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# Community News



**February 2007**

The monthly newsletter of  
the Moscow Food Co-op



## **Vote! Tuesday, February 27 and Saturday, March 3 Grassroots Democracy in our Co-op**

By Bill Beck, Co-op Board Vice-President

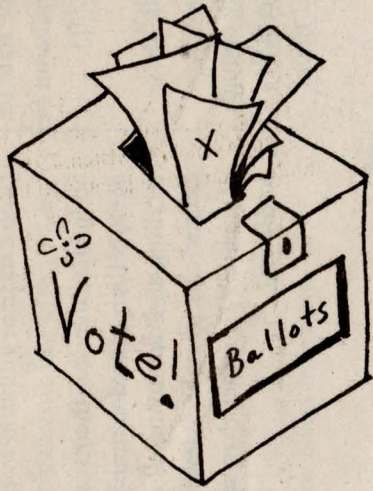
**O**ur Co-op is about as grassroots as it gets. Our Co-op is owned and governed by its members. Anyone can become a member and by doing so, they earn the right to vote for our Board of Directors. Our Board of Directors is the democratic voice of our members. The Board is responsible for setting policies that support the mission and values of our Co-op. The Board oversees the finances and operation of the store for our members. Every member has a voice in determining how our store is governed by voting in our upcoming Board of Directors election.

Now is the time for Co-op members to practice grass roots democracy and elect four new members to our Board of Directors. This issue contains information about the ten candidates who want to serve on our Board. In this newsletter, you can read the candidates' statements and learn about the candidate reception

where you can meet and talk with them. This newsletter also contains information and about the process by which we will elect new Board Members.

I am very pleased that ten members are vying for the four Board positions. As our Co-op has grown and prospered, there is increasing interest in volunteering to serve on our Board of Directors. This is a healthy sign for our Co-op. As our Co-op grows and plays an increasingly important part in our community, your vote is increasingly important. Support our Co-op by voting in our Board of Directors election.

Voting will take place in the store on Tuesday, February 27th and Saturday, March 3rd. If you are a member and can not come to the store to vote on these days, contact Bill Beck at (509) 872-3025 or [wbeck@moscow.com](mailto:wbeck@moscow.com) to receive an absentee ballot.



**Talk to the Board candidates** on Saturday, February 17th, from 10:00 AM to 1:00 PM at the Co-op. The Co-op will supply the coffee and cookies.

**Vote for the members of the Co-op Board** on Tuesday, February 27 or Saturday, March 3rd from 10:00 AM to 7:00 PM at the Co-op. All members (one vote for household memberships) can cast a ballot.

# Community News

## Published by

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

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Joe Thompson  
Donal Wilkinson

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



## The Bakery Loves You

By Aven Krempel, Bakery Manager

The Co-op Bakery would love to help you celebrate Valentine's Day (or Anti-Valentine's Day if you prefer) with a sweet treat for you, and your family and friends. We will once again be holding a Valentine's Day cake giveaway. This was a big hit last year, with over 200 entries.

Look for entry forms and the drop box at the cash registers. One entry per person PLEASE! You will have a choice of 4 different cakes. Chocolate Raspberry, Vegan Chocolate Raspberry, Red Velvet, and of course Carrot Cake. We will draw a lucky winner on Friday, February 9th. This gives everyone who didn't win a few days to place a special order.

If you're a last minute shopper, don't worry; we will be serving slices of all the cakes listed above and more yummy desserts from the deli service case all day on the 14th. Also available, will be mini, 4-1/2 inch "Cakes for Two," in a variety of flavors. We will have indi-

vidual and packaged heart shaped butter cookies.

In other news we are all looking forward to our first "Farm Day" and getting to know some of the farmers in Genesee who are growing the Shepherd's Grain wheat that we are using in the bakery. We have scheduled Farm Day for March 27th; we hope to see you there. Check out the March newsletter for more information.



Illustration by Elizabeth Carney Sowards



## Taste Fair

By Vicki Reich, Grocery Manager

Wouldn't it be great if you could come in to the Co-op and have a little taste of a product you've been wanting to buy but weren't sure you'd like. Or maybe you've wanted to have a chat with some of our local suppliers and find out how they do what they do. Well, your wish will become a reality on March 3rd from 11 a.m. to 3 p.m. when the Co-op once again hosts (drum roll, please) Taste Fair.

This is the 10th Anniversary of Taste Fair and my last one so I'm making sure it's a doozy. If you've never been to a Taste Fair you are in for a treat. If you've been before, I'm sure you've got your calendars out and are writing down the date.

Taste Fair is a fun and crazy day at the Co-op where you can try all kinds of new products and taste all the great things our local vendors have to offer. We'll have tables set up in every nook and cranny of the store, piled high with a staggering variety of tasty treats. I've got a long invitation list so I am sure there will be lots of local vendors plus a variety of new products from national brands. You won't want to miss all the fun so make sure you mark your calendars for March 3rd, and make sure you come hungry!

### Come to the Taste Fair!

March 3rd, 11 a.m. - 3 p.m.

Celebrating our 10th annual Taste Fair!

**Talk to the Board candidates** on Saturday, February 17th, from 10:00 AM to 1:00 PM at the Co-op. The Co-op will supply the coffee and cookies.

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See the center of this issue for more information about the Board candidates.

# Co-Operations



## The Front End News

By Annie Hubble, Front End Manager

When the temperatures stay well below freezing for long periods of time; when in fact 20 degrees Fahrenheit feels like a heat wave, I am sure we all at times dream of warm sunny climes and must admit to being a little jealous of those who are lucky enough to venture out in the world and return with sun kissed faces and the news that, 'yes the sun does still shine.'

But in spite of all this, we can still be sure of our blessing in having such an awesome community. I see folks wandering into the Co-op out of the cold, and hugging, laughing, sharing stories - sometimes very sad ones and sometimes happy - and know we are indeed lucky, sunshine or not. Thank you Moscow! Thank you Moscow Food Co-op!

## The Vendor Booth Program

By Annie Hubble, Vendor Booth Coordinator

The vendor booth program was very successful in December. We had local artists and craft-people in the Co-op almost every day selling their wares. It made the Co-op more colourful and gave local artists a place to promote their crafts for a nominal fee.

The vendor booth program was initiated because local craftspeople were having a hard time finding venues and asked the Co-op for help.

The Co-op charges only \$5.00 a half day and \$10.00 a whole day for members, and a little more for non-members. The vendors bring all their supplies and change. The Co-op provides the space.

There are other holidays coming up; other good times to lure in shoppers! Ask a cashier for an application form if you are interested.

## Newsletter Writer Wanted

By Bill London

Jill Maxwell has been writing for this newsletter for years and she's now ready to retire. Our thanks for her good work.

Jill's position is now available. She was profiling our Co-op Business Partners,

which requires interviewing the business owners, writing a profile and providing a photo. If you would like that position, please contact editor Bill London by e-mail at london@moscow.com.

### 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.
- Ball & Cross Books:** 10% off Used Book Purchases, Mark Beauchamp, 203 1/2 S Main St. Moscow, 892-0684.
- Bebe Bella:** A Free Pair of French Terry Fleece Nursing Pads with your first purchase, Rebekka Boysen-Taylor, 208-882-1353, www.bebebella.com, amamaswork@yahoo.com.
- Copy Court:** 10% discount, memb. card laminated, Michael Alperin, 428 West 3rd St, Moscow, 882-5680
- Culligan:** Free Auto softener install up to 10 ft. of pipe and culligan water softener (Moscow only) & 10 free gallons of water to new delivery customer, Owen Vassell, 310 N Jackson, Moscow, 882-1351
- Carolyn Doe, Massage Therapist:** First 2 1-hr massages \$35 each, 106 East 3rd St, Ste. 5-B, Moscow, 310-6936
- Clearwater Colonic Therapy:** Please call for details: Susann Clark, 208-743-5476, 412 Park Ave, Lewiston
- Ecostructure Financial:** Free 1 yr. subscription to "Matchmaker" Internet Database and Service, Mark Winstein, www.ecostructure.us, 116 E 3rd St, Ste. 212, Moscow
- EcoWater Systems:** \$100 off softener-reverse osmosis combo & free install up to 2.5 hours within 50 miles, 2 weeks free water to new bottled water customer, Michael Robison, 882-5032, 316 N Main St, Moscow
- Erika Greenwell, LMP:** First 2 Massages @ \$35 each, 882-0191
- Full Circle Psychological Services:** Free Initial Consultation, Dr. Tina VonMoltke, PhD, 619 S Washington St. Ste 301, Moscow, 669-0522
- The Healing Center:** Save \$10 off on first exam or phone consultation, Dr. Denice Moffat, drmo-fat@NaturalHealthTechniques.com, 413 East 8th St, Moscow, 882-3993
- 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, integrativemind-works.com, 3400 Robinson Park Rd, Moscow, 882-8159, april@integrativemindworks.com
- Inspire Communications:** 10% off All Services, Jo Sreenivasan, http://members.aol.com/write-book64, 892-0730
- Kaleidoscope Framing:** 10% off gallery items, Darryl Kastl, 208 S Main St #11, Moscow, 882-1343
- Kelly Kingsland, LMT:** First 2 Massages \$40 each, 892-9000
- Kimi Lucas Photography:** 25% off initial photo session, 15% off on photo session, instruction or products & free third pet photo session, Kimi Lucas, PO Box 3432, 310-1064
- Dr. Linda Kingsbury, Professional Herbalist:** 10% off Customized Aromatherapy, Spa Treatments, Holistic Health & Nutrition Consultation, spiritherbs.com, 883-9933
- Mabbutt & Mumford, Attorneys:** Free initial consult., Mark Mumford, Cathy Mabbutt, 883-4744
- Maria Maggi, Intuitive Astrology & Gardener:** \$5 off astrological & flower essence consultations, 882-8360
- Marketime Drug:** 10% off gift items, Joanne Westberg Milot, 209 E 3rd St, Moscow, 882-7541
- Mindgardens:** Free initial consultation & 10% discount on services, Erik Tamez-Hrabovsky, erik@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, Mark Goddard, 2371 NE Hopkins Ct, Pullman, 332-6869
- Pam's Van:** \$10 off first Reflexology treatment & free sauna or Wisdom Eye Massage, Pam Hoover, 1115 S Logan St, Moscow, 596-5858
- Dr. Ann Raymer, DC:** \$10 off initial visit including a patient history, physical, and spinal examination, 1246 West A St., Moscow, 882-3723
- Shady Grove Farm:** \$10 off initial English riding lesson or horse training session, Ashley Fiedler, 1080 Sumner Rd, Troy, 835-5036
- Sid's Professional Pharmacy:** 10% discount off Medela breast pumps and supplies, Sid Pierson-owner, Pullman Care Community, 825 Bishop Blvd, Pullman
- Susan Simonds, PhD, Clinical Psychologist:** 20% off initial life coaching session, 892-0452
- SkyLines Farm Sheep & Wool:** 10% off organically raised lamb, handspinning fleeces & prepared roving, Melissa Lines, 4551 HWY 6, Harvard, ID 83834, 208-875-8747, Sharon Sullivan, RN Herbalist & Holistic Health Educator, 10% off health consultations, reiki, custom formulas and bulk herbs, 106 East 3rd St Ste. 5-B, 883-8089
- Sweet Peas & Sage:** 10% off any purchase in floral or gifts, Kathy Gessler, 122 W 4th St, Moscow, 892-0222
- Tye Dye Everything:** 10% off any purchase, Arlene Falcon, tyedyedye@moscow.com, 527 S Main St, Moscow, 883-4779
- Whitney & Whitney, LLP:** Reduced rate for initial consultations, 604 S Washington St Ste.#1, 882-6872
- Wild Women Traders:** 10% off clothing and jewelry, 210 S Main St, Moscow, 883-5596



## Art at the Co-op

By Annie Hubble, Art at the Co-op Coordinator

Gerry Queener's photography will continue to show until March 7th. It is such a lovely hint of warm sunny seasons, and educational at the same time. Come and have a look. Enjoy the photographs and learn about our lovely native plants.

Coming up is a quilting show by local quilters Alicia Cunningham and Kristin Jones. Their opening will be from 5:30 p.m. - 7 p.m. on Friday, March 9th. There will be more information in the March newsletter.



Gerry Queener with some of his local wildflower photographs. Gerry's photographs will be on display at the Co-op until March 7th. Photo by David Hall.



## Community Dinner

By Amy Richard, Kitchen Manager

Our community dinner this month will be on Valentines Day! Bring a sweetie, a friend or just bring yourself and enjoy a delicious dinner among friends old and new.

Dinner will be prepared by Emily Melina and Melissa Culton. Dessert will be made by Aven Krempel.

Seating is limited to 14 so make your reservation at the register right away! Tickets for dinner are \$24 each. Complimentary wine tasting will be

### Menu for February 14, 2007

- Roasted Tomato and Red Bell Pepper Soup
- Young Chickens with Raspberry-Cabernet Sauvignon Sauce
- Caramelized Root Vegetables
- Coeurs a la Crème with Sweet Cherry Sauce

available during dinner.



## Personal Care Corner: Product Profile - Miss Mags Raw Dog Action Snacks

By Carrie A. Corson, Personal Care Manager

The Co-op is now offering Miss Mags Raw Dog Action Snacks. The Miss Mags Company is located in Palouse, Washington and has been manufacturing and distributing Raw Dog Actions Snacks throughout the Pacific Northwest since 2005.

Raw Dog Action Snacks are a 100 percent raw, vegetarian dog treat made with human-grade organic vegetables and sprouted seeds. Raw Dog Actions Snacks are unique in that the treats are dehydrated, which allows for the major-

ity of vitamins and minerals found in the vegetables and seeds to be retained in the product. This product is definitely for the health conscious dog.

We love to feature local products here at the Moscow Food Co-op. Miss Mags is one of my particular favorites and my dogs Chapin and Halley couldn't agree more. You might be pulled in by the terrific graphic on the box, but your dogs will love these treats and want more.

Raw Dog Action Snacks are sold in 10 ounce packages and retail for \$6.99.

Visit [www.rawdogsnacks.com](http://www.rawdogsnacks.com) for more information.



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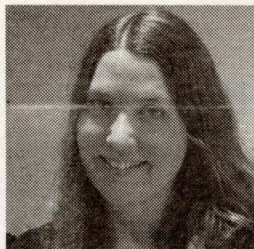
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## Allergen Labeling in the Deli

By Melissa Culton, Kitchen Purchaser

Many of you know me as the kitchen buyer. My job is to order and stock items in the kitchen, bakery, and deli. I also do research to find better products at better prices to insure the best food we can create at a price we all can live with.

As of last November, I am also in charge of the Coop's Allergen Labeling Plan. The new Federal Allergen Labeling and Consumer Protection Act now requires us to label all prepackaged foods with ingredients and an allergen statement alerting consumers if any of the 8 major food allergens are present. The FALCPA identifies these allergens as fish, crustacean shellfish, milk, soy, eggs, wheat, peanuts, and tree nuts.

This labeling is required on all prepackaged foods and not on foods that are placed in a wrapper or container that has been prepared in response to a consumer's order. You will notice this labeling on all packaged foods from the grocery department as well.

What I'm doing is creating a list of everything we have in the kitchen and listing every ingredient each item has in it. After the list is complete, or close to complete (because we will always be adding or changing ingredients), I will take each packaged food recipe and program its ingredients into our scale. The scale will then print out all the ingredients and an allergen statement so each customer can read what is in the

food they are about to enjoy and easily see if it contains any major allergen. Our goal is to give our customers all the information they need to make sure our good food is good for them.

My first project is to complete all items in our grab&go case. Next, I will move on to baked goods and service case items. Although the FALCPA does not require us to list ingredients of service case items, we will do our best to include them to make life easier for our customers with special diets or food allergies.

This project will take some time because, as many of you can imagine, there are a lot of food items in the kitchen, bakery, and the deli. Many

of these items have ingredients with sub-ingredients. For example we cannot stop with listing "chocolate chips" in an item; we must include all of the sub-ingredients in the chocolate chips as well (like cocoa, sugar, oil, etc.). Some ingredients require extra research to make sure they aren't a "fancy" name for one of the 8 major allergens.

I want to say thank you to everyone for their understanding and patience in this long process. We want to take the time to make sure we are thorough and correct with these listings. If you ever have a question concerning a food item you are about to purchase, please ask for assistance and we will help you find the answer you are looking for.

*"Our goal is to give our customers all the information they need to make sure our good food is good for them."*



## The Buy Line

By Vicki Reich, Grocery Manager

You may have heard the news by now or have wondered about the job opening for Grocery Manager. The big news this month is I have decided to leave the Moscow Food Co-op after 11 incredible years. It was a tough decision because I love this job and all the people I've worked with and all the great customers I've met throughout the years. However, I met a wonderful man who happens to live 125 miles from Moscow. After a year of driving back and forth to see each other on the weekends, we've decided we'd really like to spend every day together instead of just 2 days a week. We both love our jobs and since his is high paying and mine is not and he owns a beautiful home and I have a very nice apartment that I rent, it made more sense for me to move in with him (and, no, there's no ring...yet).

I'll be moving to Sagle, ID some time at the end of April or the beginning of May. Sagle is just south of Sandpoint and Jon owns a beautiful home on wooded acreage. For those who have never been in that area, it is beautiful country with a huge lake and mountains all around. There's great skiing and fishing and kayaking and hiking. Sandpoint has many good restaurants (for which I am very much looking forward) and a very little natural food store (for which I am not). I'm not really sure what I will be doing when I get there. I am fortunate in the fact that he makes enough money that I

don't have to decide right away. I am hoping to pursue the craftwork that I have only been able to do in dribs and drabs while working full time. I may try my hand at consulting, or making food instead of selling it, or I may get more involved with the wine industry (something I've been really enjoying at the Co-op this past year). It feels as though the possibilities are endless. It is very exciting and very scary all at the same time.

Because I don't have to get to another job, I have given the Co-op 5 months notice. I will be here to train my replacement and ensure that all the hard work I've put into making our Co-op successful over these past 11 years doesn't go down the drain. Although I've been told that I'm irreplaceable, I'm sure that the person we hire to be the Grocery Manager will continue giving you the service you've come to expect and keep bringing in the products you love. S/he will also bring a fresh, new perspective that can only be good for the continued growth of the Co-op.

