40 Crave
- 42 Upper crust bakers do this daily to dough
- 44 Stuffed pasta that's usually baked
- 49 Evening, abbreviation
- 50 Blood factor, abbreviation
- 52 Dogfish Head Brewing comes from Milton, ___
- 53 Spike Lee movie, ___ Better Blues

Craig Joyner is also known as KUOI's Brent Bent and can be heard there most Friday nights from 8:30 to 10:30. Clue suggestions or comments can be sent to cascadeeffect@hotmail.com

Letter from the Land: Leaves, It's All in the Name

by Suvia Judd, Newsletter Volunteer

We all have our sustainability buttons that get pushed. With me, it's seeing a strip of green grass between two curbs, a sprinkler watering the asphalt, and the water running down the street. For my friend Mitch it's seeing people raking leaves, putting them into plastic bags, and dragging them out to the curb.

"So what is it that bothers you about that?" I asked.

"Because it's stupid!" she said emphatically. "It's mining carbon. The leaves build soil, and when you throw them away you are throwing away the natural regeneration of the soil."

She pointed out that plants fix carbon out of the air, and then dead plant material when it settles on the ground builds tilth, which reduces run-off, improves infiltration, and increases the ability of the soil to hold moisture. Leaves and other plant material also add other nutrients besides carbon, and promote beneficial fungi.

She feels aggravated that people remove

their leaves, and then have to add more water, and more fertilizer (which uses more petroleum resources,) to maintain their lawns. And the plastic leaf bags are made with petroleum, and gasoline is used to haul the leaves away. (In Moscow, the City invites you to drop off your leaves at the yard waste collection area at the recycling center. If you can't, you can schedule a pick-up for one of two named days in November. Latah Sanitation is composting and banking yard waste right now to have on hand to mix with nitrogenous waste—food scraps and possibly sewage treatment plant biosolids—in their new integrated composting facility. In Pullman, residents can rake their leaves into the street, where the city collects them and composts them at the cemetery, and the Parks department uses them as compost/mulch in city landscaping).

I looked up "leaf litter" in *Edible Forest Gardens* by David Jacke (Chelsea Green Publishing 2005). I learned that soil is composed of:

- ✦ The O layer, where all the organic debris collects and is broken down by myriad living decomposers;

- ✦ The A layer, where decomposed organic matter accumulates;
- ✦ The E or "effluvial" layer, where nutrients are leaching out;
- ✦ The B layer, where nutrients are banked;
- ✦ The C layer, where non-living chemical processes dominate; and
- ✦ The D (durable) layer, or bedrock.

I highly recommend this (two-volume) book to all gardeners. Jacke writes: "... it is practically a cliché that healthy soil generates healthy plants...Less well known is the fact that plants are essential to the creation and maintenance of a healthy soil community."

"Many living things make their home in the O horizon...The usual human activities easily disturb these communities. They need time to develop their community structure, the right conditions, a diversity of organic matter foods, and may be a little tender loving care...When we eliminate the O horizon by tilling or raking up all the debris, we interrupt the processes by which nature builds the soil community and make the soil dependent upon our activities for its continued

vitality. Such disruptions can also make the habitat inhospitable for the beneficial organisms, while encouraging the (organisms) we don't want. We humans must then work harder to keep things in balance, another example of shifting the burden to the intervener."

I asked Mitch what she would like to see people doing with their leaves. She noted that in my yard the leaves of the Norway maples lie where they fall, are still there in March as the carpet of violets begins to bloom, and by May have decomposed and "vanished." For those whose sense of art demands grass, she suggested that you can rake the leaves in a mulch ring around the trees, leaving a foot or so clear around the trunks, or you can rake them under shrubs, or you can collect them in simple wire composters and redistribute them to your yard as compost in the late spring.

Just take a leaf from nature, and leave those leaves!

Suvia Judd reads, writes, and gardens in Moscow.

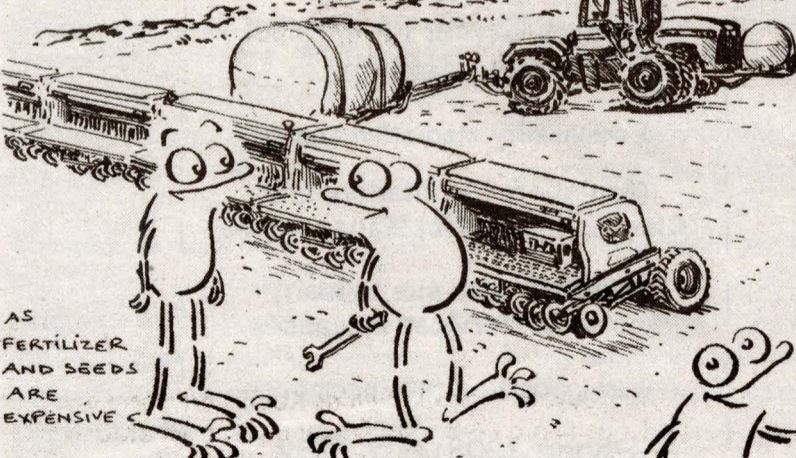
PALOUSE REPORT: What's on in the Wheatfields?

AND HOW ARE THE FIELDS GROOMED WITH SUCH ZEN-LIKE PERFECTION?



WHY ARE THERE CROPS GROWING IN THE FALL — DON'T THEY GET SQUISHED UNDER THE SNOW?

THE FARMERS DON'T WANT ANY OVERLAP



AS FERTILIZER AND SEEDS ARE EXPENSIVE

SO THEY HAVE A GPS AND COMPUTER IN THE CAB



TO MAP THE ROUTE OF THE TRACTOR.

AND THAT FALL CROP?



IT'S WINTER WHEAT!

ITS ROOTS GROW 6 FT. DEEP. IT GETS A HEADSTART ON SPRING WHEAT AND YIELDS 25% MORE.

THERE'S SO MUCH TO LEARN ON THE PALOUSE!

“Mama Can We Make ...?”: Snake Chill-Stopper

by Nancy Wilder, Newsletter Volunteer

The season of giving is upon us, and what better way to spend a cold and blustery afternoon with kids than making a festive and functional gift. In our case, we had been leafing through a few winter activity books, and got the idea to create a snake. The “snake” we came up with is actually a cleverly disguised doorway draft-stopper. A word of caution: Do not give this as a gift to someone who has Ophidiophobia, the fear of snakes, or Herpetophobia, the fear of reptiles. Otherwise this is a fun, inexpensive (make an extra for yourself!) and easy project for all ages. Materials and steps are as follows:

Materials (available locally at Needle Nook or other locally-owned craft store):

- ✦ Two or three colors of fleece and/or felt
- ✦ Measuring tape, ruler, chalk, scissors, straight pins



A snake is born.



Fattening up the snake.

- ✦ Tapestry needle and embroidery thread
- ✦ Wool, cotton, or Bamboo/Cotton stuffing or batting

First, for the body, measure and cut two fleece or felt pieces 3 feet x 6 inch. Next, to shape the tail, use the chalk to draw a 12-inch “V” at one end. Then, to shape the head, find the midpoint and mark 3/4 inch on either side. From each of these points, draw a 3-inch line to the edge of the fabric. Now, pin the two pieces together. Using the simple blanket stitch sew around the

outside of the snake, leaving the head end open. Next, gently push stuffing or batting into the tail (you may want to use a long-handled wooden spoon). With the contrasting fleece or felt (we chose red for the tongue and blue for eyes) cut out two eyes the size of bottle caps. Stitch or glue (easier!) the eyes on the head of your snake. Then cut out a forked tongue (approx. 2 inch x 1 inch). Finally, fill the head with stuffing and place the tongue so that it sticks out the end of the snake. Pin, and then blanket-stitch around the sides of the head. Voila! You now have a fabulously

functional draft-catching reptile.

Even the youngest children can do most steps of this project. And older kids (ages 8+) can practice their skills of measuring, cutting, stuffing, and sewing. The fleece or felt is easily cut with child-safe scissors, and the tapestry needles are just blunt enough not to poke skin, yet will penetrate fleece or felt with some patient needle-wiggling. All steps are quick and fun

to try together.

We’re confident that you have friends or loved ones who will not just enjoy, but perhaps even come to love and depend on their very own cozy reptilian door-pal.

Nancy’s family will put up with cold, snowy, blustery, drafty winds if it means we can ski and sled all winter long. And anyway, our snake, “Crictor” will keep our home cozy.

Local and Natural Birth

by Sarajoy Van Boven, Newsletter Volunteer

You may have noticed a little brochure floating around these parts for the last few years. It’s cumbersome titled “Natural Pregnancy and Birth Services of the Palouse and Lewiston/Clarkston Valley.” This year it is Salmon colored, and can be found towards the back of the Co-op, near the fizzy drinks.

Let me explain:

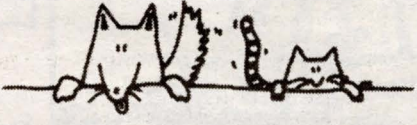
Of the six billion people crammed onto this little blue planet, most of them were born, of women. This has led me to conclude, albeit unscientifically, that birth is a natural and common beginning to life. And that women can actually give birth successfully, usually. If it were any other way, the human branch of the primate tree would not have grown far, certainly not to six billion.

And this leads me to the idea of natural childbirth, a concept as old as the human race, and yet struggling to survive in modern times. Certainly, natural childbirth is not required and not even advisable at times. And yet, usually, it works out well enough. Although many women want a natural childbirth experience and idealize it, it doesn’t always happen. Sometimes there are good reasons for that, and sometimes

there aren’t. Sometimes birthing mothers simply lack the information they need to get what they want, when they want it. It’s not much of a choice when you don’t have all the information. So, in the interest of a woman’s right to choose, I created this brochure.

The simple Salmon-y pamphlet lists local midwives, doulas (trained to have “magical powers” of advocacy and comfort for birthing mothers in hospital and home), and Natural Childbirth educators. The list is meant to be complete, though some have opted out.

Please pick one up at the Co-op or around the Palouse. If you can’t find one, e-mail me and I’d be happy to send it: sarajoyvb@yahoo.com.



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December Co-op Kids!: Winter Activities for Young and Old Alike

by Rebekka Boysen-Taylor, Co-op Kids! Volunteer

Come one and all to help us celebrate Winter’s arrival in Moscow as we make decorations for our homes on December 5 and 19. We will make traditional pomanders, string popcorn and cranberries and enjoy the warmth of the Co-op Cafe from 9 - 10 a.m. on both days (we meet at the round table). All ages are welcome! Area seniors who are kids at heart, please come join us, we would enjoy your company.

Rebekka Boysen-Taylor is the Co-op Kids Volunteer and if there is snow on the ground, you can bet she is out in it with her family.

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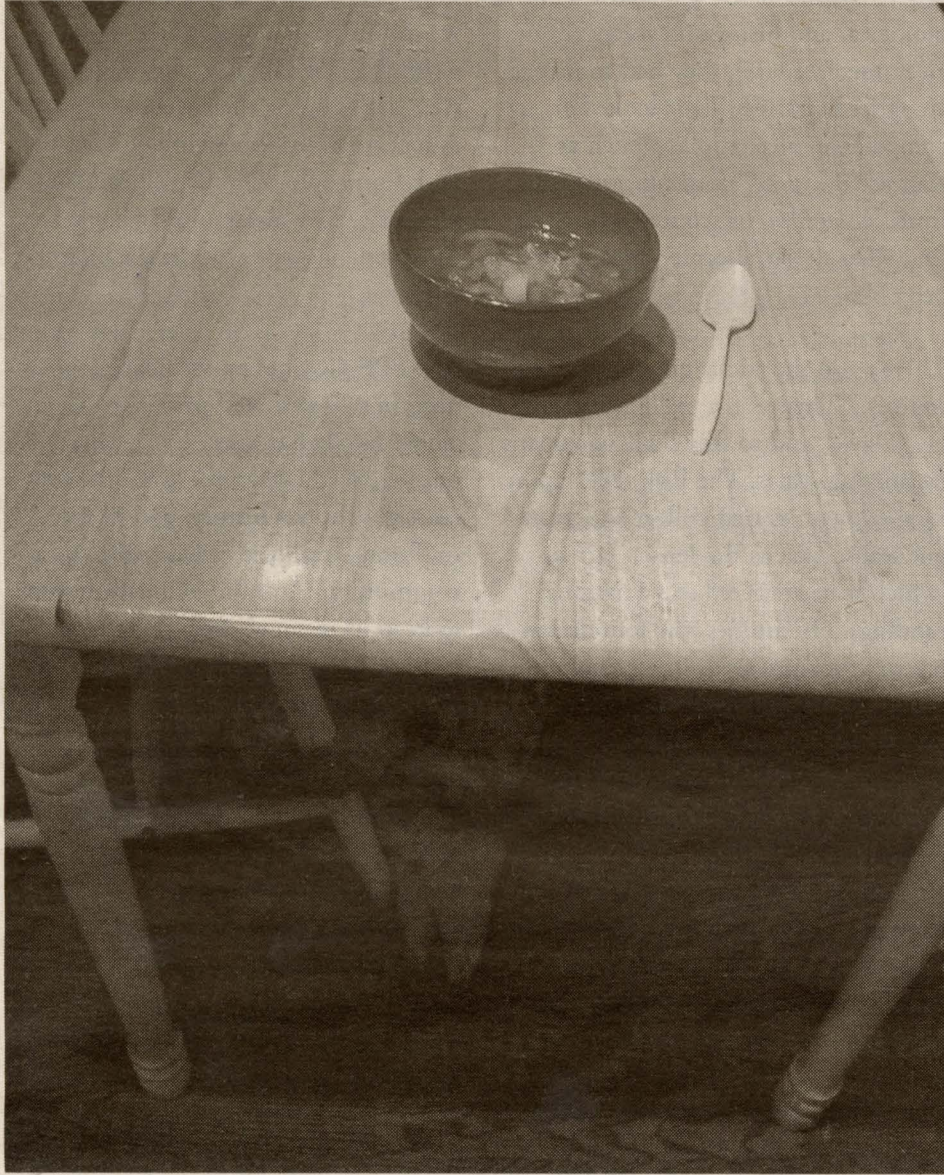
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Meals Kids Might Eat: Soup

by Judy Sobeloff, Newsletter Volunteer



Simple Soup with hiding children.

“It smells like macaroni. It tastes like macaroni. It feels like macaroni in my mouth,” my nearly six-year-old daughter raved a couple of months back as she and her younger brother gobbled up Cream of Wild Rice Soup in the Co-op deli. I watched, agape. Were they truly unfazed by the ubiquitous vegetables? At the Co-op they went nuts for this, but their reaction when we made it at home, later, was a different story.