I will truly miss this place that has been my second home since the day I moved to Moscow almost 14 years ago. I am sure you will be seeing me in the store long after I move away. There is a magnetic pull here that always brings people back. I am not immune. Thank you for all of the great years.

## From the Suggestion Box

**Carry 1/2 dozen eggs, please put some kind of beer on sale every week and rotate the wine selection more often.**

We'll bring in the 1/2 dozen eggs again. They haven't sold well in the past but I'm always willing to give them a try. When we put things on sale, we have gotten them at a discount from our suppliers. We don't get discounts on beer and we have a very low mark-up on it so we would lose money if we put it on sale every week. I try and bring in new wines on a regular basis, but only when I find something good to fill out our selection. If there is something specific you'd like us to carry, just ask and I'll see if I can get it—Vicki, Grocery Manager and Goddess of Wine and Beer.

**Can you get Garden Protein Veggie Turkey Breast?**

We can order 10 pound bags of Garden Veggie Turkey or Beef Strips but that is the only form I can order it in. Our distributors are not carrying it in any other form at the moment—Vicki.

**Could people not smoke by the door?**

We will remind our staff to smoke in the back by the loading dock for their cigarette break and we will find out if we can make the front of the store a non-smoking area—Vicki.

**I love the Lifestream pasta! Could you get noodles in this brand?**

**Please?**

Sorry, we carry all the shapes of pasta that Lifestream makes—Vicki.

**Could you make the Co-op news available before the beginning of the month? Or post events for the following month?**

Events set in the first few days of the month will have occurred by the time the newsletter is printed and distributed. To publicize such events, submit your information for publication in the preceding month's issue. For example, send us information about an event in early April by February 20 for publication in the March issue—Bill London, editor

**Shouldn't you sell merchandise from locally owned businesses? Then why were your calendars printed at corporate-owned Fedex-Kinkos.**

We work with our locally owned printer (Insty Prints) whenever we can. The calendars were something a staff member did on their own time of their own motivation as something to give as holiday gifts. When he brought the calendar in a lot of us liked it and thought it would be great to sell them. This became a scheduling issue and Kinkos was able to get them printed—Carrie, Wellness Manager.

*Continued on next page...*



## Oeno Speaks

By Vicki Reich, Wine and Beer Goddess

It's February, the month of love, and nothing says love quite like a great bottle of wine and a bar of dark chocolate. Okay, maybe there are other things that say love better than wine and chocolate, but I don't want to talk about them right now. I want to talk about my new favorite indulgence that will be the perfect addition to your Valentine's Day. Black Bubbles Sparkling Shiraz from Shingleback is the ideal way to start or finish an evening with the person you love.

Seeing the dark purple velvet color and beautiful magenta bubbles appear in your champagne flute will put you in the mood for what comes next. The first whiff will fill your nose with the aroma of black currants and hints of spice and cherries and berries getting you a bit hot and bothered and wanting more.

Then the first ice-cold sip will fill your mouth with those velvety bubbles and the luscious flavor of ripe blackberries



sending you over the edge. Enjoy the long sweet fruit finish with just enough acid and tannins to leave you wanting more.

Now take another sip, you've got a whole glass to enjoy. Don't forget the dark chocolate, Black Bubbles pairs perfectly with it.



## Tuesday Tunes

By Joseph Erhard-Hudson, Co-op Music Co-ordinator

Join us Tuesday evenings 6 p.m. to 8 p.m. for good local music and great food from the deli. Our kitchen always makes a special inexpensive entrée for Tuesday nights. The dinner special for Tuesday music nights in February will remain the same as January: Egg Rolls, Peking Chicken, and Fried Rice. Be sure and come for night of culture that's uplifting to your soul but easy on your pocketbook.

A special musical guest this month is Mark Holt from Lewiston, Idaho. Mark has recently been appointed as a member of the Roots Music Association advisory council. Performing since the age of 12, Mark is hard to pin down into a single genre, though bluegrass and country have certainly had their influences. He has played across the country in venues ranging from tiny bars to the Las Vegas strip. Hearing Mark here at the Co-op is an opportunity you won't want to miss.

### This month's line-up:

**February 6th:** Brian Gill and Emily Poor

**February 13th:** Mark Holt

**February 20th:** Joan Alexander & Marci Stephens

**February 27th:** Porch Swing

### Dr. Ann Raymer

Chiropractic Physician

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and your whole family

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## From the Suggestion Box

*As a community-related business, why are you selling cheap Chinese knickknacks that local artists/school kids could make?*

We try to offer a wide variety of items from both local vendors and non-local vendors. Since it is not always practical for local artists to wholesale their products to the Co-op for resale, we now offer space inside the store for local vendors to sell their products. We continue to search for and sell as many local products as possible—Carrie.

*Please stock "Red Bridge" beer. Anheuser Busch is the maker—it's gluten free! Would be a big seller. Thanks.*

I have found another gluten-free beer from a small brewery and there are more micro-brewed GF beers on the way. I'd rather support them than Anheuser Busch—Vicki.

*Try to buy wine in bottles with real cork stoppers. Helps preserve cork forests in Portugal. See latest issue of Audubon Magazine. Thanks.*

There is a great deal of debate about this issue. It appears that screw caps

are better at preserving the wine and never result in "cork taint" so if you are buying a wine to store it for a few years, it seems to be the better option. I encourage you to only buy the wine we sell with corks but I will continue to stock excellent wines no matter how they are closed—Vicki.

*Please make a path for pedestrians/bikes/strollers from the alley. It would just take the removal of some plants pots, making a little bit of a path and maybe a fence.*

Sounds like a summer project, we'll look at it more closely when the snow melts—Kenna, General Manager.

*Label the candles please (beeswax or other wax)! Also, get rechargeable batteries for the local listening station.*

I believe everything that is not paraffin is labeled. If it is not labeled the candle contains paraffin—Carrie.

*We really like the shea butter from Ojaba Collective. Can you get more? I'll order more—Carrie.*

*I tried your veggie pocket this*

*morning & I enjoyed it, however, I thought it was a little bland. For a veggie pocket, it didn't have many veggies & it needed a little more spice. Also the pastry shell was a bit too thick – could it be thinner & flakier?*

*I liked the sausage pocket – however it wasn't quite as flavorful as I had hoped. Maybe some more seasoning to give it some kick. Also, the pastry shell was too thick, could it be flakier and more buttery? Love the deli food! Thanks!*

I'm sorry you both found the pockets to be bland. We try for a balance that most people will enjoy, keeping in mind that it is easier to add a bit of spice than to eat something that is too salty or spicy. For those who like a little more kick we offer a variety of condiments in the deli that you can add to any meal; tamari, hot sauce, nutritional yeast, ketchup, mustard, salt and pepper. You can also ask a deli server for a small serving of salsa.

Perhaps the "Veggie" in "Veggie Pocket" is misleading. I suppose it is really an egg scramble pocket. We call

it a "Veggie Pocket" to differentiate it from the tofu and sausage pockets. Also the yellow onion and yellow bell pepper tend to look just like the egg once its all been baked together.

We chose a bread type crust for the pockets instead of a pastry crust so that they would be a lighter breakfast option, we felt a full shell of pastry crust would be too rich. A slice of quiche for breakfast is a good alternative, lots of eggs and veggies and just the right amount of flaky and buttery crust—Aven, Bakery Supervisor.

*Please bring back berry berry scones. Also why not scrambled eggs, pancakes?*

Bye Bye Berry Scones will be back in production sometime in the spring or summer when berries are in season, hopefully we'll be getting local raspberries, blackberries and wild huckleberries. We do sometimes offer pancakes and egg scrambles on our weekend breakfast menu. The menu changes monthly and we try to mix it up regularly so people can try something new—Aven.

## Staff Profile: Joan McDougall

By Sharman Gill

Have a conversation with Joan McDougall and you'll find that her passion for living is contagious. If life were a bottle of rocks, she fills it first with beauty, love, creativity, and community. The other pebbles settle in quite nicely. I left our visit feeling motivated, and it wasn't even 8 a.m. yet!

We chatted in the front room of Joan's home, a cozy house with intricate snowflake cutouts in the windows. It was a warmly lit place on a street of sleeping WSU college students (thanks Joan, for saving me a trip to Moscow!). On the fireplace mantle stood a striking arrangement of local plants, her expression of the Japanese art form, Ikebana. A crocheted blanket draped the back of the couch, a constant reminder to Joan of her grandmother's creativity and nurturing ways. Now Joan is a grandmother herself, and in turn, a strong influence on the lives of her grandchildren, Henry (6) and Dora (3), who live across the street.

It was largely Joan's desire to be closer to family that brought her from Chicago to Pullman last fall. "I also wanted to be closer to nature," she explained. After moving here, she soon began working as a grocery buyer at the Co-op and has been impressed with the emphasis on training. She appreciates working for an organization that values people.

"So now that you're here do you feel closer to nature?" I asked, yearning myself for an extended backpacking trip in the Eagle Cap wilderness. Her response was emphatic and charming, "Well, I'm here!" She spoke of the beautiful sunrises every morning as she drives from Pullman to Moscow. Mountains, rolling hills, sunsets—we are surrounded if we just notice. Our connection to nature is what we choose to take in.

The Chicago area was home to Joan for many years. She worked at the Unitarian Universalist seminary and, before that, lived in an "intentional community" where people joined their lifestyles, centered on the common vision of the Theosophical Society, an international orga-



Joan McDougall moved to Pullman last fall and soon began working at a grocery buyer at the Co-op.

nization that fosters spiritual growth and upholds all religious traditions. Joan is spiritually grounded and I enjoyed hearing about her recent readings by Emoto Masaru in *The Secret Life of Water*. She showed me some beautiful photographs of ice crystals and explained how the diverse crystallization resulted from exposure to clear or polluted waters as well as negative or loving language or thoughts. Joan emphasized the implications when she said, "Just think, we are 90 percent water."

In addition to reading and thinking about ideas, Joan always has a creative project going. "I've got to keep it flowing," she explained, "or I feel bottled up."

When she was caring for her two children she sewed many things. Skateboard shorts were popular and, one time, her son asked her to make some with many specifications. She went ahead and, in the end, concluded, "This is a quilt, not shorts!" Joan does a lot of "mental quilting" and she is currently excited about making handmade gifts. She recently sewed some "treasure bags" for her grandchildren and a holiday stole for a minister friend in Santa Monica. She is planning additional stoles to celebrate African American

month, maybe even upcoming Arbor Day.

Some of her other creative modes include gift cards and Ikebana. The ideas are always coming. She pointed across the room to a clam basket made by her friend, expressing her enthusiasm for the idea of taking local materials and creating a work of beauty.

Through her creative work and her sense of community and place, Joan makes an active effort to strike a balance between self and the outer world. She may be a newcomer to the Palouse but you would hardly notice. Her choice to interconnect with people and place already runs deep.

Joan's last words stayed with me all day. As she wished me well in the art of mothering, she commented, "Corporations come and go but parenting stays. That's why we need to be mindful of the patterns we are passing on and strive to create happy memories."

Sharman Gill is the busy mother of four children, ages 7, 5, and twins at 7 months.

**“Through her creative work and her sense of community and place, Joan makes an active effort to strike a balance between self and the outer world. She may be a newcomer to the Palouse but you would hardly notice. Her choice to interconnect with people and place already runs deep.”**

## Volunteer Profile: Travis Streets

By Sarah McCord

I wish I could have submitted a video instead of a photograph to accompany this profile. In an attempt to get Travis Streets to relax a bit for his photo, I had him tell me a story about one of his passions, the Duke basketball team. Without hesitation, Travis launched into an animated retelling of one of the most famous moments in college basketball history, the end of the 1992 Duke-Kentucky game. Duke was down by two points with seconds to go. Grant Hill made a 75-foot pass down the court to Christian Laettner, who made an impossible Cinderella jump shot that was so smooth it didn't even jostle the net. I stood absolutely transfixed in the bulk aisle, as Travis played all the parts and mimed the last minute desperation play and its stunning conclusion—a shocked silence before the crowd went wild in the stands, victory for Duke! I was so absorbed in the tale that I was far too slow to capture his trademark twinkling eyes above a disarming grin.

**“Music plays a big part in Travis’ life. He sings and has played the saxophone for 9 years. Travis regularly plays in several bands, and just joined Plasma Soul, a local group that’s been around for a while but was looking for a few new players.”**

Travis was born in Durham, North Carolina, at the Duke Medical Center. As a young child he lived in London, Edinburgh, and Durham before moving to Moscow in second grade. He started playing basketball in kindergarten, and was disappointed that there weren't organized teams in this area until he entered fifth grade. Travis is in the 9th grade at Moscow Jr. High School, and lives with his family, a dog, and two cats. His older sister attends Rice University in Houston, Texas.

Travis plays basketball and football, but is taking a year off to recover from a knee injury. After intensive rehabilitation and time with a trainer, “I’ll be a better athlete all around when I return.”

Travis volunteers at the Co-op as a closer, and so once a week he assists the Co-op staffers with nearly every task they do. He bags bread, cleans the bulk aisles, takes out the trash, fronts shelves, cleans the break room, and sweeps floors. The membership discount he earns benefits his entire family, and I



Travis Streets volunteers as a closer at the Co-op, and is a big help to the staff.

asked him how he got involved.

“I just really like the Co-op,” he told me. “It’s a good place with great food. My family shopped here a lot, but sometimes we’d go other places because it was cheaper. I wanted to get work experience, and my Dad saw a volunteer opening. I really enjoy it. It makes it less expensive for my family to shop here, which means lots of good food in our house.”

Music plays a big part in Travis’ life. He sings and has played the saxophone for 9 years. Travis regularly plays in several bands, and just joined Plasma Soul, a local group that’s been around for a while but was looking for a few new players. “We’re just experimenting right now,” he tells me, “but we jammed for an hour or two [last week] and it was beautiful.” In addition, he sits in with several local groups who “ask me to help out with saxophone. I have time to be in a couple of bands because I make the time. I love music.”

Travis thinks that when he turns 16, working at the Co-op would be a good first job. He enjoys the atmosphere, and says it’s “one of the best places to be in Moscow.” Longer-term plans include

college, and while he currently has his eye on either Duke or Rice, “there are a lot of other good colleges out there.” After college he wants to travel outside the country, return to Scotland, and then “come back, find a wife, and settle down.” As far as what field he might go into, Travis is keeping his options open. He does well in science, but also mentions becoming a historian or possibly doing something that might not even require a college degree. “I could end up being a paperboy in Venice, if it’s what I enjoy.” I can see Travis in my mind’s eye, poling his gondola through the watery canals of the ancient sinking city, occasionally tossing a paper onto the tiled steps of a palazzo as he regales passengers with stories of Duke’s basketball triumphs. It’s a beautiful sight.

Sarah McCord lives and works in Pullman and after talking with Travis might actually try to watch a basketball game during March Madness!



# Kale: Fifteen Minutes of Fame

By Judy Sobeloff

Co-op Shoppers, I'm guessing you already know a thing or two about the importance of eating dark leafy greens. You probably won't be surprised to hear that "Mother Earth News" dubbed dinosaur kale "the new star of leafy greens" in a piece entitled "33 Greatest Foods for Healthy Living," giving it top marks for "nutrient density, flavor and availability."

**Q. Who is the country's largest consumer of kale?** A. Pizza Hut, where it is used for decorating salad bars.

While kale's inner beauty may be under appreciated here, that appears not to be the case in Europe, where it has grown since around 600 B.C.E. and was, until the end of the Middle Ages, the most common green vegetable. In northern Germany many communities have yearly kale festivals complete with the crowning of a kale king; in Scotland, kale is such a staple that the word in one dialect means food, and the expression "to be off one's kail" means to feel too ill to eat.

Funny we should mention feeling ill, because kale evoked such a fight or flight response in me when I was pregnant that it's a wonder I'm writing about it at all.

My struggles aside, you're probably wondering about the story behind the story of dinosaur kale's meteoric rise to fame. A member of the Cruciferae (mustard) family, along with broccoli, cauliflower, cabbage, and Brussels sprouts, kale is distinguished by being a non-heading cabbage. So, what about dinosaur kale's supporting cast, its family members, curly kale and red kale? I don't know what Curly was thinking, coming to the awards ceremony in such a frilly gown—and I won't mention how much it must have cost—but I will ask aloud the questions I know

must be on everyone's minds: Is that really Red's natural color? Is a vegetable still considered green if it's purple?

I'm not sure what led Humphry Bowen to select kale as a reference material for the calibration of scientific instruments, but in the late 1960s he developed "Bowen's Kale," growing, drying, and crushing 100 kg of kale into a "stable and homogenous powder" which was then distributed to researchers around the world ([www.guardian.co.uk](http://www.guardian.co.uk)).

Regardless of any bearing this may or may not have on those wishing to use it for culinary purposes, we can feel the resonance of scientific contribution when eating kale if we so choose.

Despite rave reviews of kale for being a good non-dairy source of calcium, as well as of fiber, vitamins, and minerals, on a cautionary note, people with impaired thyroid functioning may wish to limit consumption, as kale contains goitrogens, which in high amounts may interfere with thyroid functioning.

If that doesn't put you off your kail, read on. As one previously kale-phobic, I paid special attention to preparation tips this month, for example, the importance of thoroughly washing kale before using to coax the dirt out from the curly leaves. Cookbook author Mark Bittman notes "only one trick to cooking collards and kale: Make sure you cook them long enough to soften the stems." While others suggest ditching stems, Bittman advises chopping them and starting to cook them a couple of minutes before the leaves, which he cuts by rolling and then chopping across the roll. Length of cooking time may be a matter of personal preference, as some strive for tenderness whereas others warn of overcooking.

My family test-drove three recipes: Candace Warner's Marinated Winter

## Marinated Winter Vegetable Salad (adapted from *The Co-op Cookbook*)

- ✦ 3 cups beets, chopped
- ✦ 3 cups sweet potatoes, chopped
- ✦ 3 cups carrots, chopped
- ✦ 2 cups kale, finely chopped
- ✦ 1-1/2 Tbsp. red wine vinegar
- ✦ 1/4 cup olive oil
- ✦ 1 tsp. basil
- ✦ Salt and pepper to taste.

Prepare veggies. Steam beets, sweet potatoes, and carrots together until the beets are tender (the sweet potatoes will be very soft but will coat the other veggies as a nice dressing.) While the vegetables are still hot, mix them with the remaining ingredients. Serve immediately or chill and serve cold.

## Roasted Kale with Optional Cheese (adapted from [www.gapersblock.com](http://www.gapersblock.com))

- ✦ 2 large bunches of kale
- ✦ Olive oil
- ✦ Balsamic vinegar
- ✦ Salt
- ✦ Grated Gouda or Gruyere or other assertive meltable cheese

Wash the kale thoroughly and tear into palm-size pieces. Discard the stems. Toss the leaves in a very large pot with 1/2 cup of water and steam for 3-5 minutes until tender but still a bright, deep green. Don't let them turn olive green and mushy—yuck.

**VARIATION ONE, WITHOUT CHEESE:** Mix up a basic vinaigrette of balsamic vinegar and olive oil and salt, and drizzle generously over the whole thing.

**VARIATION TWO, WITH CHEESE:** Layer the leaves with grated cheese in an oven-proof serving dish (shaking off excess water). Add vinaigrette, as described above. Cook under the broiler for 5-10 minutes or until the exposed curly edges of the leaves begin to char and crisp.

## Sautéed Kale with Cranberries (by *Xan at gapersblock.com*)

Sauté sliced garlic and diced red onion in a bit of olive oil; add torn pieces of kale (sans ribs and stems). After a minute or so, toss a tiny bit of water or red wine in there to make the kale steam up. Once the water is gone, add a handful of dry cranberries. When they're soft and the kale is bright green, eat with a little salt.

Vegetable Salad from *The Co-op Cookbook*, Roasted Kale with Cheese, and sautéed kale with cranberries. I must say that I was pleasantly surprised at every turn, amazed anew with every bite by how much I was enjoying kale. Its entertainment value was an unexpected bonus as well, as I was able to chop and cook in near-peace while my children, five and nearly three, amused themselves batting each other with the long stalks, described by my daughter as resembling feathers from an old-fash-

ioned lady's hat.

Neither child, however, ate any kale. Ever the diplomat, my younger child pronounced each dish good but declined to taste more than one bite. "I have something else yummy," he noted, returning to his mac and cheese.

Judy Sobeloff is glad to be back on her kail.

# From Eurasia to Moscow: Palouse Stew

By Karon Aronson

This recipe originated with a real Swiss chef from Europe whose goal was to create an economical meal that used one pot to prepare.

We ate this a lot when times were lean, when we were in professional school and budgets were quite limited.

It uses several ingredients that are abundantly available on the Palouse. It makes use of the basic white sauce that contains the cooked meat and vegetables; when served with a salad and wine

it can also be used for company.

In a steamer place the potatoes, then the carrots, then onions, then sliced wieners on top. Steam until the potatoes are done; check for tenderness with the tine of a fork (7 to 10 minutes).

After the steamed ingredients are done, remove from the heat, empty the liquid, and use the same pan to melt the butter gently. Then stir in the flour to make a paste before adding the milk and agitating with a wire whisk until

thickened.

Add the peas into the mixture and then the steamed vegetables. Stir constantly until the peas are done, about 2 to 3 minutes. Season with pepper, then serve. Can be served with a whole wheat bread to sop up some of the white sauce in a bowl. Serves 4 people.

Karon Aronson lives in Moscow.

## Ingredients for Palouse Stew

- ✦ 1 large baker potato, peeled and sliced
- ✦ 3 large carrots, peeled and sliced
- ✦ 1 large onion, sliced
- ✦ 5 small or 4 large wieners, sliced
- ✦ 3 tablespoons butter or margarine
- ✦ 3 tablespoons of flour
- ✦ 3 cups of milk
- ✦ 3/4 cup of frozen peas
- ✦ Pepper



## Vegan Bites: Great Reasons to Be Vegan

By Hope Matthews, photo by Joseph Stengel

Usually I am not the kind of person to stick my ideologies in other people's faces. People do all sorts of things that seem incomprehensible (to me), yet I try to keep an open mind. However, ever since becoming vegetarian in my teens, I've learned that most people are often obnoxiously curious about my choice to not eat animal flesh. Why are you a vegetarian? How do you get enough protein? Aren't people meant to eat animals? Why don't you eat fish – it isn't meat? If you were starving, would you eat an animal?

By the way, if I were starving I'd eat raw cow with a side of tree bark, but isn't that beside the point? Most people don't eat grubs, but if they were lost in the woods for a week or two those squirmy things would start looking pretty appetizing. So, here are lots of great reasons to be vegan and vegetarian, or eat less animal flesh for everyone out there who has ever been curious, or who is considering vegetarianism.

1. Vegetarians are better kissers. No stinky turkey grease on these puckers!

2. It's better for the environment. Animal agriculture is an inefficient way of supplying food, as it requires more water, land and fertilizer than directly producing food for humans.

3. Lactose Intolerance. It is estimated that 70 percent of the world's population are lactose intolerant. Just because you aren't today, doesn't mean you won't be tomorrow. Just as some infants demonstrate a milk allergy that may disappear as they grow older, many folks become dairy sensitive as they grow older.

4. No animal injected hormones and antibiotics. There is a correlation between the early onset of puberty in girls and cow milk. Quite a few people are also allergic to chicken meat and other animal meat from animals that have been fed hormones and antibiotics.

5. Better for your health. Consumption of animal fats and proteins, as well as cows' milk, are linked to obesity, heart disease, cancer, diabetes...the list goes on and on.

6. Practicing kindness. Animals' lives (even those considered "free-range") are cut short when their production supply declines. Even in the Co-op I overheard a free-range chicken farmer discuss killing her chickens as soon as

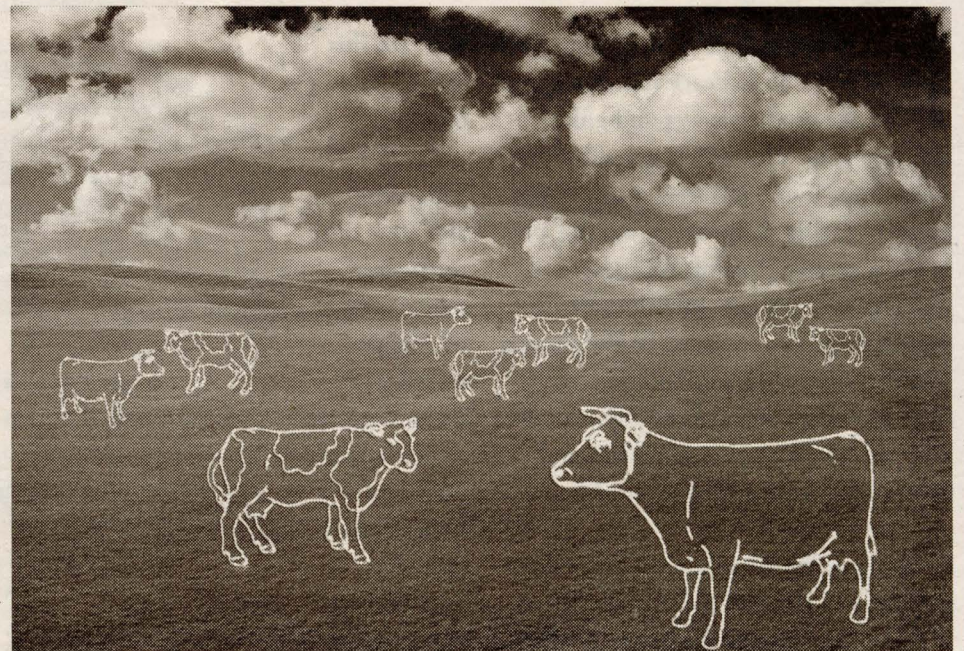
they stopped laying eggs. What happened to feeling a sense of gratefulness for these living beings that supplied this person's food? A male chick may suffer an even worse fate than his egg-producing mama. Males may be killed at birth by suffocation, crushing, gassing or decapitation, as they are unneeded. Need I say veal? Could anything be more cruel or disgusting? The male calf is sold within days of birth, starved and deprived of movement, then sold and slaughtered for its meat. On another note, just because you are eating organic or free-range meat, doesn't mean that the animals have not been mutilated without painkillers, sent to the same slaughterhouses as animals from factory farms, or are not kept in dirty, disease-ridden sheds. Be sure to know where your meat has come from if you choose to partake.

7. Save the fish. The American journal, Science, reports that the fish population has declined to such an extent that supplies could be eliminated in less than 50 years.

8. There are tons of sources for protein. Nuts, seeds, legumes, beans, tempeh, tofu, seitan, quinoa, bulgar, and so much more.

Resources for this article include [www.vegan.org](http://www.vegan.org), [BBC news online](http://BBC news online), [www.vrg.org](http://www.vrg.org), and [www.godairyfree.org](http://www.godairyfree.org).

Hope Matthews is enjoying time at home after being away several times in the last 2 months. She can be reached at [hopeemathews74@hotmail.com](mailto:hopeemathews74@hotmail.com).



### Groovy Like Granola

My version of granola, sans oats & honey. Makes 1 serving

- ✦ 1/2 stalk celery, chopped
- ✦ 1 oz. clover sprouts (or other favorite sprouts)
- ✦ 1/2 apple, chopped
- ✦ 1 T sunflower seeds (sprouted, if desired)
- ✦ 1/4 cup raisins
- ✦ 1 T almonds (sprouted, if desired)
- ✦ 1/2 cup soy or rice milk

Just mix everything together and voila- instant breakfast!

### Double G's New Year's Sauerkraut

My Grandmother's sauerkraut- don't let the ketchup put you off, this is very good!

- ✦ 2 27 oz. cans of sauerkraut
- ✦ 1 cup water
- ✦ 3/4 cup ketchup
- ✦ 3 heaping T brown sugar
- ✦ 1 small onion, minced
- ✦ 2 Granny Smith apples, sliced

A very easy recipe. Don't drain the sauerkraut or peel the apples (just remove the core and slice any way you like), all of the ingredients are ready to go. Just mix them together, place in a large glass baking dish, and cover with tinfoil. Cook at 350 degrees for several hours. Delicious! Tastes great with mashed potatoes, peas, steamed broccoli, and vegan macaroni and cheese.

### Vegan Mac and Cheese

I listed my personal macaroni and cheese recipe before, but here is a vegan version that I found on [www.allrecipes.com](http://www.allrecipes.com). It is highly rated on this site.

- ✦ 1 (8 ounce) package uncooked elbow macaroni
- ✦ 1 tablespoon vegetable oil
- ✦ 1 medium onion, chopped
- ✦ 1 cup cashews
- ✦ 1/3 cup lemon juice
- ✦ 1 1/3 cups water
- ✦ Salt to taste
- ✦ 1/3 cup canola oil
- ✦ 4 ounces roasted red peppers, drained
- ✦ 3 tablespoons nutritional yeast
- ✦ 1 teaspoon garlic powder
- ✦ 1 teaspoon onion powder

Preheat oven to 350 degrees F (175 degrees C). Bring a large pot of lightly salted water to a boil. Add macaroni, and cook for 8 to 10 minutes or until al dente; drain. Transfer to a medium baking dish. Heat vegetable oil in a medium saucepan over medium heat. Stir in onion, and cook until tender and lightly browned. Gently mix with the macaroni. In a blender or food processor, mix cashews, lemon juice, water, and salt. Gradually blend in canola oil, roasted red peppers, nutritional yeast, garlic powder, and onion powder. Blend until smooth. Thoroughly mix with the macaroni and onions. Bake 45 minutes in the preheated oven, until lightly browned. Cool 10 to 15 minutes before serving.

# Much Ado About Tofu: February – sour or sweet?

By Terri Schmidt

Many people find February to be a dreary month. The weather is wet and cold; skies are gray. Winter has gone on long enough for them and they long for the green of spring. I, however, am not one of those people. I think February is a great month. It's not only the valentine month, it just happens to be the month I landed on the planet. So I receive extra attention on my birthday and also have the pleasure of sending fun and loving messages to friends and family.

February is the love month. What does that have to do with tofu? Believe it or not you can actually display your affection for tofu to the public. If you are one of those people who hold tofu in high esteem, it is possible to proclaim your feelings with a variety of "I love tofu" items. For those interested in wearing a tofu love statement, you can check out this web site offering sweatshop free, cruelty free T-shirts, tank tops, and belts: [www.alternativeoutfitters.com](http://www.alternativeoutfitters.com).

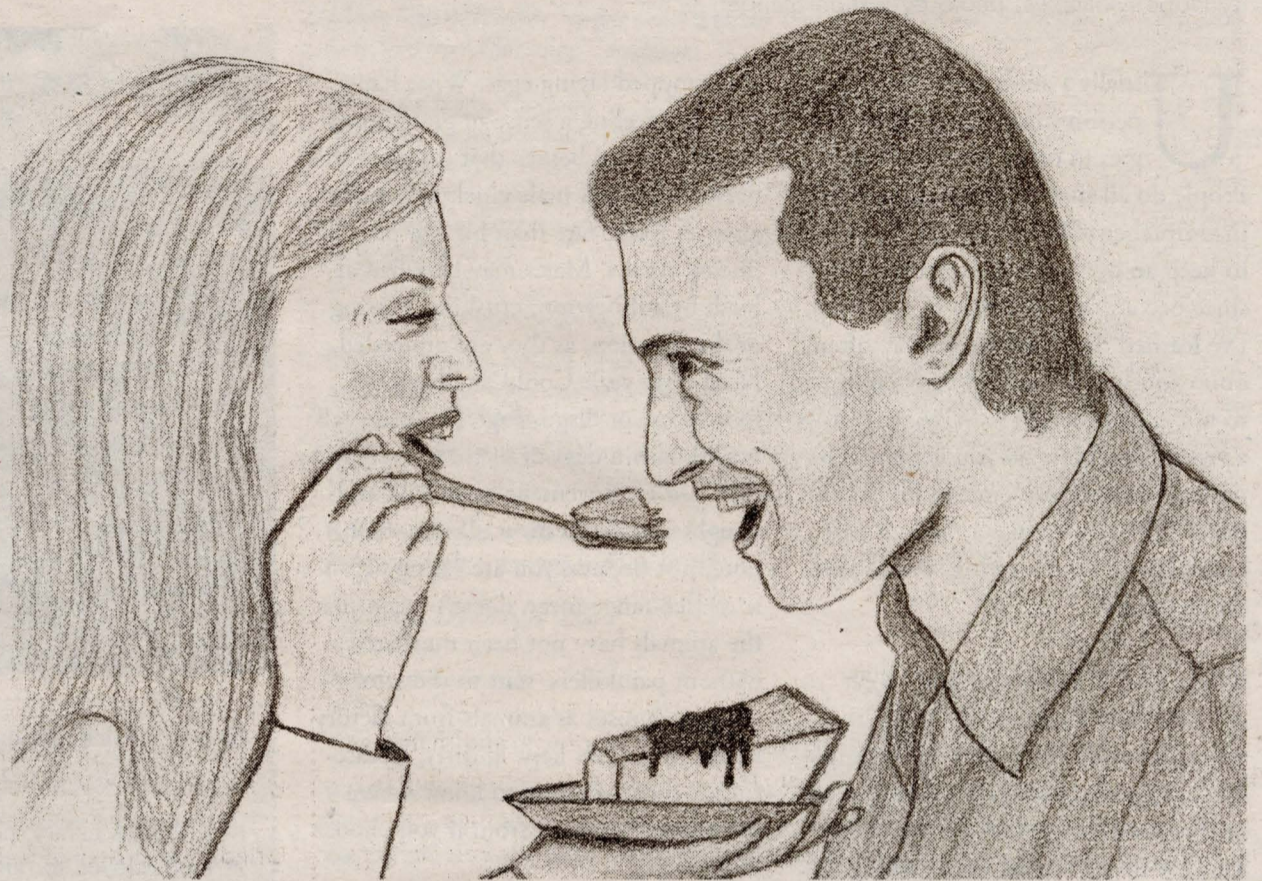
However, you may prefer to share your tofu affection with the special people in your life in more subtle way by cooking a special tofu recipe. If there is any truth to the saying "The way to a man's heart is through his stomach," a tasty tofu dish is a good way to say, "I love

you" on this special holiday.

The sweet and sour tofu recipe has a nice tang of vinegar mixed with the sweetness of pineapple juice and honey. The dish also includes red peppers and tomatoes, which give it that added pop of red for Valentine's Day.

Cheesecake is an appropriate treat for this special holiday – sweets for your sweetheart. The tofu cheesecake recipe is easy to make, tastes good, and looks pretty with the strawberry sauce poured over the top. It is a good dessert for those avoiding cholesterol or dairy products.

Cooking with tofu expresses love in another way too - it shows we care



enough about our families and ourselves to make heart-healthy meals. February is National Heart Month, a time to think about what we are doing to keep our hearts physically healthy. Reducing the amount of red meat we eat is a good start. The American Heart Association recommends that people "select meat substitutes such as dried beans, peas, lentils or tofu (soy-bean curd) in entrees, salads or soups" to reduce the saturated fats from too much meat consumption. ([www.americanheart.org](http://www.americanheart.org)) Tofu has no cholesterol or saturated fat.

Another health related soy product that lends itself nicely to a shared evening is

soy candles. They burn much cleaner than regular candles and last longer. To make a lovingly prepared meal more special, light up your space with a few wonderfully scented candles, add some chocolate in any form, and you'll have the perfect ingredients for a romantic evening with that special person in your life.

Terri Schmidt hopes you enjoy a little extra loving attention from your children, your spouses, your friends, and your lovers this February.