After last month's grand slam success with sweet potato and green pea soups, I had to make more soups, particularly the wild rice one. This month, though, the results were somewhat less galumphing. While parents were wildly enthusiastic, as these soups were easy, nutritious, and delicious, the kids' responses were lukewarm. However, as the real focus of this column is “Meals Parents Might Cook,” I offer these recipes with the hope that you'll like them and, abracadabra alacazam, your kids might like them, too.

The wild rice soup, begun with such high hopes, was perhaps doomed from the start. In retrospect, no doubt because I chose to sauté the onions and carrots in olive oil rather than the suggested butter or margarine, ours didn't smell like macaroni, a definite deal-breaker, despite my continued

insistence that they had loved this at the Co-op. “Mom, it has vegetables in it!” my daughter pointed out, standing beside me at the stove. “Mom, I'm telling you that I really liked it then but I won't like it now.”

At that point, upon discovering that our refrigerator held three large bags of carrots but no mushrooms, I couldn't summon the pioneer spirit necessary to propel us back to the Co-op to get mushrooms. In hindsight, the presence of this ingredient might have tipped the balance back toward the hoped-for feeding frenzy.

But I couldn't leave anyway, entranced as I was by the science-fictiony way the thickening sauce was bulging out before my very eyes. For those, like me, unused to making sauces with flour, this sight alone is reason enough to make this soup.

While both parents really enjoyed the cream-free version (as Fred said, “This is amazing! It's perfect!”), the kids became interested in the wild rice soup only when they got to taste the half-and-half we added at the end. “Oh, I do like this, I decided,” the younger one said. “Mama, scoop me some!”

When we sat down to eat, my daughter, perhaps attempting to re-create the

Cream of (or Cream-Free) Wild Rice Soup

Adapted from *The Moscow Food Co-op Deli*

- ✦ 6 tablespoons butter or margarine or olive oil
- ✦ 1/3 cup chopped onion
- ✦ 1/3 cup shredded carrots
- ✦ 1 cup sliced mushrooms
- ✦ 1/2 cup flour
- ✦ 1/4 teaspoon white pepper
- ✦ 1/2 teaspoon salt
- ✦ 3 cups chicken or vegetable stock
- ✦ 3 cups cooked wild rice
- ✦ 1 cup half-and-half (OPTIONAL)
- ✦ 2 tablespoons dry sherry
- ✦ snipped parsley or chives (optional)

Melt butter or margarine in saucepan, or add olive oil to saucepan. Sauté onion and carrot until tender. Add mushrooms and sauté 2 minutes longer. Blend in flour, then gradually stir in stock. Cook, stirring constantly, until mixture comes to a boil. Boil and stir one minute. Stir in cooked rice, salt and pepper.

Simmer about 5 minutes. Blend in half-and-half (or leave it out!) and sherry. Heat just to serving temperature. Do not boil! Garnish with optional parsley or chives.

Chris and Katie's Simple Soup

Adapted from *Mollie Katzen's Moosewood Restaurant Cooks at Home*

- ✦ 1 onion
- ✦ 1 or 2 vegetables (i.e., broccoli, spinach, zucchini, carrots, mushrooms, squash, cauliflower)
- ✦ 1 potato
- ✦ 1 can or box of chicken or veggie stock

Sauté onion in olive oil until soft and translucent. Cube potato and add to pot. Add chunks of chosen vegetable and cook until vegetables and potato are tender. Add broth and heat to serving temperature. Blend or leave as is.

ambiance of the Co-op deli, handed me a folded dollar bill and said, “Here's the money to pay. I thought it might be nice.”

“The sign says ‘Pay fifty dollars,’” her brother added, and held my hand, as if to encourage the transaction.

On to Chris and Katie's Simple Soup, a recipe my mother-in-law passed on to me, which I'm really excited about, in part because it's simple enough to remember and make any time: 1 onion, 1 vegetable, 1 potato, 1 can or box of broth.

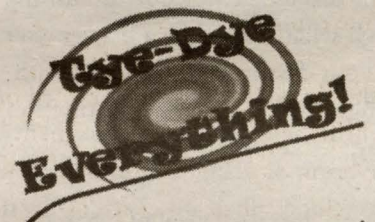
(Were the kids also excited? See photo for the answer.)

Once the camera crew left and the kids crawled out from under the table and were cajoled into trying some, they both liked our mushroom-broccoli version well enough, though my daughter expressed a strong preference for the mushrooms over the broccoli. “What went into this?” Fred exclaimed. “I really, really, really like it. Can you keep in mind that this soup makes me happy?”

Despite such encouragement, the younger child refused to taste it, until, spying the brown peel of a potato chunk, he called out, “There's a kiwi

in here!” which, apparently, was enticement enough.

Judy Sobeloff continues to find the business of cooking for children curiuser and curiuser.



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Rediscovering our Ecological Past: The Palouse Prairie Foundation

by Sean Quinlan, Newsletter Volunteer

In his famous book, *Democracy in America*, Alexis de Tocqueville highlighted a central paradox of the American experience: the rich diversity of associational life that contrasts with the conformity promoted by democracy and the marketplace. Moscow's vibrant community, however, shows us that the former can triumph over the latter (indeed, local quirkiness seems to prove our local individualism), and this fact is proven by the scores upon scores of Moscow community associations that range from quilting societies to musician guilds. In this new column, I will be tackling this richness, introducing you, the reader, to these diverse groups, so I can give you a sense for what they do, what motivates them, and to perhaps encourage you to check them out for yourself.

In this first column, I had the great pleasure of interviewing David Skinner, president of the Palouse Prairie Foundation (PPF). The PPF was founded over five years ago, and its explicit objective is to promote the preservation and restoration of the Palouse prairie. Our region boasts a unique ecosystem—completely different, say, from the kinds of prairies found in the Midwestern states—but

over 99 percent of it has long since been cultivated and transformed. The PPF wants to understand what has been lost and to recapture its historical ecology.

To preserve prairie land, one first needs to identify it. This is not as simple as it may sound, because so much of the soil has been farmed due to its wonderfully fertile qualities. But here and there people find patches of pristine, uncultivated land, and these discoveries have been turned over the foundation for study. Much of this work has been simply by chance.

"Every so often," David explains, "someone gets wind of us and calls up, saying, 'Hey, I have this patch of land back here.' So we go and check it out. But this has largely been haphazard." This is particularly important because public bodies like the Latah Planning Board are interested in protecting prairie land. Even then, much of this original land has been covered by outside weed species, which have further altered the previous environment.

As a consequence, the PPF has involved itself in a degree of expert detective work; they endeavor to construct the

original 'scene' based upon scraps of biological and historical evidence. On an immediate level, they had to invent an entire literature. They looked at comparable inlets at places such as Kamiak Butte, or based projections from cemeteries, or scoured records to find what the local ecology may have been like.

There's also the tricky question of seed sources. "They're just really not there," says David, and so this challenge opens fascinating issues. The PPF relies upon local companies that collect and grow out seeds, such as the Jensen farms (which have attracted some national funding). Oftentimes, the foundation has to propagate seeds in a greenhouse before reintroducing the species in a garden environment. Every year, they replicate their trials, seeing how species compare in controlled environments or in the outside habitat.

"You gotta take time," says David. "You can't hurry it up. You just can't put together an ecosystem after so much change."

The PPF is always looking for new members and volunteers. "There's a lot people can do," reports David. "There's

no scientific background required, and we can teach you everything you need to know." For example, they need help with maintaining their webpage (as well as its extensive bibliography). They're look for people with map skills. And, of course, they always need people for the essential spade work and gardening tasks.