## Sweet and Sour Tofu with Tempeh Cubes

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Serves: 6

- ✦ 2 T. sesame oil
- ✦ 1 small white onion, diced
- ✦ 3 cloves garlic, minced
- ✦ 1 medium red bell pepper, chopped
- ✦ 1 medium green bell pepper, chopped
- ✦ 1/2 cup white wine vinegar
- ✦ 1/4 cup honey
- ✦ 1 cup diced tomatoes, canned
- ✦ 1/4 cup pineapple juice
- ✦ 8 oz. plain tempeh, cubed
- ✦ 1 (12.5oz) pkg. Mori-Nu® Silken Tofu-Extra Firm

1. Heat the sesame oil in a large skillet over medium high heat. Add onion, red and green peppers, and sauté for about 5 minutes. Add the garlic and sauté another 5 minutes.

2. Add one at a time: white wine vinegar, honey, diced tomatoes, and pineapple juice. Stir well after each addition.

3. Add the tempeh and tofu and simmer for 20 minutes. Serve over a bed of rice.

Nutrition Facts: (per serving)

Calories: 285

Fat: 9g

Cholesterol: 0mg

Sodium: 274mg

Carbohydrate: 37g

Protein: 13g

Soy Protein: 11g

## Tofu Cheesecake

[www.cooks.com](http://www.cooks.com) (adapted)

- ✦ 1 (12.3 oz.) pkg. firm tofu
- ✦ 1 (8 oz.) pkg. soy cream cheese (Tofutti)
- ✦ 2 eggs
- ✦ 2/3 c. honey
- ✦ 2 tablespoons vegetable oil
- ✦ 1 tablespoon vanilla
- ✦ 1 tablespoon lemon juice
- ✦ Graham cracker crust
- ✦ Strawberry sauce (recipe below)

Blend first seven ingredients in blender until smooth. Pour into crust. Bake at 350 degrees for 45 - 60 minutes. Cool, then keep in refrigerator. Top with strawberry sauce when ready to serve.

## Strawberry sauce

- ✦ 1 package (12-16 ounces) frozen organic strawberries, thawed
- ✦ 2 teaspoons cornstarch
- ✦ 1/3 cup water
- ✦ 1 tablespoon honey

In a medium saucepan, combine water and cornstarch and honey. Cook over, medium heat, stirring constantly with whisk, until mixture thickens. Cook 2 minutes longer. Add strawberries and heat to serving temperature. For a smoother sauce, mash the strawberries.

## Omnivoria: My Favorite Meat

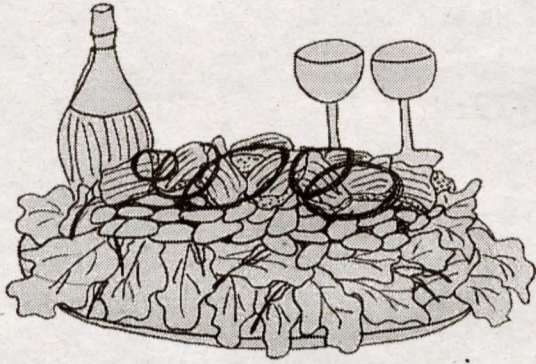
By Alice Swan

This column could focus on pork every month, to the exclusion of any other meat product that the Co-op carries, and I would be a very happy author. I think I can trace my love of pork back to when my husband and I lived in Italy while I was in graduate school. We had an extremely funky apartment—the room that could most accurately be described as the kitchen held a small table, kitchen cabinets, a toaster oven, and a small refrigerator. The adjacent hallway held a hot plate with two burners that sat on top of the washing machine, and a sink.

While I was busy working on my dissertation, Nick took daily trips to the market and managed to cook up some mighty tasty meals in spite of the odd arrangement of the kitchen. Florence is justly famous for its steak, which comes in one-kilo slabs, barely cooked, and simply seasoned with lemon juice, salt and pepper. But when cooking meat at home, we mostly ate pork. One of Nick's favorite memories of the market is the day he was ordering sausages from the butcher, and she told him that she would not sell him the ones he was pointing at, that he had to have the ones that had just been made that day.

Almost every Sunday we had a pork roast that we bought already stuffed with garlic slivers and rosemary, and rubbed with salt. Somehow the toaster oven (which had no temperature settings, Fahrenheit or Celsius, just high, medium and low) did a superb job of cooking the pork, along with potatoes that we usually added to the pan to soak up the meat juices. It all goes to show that the quality of your ingredients is a lot more important than fancy cooking equipment.

Luckily for me and my fellow porcuphiles, the Beeler's Natural Pork that the Co-op carries compares quite favorably to fresh Italian pork. In my mind, the practices of conventional hog farmers are about as awful as any CAFO (Confined Animal Feeding Operation) could possibly get. Pigs are very smart and sociable animals, and they are typically raised in conditions that make them stressed out and psychotic. One can find plenty of horror stories about pigs whose tails have been docked so they aren't chewed off by other pigs, and individual animals in pens so small that they can't turn around, or even really move at all except to lie down. And as with any CAFO, many animals in small spaces means that they are



extremely susceptible to infection, and are usually given large doses of antibiotics. The lack of genetic diversity in conventional pigs only exacerbates the problem.

Beeler's pigs are raised on several different family farms in Iowa, and their pigs are treated much more humanely. They are raised in barns, but they are open barns with deep bedding where the pigs can socialize and root around (as pigs like to do), and they have plenty of fresh air and sunshine, as well as access to the outdoors. Of particular interest to me right at the moment, pregnant sows give birth and raise their young in spacious private maternity rooms, not confining farrowing crates. As far as genetics go, the pigs are heirloom varieties (yes, there is such a thing! It's not just vegetables) that are bred for their flavor. The pigs are not ever given antibiotics or hormones, are fed a vegetarian diet, and are processed without added preservatives, including nitrates or nitrites.

What all this adds up to is some really tasty pork.

Some of the cuts are a bit fattier than conventional pork (that leanness is thanks to years of genetic selection in conventional pig farming), but as I've mentioned before, fat does tend to make things taste better. The texture of Beeler's pork is nice and firm, not rubbery like much over-processed conventional pork, and as my husband said when I asked him for help in describing the flavor, "Well, it has flavor, and conventional pork really doesn't."

I could go on like Bubba Gump and his different types of shrimp listing all the ways I love to prepare pork, but I finally narrowed my choices down to one really outstanding recipe. This recipe may look a little daunting, but don't be fooled. It takes a little planning ahead, but not much actual active cooking time, and it is amazingly tasty.

Alice looks back much more fondly on the food she ate in Italy than on the academic work she did there.

### Pork Confit with White Bean Salad

From *Food and Wine*, October 2002

6-8 servings

#### Pork Confit

- ✦ 2 bay leaves
- ✦ 1 Tbsp coarse sea salt
- ✦ 1 Tbsp crushed peppercorns
- ✦ 2 ¼ lbs trimmed pork shoulder, cut into 2-inch chunks
- ✦ 2 thyme sprigs
- ✦ 2 c extra-virgin olive oil
- ✦ 1 head garlic, halved crosswise

#### Bean Salad

- ✦ 2 c Great Northern beans (or cannellini, if you can get them) soaked overnight and drained
- ✦ 3 quarts water
- ✦ 1 dried red chile
- ✦ 2 bay leaves
- ✦ Salt
- ✦ 1 small red onion, thinly sliced
- ✦ 2 ½ Tbsp red wine vinegar
- ✦ Freshly ground pepper
- ✦ 3 Tbsp extra virgin olive oil
- ✦ 8 cups (10 oz) arugula

Grind the bay leaves to a powder and mix with the salt and peppercorns. In a resealable plastic bag, toss the pork with the seasoned salt and thyme. Seal and refrigerate for 6 hours, or overnight.

Preheat the oven to 225 F. Spread the seasoned pork in an even layer in a medium enameled cast-iron casserole. Add the olive oil. Cover with a crumpled sheet of parchment paper and a lid; very slowly bring to a boil over low heat, about 30 minutes. Add the garlic and bake until the pork is very tender, about 2 ½ hours. Remove from the oven and let cool completely. Refrigerate overnight. (Remember to soak your beans tonight, too!)

Put the beans in a large saucepan, cover with the water and slowly bring to a boil, skimming the surface. Add the chile, bay leaves and a pinch of salt; simmer over low heat until the beans are tender, about 1-½ hours. Drain the beans and discard the bay leaves and chile. Return the beans to the saucepan.

Preheat the oven to 350 F. Soak the sliced onion in 1 Tbsp. of the vinegar for 30 minutes.

Meanwhile, slowly bring the pork to a simmer. Remove the garlic and thyme sprigs (save the garlic for spreading on bread). Drain the pork in a colander set over a bowl. Transfer the pork to a baking dish. When the pork juices have settled, pour off the oil and reserve for another use (like making this dish again next week!). Stir the pork juices into the beans and season with salt and pepper.

Cover the pork with foil and bake until just heated through, about 12 minutes. In a large bowl, combine the remaining 1 ½ Tbsp vinegar with the olive oil and season with salt and pepper. Add the arugula and toss well. Mound the arugula salad and beans on a platter; top with the warm pork and the onions and serve.



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### QUALITY CHIROPRACTIC CENTER

Dr. James E. McKenzie

Quality Chiropractic Center will be offering seminars starting in February. Each seminar will be one hour long from 6:30 – 7:30pm.

#### February's Seminar Schedule:

- Feb. 8 – Probiotics
- Feb. 13 – Fibromyalgia
- Feb. 15 – Water
- Feb. 20 – Heart Disease
- Feb. 22 – Fiber
- Feb. 27 – Cancer

There is limited seating capacity. The cost is \$10 per person.

Call now to schedule for which ones you would like to attend, our phone number is 208-883-4300. We are located at 225 W. A St. in Moscow, on the corner of Almon and A Street.

## Nature in the City: Goldfinches – They’re Here All Winter

By Sarah Walker

**Y**ou have goldfinches at your feeders this winter? I thought they migrated,” a friend said. She’s thinking of the gaudy yellow and black breeding look of the summer male goldfinch, the outfit that says “migrant – must winter in the tropics,” but goldfinches do indeed live here year round. And as easily as we recognize the summer male, we might be puzzled by flocks of small birds in winter with muted tan and olive bodies, black and white wing and tail. Even in winter dress, though, they’re hinting at who they are – look for patches of bright yellow on their chins or a stray black pin feather on their foreheads. From winter to summer, they’re an entirely different looking bird, the only finch to pull off such a dramatic color change.

How do these tiny birds stay warm? For insulation, they grow an “overcoat” of extra feathers, a layer that might weigh twice as much as their summer feathers. For fuel, they consume large amounts of their favorite food— seeds, seeds and more seeds. Most songbirds eat insects and have to fly south when cold weather kills off their food source. But for seed-eaters, food is always available. Goldfinches are able to live on,

and even raise their young, on seeds. And they can eat a lot of them, quickly, even stuffing extra undigested food in a throat pouch for later. (We feeder-suppliers notice this because the thistle-like seed preferred by goldfinches costs twice as much as ordinary sunflower seed).

It’s seeds that steer goldfinches’ lives and cause them to do something very unusual: they don’t start nesting until the heat of summer, late in July. By this time other songbirds are done nesting. Goldfinches time their nesting to match the blooming of flowers in the Sunflower family. Many flowers in the Sunflower or Aster family tend to bloom later in the summer and they produce lots and lots of seeds, an abundant supply for feeding young birds. The plant species goldfinches prefer the most is thistle, and “thistle bird” is one of their nicknames.

Each summer, females build a new nest, by themselves. They weave them from spider silk and plant fibers, then add a lining of soft fluff from plants like thistles, cattails, or milkweed. The nests are so tightly woven that they can hold water. During summer rains, the mother must cover the open nest with spread wings, to keep the nest from filling with water and drowning the nestlings. The female incubates the eggs by herself. Her muted plumage helps keep her and her family hidden from cats, squirrels or crows.

Goldfinches do well in small cities like Moscow. There are landscaped yards with the small trees, flower beds and open space that goldfinches like – these are not birds of tall dense forests. And of course in towns there are backyard feeders, a reliable source of high quality food year round. In winter, a ready



Goldfinches in their winter plumage, at a Moscow feeder. Photo by Sarah Walker.

**This winter, flocks of goldfinches swarmed my two thistle feeders every morning. They were the first to arrive. They stuffed themselves, then went away, probably to roost among the sheltering branches of a dense conifer.”**

source of food is critical to survival. A small bird can only store enough food to survive one night, in really cold weather.

The downside of life in town is the car, and the domestic cat.


This winter, flocks of goldfinches swarmed my two thistle feeders every morning. They were the first to arrive – before the house finches, chickadees, quail, juncos, or squirrels. They stuffed themselves through the morning then went away, probably to roost among the sheltering branches of a dense conifer. During the very cold weeks of January, their feeding got more intense. Birds are able to sense falling barometric pressure and eat more before a storm.

Last summer, I kept seed in my feeders. In late August I watched fledgling goldfinches fluttering around the tubes, practicing landing and plucking seeds through the tiny holes.

Goldfinches are known as the birds of summer because of their bright colors and cheerful singing. During the hot months, when other songbirds have stopped singing, the goldfinches are still at it. I hear their flight call, “Per-chic-o-ree,” over my street most summer days. Right now they may be in your yard, and the males are probably starting to show more and more yellow, a very early sign of spring.

Sarah Walker watches birds in the south-east part of Moscow.

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## Wild & Free: Shepherd's Purse

By Sarajoy Van Boven

You have zee questions, I can tell. You need to know something. Darling, come over here, sit down. What is it you need to know? I can tell you anything. Is it love? Maybe, okay. Is it career? No, okay. Me and zee crystal snow globe know many things, just ask. It is about weeds, you say? Weeds?! Did I hear right? You come to zee Madame Sauvage Farouche for zee weeds? Oui oui, it is hard to see zee ground beneath all zee snow, it is. Soon it will be February, oui oui, it is true.

Well, let us ask zee crystal snow globe. I have to turn her upside down, see, so that zee snow comes off zee bottom. What do I see? Hummmm. I hum a while, it will appear in zee swirling snow.

I see a boy, a young boy in wool and fur. He is near a ditch, or maybe an empty lot; rocks, lots of rocks. A gravel driveway? No, but that does not make sense, because I see sheep, lots of sheep, grazing on patches of green between piles of zee snow. In zee city!

Oh, I must shake it again. There, now zee boy and zee sheep are leaving, but zee boy drops something. Let me see: it is tiny, very tiny, and looks like a tiny bag, or purse. Very very tiny! If this is his money bag, he is a poor shepherd indeed.

Zee snow is settling again, I must shake. On zee ground, among rocks or a ditch maybe, I see a rosette of leaves. They are random: some lobed like dandelion leaves, others oblong like chicory. But they are smaller. Zee difficulty would be to identify this plant now, but before zee seeds come is zee best time to eat these greens, I think.



Shepherd's Purse is a magical plant that foretells the coming of spring, just like Madame Sauvage Farouche.

But you need to be very sure before you eat a plant, check zee manual or expert.

Ah, zee snow is disappearing and zee stems are growing 3-12" tall. Along zee stems are a few more leaves, oblong and narrow like blades of grass. Ah, and here come zee small white snow-flake-like flowers, always staying at zee tip of zee stem, and leaving behind heart-shaped Valentine seed pods along zee stem. It's March now it seems, and this plant is telling me it will stick around through June or so.

I'm getting flavor now: mustard greens mixed with turnips mixed with cabbage. Oh! So much more than bitter spinach, and it seems a good substitute: young leaves in salads and older leaves in soups. I see a Chinese woman in this crystal snow globe telling me they are good in dumplings. She is saying something about gathering these with her mother in China when she was a child, and now she gathers them in Pullman.

I taste ginger now. But I am looking at zee roots here. I see fresh roots and

*"It is about weeds, you say? Weeds?! Did I hear right? You come to zee Madame Sauvage Farouche for zee weeds?"*

dried ones in carrot soup.

I also see a Native American woman, winnowing chaff from zee peppery seeds and grinding zee seeds between stones for flour. But this plant seems European in origin. (*Edible and Medicinal Plants of Zee Rockies* by Linda Kershaw.)

Oh! Here's something terrible! I see zee pregnant woman, sick and ailing. No, it does not look good. Ah! Now I see zee woman in labor drinking tea. Now she is with a newborn in her hands and she is drinking a strong tea from zee herb, and there is not too much blood. (*Edible and Medicinal Plants...*) Oh, I see many people drinking zee tea made from zee dried stems and leaves: people with headaches, and stomach aches, and zee hemorrhoids. Oh, dear! I did not want to see that!

Does zee term *Capsella bursa-pastoris* mean something to you? I keep hearing zee words: Box, purse, pastor. Do you recognize? There is only one species, I think.

Ah! So you do! Tell me what is this plant?

Shepherd's purse. I see. It does all make sense, doesn't it? Madame Sauvage Farouche sees zee truth, does she not?

Sarajoy is very occasionally psychic. She predicts zee coming of spring again this year, around zee same time as last.

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## Voting for Co-op Board Candidates: Tuesday, February 27 and Saturday, March 3rd

By Bill Beck

Here are our Board of Directors candidates' statements. This is a great roster of ten candidates. All of them would bring unique experience and insight to our Co-op. We will elect four of these candidates to our Board.

For the statements printed in this newsletter, we have asked all candidates to introduce themselves and also to respond to the following questions:

How should the Co-op respond to the increasing competition in natural or

organic foods?

What specific skills can you contribute as a board member to the mission of the Co-op?

What else should the Co-op do to better involve itself in the community?

We want to provide members with as much information about these ten candidates as possible. It is important that members make an informed choice when casting their ballot.

On Saturday, February 17th, from 10 a.m. to 1 p.m., we are giving members the opportunity to meet the candidates, have a cup of coffee and a cookie, and share ideas about the Co-op.

Voting will be held on Tuesday, February 27 and Saturday, March 3rd from 10 a.m. to 7 p.m. Absentee ballots will be provided upon request by contacting Bill Beck (wbeck@moscow.com). All members (one vote for household memberships) can cast a ballot. Your vote makes a difference for the future of our Co-op.

**Talk to the Board candidates** on Saturday, February 17th, from 10:00 AM to 1:00 PM at the Co-op. The Co-op will supply the coffee and cookies.

**Vote for the members of the Co-op Board** on Tuesday, February 27 or Saturday, March 3rd from 10:00 AM to 7:00 PM at the Co-op. All members (one vote for household memberships) can cast a ballot.