The PPF provides an invaluable connection to our shared past. David, whose family has spent five generations out here in the Palouse, says, "the prairie is part of our history, part of our tradition—really, it's what makes us a community." And the foundation works to keep us in touch with this shared history, showing us that ecology is an integral part of our past.

The foundation meets on the second Thursday of every month, there are about ten or twelve active members, and more than twenty affiliates. You can find out more about the PPF at <http://palouseprairie.org>.

Sean Quinlan is an historian of science at the University of Idaho.

Choices in Wellness: Chiropractic Medicine

by Dr. Angila Jaeggli, Newsletter Volunteer

Imagine traveling down a highway of light, moving effortlessly towards your destination. The sense of gliding comes to mind as you move. But as you're moving, you sense that you begin to slow, and your movement seems to become less efficient, limited. Pushing through what seems like a barrier, you reach your destination, however, with seemingly less energy and information to relay.

This is an 'internal' view of what a nerve impulse 'sees' when it is released from the brain, which then travels through the spinal cord, passes through a spinal subluxation (another term for a 'kink or fixation' in the spine), then onto its destination... which could be an organ, or a muscle in an arm or leg. Releasing or 'adjusting' the spinal subluxation is one approach to encourage wellness and relieve pain employed by chiropractic doctors.

Chiropractic, derived from Greek meaning "done by hand," was established in 1895 by Daniel D. Palmer. It is now practiced in over 100 countries. Chiropractors are licensed throughout all of the United States; however, their

scope of practice varies from state to state. For instance, in some states chiropractors may practice as primary care physicians. However, chiropractic scope is slightly more limited in Washington and Idaho.

Chiropractic medicine focuses on the diagnoses and treatment of musculoskeletal and spinal conditions with the intent to positively affect the balance of the nervous system. It is thought that spinal joint dysfunction negatively affects the nervous system; creating nerve irritation and resulting in diminished nervous system function and therefore, diminished function of all which is being innervated. This can result in limited and painful motion, postural asymmetry, and muscular tension. Nerve communication with organs can be involved as well, making chiropractic medicine also a viable option for adjunctive care in the treatment of non-musculoskeletal conditions (e.g., irritable bowel syndrome, pre-menstrual syndrome, allergies, etc.).

Dr. Melody Volk, a chiropractic physician practicing in Pullman, describes the goal of chiropractic treatment as

"removing interference, so the body can begin to heal itself."

You might wonder, how does a subluxation or in other words, dysfunction of a spinal joint, occur? Some people are diagnosed with an altered curve of the spine since birth, known as scoliosis, and others develop minor subluxations in the spine as a result of poor posture, stress, trauma, poor diet, and less than optimal shoe support. As symptoms from poor structural alignment sometimes take years to manifest, treatment can also take multiple visits. At a typical first visit, the chiropractor will take your health history, possibly take x-rays, assess your musculoskeletal system, and then will adjust you either manually or with an instrument to work towards spinal alignment. Many chiropractors also use contrast hydrotherapy (alternation of hot and cold), traction, electrical muscle stimulation, and ultrasound to aid either in pain relief and/or encouragement of tissue healing.

Whether addressing low back pain, (which happens to be one of the most common reasons people seek chiropractic care initially), treating injury

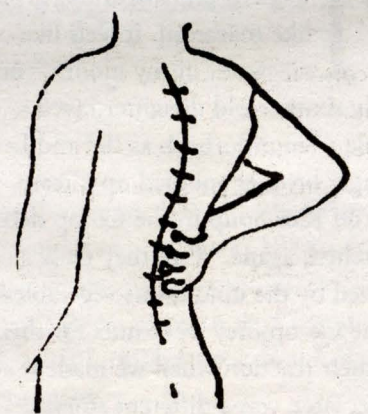


Illustration by Elizabeth Carney-Sowards.

or looking to improve your overall alignment, chiropractic medicine can be a wonderful way to optimize your wellness. Moscow-based chiropractors: Dr. Robert Haug and Dr. Keli Kepler (208.882.3012); Dr. James McKenzie (208.883.4300); Dr. Moss Valentine (208.892.8239); and Moscow Chiropractic Clinic (208.882.8534). Pullman-based chiropractors: Dr. Melody Volk (509.332.2225); Dr. Kenneth Cyr (509.332.1550); Dr. Michael Stallcop and Dr. Shane Carnahan (509.332.5613).

Dr. Jaeggli is a naturopathic physician who practices in Pullman and specializes in integrative family medicine, (509) 432-4301. www.sagemedicineclinic.com

University Students: Move-Out, Re-Use

by Willow Falcon, Project Coordinator

Typically, students moving off campus throw away many reusable items. In an attempt to reclaim the food, clothing, and school supplies that are wasted each semester, a Move-Out Program has been granted money from the University of Idaho, Sustainability Center. The program will rely on volunteers to set up donation booths around campus during finals week. Donations of food and clothing

will be given to the local food banks and household items will be given to the University's International Club for their household goods exchange. To donate, look for our collection sites with the Move-Out program banners near university residences. To get involved as a volunteer on this project or for more information contact Willow at falc4570@vandals.uidaho.edu.

League of Women Voters Meet

by Amy Ford, League Spokesperson

The League of Women Voters of Moscow invites you and your colleagues to a presentation on open government by Senator Kate Kelly, representative of District 18 in Boise. Senator Kelly will discuss the history and current status of the disclosure and conflict of interest laws applicable to Idaho's government employees and elected officials and lobbyists; will compare Idaho law to those of other states, and will discuss possible improvements in the law.

Senator Kelly is a graduate of the

University of Idaho and the University of Utah, College of Law and is recognized for her efforts to introduce and pass ethics legislation.

The presentation will take place from 12 – 1 p.m., December 12 at the Moscow School District Board Room (enter lower level north door of the District Offices at the corner of Cleveland and F Streets.) If you have any questions, please contact Liz Sullivan at 882-7174 or sullivans@moscow.com.

Moscow Snow Patrol

by Laura M. Milewski, Newsletter Volunteer

The snow has finally come! It's winter here in Moscow and we all know what that means. It is time for hot cocoa, cozy fires, and fuzzy slippers. However, with beautiful thick blankets of snow comes beautifully compact flakes that freeze overnight if left alone. Let's not let sidewalk ice sheets keep us inside this winter. Experience the season safely and in an eco-friendly manner!

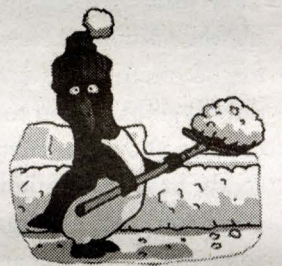
To combat the problem of icy residential sidewalks, the City of Moscow approached the Palouse-Clearwater Environmental Institute (PCEI) to develop a program to provide services

to those community members who are unable to shovel the walkways of their homes. For now, the Moscow Snow Patrol will focus on helping citizens with disabilities and the elderly citizens of Moscow.

There are several reasons for this program. Though not strictly enforced in recent years, city code 5-9-3 requires the removal of snow from walkways adjacent to residential and business property. Secondly, the safe travel of our community members is of the utmost importance to both the City of Moscow and PCEI. Community members who use the city sidewalks on

a regular basis should be able to travel around town safely. In addition, the freezing temperatures of winter months somehow make our warm cars seem appealing. PCEI would like to ensure that alternative transportation such as walking and biking is a year round option so as to keep our environmental impact as low as possible. Finally, the program allows for community involvement via volunteerism, something that the City of Moscow and PCEI value highly.