### Martha Lovett



After working in Civil Engineering for several years, I stayed home after my son was born. Currently I volunteer at West Park Elementary School where I read with the children and organize classroom art projects. I also work with the parent group at the school on fundraising activities. I am a docent at the Pritchard Gallery where we give tours for Moscow students.

My experience in engineering and my current activities involve finding successful solutions to problems and interacting with others in an open-minded and constructive manner. The Moscow Food Co-op is an impressive organization and its leadership is noteworthy for what they have accomplished. To promote the Co-op and recognize the

needs of the members would be an honor.

Increased competition in the natural or organic food market comes from several sources. The presence of reputable, high quality organic foods in the community is a good thing. Some consumers who never had an interest in organics may become regular buyers after they are exposed to new products at their local grocery store. However, it is critical to maintain the highest standards when using the label organic. Low quality organic food, at discounted prices, can be a detriment to the entire industry. The Co-op should maintain its high standards and educate the consumer about the different standards companies may have.

Specific skills I can contribute include excellent problem solving skills, solid communication abilities and the aptitude to look at an issue from more than one point of view.

Ideas for the Co-op to pursue are to work on educating consumers about sustainability, food policies, the Farm Bill, and the politics of organic food. Hold classes for parents about nutrition choices and childhood obesity. Offer the Co-op gift card as a meal card parents can purchase for their children. Offer a bonus to anyone who brings in a friend who has never been to the Co-op. Offer incentives to new members. Hold more fundraising dinners as the Co-op did in the past.

The Moscow Food Co-op is one of the things that I value most about this community. My membership started back when I was an engineering student at the University of Idaho, and I frequented the old Co-op on Washington Street.

### Gina Rich

Contact info: 882-5834, ginarich@sistersbrew.com

Hello. My name is Gina Rich and I am running for a position on the board of directors.

Since I'm new to Moscow I thought I'd provide a brief summary of who I am:

I spent the first eighteen years of my life in Philadelphia. In 1985 I joined the U. S. Air Force and was stationed in Texas. I spent my military career as a law enforcement officer until I was chosen to move into Protocol. While in the Air Force I met my husband (on a blind date) and later gave birth to our first child.

After an honorable discharge and another child I spent the next 20 years as a stay-at-home mom, home-school teacher, and then Realtor. Then one day my husband and I decided we were tired of going our separate ways to work each and every morning so we packed our children, our dogs, and our belongings and headed to Moscow. How we came to choose

Moscow as our new home is too long a story for this article, but here we are. We are opening our own business in Moscow and hope to become very useful and active members of the community.

Upon arriving in Moscow, I was overjoyed to see that we have a "whole foods" grocery store right here in town. I was equally happy to hear of the opportunity to become more than just a shopper at the Co-op.

**How should the Co-op respond to the increasing competition in natural or organic foods?**

Organic labels are becoming increasingly popular as more Americans discover the health benefits of organic foods. Unfortunately, this often means that the qualifications to use the "organic" and "natural" labels result in foods with a minimum of organic/natural ingredients. I believe the Co-op should stick to a stringent policy of only stocking foods in their purest and most organic form. It is a great relief to know I can shop at the Co-op and

not have to read every label to insure I'm not slowly poisoning my family. In addition, I believe the Co-op should support organizations that push for strict organic/natural food labeling laws. And finally, I am thrilled with the Co-op's apparent policy of strongly supporting local food providers and feel this policy should continue and even expand wherever possible.

**What specific skills can you contribute as a board member to the mission of the Co-op?**

I've spent the last twenty years shopping at Whole Foods stores in Texas and Philadelphia and am very familiar with the benefits in health and taste that organic and natural foods provide. In Texas, I served on several committees and boards including the following: Gunter Chamber of Commerce, Gunter Ranch Round-up (chairman), Governmental Affairs, TREPAC, Frisco Area Children's Theatre, and the Grievance Committee for the Texas Association of Realtors. These committees/boards instilled

in me a sense of organization and showed me the importance of applying well-designed policies to achieve your goals.



**What else should the Co-op do to better involve itself in the community?**

I am very impressed with the Co-op's current involvement in their community, a cause in which I strongly believe. Since I'm new to Moscow I look forward to learning as much as possible about the community and its people. Once I'm familiar with my environment I would use my observations to help choose programs for the Co-op that I feel would be warmly and anxiously received.

## Lauri McKean



Contact info: lamckean@gmail.com

My partner and I recently relocated to Moscow from Portland, Oregon where we both completed master's programs in Chinese medicine. I am thrilled to be here and am looking forward to practicing acupuncture, Chinese herbal medicine, bodywork and teaching Taiji and qigong.

We chose to live in Moscow because we were drawn to the friendly, progressive community, small-town life and the natural beauty. The presence of the Co-op was also a huge factor in our decision as I have continuously been involved with natural food co-ops since I was a college sophomore in 1988. These have been located in Iowa, Wisconsin, Oregon and now finally Idaho.

I was most involved with the Willy St. Co-op in Madison, Wisconsin where I was a volunteer and also an

employee. I first worked in the produce department and then came back later to serve as the Member Services Manager. In this role I facilitated communication between the members, staff and Board, developed educational materials and trainings, planned events and wrote numerous articles for the newsletter. I recently visited Madison and was proud to witness how this 11,000 member Co-op is still thriving and evolving.

During my twelve years in Madison, I was also active in the sustainable agriculture movement beginning with a two-year internship on a Community Supported Agriculture (CSA) organic farm. Later I both volunteered for and worked for the coalition of CSA farms. The group's primary goal was to educate the public about sustainable agriculture and eating locally and seasonally. To this end, we published and distributed a cookbook titled, *From Asparagus to Zucchini: A Guide to Farm Fresh Seasonal Produce*. Although this resource was produced primarily from volunteer labor it became a huge success and continues to sell nation wide.

### **How should the Co-op respond to the increasing competition in natural or organic foods?**

In my perspective, increasing competition in natural or organic foods isn't entirely a bad thing. On one hand, it indicates a growing awareness in the general public of the dangers of pesticides, herbicides, additives and the

like. On the other hand, most people's understanding of agriculture and food production fails to grasp any of the complexities beyond natural/organic = good. Thus, when large corporations such as Safeway and Wal-Mart add organic products to their shelves most consumers don't realize that the large scale production of these items often mimics their commercial counterparts. Even though the pesticides and additives aren't present there is nothing sustainable, humane or ethical about the overall production. This is where local co-ops have an edge as they have a relationship with local producers that tend to be much more sustainable overall. Thus, I feel it is important for the Co-op to educate consumers about the "whole picture" difference between our natural/organic products and the corporate equivalent. Additionally, I think it is also important to remind the public that anything purchased here by a member of the Co-op is a "value-added" product in that it includes the privilege of membership (including voting rights), a responsive staff, the newsletter, education and events, as well as community.

### **What else should the Co-op do to better involve itself in the community?**

First let me say that after my initial visit to the Co-op and first time reading the newsletter that I was very impressed with the level of community involvement! The newsletter is more community focused than any other I have

seen and activities such as the Tuesday music, community dinners, business partners and children's events certainly stand out. Of course not having lived in Moscow very long I do not yet have many specific ideas about additional opportunities for community involvement. However, my general impression is that it would be beneficial for the Co-op to do more outreach to the general public in order to educate about the benefits of membership and the values that drive the Co-op.

### **What specific skills can you contribute as a board member to the mission of the Co-op?**

One of my greatest assets is my experience with other natural food co-ops – both as a member and an employee. I feel that this dual perspective is important as the Board needs to understand and support the staff. Additionally, my past experience includes having worked closely with the board of the Wisconsin Coalition Against Sexual Assault when I was a staff member there and having served a term on the National Coalition Against Sexual Assault's board of directors. Additionally, I am very responsible and hardworking and can work respectfully with people in group settings. Furthermore, I have a track record of providing leadership for many successful projects – from the visioning phase through to completion. It would be my pleasure and privilege to serve the Moscow Co-op in this capacity.

## Gary Macfarlane

Contact: gary@wildrockies.org, 882-9755

I'm Gary Macfarlane and I have lived in the Moscow area for about 13 years. I grew up in Utah where my immediate family was responsible for running my grandfather's fruit orchard after he died. I was an employee of the Moscow Food Co-op for a few years so I have an understanding of how the Co-op functions.

My partner and I, Bobbi Calentine, live outside of Troy and she has our place organically licensed. We sell some of our extra produce to the Co-op. I have been involved in public land conservation issues just about all of my life. I am an avid backpacker and bike commuter. Currently, I am the Ecosystem Defense Director for Friends of the Clearwater and my job entails everything from fundraising to strategic planning how to best protect the Clearwater region's public wildlands.

### **1- How should the Co-op respond to the increasing competition in natural or organic foods?**

If competition in natural/organic foods has grown, it may be due to the rapid growth of the natural foods sector, though still small compared to overall food sales in the US. Michael Pollan in his well-researched book, *The Omnivore's Dilemma*, lays out a couple of different paths that natural or organic agriculture has taken the past several years. There has emerged an organic agri-business that, with the exception of not using petrochemical pesticides or fertilizers, is little different than chemical-dependent agribusiness. This change may be due to the increased interest in organic foods.

I believe the Co-op should take a principled approach and emphasize a return to the original ideals of organic agriculture. We should emphasize locally produced and grown organic food. Such an approach will fill an important niche. It will deliver food to Co-op members that is healthy for them and the planet.

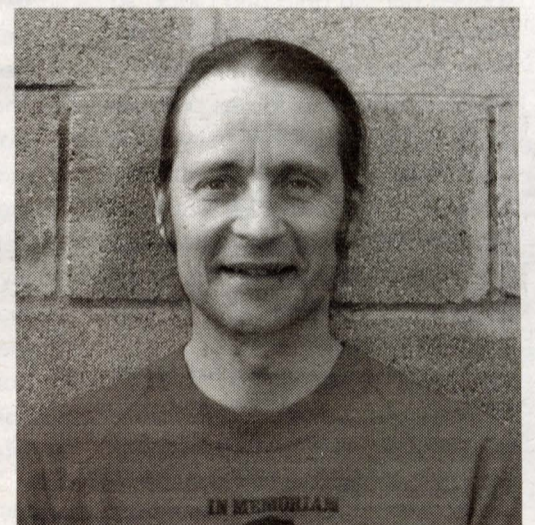
### **2- What specific skills can you contribute to the Co-op as a board member?**

I believe my experience as a Co-op employee gives me an understanding of the needs of employees. My long-standing environmental organizing and advocacy have taught me organizational skills and how to work with others for a common purpose. I have served on and continue to serve on various boards of Conservation groups. My experience growing food also helps me understand the important relationship between the Co-op and local growers.

### **3- What else should the Co-op do to better involve itself in the community?**

Some ideas include:

- a- Bring back the 2 percent Tuesdays.
- b- Provide bargains on certain staple foods like the Co-op did years ago.
- c- Host an evening presentation by a local non-profit entity where the Co-op donate sales from easily prepared deli items such as chili.
- d- Bring back the block party idea



when the store was on 3rd and Jefferson streets.

e- Maintain the commitment to employees to provide a living wage.

f- Keep an active volunteer program and integrate volunteers into more Co-op functions.

g- Increase education on local and seasonal food by submitting news releases and/or articles from the Co-op newsletter to local media outlets.



# Co-Operations

## Kimberly Vincent

Hi, I am Kimberly Vincent, mathematics education professor in the Dept of Mathematics at WSU, mother of 24 year old Nathan, and married to Peter for 26 years. I have served on the Board of Directors for the past three years. My term is ending and I am running again.

I have lived in Moscow for 19 plus years and joined the Co-op as soon as I moved to town. I joined my first co-op when I was 17 living in Maine and I worked my way through college at an organic grocery store in Pocatello.

When I ran for the board three years ago, one of my goals was to see the Co-op expand its membership to welcome more diverse customers. I had no idea how I would help to accomplish that...it turned out that being part of the decision to move to the new location made it much easier to attract new customers.

During my three years on the board I have served on several committees including the finance committee (we now have all board members looking at finances). I have served as vice president for one year and president for one year. I hosted a fund raiser at my home during the planning stages of the move to the new location. I also implemented a formal process for evaluating the General Manager's per-

formance. This is still evolving and still needs lots of improvement but Kenna is now getting more formal feedback on her job performance.

I have been contributing to the editing process of our new Policies of Governance that the board has adopted. This will formalize the role of the board, the relations with the GM and how we evaluate the GM's performance. Now that the Co-op has grown so much the goals are very different. The Co-op is a large business and my goals for the upcoming three year term are to help with strategic planning so that our business plans grow too.

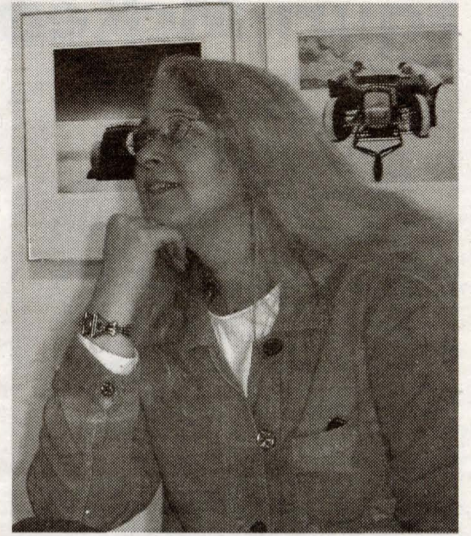
### **How should the Co-op respond to the increasing competition in natural or organic foods?**

While serving on the Membership Committee, I have been working with the other members on a survey of shoppers. The purpose for this survey was triggered by the news of a Super Wal-Mart in Pullman. We wanted to learn more about why folks shop at the Co-op as members or nonmembers. Knowing what our strengths are when competing with other organic grocery stores is key to our success. Kathleen, Donal and I started with surveys used by other co-ops. We weeded out questions that did not pertain and added our own questions. Then my experi-

ence as a researcher and math professor kicked in and I began editing to get questions that did not ask about more than one thing at a time. During this process I connected with Nick Sanyal to discuss the purpose of the survey. Nick and his natural resource students did the final edits, formatting and administered the survey. Once Nick and his students have analyzed the data, then the board can use this data in the upcoming year as we work with a volunteer, and the GM to develop a strategic plan for this growing business.

### **What specific skills can you contribute as a board member to the mission of the Co-op?**

Being a mathematician means I am not afraid of numbers and can keep them in perspective. With a large debt from the move, and the growth the Co-op has experienced it is crucial that all board members are comfortable and willing to analyze, interpret and make inferences about the financial well being of the Co-op. As a researcher I am able to be part of gathering information and analyzing it to help develop a strategic plan. I also offer continuity. Due to several folks leaving their terms early we have four board positions open out of seven. The rapid growth of the Co-op and the adoption and continued editing of the Policies



that will determine how the board governs makes it crucial that the board has continuity.

### **What else should the Co-op do to better involve itself in the community?**

I would love to see the Co-op in a financial position to resume 2 percent Tuesdays and reaching out to members through Dinner with the Directors. We are planning on moving our annual membership meeting to a different part of the year so we can attract more members. It is our hope to be able to expand and offer educational classes. If re-elected I will attend a training for board members to learn of more ways to be a part of the community. I look forward to continuing to give back to the Co-op since it gives me so much.

## Sarah Marhevsky

Go Deacs! As students at Wake Forest University, we proudly sported our old gold and black, so moving to Moscow may well have been fate for me and my fiancé, Matthew Rudd. His job as professor of mathematics at the University of Idaho brought us here, and I was thankful to be hired as an English teacher at Moscow High School, where I have felt warmly welcomed by the faculty and staff.

After graduating from Wake Forest, I went to graduate school and spent many years teaching high school English in Chicago and then Austin. Joining food and bookstore co-ops in these places taught me new ways to engage in my community and heightened my awareness as a consumer. Shopping at other natural food stores and farmers' markets likewise opened my eyes. As a potential board member, I bring my experience as a consumer at places like Whole Foods (headquartered in Austin) with me. Additionally, as a teacher and English major, my strengths in education and communication would be put to good use on the board.

Regardless of other competitors in the Moscow-Pullman area, the Moscow Food Co-op will likely remain the only store in the area that solely focuses on the sale of natural, local, and organic

goods. In many ways, this will continue to be the biggest asset for many of the store's customers: the Co-op is one-stop shopping for food that has been carefully grown and researched. The store pulled Horizon Organic Milk from its shelves because the company was not pasturing their cows, which meant the milk was not truly organic. For customers, this instance provided vivid proof that the Co-op actively works to live up to its mission and that we, as consumers, can trust them to be honest. This will not be the case for all "organic" providers and is a strength which the Co-op should accentuate.

Increasing community involvement and responding to increasing competition should be addressed jointly. Being located in a small town means that the Co-op provides a much needed (and appreciated) service, but that the customer base is relatively stagnant; something needs to change to bring in the untapped portions of the population. When Matthew and I visited Moscow for the first time in March 2006, we excitedly visited the Co-op and enjoyed the delicious barbecue tofu; I've talked to other people who have lived here much longer than we have, however, who have not been to the store since its move. How can the store bring those people in?

Clearly, maintaining the existing cus-

tomers base while drawing in those who regularly shop at more "traditional" grocery stores are both important to the Co-op's fiscal future. Education is key to understanding why organic and natural foods matter. Cooking classes of various kinds would be a great way to increase community involvement and awareness while providing a valuable educational service as well. The classes could bring in those who may not have been to the Co-op before as well as those who want to be more adventurous in their cooking but don't know how. These classes could be demonstration classes done on a portable cook-top in the dining area, in which the audience watches a chef prepare a meal, samples the items, and then goes home with the recipes – or has special time set aside to buy the necessary ingredients. Hands-on cooking classes would be exciting, too, although the current setup might not allow for that. By extending the member discount to the cooking courses, community members would have one more reason to join!

Further incentives could offer mutual benefits. The Co-op could have one day a month on which they would either offer members a 5 percent discount or donate 5 percent of the daily profits to charity, making customers happy while increasing revenue for the day. Alternately, the Co-op could offer

bonus coupons entitling the bearer to a certain free item for

purchases over a certain amount. Either way, it encourages further shopping and customer satisfaction.