Signing up for assistance or to volunteer is easy! Just visit the Moscow Snow Patrol webpage at www.pcei.org/volunteersnow or contact PCEI Volunteer Coordinator, Courtney Rush at crush@pcei.org. In addition, if you are aware of someone in the community that may need some assistance, please inform them of this wonderful service!



Laura is the relatively new Community Outreach Specialist at the Palouse-Clearwater Environmental Institute (PCEI). She loves her new job as well as the adorable city of Moscow and almost any dog that walks by.

DOMA Donates Dollars

by Aly Lamar, PCEI Membership Coordinator

Running a business with a social, economic, and environmental conscience is what led DOMA Coffee Roasting Company owners, Terry and Rebecca Patano, to support the Palouse Clearwater Environmental Institute's (PCEI) Village Bicycle Project.

The Village Bicycle Project (VBP) was started in 1999 by project Director, David Peckham, in response to a critical lack of basic, reliable, and affordable transport for millions of Africans. The VBP provides bikes, tools, and training so that bicycles can become a sustainable mode of transport for thousands of Africans. When the only other choice is walking, bicycles are a tool of development, improving access to farms, market, jobs, schools, and health care. Since the VBP began, over 22,000 bicycles have been sent to Ghana.

DOMA Coffee Roasting Company also

shares a mission of sustainability and believes that bicycles are an important part of the solution to economic stability, pollution, energy crisis, and climate change. For this reason DOMA is donating 10 percent of their Moscow Food Co-op coffee sales to PCEI's Village Bicycle Project.

Most of the coffee beans DOMA purchases are Organic, Fair Trade, and Rainforest Alliance Certified. The other coffee beans are "Relationship Coffee"; beans that are purchased directly from the farm where growers wages are higher than those established by Transfair USA. Aside from supporting local groups' sustainability efforts, DOMA is also implementing their own green business strategies to reduce their eco-footprint. Starting in December, DOMA is switching to a new roaster that consumes 80 percent less natural gas and reduces CO2 pollution. Next year the company plans to provide



David Peckham of the Village Bicycle Project unloads bikes in an African village.

customers with reusable cans for coffee refills. The cans will save customers money, preserve bean freshness, and will reduce unnecessary garbage.

For more information about how to join PCEI, support the VBP, or learn about DOMA Coffee Roasting

Company, visit www.pcei.org/support.

Aly has been volunteering and working for the Palouse-Clearwater Environmental Institute for over four years. She loves bicycling, coffee, and the Moscow Food Coop.

The Conscious Consumer: Food Safety in an Era of Globalization, Part I

by Sharman Gill, Newsletter Volunteer

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

Americans expect safe foods. Although while traveling in some foreign lands we pack Imodium and avoid uncooked foods, on home turf we are fortunate to have one of the world's safest food supplies. The U.S. Food and Drug Administration (FDA) responded quickly in 2007 to scares of contaminated peanut butter, spinach, and pet food, locating the source and containing the outbreaks. However, with our food economy leaning more heavily toward globalization there is cause for concern about the safety of imported foods, both conventional and organic. Although "USDA Organic" provides some quality control and standardization for consumers interested in purchasing these types of products, various marketing schemes can be misleading such as use of the term 'natural' and products with health claims. The FDA cannot do a comprehensive inspection of all imported foods, although it is currently moving to strengthen the protection framework already in place. Ultimately, we find our greatest security by knowing who grows and handles our food. Is the supplier reputable? The answers are much easier to sort out closer to home and with a streamlined food network.

Imports are on the rise. Dr. Barbara Rasco, a WSU professor of Food Science and Human Nutrition and an attorney, expects food imports to triple over the next 10 years. According to USDA Economic Research Service, about 15 percent of American food by volume is imported, and as reported last spring by National Public Radio, imports are up from \$45 billion in 2003 to \$64 billion in 2006. Some categories are particularly high. For example, we import about 75 percent of our seafood and 60 percent of our fresh produce. Consumers are seeking a greater variety of fruits and vegetables to satisfy our year-round cravings and to reap the nutritional benefits (are you getting your 5-7 veggies or fruits a day?). The FDA recently reported that in 1987 the typical grocery store had 173 different produce items. Now, it is around 558. All of these data underscore the fact that America is becoming increasingly dependent on foreign foods.

Organics are not exempt. With a trend toward industrial organics, imported

organics are increasing. Can we trust the integrity of imported organics? It depends, says Dr. Rasco. "You can expect a fair amount of fraud in organic products. It depends on who your supplier is . . . Some places, like a number of farms in Central and South America provide organic produce through a legitimate supply chain, using the best agricultural practices. But then there is stuff coming from other places. Who knows what it is? It comes back to trusting who your supplier is." And, I add, it comes to carefully reading labels and understanding what various types of certification mean, especially "USDA Organic" (See previous "Community News" articles: Scott Metzger's Why Organic Certification is the Future, November 2007, and my Introduction to Organic vs. Local, July 2007).

With steep competition for mass production of cheap food, there is ample wiggling room for contamination and fraud in both the conventional and organic industry. In some cases, the fraud is blatant, such as the melamine-laced pet food (essentially a high-nitrogen supplement that allowed pet food to pass with higher "protein" levels) imported from China. Dr. Rasco termed this case "consumer fraud" rather than a health risk, informing me that melamine additives have been mixed in animal feed and pet food ingredients for years, passing through the FDA system unnoticed because the products were not considered to pose a high food safety risk and there were just not enough resources to test them. Food testing only occurred because of recent reports of sick and dying pets. According to Dr. Rasco, the actual link between melamine and animal health is unclear. Nevertheless, consumer fraud was certainly taking place.

Other recent problems with imports have included lead-contaminated herbal tea (apparently leaded-gasoline trucks were driven over the tea leaves, using the exhaust to quicken the drying process), lead-contaminated multi-vitamins, banned antibiotics found in seafood, dried apples preserved with a carcinogenic chemical, scallops and sardines infected with bacteria, mushrooms with illegal pesticides, tainted cough syrup. The list goes on.

The unknown sourcing of food ingredients makes things more difficult. Food ingredients aren't required by law to be labeled by country of origin. According to the May 2007 NPR report, As Imports Increase, a Tense Dependence

on China, China is a large supplier of apple juice, garlic and garlic powder, sausage casings, and cocoa butter. They have essentially cornered the market for ascorbic acid, a prominent antioxidant and nutritional additive (vitamin C), and they supply a third of the world's vitamin A and much of its vitamin B12, and lysine, in addition to other supplements (See Keri's commentary in the "Suggestion Box" of Community News, November 2007).


Why is a surge of imports a concern? The FDA regulates most of our food. However, the agency is only able to inspect about 1 percent of food imports, and, rarely inspects food ingredients unless they are considered to pose a significant food safety risk. The FDA itself recently stated in its November 2007 Food Protection Plan: "Currently, FDA often has very limited information regarding conditions under which most food is produced in foreign countries. While many foreign countries have well-developed regulatory systems to ensure food safety, other countries have systems that are less well-developed and may not be able to ensure food safety to the same degree." The plan discusses "a strategy of prevention, intervention, and response to build safety into every step of the food supply chain."

Imports are escalating. Is the FDA going to be able to keep the American food supply safe? Is it okay to buy "Made in China" products? How can consumers be proactive in ensuring

"With our food economy leaning more heavily toward globalization there is cause for concern about the safety of imported foods, both conventional and organic."

our food safety? These questions will be explored in part II, coming up next month.

Sharman Gill has been relishing Wendell Berry's new novel: *Andy Catlett: Early Travels*.



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December Hot Specials

Breakfast / Lunch	Dinner
SUNDAY	
Navajo Breakfast Taco Bar, Hashbrowns, Fry Bread, Eggs, Tofu, Beans	Salmon Strudel, Charred Green Beans, Roasted Potatoes
MONDAY	
Gourmet Pizza by the Slice	Apple Stuffed Roasted Pork Loin, Roasted Sweet Potato Wedges, Mean Greens
TUESDAY	
Mac and Cheese, Mean Greens, Apple Crisp!!!!	Roasted Green Chili Chicken Or Veggie Enchiladas, Two Dollar Tamales!! Spanish Rice
WEDNESDAY	
Thai Peanut Stir Fry w/Rice, Sesame Ginger Green Beans, Veggie Wontons	Stuffed Chicken Florentine, Stuffed Portobellas, Spinach Mushroom Risotto
THURSDAY	
Smothered Burritos: Chicken, Veggie, Vegan, SW Polenta	Linguine w/Leeks, Radicchio, and Walnut Pesto, Garlic Bread
FRIDAY	
Banana Black Bean or Chicken Empanadas, Spanish Rice	Gourmet Pizza by the Slice
SATURDAY	
Breakfast Burritos: Egg or Tofu, Homefries Lunch: Beef or Mushroom Stroganoff	Homestyle Meatloaf, Cheese Popovers, Ginger Broccoli

DayStar Farm: A Local Farm Opportunity

by Carrie Lowe with the help of her trusty long distance editor, Nate Lowe, Newsletter Volunteers

“Cultivators of the earth are the most valuable citizens. They are the most vigorous, the most independent, the most virtuous, and they are tied to their country and wedded to its liberty and interests by the most lasting bonds.”

—Thomas Jefferson

The average age of a U.S. farmer is 57 years old. Farmers over the age of 65 outnumber farmers under the age 35, 2 to 1. Nationwide, traditional agricultural colleges are experiencing decreasing enrollments.

Staggering numbers indeed, but maybe, just maybe, change is in the air.

Because more people are thinking about how food gets to their plate, there has been an annual 20 percent rise in the organic food market for the last 18 years. Not only is certified organic food common in markets, but food raised in conditions considered “beyond” organic—local and sustainable—are becoming increasingly popular.

So finally, farmers practicing sustainable agriculture have a growing market. And in places like Pullman and Moscow, there simply aren't enough growers to meet the demand for locally grown produce. So how do we encourage young people into farming to meet the needs of sustainable agriculture?

One pragmatic approach is farm-link programs that connect people who want to farm but don't have land, with landowners who may be retired or don't

have the capacity to farm or ranch the land. Though Idaho doesn't have a formal land-link program, there are landowners in Moscow who are interested in sharing their land with growers who are committed to sustainable agriculture. Steve Streets, is one such landowner.

A local carpenter for 28 years, Steve operates DayStar Design and Construction; he also owns a farm in town. You know, one of those remnant farms that once sat in the country, but now finds itself surrounded by new homes. He knows he could subdivide and sell, but he sees endless opportunities for his 4.5 acres he calls DayStar Farm. Someday he'd like to see his farm become a “heritage farm,” where people could come to learn about cultural artisan trades that have all but disappeared from our culture, like blacksmithing, wool processing, woodworking, and animal husbandry. These trades of the past could be paired with new sustainable technologies like alternative energy sources, grey water systems, and passive heating.

Steve has thorough knowledge of building and operating machinery; he owns virtually every tool and piece of equipment needed for running a farm. What he needs is someone to take some of his dreams, mix them with their own, and implement the ideas. Because there is an open market for vegetable growers in the region, Steve thinks a small produce operation is a good place to begin. Steve, himself, is very fervent about his ideas, and wants to find someone who complements his passion for sustainable living. Any interested person must be serious, experienced in vegetable farming, and committed for the long haul.

As I walked around DayStar Farm, it was easy to imagine the variety of farm happenings possible. The farm clearly



Views of Steve Streets's Day Star Farm in Moscow.

has ample space for large gardens, a greenhouse, and already has an established orchard. No herbicide or pesticide has touched the land since 1960, which is truly unprecedented. I quickly fell in love with the character of the numerous historic outbuildings. From the beautiful large red barn, to chicken coops, to numerous quaint little sheds, it was clear that the spaces available on the farm are just waiting for a purpose such as a workshop, pottery studio, or commercial kitchen. Steve also has Icelandic sheep that “sheepishly” flirted with me as I attempted to get pictures of them. At DayStar Farm it seems that the sky's the limit for farm opportunities. What is most unique about DayStar Farm is that it is within the Moscow city limits (even zoned Farm/Ranch). This proximity to people makes the farm a serious potential for becoming a center of alternative living for the Moscow community.

Do you have it in you? If you think so and you are ready to build a long-term partnership with Steve and his land, contact Steve at (208) 669-0476 or DayStarOrganic@yahoo.com.

If you are a landowner or a producer who lacks land and is interested in a land-link program, consider contacting organizations below.

www.ruralroots.org
www.cascadeharvest.org
www.fsa.usda.gov/FSA

Carrie and Nate are former corn-fed farm kids who like to write about and eat local, sustainable products grown by neighbors. Contact Carrie at carriecasetonlowe@gmail.com if you want a list of sources used for this article.



Letter to the Editor

Hello everyone!

Thank you all for all of your support of the Moscow Renaissance Fair fall auction on the 20th of October. The event was a big success, and it is all because of YOU! And Co-op folks, our thanks goes out to you for the yummy food you provided, as well as all of the other support you have given us.

—Michelle Carr, Fair Publicity Director

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Sustainability Review: Our Solar Electric System

by Mike Forbes, Newsletter Volunteer

When we decided to move and build a new house, we planned to install a solar electric system some day. The day arrived earlier when we decided to use savings from the house and install it this year. This article will be in two parts: Part 1 addresses our decisions/methods/some installation stuff, and Part 2 addresses the installation.

The absolute first priority in designing any renewable energy system is to reduce your power consumption to the minimum possible for your lifestyle. Your money is always better spent on appliances, efficient lighting, and different ways of heating water than purchasing solar panels and wind generators. Once you feel you've reduced your consumption as best you can (for my tips search www.moscowfood.coop for "Sustainability Review" or my website, www.F4design.org), then it is time to install a solar hot water system if your home site allows for that. I'll be writing about those next month when our system is finished. At this point, it's appropriate to discuss renewable energy for your home.

For us we chose solar because we live in an area that isn't a good wind site and we have excellent solar exposure. Many people think that the Palouse and the Northwest are poor solar sites. If you look at average sun hours per day data, you'll see we average 4.73 hours per day per year. This is comparable to towns such as Boulder, CO and La Jolla, CA. I think our long periods of cloudiness in the winter make people think we



Solar panels adorn the roof of the Forbes family home.

have poor solar energy potential. One caveat, years ago solar systems were primarily off-grid and year round sun was a huge factor in their functioning, with the advent of grid-tied systems this is less of an issue.