Finally, the Co-op could leave the confines of the building and parking lot for further community interaction. Connecting with area classes for health lectures would be a good way to help students become more aware consumers. Adding a food booth at the Farmers' Market and festivals in the area would also give the store greater visibility. Who wouldn't want to be exposed to The Best Day Ever muffin?

The Moscow Food Co-op is an asset just the way it is, but there are certainly ways to help share the joy so many of us Co-op members feel with the rest of the community, and as a member of the board, I would do my best to share that joy – and the barbecue tofu.



## John W. Brainard

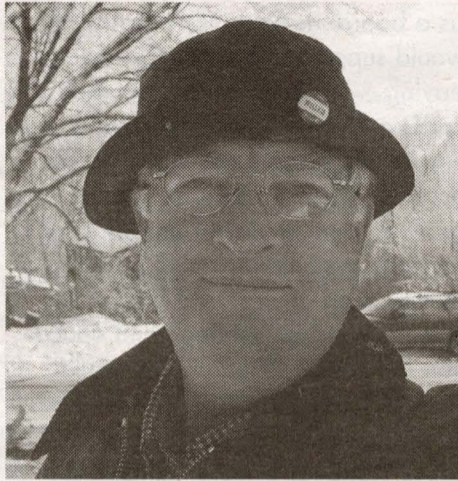
Contact info: (208) 882-8025, PO Box 8937, Moscow, ID 83843

I returned to Moscow from South Florida after a 38 year absence. I am a Moscow home owner. My favorable recollections of Palouse people and land have been completely borne out. I am well traveled and I've lived and been part of communities on both coasts, in Europe and Southwest Asia.

Of particular value to the Moscow Food Co-op is my elective board experience as Secretary, the YMCA of the Palm Beaches (non profit) and the Glenwood Home Owners Association (not for profit); both Florida organizations. I was the facility planner for Pratt & Whitney. These three jobs involved my active participation in capital and operational planning and execution; facility and cafeteria operations; audits; staff development and marketing.

I am a graduate of the University of Connecticut and a retired Army officer. I have two adult children, one in sports clothing marketing and the other, a newspaper manager.

Co-op response to growing competition in natural and/or organic foods: I believe the Co-op should emphasize in its marketing, its long standing, deep knowledge of organic / natural food products, producers and product value. The Co-op should highlight its primary role in product offerings of good value organic and natural foods to the public. The Co-op ought to study and understand its Co-op area competition in the realms of product, marketing, pricing and customer base / customer satisfaction. The Co-op should particularly focus on and understand



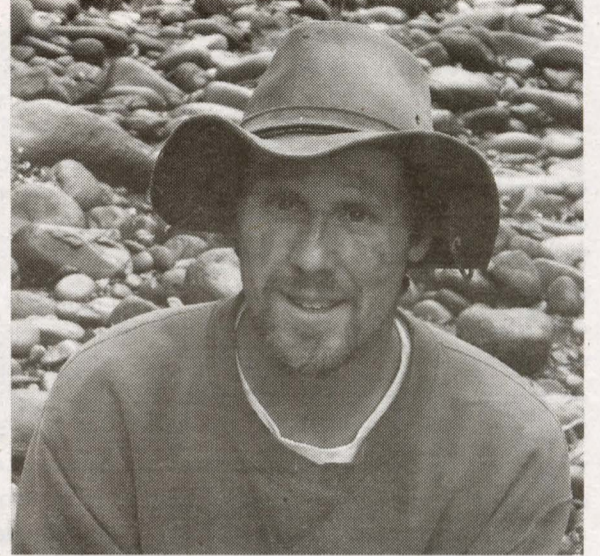
its large firm "organic" competitors such as Safeway, Wal-Mart, Rosauer's and Albertson's. Such understanding will aid the Co-op in meeting its member / customer base requirements, identify market opportunities and enable the Co-op to adjust, add and/or winnow offerings.

My specific skills offered to the Board supporting the mission of the Co-op: I have been an active decision maker as an elected board member and officer of non-profit and not for profit entities. I have lengthy board and employment experience "doing" work to include capital and operational budget planning and execution; facility and cafeteria operations; audits; staff development; project development and oversight and marketing.

Other venues for the Co-op to involve itself in the community: By meeting its customer's requirements; exposing its customers to new products; continuously measuring customer needs and satisfaction and making a profit, the Co-op will enjoy a sound operational base. From that base, new product and service opportunities can be developed, such as a Co-op organic / natural food catering service.

## Donal Wilkinson

I have been on the Board of Directors for a year now. I feel that my contributions to the process have been very helpful. I bring years of experience in management, customer relations, and natural foods to the table. We have spent this year developing policies to govern the board operations and the general manager. I have developed these types of policies with other organizations and have been a solid player in this process.



My experience being on the board of many organizations in the past, from education to conservation to business is my biggest attribute to this board. I am also a good listener and when the talking is through I have the energy and determination to take action.

I have been the Chair of the membership committee and was instrumental in designing a customer questionnaire which is going to help us better understand who we are serving and how we can serve you better. My number one concern is how we can continue to improve our service to you. I want to be part of the team that ensures that the Moscow Food Co-op stays as close to the center of our vibrant community as possible. For this reason I have volunteered to spend a significant amount of my volunteer time working on the strategic planning committee that is going to help steer the Moscow Food Co-op into the future.

In the future the Co-op will probably have to compete with other stores selling natural and organic foods. I

believe that we must work together to reach out to the members of our community who do not shop at the Co-op and find out why. That was part of the purpose of the customer questionnaire. I think that we should strive to meet the needs of these folks without sacrificing our ethics. This is where the strategic planning comes in, and why I am on that committee.

As our community continues to grow and diversify I think that the Co-op will need to follow. One example would be providing on-line shopping for home bound customers. This will ensure that we can still meet the needs of the aging population that supported the start of the Co-op decades ago.

If you re-elect me as a board member I can assure you that I will work hard to serve you the customer, doing my part to ensure that your shopping experience. You can contact me for more information at 208-310-3010 or donalwilkinson@yahoo.com.

## Phil Ronniger

Contact info: quoz9@verizon.net

It has been almost 2 years that I have served on the Co-op Board of Directors. Currently, I am chairing the Professional Development Committee. Our major effort since last spring has been leading the effort to institute a policy governance process to clearly define the roles of the board and the relationship of the board to the General Manager.

I have had more than 10 years of previous board experiences with a mediation and peace-focused organization serving as the board chair for 2 years. In addition, I served for 2 years on one of the 4 review teams of the Metro United Way. Both of these were in Louisville, KY. I currently serve on the Pullman Planning Commission and have done so since 2005.

My current work role is as one of two Career Counselors at Washington State University. Prior to that I started

and managed a career management firm in Louisville for more than 16 years, selling it to one of the top 3 career transition firms in the world in 1998. I worked with this firm until 2002 and moved to Pullman in 2004.

How should the Co-op respond to the increasing competition in natural or organic foods?

A greater awareness and abundance of organic/natural foods is good for our communities. It is possible that an increase of awareness in this part of the retail food industry will be an advantage to the Co-op as the overall number of people purchasing organic/natural foods increases. The Co-op has a community feel and environment that I have never seen within large retailers. It also has committed, interested and knowledgeable staff that adds value other than just price to the purchase. We can continue to build upon these strengths and get a significant

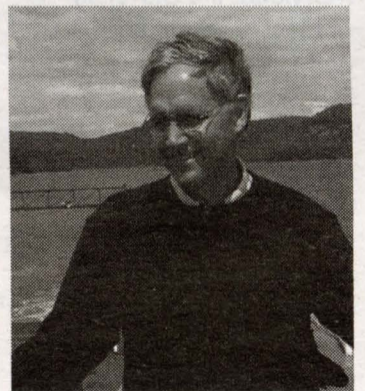
percentage of the growing purchases of organic/natural foods. Some people do make purchases based primarily on low cost. These people will not be the regular customers of the Co-op.

What specific skills can you contribute as a board member to the mission of the Co-op?

Over the last 2 years that I have served on the board we have made a major transition in moving to the new store and the initiatives with the policy governance process stand to significantly clarify roles with the board and the General Manager. Some of the contributions that I have made during this time and that are consistent with other work and volunteer roles that I have had are: listening, editing, taking the initiative to act not just talk, searching for other effective alternatives, having a sense of the future as well as the short term, finding ways to resolve differences and having a sense of humor.

What else should the Co-op do to better involve itself in the community?

We can make a more concentrated effort to educate the community about the importance and value of organic/natural foods. For example, this can be with young people in the schools and in collaboration with some of the organizations and faculty at the 2 universities. We can also explore additional ways to bring people into the Co-op for entertainment and educational type of programs. And, we can look for additional ways to build collaborative relationships with other organizations within the Moscow and Pullman communities.



# Co-Operations

## Chris Caudill

Contact info: 882-2968, caudill@uidaho.edu

I'm thrilled at the prospect of serving on the Board of the Moscow Food Co-op. I see that we, as a society, are at a turning point—that our culture is undergoing a large shift as people recognize the need for food and consumer choices that are in line with their values. I hear a growing number of people who want to "do the right thing" in their daily lives and who yearn for products that nurture and sustain health, local communities, and the environment. I see the Co-op playing an integral role in creating the shift, both locally and regionally, as it continues to provide leadership and innovation in connecting customers with each other and with products that contribute to individual and community well-being.

Somehow amid the suburban Big Box sprawl of the Balto-Washington Corridor, I found the University of Maryland Food Co-op, a single room in the Student Union basement, nearly twenty years ago. The place changed how I viewed food and provided a portal to a whole new worldview at a time when I was deciding to become a professional ecologist. Since then, I've been a member of co-ops in Ithaca, New York, and Atlanta, Georgia. I've been a member of the Moscow Food Co-op with my family, Rachel Clark Caudill, Avery (age 5) and Keenan (age 2) since moving here in 2003 (As a native of Colorado, it's fantastic to be back in the West!). Professionally, I've attended the University of Maryland, the University of New Hampshire (M.S.), and Cornell University (Ph.D.). Since finishing school in 2002, I've been conducting research and teaching courses in freshwater ecology and environmental science. At UI, I work on a large project studying how salmon are affected by dams during their migration up the Columbia and Snake Rivers. I'm also working with National Park Service to develop long term monitoring plans for their aquatic resources. I have become increasingly involved in conservation and sustainability issues in recent years, and would be excited to bring my broad environmental perspective to the Co-op Board.

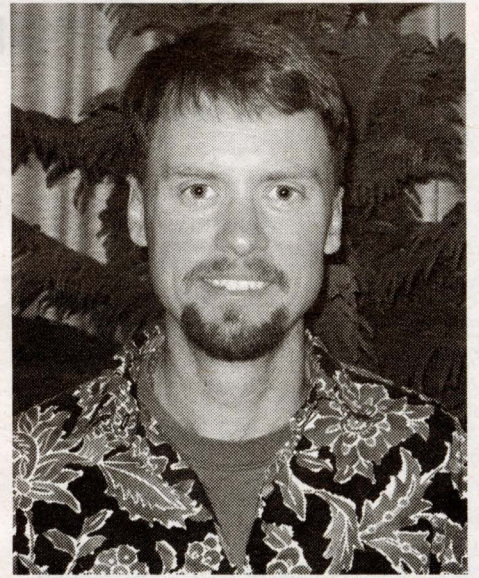
As a Board member, I would bring strong analyti-

cal skills, attention to detail, and an ability to synthesize and integrate a wide array of information into holistic perspectives. I'll use these abilities to identify opportunities and bring new benefits to the membership and the Moscow community. I will also use my training and experience as an educator to communicate the vision of the Board to the membership and the mission of the Co-op to the wider community.

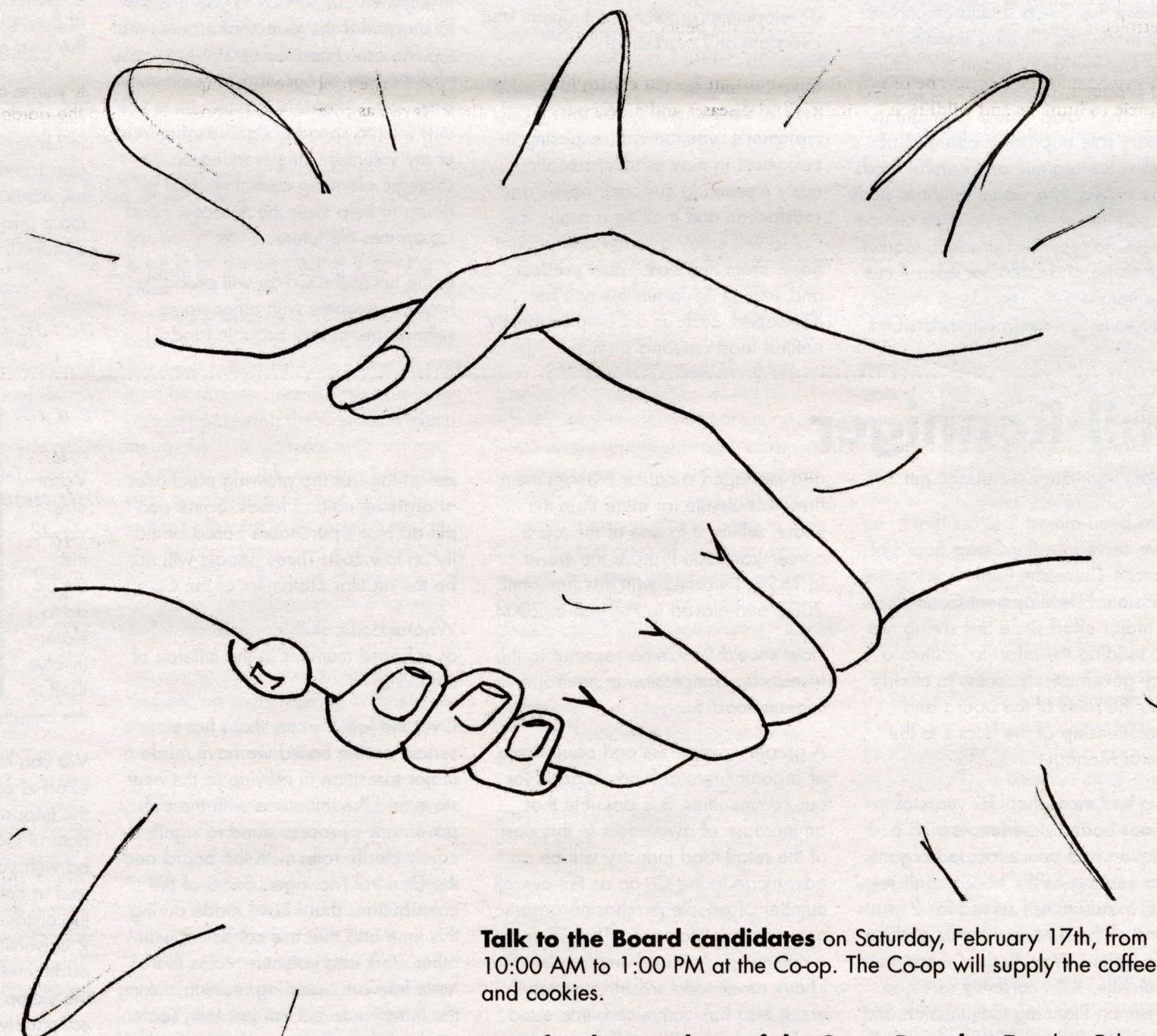
I think the Food Co-op does a fantastic job of connecting to the local community (let's admit it; the Co-op also creates its own community!). However, there are many opportunities to enrich the connection between co-op and community. Given my formative co-op experience in Maryland, I would love to see more exposure and interaction with students at our local Universities. For our younger children, I would love to see the Co-op partner with local day cares for food service that is as nourishing as the care they provide or at least partner to provide buying power to make access to organic whole foods affordable. Increasing access to the Co-op through affordability is another avenue I will pursue

as a board member. For instance, I would support a discount for anyone paying with cash rather than credit cards and would like to explore a list of 12-15 staple items that would be on sale each month that would provide some access to organic foods for those who simply could not shop at the Co-op otherwise. Finally, I see opportunities for outreach and education in the new location and would explore the possibility of one-a-week workshops and classes in the Café. These workshops could include introductions to the health and ecological benefits of buying organic, topics on sustainability such as how to calculate, and then reduce, your own ecological footprint, and those that support community growth and interaction such as introductions to Compassionate Communication (a.k.a Non-violent Communication).

The organic foods market has been HOT, HOT, HOT the past several years and larger corporations have taken notice. How then does the Co-op continue to grow as organic goes mainstream? Clearly, we need to continue to serve the core membership and the community it creates while



playing an increasing role bringing about the shift to a sustainable and equitable economy in the region. The new presence in downtown Moscow, fantastic service, increasing outreach, education, and connection will grow the role of the Co-op in the community, and ensure continued financial growth that will contribute to the Co-op's ability to provide excellent whole foods at increasingly competitive prices. But there's no need to "sell out" and go Big Box—the clear vision and passion of the membership will ensure that the Co-op keeps its character and flavor!



**Talk to the Board candidates** on Saturday, February 17th, from 10:00 AM to 1:00 PM at the Co-op. The Co-op will supply the coffee and cookies.

**Vote for the members of the Co-op Board** on Tuesday, February 27 or Saturday, March 3rd from 10:00 AM to 7:00 PM at the Co-op. All members (one vote for household memberships) can cast a ballot.

## In The Garden: Winter Garden Chores

By Holly Barnes

**“Cultivate the garden within.”**

### ~Unknown

There are precious few winter chores for Moscow gardeners but dormant spraying and pruning are the two most important in my mind. As I write this column I have recorded temperatures below zero degrees for the last four nights. I despair of ever getting out in the garden again.

But there will come days where we can once again see our lawns and gardens and spend time outside waiting and watching for the green growing things we know are on the way. That is when we should do our first garden chores of the new year.