Most modern solar electric systems (photovoltaic or PV hereafter) are grid-tied meaning they operate without batteries and sell all their power to the utility. Your home draws power from the grid and the power you feed the utility offsets your usage; this is what we call net-metering. Your meter turns both directions and hopefully equally, making your overall usage zero. A drawback to these systems is they offer no backup power during an outage. They can

operate with efficiencies as high as 95 percent (for every 100 kWh you produce you sell 95 to the utility).

An off grid system uses PV to charge a bank of batteries that power an inverter that powers your home. These can be very elegant and simple systems however, they require careful design to match the electrical usage in your home, have more maintenance required, cost more, and operate at approximately 80 to 85 percent efficiency. An off-grid home typically is best suited for places that don't have the utility nearby.

There is a hybrid system called a grid-tied with backup. These systems have been around for about 10 years but not

until 2003 when Outback Power developed some new technology were they very efficient. These systems operate similarly to a grid-tied system but have a battery bank that can power your home when the utility is off, providing a backup power source during a utility outage. These systems cost more than grid-tied systems and operate up to 91 percent efficiency.

We discussed which system to go with and chose the grid-tied with battery backup. This decision was based on our need for backup power and the desire to have autonomy be attainable in the future. We incurred an additional expense (\$3000) but felt this was worth the added benefits.

Once this decision was made, I began the design process. The system is rated at 2160 watts, a system that should supply 100 percent of our needs. (we use approximately 200 kWh/month). My friend Chris and I hashed out the details of the system and put a system together that is arriving in pieces as you read this.

I took delivery of the solar panels and frantically rushed to get the panels installed prior to the snow, finishing as the rain came down. Most of the remaining work is either undercover or inside so completion will happen this winter.

Mike and his family are enjoying the snow and cold weather.

Book Review: What to Eat

by Bill London, Newsletter Volunteer Editor

Marion Nestle's book, *What to Eat*, is the modern encyclopedia of food issues. Not only is this a hefty book, a total of 612 pages in length, but it is complete and thorough. This is the one book we can turn to for clear and well-explained answers to most basic food purchase questions.

Marion Nestle is a professor of nutrition at New York University who has studied food networks and food marketing for decades. She's also achieved a modest fame for her role in the documentary, "Supersize Me."

In meticulous detail, Nestle leads us through the oil-dependent food distribution system and the political minefield of food regulation. Her goal

is to answer the consumers' most basic questions about the safety and nutritional value of organic and traditional produce, dairy products, bottled waters, packaged cold cereals, and dozens of other foods. She does a great job. Her expertise and insight results in clear and concise explanations.

Here are a few examples of her perspectives, taken from the pages of her book as she investigates the American food system:

✦ Pesticide-free produce may not look as pretty, but if you want fewer pesticides in your body and in the bodies of your children, buy organics.

✦ No matter what their labels say, all margarines are basically the same—

mixtures of soybean oil and food additives. Everything else is theater and greasepaint.

✦ The USDA, an agency with primary responsibility for sales of American food commodities, is hardly likely to issue advice—to eat less meat, for example—that conflicts with its assigned mission.

✦ The best evidence that Organic Standards really do mean something—and are not so easy to achieve—comes from the unrelenting efforts to weaken them.

✦ Animal Care and United Egg Producers Certifications require some skepticism. You should not be surprised that 80 percent of industrial egg producers are certified this way. This certification merely attests that a company gives food and water to its caged hens.

✦ Marketing to children does more than make them want certain products; it is meant to change society. It aims to put kids in charge of decisions that you should be making. For this reason alone, marketing to children is worth opposing.

For her other ideas and explanations, you'll just have to read the book. And if you do read it, you'll understand the reasons for Nestle's disgust with the cynical and profit-driven aspects of the American food system—as well as the value of her practical suggestions for ways to avoid the worst of it.

What to Eat is available on order from the Moscow library, and at BookPeople.

Bill London edits this newsletter and was thankful for the November visit of his super-goobar daughter and uber-super-goobar grand-daughter.

The Co-op Listener: Parallax, $\text{distance_moon} = \text{distance_observer} / \tan(\text{angle})$

by Jeanne McHale, Newsletter Volunteer

This month's featured album has a title that defies newsletter editorial restrictions on special fonts, foreign languages, and equations: I have to love a duo that dares to name their album with a formula that describes how the angle of observation influences an apparent distance. Parallax is Martin Watkinson and Brendan Littlefield making music that is difficult to categorize. Their new album is very different from others in the Co-op's CD collection. Listen from one point of view, and you will hear piano on top of cello. From another angle, the cello or maybe a mandolin appears closer. And throughout all the introspective lyrics you will hear nary a guitar or drum.

Barely out of high school and on hiatus before taking off for college next fall, Brendan (on piano) and Martin (on cello) have recorded ten original songs that take you through the shadows of their musical and personal experiences. Both young men also sing and play mandolin, and the album highlights their improvisational roots and compositional skills. I had to stretch my ears to catch all the fast-flying words, and they are very good, as are the musicality and originality. Martin and Brendan began collaborating in high school when Martin sought a piano player for a school project, and the two found themselves compatible in taste and skill. Though I have said they are a piano and cello duo, several tracks on their CD belie that statement, such as "Queen of the Sidewalk Café," where

both musicians show off on strings in a song which I think is about appearances and cultural casts.

You may have heard Martin play his see-through electronic cello in the produce department on Tasteful Thursday. Or maybe you heard Parallax at Women's Works in the University of Idaho (UI), SUB ballroom on November 10. (I did, and I loved hearing their cover of Elton John's "Tiny Dancer." Elton – if you are reading this, do not sue these young men; they were honoring you!) These well-trained young musicians appreciate dynamics. Loud and soft, vocals up front. Yes! "Streetlight Shadows" is exemplary of the album: "We kept off the main roads, dodging the curfew... as streetlight shadows fleeing from the dawn." More talk of shadows can be heard on "Don't Go," which features a piano-cello drive skipping through "childhood escapades." On "Misunderstood Magnesium" the piano ticks like a clock, and there are passing French lyrics which editorial guidelines forbid me to relay to you, so you must buy the CD to hear them. The lyrics flow fast and free on "Midnight Apples:" "I'm tired of that voice in the back of my head, that keeps me from the welcome night, the quiet yet persistent tones, saying you're not living this, the shadow isn't yours, the empty footprints that you leave behind on the wet cement are the only things you own."

Parallax's resume includes Martin's junior year in France on a Rotary Youth



Parallax is Martin Watkinson on cello and Brendan Littlefield on piano.

Exchange, where he played in a ska band, and Brendan's participation in "Eat, Sleep and Funk," with obligatory tight pants and afro wigs. Brendan started piano lessons at age four from UI music professor Pamela Bathurst, who is coincidentally his Mom. Martin claims two members of Potatohead as parents, and began studying cello with Ann Wharton at a very young age.

"Portrait of a Missing Girl" invokes the image of great beauty and obligatory references to the moon—always a player in romance and song. "Caffeine and Alcohol" grows in emotional intensity and volume to its conclusion. It is best listened to on headphones. "Requiem" is a musical poem to a pine tree. I wonder how such young people have come to appreciate 100 tree rings and all that

it implies: "Sway as best you can... the holly, the ivy will blanket you, strangle you." There are nice harmonies on this track, which is aided by Eric Anderson on banjo.

You can hear Parallax at the Co-op on December 11, before Brendan takes off to Lewis and Clark College in Portland, and Martin to Western Washington University in Bellingham. They may not retain the name Parallax, but I hope they hang on to their improbable blend of youthful idealism and musical maturity.