Dormant spraying is the application of an insecticide or fungicide to a plant when it is dormant. Sprays can be for either insects or diseases or for a combination of the two. The base of the mixture is a horticultural mineral oil made from petroleum products. The oil coats the plants and smothers overwintering diseases, insects and their eggs. The oils are nontoxic to humans and wildlife as long as you use the dilutions listed on the label.

They can be used alone, without the addition of insecticides or fungicides but naturally will be less effective. Organic dormant sprays are available, check with local hardware stores and garden centers for advice. Fruit trees and roses will both benefit from a dormant season treatment. Infestations of scale, aphids, leaf rollers, and mealy bugs are among the targeted pests. Leaf curl, powdery mildew and brown spot are common diseases that dormant spraying can control.

The perfect time for applying a dormant spray is when the smallest bit of green first appears on a tree or bush. It will be most effective if applied to the roses or fruit trees on a calm, windless day of at least 40 degrees. The weather forecast should include at least 48 hours of above freezing temperatures following the application. This will insure that the solution spreads over the bark sufficiently to destroy the offenders.

I have resisted dormant spraying because the most benign spray will smother any and all overwintering insects, even the beneficial ones. But I have been told that dormant sprays are an important step in controlling insects and diseases and a necessary part of success with tree fruits. I have 2 pears, 2 apples and a cherry tree and



Winter is all about preparing for a healthy crop.

will cautiously experiment, organically, on them this winter to see if I can get healthier trees and better fruit production.

Dormant spraying is also important for roses. In the late fall (or now if you neglected or forgot to do this) rose care should include removing all leaves from the plants and from the ground around each plant. Place the leaves in a bag and put in the trash. Never compost these leaves, as roses are well known for harboring diseases. This is good advice, too, for the leaves of fruit trees that

carry disease and pests.

As we approach mild February days that qualify for dormant spraying, head on out to the local garden center or hardware store and find someone knowledgeable to talk to about safe dormant spraying. Good luck on your fruit and flower crops this year!

Holly Barnes spends her winters cultivating the garden within and the rest of the year in the gardens around her Moscow home.

## Letter from the Land: Sounds of a Winter Night

By Suvia Judd

By the time you read this Spring will have strengthened from a promise to a promise; for me, faith is restored by having it be a balmy 16 degrees Fahrenheit in the barn tonight, instead of the zero to five of the last three days.

I grew up in the Vermont woods, where I could ski away from the doorway, and where if you heard a car it was your own. So it is a funny thing that here in Moscow, the sound of the state plow truck as it roars and rattles past gives me a thrill of pleasure. It is a sound associated for me with new snow, and school being cancelled, and everything being covered in a clean, hushed quietness. So when I hear the plow, that means, enough snow to transform the world by morning.

The old house I live in has a room with south facing casements that sing in a strong winter wind: the weather-strip symphony. I've always enjoyed it, although now that we have livestock, a part of my mind is always out by the

barns: is everyone as warm and snug and fed as I am?

Other city sounds: tires grinding on ice as someone tries to climb a steep street; meanwhile I snuggle in my bed, glad it's not me. As night turns to morning one hears the chinkleychinkleychinkle of the chains on cars coming into town, and the ka-chink, ka-chink of an early school bus heading out with the chains still loose. And near at the hand kreech-eek, kreech-eek, kreech-eek as someone scrapes the frozen snow off a windshield.

Winter came for me on the mountain this year on a dark evening in November, as I walked silently back down the trail into the Idler's Rest cedar grove, and overhead heard the soft whistling of the tundra swans, flying southwest. Where will they stop next?

In early winter we heard lots of coyote families doing their call and response, as groups and individuals locate each

other. It is startling to have the great sound rush of howls and yips rise up suddenly from near at hand.

As December rolls over into January the great horned owls begin their breeding calls: "Hoo' huh Hoooo, Hoo', Hoo." On icy cold nights the packed new snow underfoot goes skrint, skrint. When slightly warmer it changes to skrunt, skrunt, and if you are walking with a companion on icy ruts you may hear klwik klwik klwik (pause) "ack", thud, as a patch of smooth ice and an exuberant dog take someone down. And there is the sound of booted feet on frozen fog crystals over new snow - kashish, kashish, or of skis on very cold new snow - a soft shhhhhhhhhhh. And if your dog plunges away from you on the long line, and you hear a sudden explosive "phwoomph," almost like the beginning of a grouse call, pull your dog back right away, because that was a porcupine shaking out its quills into fighting stance.

And sometime, soon or late, it will

**“The sound of the state plow truck as it roars past gives me a thrill of pleasure. It is a sound associated for me with new snow, and school being cancelled, and everything being covered in a clean, hushed quietness.”**

all warm up, and you will hear the great loads of snow on the evergreen branches coming down suddenly in the woods, landing with a rich fwump, (unless they land on you....) And in a day or two, you will hear "drip drip drip" from the trees, and the merry rushing of little streamlets under the snow, as you slog along in big boots, going "kalosh, kalosh, kalosh."

Suvia Judd enjoys winter in Moscow and on Moscow Mountain, and is convinced that snow contains special vitamins that are beneficial even if not eaten.

## Earth Mother: Frugal Fun in Freezing Weather

By Julia Parker

Winter time is a great time to explore the variety of inexpensive things to do with kids in Moscow. In the summer and fall, it's so easy to get out to a concert in the park or to the market, but come winter I begin to find myself spending too much time and money at retail and restaurants just to get out of the house. There are however lots of inexpensive, fun activities in Moscow and Pullman – some are even free! Here are a few to try.

**Storytime at the Moscow Library** – the library staff create programs that include a multitude of learning activities for you and your child including songs, stories and crafts. It's free and different groups meet the needs of a variety of ages. Nursery Rhyme Time (ages 12 months to 30 months) meets on Tuesdays at 11:30 a.m. Toddlers (2-3 years) meet on Wednesdays at 10:30 a.m. Pre-school age children (ages 3-5 years) have their own programs on Thursdays at 10:30 a.m.

**Clay day at Wild @ Art** in the Eastside Marketplace – half pound of clay is \$5 and the price includes firing your pieces and glazing. Wow! Adults can bring

kids and share clay or get their own for hand-building. You can also use a cart-full of art supplies and their tables, sinks and space for \$5 per hour per person. Just call for the schedule – 883-3405 or check their web site [www.moscowwildart.com](http://www.moscowwildart.com).

**Co-op Kids** – These young child-friendly art activities inspired by Waldorf-style education are free every other Wednesday at 9 a.m. at the Co-op. Check the back of the Community News for the monthly schedule.

**Palouse Discovery Science Center** ([www.palouseescience.org](http://www.palouseescience.org)) – This center is designed to engage kids from toddler to older elementary students. Come see the hissing cockroach, enjoy a planetarium show or try to figure out the engineering of dams. This activity, located in Pullman, stretches my frugality a bit (\$4 for kids, \$6 for adults and kids under 2 years are free) but for \$10 one adult and one child can enjoy a program and the hands-on center. Family memberships can be a better deal if you go often.

Science Center programs for kids kindergarten age and up are on Tuesdays

(1:30) Wednesdays (1:30) Thursdays (10:30). Fridays are for toddlers and pre-kindergarten age children at 10:30. Each week has a theme – for example colors, arctic animals, cold – and programmed activities include a story, discussion and art activity related to the science theme.

Last Christmas our daughter asked for a bug vacuum – which is basically a bug-friendly dust buster with a clear magnified section for viewing your living captive. Unfortunately we were spending the holidays with Grandmas in North Carolina and Simone didn't see a bug for two weeks (ummm, not until we got home). If I had known then that she could have enjoyed 2 million insects at the entomology museum at the University of Idaho, I could have sent her there and saved a lot of batteries sucking up spiders (yes, I know they aren't really insects) and box elder bugs. The William F. Barr Entomological Museum at the University of Idaho is available to families and small groups by appointment. Simone and J.D. (a.k.a. Daddy) went to the museum last spring and loved it. Frank Merickel, a real live entomologist, runs the tours and is a dynamic teacher. You can reach

him to schedule a visit at [fmericke@uidaho.edu](mailto:fmericke@uidaho.edu).

Go enjoy winter at the Palouse Ice Rink! Ice skating is much better learned when you are low to the ground – so take your sprout and let them work on their skating skills and work off lots of energy! In case your kids are new to this activity the rink also provide sliding supports (kind of like a walker) for kids to help them stay upright. The schedule for the ice rink can be found at [www.palouseicerink.com](http://www.palouseicerink.com). In general, they are open for public skating Mondays, Wednesdays and Fridays from 3:30 to 5:10 p.m., Saturdays 2:15 to 4:15 p.m. and Sundays 1:00 to 3:45 p.m. See their web sites for other times. Admission is \$2.25 and skate rental is \$2.25. You can always look for skates at the Goodwill store too if you don't want to wear the rink's not-too-comfortable blue plastic ones.

Julia Parker really did mean it last month when she said she wanted it to snow up to her ears this winter. Looks like she might get her wish.

## Co-op Kids!

By Rebekka Boysen-Taylor

Join us in February for Co-op Kids.

The activities this month are perfect for kids of all ages (and of course free)! We will meet on the second and fourth Wednesday of the month at 9 a.m. in the cafe and it is a great chance to get out of the house and meet new people. Heck, we usually grab some hot food from the deli and have a healthy breakfast out as well!

### Won't You Be My Valentine

We will make lovely handmade valentines for our sweeties on the 14th. There will be supplies provided. Please let us know if you are planning on coming with a group so we can have enough supplies on hand.

### Snack Drawer 101

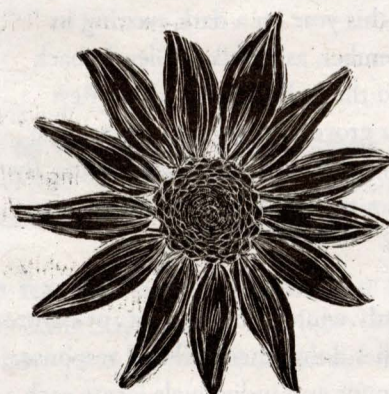
On the 28th we will make some healthy snacks on-the-go for kids using some of Julia Parker's suggestions from the January newsletter. The idea of creating a snack drawer is fabulous for everyone in the family, especially little kids who are usually running to mom or dad for help when they are hungry. Julia says “..this is something that helps my daughter gain some independence over her food choices and gives



Iris and Ethan get creative with Mama during January Co-op Kids!

her the ability to do something for herself. We also get to talk a little about nutrition while we're making the snacks to fill the drawer.”

Rebekka Boysen-Taylor is the Co-op Kids! volunteer and mama to two wild, wonderful babes of her own! You can reach her by e-mail at [amamaswork@yahoo.com](mailto:amamaswork@yahoo.com).



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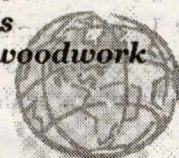
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## Meals Kids Might Eat: Things to Do with Mashed Potatoes

By Jyotsna "Jo" Sreenivasan

**M**ashed potatoes are a kid favorite, and they are really nutritious! Potatoes are a good source of complex carbohydrates, vitamin C (it's true!), B vitamins and iron. According to [www.indepthinfo.com](http://www.indepthinfo.com), "Unlike any other major crop, potatoes contain most of the vitamins needed for sustenance. Perhaps more importantly, potatoes can provide this sustenance to nearly 10 people on an acre of land."

Potatoes are naturally low in fat. Unfortunately, many mashed potato recipes include lots of high-fat ingredients. Here are some not-too-high-fat recipes that I hope your kids will enjoy.

Note: when the recipe calls for "mashed potato," it means plain cooked potatoes that have been mashed. You don't need to actually make official "mashed potatoes" (with butter, milk, salt, etc.) before you add them to the recipes here. You can, however, use leftover mashed potatoes (with the milk, butter, salt) in the recipes here, but you might want to reduce or leave out any additional salt or liquid. See my note at the end of the Potato Cheese Puffs recipe.



Potato Cheese Puffs are an easy way to get complex carbs and vitamins from yummy potatoes.

### Garlic Mashed Potatoes

(adapted from Moosewood Restaurant New Classics, by the Moosewood Collective)

The garlic adds very subtle flavor. The original recipe has no butter in it at all. However, I thought it was a little austere that way, so I added a tablespoon of melted butter.

- ✦ 4 cups peeled and diced potatoes
- ✦ 2 to 4 garlic cloves, coarsely chopped
- ✦ 4 cups water
- ✦ 1 ½ teaspoons salt
- ✦ ½ cup warmed buttermilk
- ✦ ¼ teaspoon ground black pepper
- ✦ 1 tablespoon melted butter (optional)

1. Combine the potatoes, garlic, water and 1 teaspoon of the salt and bring to boil over high heat. Reduce heat and simmer for 5 to 10 minutes, until the potato cubes are soft enough to be pierced easily with a fork.
2. Drain the potatoes and garlic. Return them to the pan and mash them with the buttermilk and optional melted butter. Stir in the additional ½ teaspoon salt and the pepper.
3. Mashed potato recipes always stress that you must serve them "piping hot." At my house my family is not necessarily ready to eat the minute I finish mashing the potatoes! So I keep this dish warm by putting it in the oven set at 170 degrees F.

### Potato Cheese Puffs

(adapted from The Potato Cookbook by Janet Reeves)

These are light and delicious. The only sort of complicated thing about this recipe is beating the egg whites until they are stiff. I tried doing that with my hand-crank egg-beater, but I got discouraged. I switched to the electric beater and was more successful.

- ✦ 1 1/3 cups mashed potato
- ✦ 2 eggs, separated
- ✦ 3 tablespoons hot milk
- ✦ 1/3 cup grated cheddar cheese
- ✦ ¼ teaspoon salt
- ✦ ¼ teaspoon celery salt

- ✦ ¼ teaspoon paprika
- ✦ 1 teaspoon finely minced onion
- ✦ 2 teaspoons finely chopped bell pepper
- ✦ 2 stiffly beaten egg whites
- ✦ 1 ½ tablespoons melted butter

1. Preheat oven to 350 degrees. Grease a baking sheet.
2. Beat the egg yolks with a fork.
3. Combine all ingredients except egg white and melted butter. Mix well.
4. Beat the egg whites until stiff. Fold into the potato mixture.

5. Drop by tablespoonfuls onto the greased baking sheet.

6. Using a small pastry brush, dab the mounds with melted butter. You can use any kind of clean, only-for-cooking paintbrush for a pastry brush.

7. Bake for 20 minutes, or until lightly browned.

Note: I made this recipe using leftover Garlic Mashed Potatoes. Since they already included salt and buttermilk, I left out the milk, salt and celery salt in this recipe.

### Potato Poppers

(adapted from Laurel's Kitchen by Robertson, Flinders and Ruppenthal)

This is a good way to use up leftover cooked rice.

- ✦ ½ onion, diced
- ✦ 1 celery stalk, diced
- ✦ ½ tablespoon oil
- ✦ 1 ¼ cups mashed potato
- ✦ 1 cup cooked brown rice
- ✦ ¼ cup tomato paste
- ✦ ½ teaspoon salt
- ✦ ¼ cup grated Parmesan cheese

1. Preheat oven to 350 degrees F. Oil a baking sheet.
2. Sauté onion and celery in oil.
3. Combine all ingredients (use your clean hands if needed).
4. Using a scant ¼ cup of mixture for each "popper," form them into flattened balls or logs and place on the greased baking sheet.
5. Bake on the top rack of the oven for 20 minutes, or until delicately browned. You might want to check on them after 10 minutes, especially if you didn't put them on the top rack – the bottoms of the poppers tend to get really brown. If you like you can turn them over after 10 minutes. Makes 16 poppers.

## New at the Library

By Chris Sokol, Latah County Library District

*When I read about the evils of drinking, I gave up reading.*

—Henny Youngman, Comedian (1906-1998)

### FICTION:

*Bloody Harvests* by Richard Kunzmann. South African detective Harry Mason and his partner, Jacob Tshabalala, must discover whether the mutilated corpse of a young child is the work of a serial killer or a cult leader practicing a tribal multi child-sacrifice killing.

*Returning to Earth* by Jim Harrison. Slowly dying of Lou Gehrig's Disease, Donald, a middle-aged Chippewa-Finnish man, begins dictating family stories he has never shared with anyone, hoping to preserve history for his children.

*Sacred Games* by Vikram Chandra. Inspector Sartaj Singh, one of the very few Sikhs on the Mumbai police force, is drawn into the criminal underworld of Ganesh Gaitonde, the most wanted gangster in India.

*Wild Indigo* by Sandi Ault. The high desert of New Mexico is the backdrop for this story of ancient rituals, restless spirits, a desperate female BLM agent, and a crime that could destroy an entire culture.

*The Wildfire Season* by Andrew Pyper. Scarred from fighting a forest fire, Miles McEwan escapes his past deep in the Yukon wilderness only to be faced with another nightmare.

*Windflower* by Nick Bantock. The compelling story of one woman's journey to self-discovery, accompanied by color collages reminiscent of his Griffin and Sabine series.

*Zoli* by Colum McCann. A sensuous novel that spans the 20th century and travels the breadth of Europe, based loosely on the true story of the Romani poet Papsuza.

### NONFICTION:

*The Essence of Chocolate* by John Scharffenberger and Robert Steinberg. Discover the origins of chocolate and try these simple yet spectacular recipes.

*Complete Guide to Wood Storage Projects*. Built-in and free-standing projects for all around the home.

*Cordwood Building* by Rob Roy. Cordwood masonry is an ancient building technique where walls are constructed of short logs laid transversely in the wall, similar to stacked firewood.

*Ultimate Guide to Trim Carpentry* by Neal Barrett. Plan, design, and install crown molding, chair rail, wainscoting, and more.

*The Credit Repair Answer Book* by Gudrun Nickel. Immediate relief from your credit problems.

*The End of the Line* by Charles Clover. How over-fishing is changing the world and what we eat.

*The Story of French* by Jean-Benoit Nadeau and Julie Barlow. All about the language that is second only to English for the number of countries where it is officially spoken.

### DVD:

*Nell Shipman Collection: Volume 1, A Girl from God's Country; volume 2, The Short Films* (U.S., 1919-1921) Two of three projected volumes showcasing the art of silent film through the

work of Nell Shipman, one of the first directors to shoot films almost entirely on location (some filmed at Priest Lake).