Jeanne McHale is the Co-op Listener: an avid cyclist and inelegant skier, with a surprisingly low Oracle Shack number.

New at the Library

by Chris Sokol, Latah County Library District

"Always read stuff that will make you look good if you die in the middle of it."

—P.J. O'Rourke

FICTION:

A Free Life by Ha Jin. The Wu family begins a new life in the U.S. in the aftermath of the 1989 Tienanmen Square massacre.

The Quiet Girl by Peter Hoeg. A fast-paced philosophical thriller set in contemporary Denmark.

Rashi's Daughters: Miriam by Maggie Anton. A novel of love and the Talmud in medieval France.

Rivalry: A Geisha's Tale by Nagai Kafu. One of the most convincing and sensually rich portraits of the geisha profession.

Toehold by Stephen H. Foreman. The residents of Toehold, Alaska are an odd collection of eccentric souls reveling in the fierceness of the land.

NONFICTION:

The Art of Ill Will by Donald Dewey. The story of American political cartoons.

The Bible: A Biography by Karen Armstrong. The conception, gestation, and life of history's most powerful book.

Big-Box Swindle by Stacy Mitchell. The true cost of mega-retailers and the fight for America's independent businesses.

Bird Songs of the Pacific States by Thomas G. Sander. Listen to the primary songs of 132 species on CD.

Classics for Pleasure by Michael Dirda. Essays about ninety of the world's most entertaining books.

Design Like You Give a Damn edited by Architecture for Humanity. Architectural responses to humanitarian crises.

HOLIDAY:

Christmas: A Candid History by Bruce David Forbes. The story of Christmas from its pre-Christian roots, through the birth of Jesus, to its transformation by modern consumer culture.

Christmas Stories, ed. by Diana Secker Tesdell. Short fiction by great writers of the past two centuries.

Chrismukkah by Ron Gompertz. Everything you need to know to celebrate the hybrid holiday.

How to Spell Chanukah, and Other Holiday Dilemmas ed. by Emily

Franklin. Eighteen writers celebrate eight nights of lights.

Why Does Santa Wear Red? by Meera Lester. 101 Christmas curiosities unwrapped.

Chris Sokol buys stuff for the Latah County Library District that would make anyone look good.

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Bulletin Board



Moscow
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Moscow ID 83843

Co-op Events

Co-op Board of Directors' Meeting
Tuesday Dec 11, 6pm
Held in the Co-op Mezzanine. Open to all. Community comments are welcome from 6—6.15pm. The rest of the agenda is set one week prior to the meeting. Contact: bodfeedback@moscowfood.coop.

Co-op Board of Directors Election Notice

If you are interested in running for the Co-op Board of Directors, there is a mandatory orientation meeting on **Saturday December 15 at 1pm**. If you cannot make it, please contact Joe Thompson in advance to rearrange at josewales@gmail.com or ☎ (208) 301-8265

Art at the Co-op

Friday Dec 14, 5.30 - 7pm
Opening reception for December's showing, which is of works by Co-op employees and volunteers. The show will run until Wednesday January 9.

Co-op Kids – meet Wednesdays, 9am Dec 5 and 19. We will make decorations for our homes - traditional pomanders, string popcorn and cranberries and enjoy the warmth of the Co-op Cafe from 9—10am on both days (we meet at the round table). All ages are welcome! Area seniors who are kids at heart, please come join us, we would enjoy your company.
amamaswork@yahoo.com.

Tuesday Music—December

- Dec 4 Jay Glick.
- Dec 11 Parallax.
- Dec 18 Brian Gill.
- Dec 27 (Thursday) Christian Smith

Buy Local Moscow

Downtown Open House, Open Late
Thursday Dec 13, 5—9pm
The Moscow Food Co-op will be participating in the funfest planned by Buy Local Moscow called Downtown Open House, Open Late. Participating stores in downtown Moscow will be open until 9pm on this day, and the Co-op will be extending the provision of its Tasty Thursday with more samples, more music and more fun!

Community Events

Santa on an Appaloosa!
Saturday Dec 1, 10.15am at the Appaloosa Museum.
Christmas Open House 10am—12 noon will include visits with Santa, horse petting, Appaloosa cookie decorating, tours of the Museum, and refreshments. ☎ 882-5578 x279.

Coppelia—a Comedic Ballet
Saturday Dec 1, 7pm/ Sunday Dec, 1.30pm
Northwest Dance Center presents the suspenseful adventure of Swanilda and her fiancé Franz.
Gladish Auditorium, Pullman.
Info: Crystal Fullmer at mwdcenter@gmail.com or ☎ (509) 334-6831.

Open Government Presentation

Wednesday Dec 12, 12 noon—
The League of Women Voters presentation by Senator Kate K in Boise, at the Moscow School Room (corner of Cleveland and
Contact Liz Sullivan at ☎ 88 sullivans@moscow.com.

Moscow Public Library

Monday Dec 17, 6.30-8pm
We will be discussing Interpret Stories, by Jhumpa Lahiri. All bibliophiles are welcome

One World Café music

- Dec 7 Kelly Riley and Z
- Dec 8 Porch Swing
- Dec 14 Phil Tanimoto
- Dec 15 Dan Maher

Adventure Learning Camps

Hells Canyon Backpacking Trip
Dec 26 to Dec 30. Contact Donal ☎ (208) 310-3010.
www.adventurelearningcamps.com

Palouse Folklore Society—December

Info at www.palousefolklore.org
Thursday Dec 6, 7pm
First Thursday Concerts featuring Porch Swing at The Attic (314 East Second Street, Moscow)
Admission by donation.

MOSCOW F

Contra D

Saturday Dec 15, 8pm da for a fun teaching session— (412 East Third Street in M \$4 newcomers, \$5 membe Dancing Trout with Carla Doug Park and Greg Don and bass, Lisa Kliger stru Jeff Evans on guitar. Call

New Year's Eve P

Monday Dec 31, 7pm po beginner's lesson, **9pm—** 1912 Center. Featuring F Watkinson on whistles, Lisa O'Lea hammered dulcimer, Doug Lamme flute, and Paul Smith on fiddle and Calling by Joseph Erhard.

Artisans at the Dahmen

Saturday Dec 8, 1—4pm
Opening reception for exhibit of mi art by Guy Baldovi. He will discus and light refreshments will be serve exhibit of 15 to 20 pieces will conti December 30.

Baldovi, born in Paris, France in Uniontown, has been paint and uses various media for h His work is a visual explorat space connection and reflects

The energy of both people and nature are evident in Baldovi's creat

Saturday Dec 15, 7—9pm
Concert of Seasonal Fol Barn featuring John Elk Burkhart, who will per seasonal folk music. Pres

the British Isles, the carols are older and less known than the traditional and bys. Ellwood plays the dulcimer and B is \$5 at the door. Ellwo specialty wood instrum

He teaches children to and how to play them. class at the Dahmen Barn in March. y will demonstrate one of these instruments during the concert.

www.ArtisanBarn.org

Vigil for F

Moscow: Fridays 5:30—6
Ongoing since November 2 Friendship Square. Resourc and opportunities for action.

Dean or ☎ 882-7067, sperrin

Pullman: Friday Dec 7, 12:15
Under the clock by the Public I ☎ 334-4688, nancy

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



We want to hear from you! Send us your community announcements by email to events@moscowfood.coop by 24th of the month. If your event is at the beginning of the month, please send it for inclusion in the previous month's newsletter! For more events & information, visit www.moscowfood.coop/event.html