*Thank You for Smoking* (U.S., 2006) In this satire based on Christopher Buckley's novel, a tobacco bigwig pushes cigarettes on the American public while trying to be a good father.

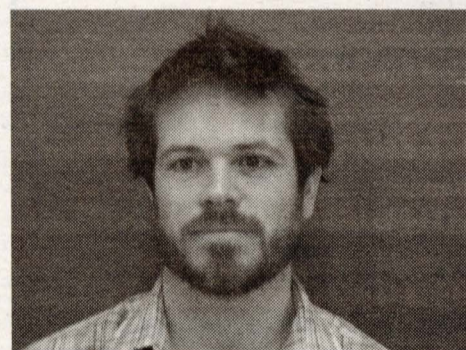
### STAFF PICK OF THE MONTH:

*Christine Barron, Moscow Library, recommends: Winkie* by Clifford Chase. Remember when you were a kid and you always tried to catch your toys coming to life? Well, now you have the chance to at least read about it in Winkie. Winkie is a teddy bear that one day discovers the magic of movement. From there his adventure begins in the depths of a forest, to a hospital, and then a jail. Yes, jail. Poor Winkie has been charged with treason, witchcraft and everything in between. Can his court-appointed lawyer save him from singing the jailhouse blues? Find out in Winkie, a charming first novel by memoirist Clifford Chase.

Chris Sokol is the Adult Services Librarian for the Latah County Library District and will never give up reading.

## Community Party Planned for March 2

By Eric Gilbert, former cashier/music guy/asst. bookkeeper



Hey hey Co-ops! Eric Gilbert here to give you an update of what I've been up to and to let you know about an exciting event happening at the beginning of March. First off, I can't explain to you enough how much I miss the whole Moscow Food Co-op package. I miss the food, yes, but mainly all of you and the amazing community you comprise, and I look forward to every visit.

Quick refresher, I moved to Hailey, Idaho in August with my wife Lisa Simpson and our good friend Cameron Bouiss to hide out and focus on music. Upon arriving we formed a new band called Finn Riggins, (). We've been having a blast playing and touring in our 35 ft. 1968 Gillig bus (soon to be running on biofuel of some sort).

So far we've played shows throughout Idaho, Utah, and Colorado. In February, we're hitting Montana briefly and then heading to the Bay Area and up the West Coast for a three-week tour that will be wrapping up in Moscow on the first weekend of March.

On Friday, March 2nd we're hosting a concert/multi-media event to benefit Friends of the Clearwater at 7pm in the 1912 Center in Moscow. All the details aren't completely hashed out as of press deadline for the newsletter, but what I do know is that it will feature a Finn Riggins, () set, visual/film artist Joseph Stengel, a special Mardi Gras percussion ensemble, DJ Tom Willis, local band Plasma Soul, beer donated by the Red Door and a lot of awesome people to dance with (that's you).

Look for posters for more details as the date nears. Go to [www.myspace.com/finnriggins](http://www.myspace.com/finnriggins) for regular updates of our travels, music, and other info regarding what we're up to with this new project.

## Nuthouse Improv Comedy, and a Post Valentine Dance at the Barn

By Leslee Miller, manager, Artisans at the Dahmen Barn

On Friday, February, 9 at 8 p.m., all ages are invited to come and enjoy an evening of audience participation and fun with Nuthouse Improv Comedy, a student-created and performed improvisational group from Washington State University. It was formed nearly a decade ago, and today has 15 very talented members who perform bi-weekly, playing to sold-out audiences on campus. The performance is a benefit for the renovation of the Dahmen Barn into a performing and visual artisan center. The cost is \$5 per person at the door.

A Post Valentine Dance for all ages will be held at Artisans at the Dahmen Barn in Uniontown on Saturday, February 17, from 7 to 10 p.m. Music will be by Sidetrack, a five piece band made up of multi-instrumentalist members who all live and work in the Spokane area. They are entering their fifth summer as a band with a lighthearted attitude toward life that is coupled with serious musical intent. The common thread to their music is that it's all danceable and suitable for a family crowd. Come and get involved with Sidetrack. Bring your friends and kids. It's sure to be a swing-

ing', rockin', toe-tappin', good time. \$5 per person at the door.

Artisans at the Dahmen Barn presents a wide variety of performances such as concerts, dances and theater. Classes are also available for both adults and children, and visitors may watch artists at work in their studios and purchase their creations. The Shop at the Barn has items for sale made by more than 80 artisans from around the inland northwest region. Go to [www.ArtisanBarn.org](http://www.ArtisanBarn.org) to see a full calendar of events and a roster of resident artisans or call 509-229-3414 for more information. Open hours for the facility are Thursday through Sunday from 10 a.m. to 4 p.m.

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## The Palouse Folklore Society Annual Workshops

By Annie Hubble, Palouse Folklore Society president

**M**ark Saturday, February 17th on your calendar. This is the date of the annual Palouse Folklore Society Workshops held at the Russell School in Moscow, 119 North Adams, from 10 a.m. until 4.30 p.m. This event is entirely free, with sessions for all ages. All teachers are donating their time. All workers at the event are volunteers. It is indeed a community day.

Build a simple folk instrument with Tim Daulton. Join in a family dance with calling by Joseph Erhard Hudson. Listen to storyteller Rocci Hildam. Bring your fiddle, penny whistle or bodhran and get lessons. Write and illustrate your own folk story, or create one in a group and act it out, with Chantra Melior. Singers can sing sea shanties with Dan Maher and John

Elwood, and sing rounds or try shape note singing with Suvia Judd. There will be a jam session for all musical levels, and a songwriting class given by Brian Gill. Carolyn Doe will teach a class on Japanese rope/ braid making. And still further sessions yet to be confirmed!

Bring your kids, (children must be accompanied by an adult). Bring yourself. It is free, and a fun way to spend a day.

The event will be followed in the evening with the usual monthly contradance at the 1912 building. Lessons will be at 7:30 p.m. and the dance begins at 8.00pm.

For more information go to the society's web page, [www.palousefolklore.org](http://www.palousefolklore.org).

## Announcing the North-Central Idaho/Southeastern Washington Regional Food Forum

Tuesday, February 6, 2007

10 am – 3 pm  
Williams Conference Center (LCSC)  
500 8th Avenue  
Lewiston, ID

[Lunch on your own from 12-1 pm, LCSC Cafeteria available]

Hosted by: The North-Central Idaho Food Sustainability Collaborative

At the forum, participants will focus on local food issues and work together to establish mechanisms for:

1. Advocating the needs of the hungry;
2. Continuing nutrition education;
3. Exploring innovative models of using local food production to provide community members with available, affordable, and nutritious foods.

To pre-register or for more information, contact David Knittel, Community Action Partnership at (208) 743-5580 ext 218 or [d.knittel@communityactionpartnership.org](mailto:d.knittel@communityactionpartnership.org)

## The Radio Beat: "Miz Moon on 92.5 KRFP: The Cat's Pyjamas"

By Sean Quinlan

**W**e all know that Moscow is a unique place. This is due to several factors: the diverse people, the locally-owned businesses, the arts, the university and, yes, our Co-op too. But there is something else unique to Moscow, and that is the state's only community radio: 92.5 KRFP, "Radio Free Moscow."

Radio Free Moscow is one of the town's unmined gems, combining great local and syndicated programming. In this new column, I will introduce you to the local DJs to give a sense of the station's diversity and range of programming.

Before profiling our first DJ, I should add a personal note. I love the radio. My grandfather had the first private radio station in Boston, and one of my fondest childhood memories is sitting by him in his radio shack as he dialed in faraway places. For me, neither television nor the internet can replace the intimacy of the radio. It summons an image from Donald Fagan's "The Nightfly" - a lone DJ seated by the mike, with black coffee and Chesterfields, broadcasting "jazz and conversation."

For this first column, I called up Selena Lloyd, one of the Radio Free DJs and board members, and we talked about her program, the "Miz Moon Show."

Now, a word about Miz Moon: Selena isn't Miz Moon (rather, she plays a character called Miz Mean); Miz Moon is, in fact, Selena's cat, an otherwise

unassuming calico with a loud meow. And yes, she's on the air.

If you've raised an eyebrow, let me explain. On her program, Selena translates for Miz Moon (though she lacks formal training in feline linguistics). Apparently, Miz Moon is omniscient, and can explain a variety of human issues, ranging from relationships to current politics. As Selena sees it, Miz Moon has the brains, but she has the opposable thumbs, and she works the boards so her feline companion can broadcast her thoughts to the world.

Now, I hardly understand my own cats, let alone someone else's. But as it turns out, Miz Moon has much to say. Listeners can expect to find material that is both provocative and funny. As Selena puts it, she gives "real coverage of local events and politics, stuff that the newspapers won't print." For her, the personal is the political, and it goes from her heart to the airwaves.

But that's not the whole of it, as Selena mixes commentary with edgy music and sound samples. Dialing in, you might expect to hear stuff by the Reagan Babies, Utah Phillips, Taylor Mali, and Malcolm X. Selena even penned her own theme song, a folk ditty that croons: "Two delicious hours / of calico power."

Selena got into broadcasting after listening to KRFP's "Auntie-Establishment Show" (now on temporary hiatus). But the real driving force was Miz Moon

herself. Her habit of lingering by the food dish, incessantly talking to anyone that walked by, convinced Selena that her furry friend needed a larger audience. So she filled out the DJ application on Miz Moon's behalf and launched her program about a year ago.

"At first," Selena confesses, "the job was rather daunting. It feels like you're talking into an inky void and you wonder whether anyone's even listening." But soon she started to receive calls and positive feedback.

"There's not a lot of good news nowadays, especially if you're a liberal or a progressive," Selena asserts. "The airwaves are filled with conservative voices; there's few alternatives, and if you find it, it's usually depressing. If you listen to FOX news, it's all war, all the time. But if you listen to Amy Goodman's Democracy Now, you want to throw yourself under a truck."

Miz Moon's solution? "Humor therapy." The show should make people laugh and help them see the absurdity of current politics. But it is more than that: Selena hopes that Miz Moon will inspire people to act politically.

"I want to reach younger people, a generation of people who didn't know the 1960s," Selena concludes. "We're a generation, I think, that's lost all hope. We don't think we can change things. So that's what I try to do. Inspire."

The message is quirky and upbeat—and

what better way to reach people than with the power of an omniscient cat?

The Miz Moon show appears Saturdays from noon to 2 p.m.

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

Sean Quinlan is an historian of science who loves food, radio, and jazz. He's usually afraid of active verbs.



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## Community Discussions on Climate Change

By Tina Hilding

2006 was the warmest year on record in the United States. Could the heat wave be caused by global warming? Is it El Niño? Or is it just weird weather?

The public is invited to a series of community discussions to learn more about the hot topic of climate change. The discussions will provide the opportunity to learn about the serious and wide-ranging implications of climate change and common misconceptions, understand the ethical and moral implications, and learn how we might make a difference through our own and community actions.

The sessions, all scheduled at 7:30 p.m. at the 1912 Center in Moscow, will include the following:

**February 1 – The Science of Climate Change**, with Von Walden, associate professor of geography at the University of Idaho.

**Feb. 8 – Climate Change: The Biological Perspective**, with J. Michael Scott, Professor, Department of Fish and Wildlife Resources; Research Scientist, U.S. Geological Survey; Leader, Idaho Cooperative Fish and Wildlife Research Unit.

**Feb. 15 – Ethical, Moral, and Personal**

**Perspective on Climate Change**, with panelists: Michael Nelson, assistant professor of philosophy, University of Idaho; Sister Carol Ann Wassmuth, O.S.B. A native of Idaho, she has been a Benedictine Sister for over 40 years and is the caretaker of the 1000-acre forest at the Monastery of St. Gertrude; and Jamie Nekich, assistant professor of psychology, University of Idaho and professionally-licensed psychologist.

**March 1 -- Making a Difference: What Can We Do Now?** Panelists will include community leaders and representatives from City of Moscow, local environmental groups, area businesses, public utilities, and the University of

Idaho, addressing current efforts.

**March 8 – Making a Difference: We Can Do More.** Panelists and participants will look at activities of other communities and next steps.

This series of community discussions is supported by the social action committee of the Unitarian Universalist Church of the Palouse, the Palouse Group of The Sierra Club, and the Moscow High School Environmental Club.

More information is available at: [www.moscowclimatechange.com](http://www.moscowclimatechange.com).

## An Inconvenient Truth

By Lahde Forbes

At the turn of the New Year I watched Al Gore's movie, *An Inconvenient Truth*. For those of you who have not yet seen or heard of this movie, it is about global warming. He portrays in an easy to understand manner the causes and effects of global warming, while at the same time weaving the story of his own life in throughout the film.

I enjoyed everything about the film. For me it was eye opening and inspir-

ing. Since then I have talked with people who felt differently. Some felt the science was too dumbed down and that the statistics were not properly presented.

Others wished Gore didn't talk so much about his own personal life or thought he spoke in a way that felt condescending to others. Regardless of what one may see as the faults of the film there is a strong and compelling message to be heard and acted upon. That is,

global warming is happening, we are already suffering the consequences, and we must all act NOW! So this is a call to everyone who has not yet seen the movie, to watch it.

After watching the film, the next logical question is, what can I do? In the past week, since I first saw the film, I've been having some great conversations with people about global warming. I plan to keep collecting ideas and letting them ferment into action. Each and

everyone of us, with our different talents, backgrounds and resources, holds within us the power to make positive change in our individual lives that will ensure the health and prosperity of our planet earth and the generations to come. The future of our children and grandchildren depend on the actions we take now. Here is Al Gore's web site to get you started, [ClimateCrisis.net](http://ClimateCrisis.net).

Lahde lives in Moscow.

## Co-op Crossword

By Craig Joyner

### ACROSS

- 1 Their poster contest ends on February 10th
- 6 January's profiled volunteer, first name, last is 40 down
- 9 Full Sail Vesuvius is an example of the Belgian variety
- 10 Soldier
- 11 San-j \_\_\_\_\_ and Shiitake Miso Soup
- 15 Author of the Narnia books, \_\_\_\_\_ Lewis
- 17 Orange
- 18 The best bar for Valentine's Day
- 20 Indian dish made from lentils
- 22 Printer's measure
- 23 A pungent, creamy Canadian cheese
- 25 Larger than large
- 26 School athletics
- 27 Woodwind
- 29 Profiled musician and MFC bulk buyer, last name, first is 14 down
- 30 Cleopatra's poisonous killer
- 32 Rural road, abbreviation
- 34 Sweets & Beets \_\_\_\_\_ Chips
- 35 Poisonous plant also known as dogwood
- 38 Electronics company
- 39 Book

- 41 Shakespeare's poetic pentameter
- 42 Masters of all things tomato, \_\_\_\_\_ Glen
- 43 Comedian Louis \_\_\_\_\_ star of HBO's *Lucky Louie*
- 44 Stanza
- 45 Microbrews are now available in this
- 46 Last name of January's profiled business partner

### DOWN

- 1 January's profiled employee, last name, first is 26 down
- 2 The in Spanish
- 3 \_\_\_\_\_ Family Farms makes pea and bean mixes in Troy
- 4 Cultural jamming primer \_\_\_\_\_busters
- 5 One of the first pilgrim settlements located in Virginia
- 6 Mescal ingredient
- 7 Pretty darn gluten free mango \_\_\_\_\_ scones
- 8 Metric measurement
- 12 Tropical shrub made into a stimulating, peppery drink
- 13 Days of yore
- 14 Profiled musician and MFC bulk buyer, first name, last is 29 across
- 15 The MFC bakery offers this deca-

- dent treat by the slice and in bars
- 16 Chinese staple \_\_\_\_\_ mein
- 19 Plunder
- 21 If you have a fireplace you probably have one of these tools
- 24 Classic Italian dessert, the Bakery's is sublime
- 26 January's profiled employee, first name, last is 1 down
- 28 Nut that shares its name with a Latin nation
- 31 Baby stroller that's also an indie pop band
- 33 Spicy sprinklings for a cappuccino
- 36 Grieve
- 37 Californian city named after



- Demeter
- 40 January's profiled volunteer, last name, first is 6 across
- 44 Soldiers rely upon this for medical care, abbreviation

Craig Joyner lives in Moscow.

## The One and Only LeRoy Lee

By Bill London

**O**n January 17, LeRoy Lee died of an apparent heart attack at the home he shared with his partner Elizabeth Taylor near the town of Santa, about 60 miles north of Moscow. He was 50.

Perhaps you know LeRoy from the Farmers' Market, where he and his great big smile helped Elizabeth sell her organic vegetables. Or maybe you watched him dance, legs and arms flying, his long brown braids flopping and twirling as he bounced. Or perhaps you were fortunate enough to hear him play his guitar and sing "Your Cheatin' Heart."

I first met LeRoy in 1982 when he came to this region with the Rolling

Turtles, an extended hippie family living a collection of buses and trucks. They came to North Idaho to protest the Forest Service plan to spray herbicides on the National Forest, but they stayed to enjoy the Idaho woods and to mingle those of us already living in the area.

Ten years later, LeRoy uncovered an amazing conspiracy. He caught the US Forest Service lying to Congress. Due to his own curiosity, his computer skills, and the access to official data he had as a contracted timber stand examiner, LeRoy realized that the Forest Service had created two inventories of forest health. He explained that the timber agency, desperate to justify cutting more and more trees, created one

accurate inventory that included the actual on-the-ground reality compiled by timber stand examiners like himself. The other inventory was fabricated, using bogus computer data, to make the forest look healthier than it actually was. When Congress was asked for more funding to increase the timber harvest, the Forest Service used the made-up numbers, and thus was able to cut more trees.

LeRoy busted that scheme. He testified before the U.S. Congress in February of 1992, wearing his suspenders and boots, with his braids uncut. He got media coverage in magazines and newspapers nationwide. The Forest Service was forced to change its policies.

LeRoy succeeded, but as he realized when the battle began, he would never be able to work in the timber industry again. Due to his activism and his integrity, he made his choice.

He returned to college, got a teaching credential, and at his death was the science teacher at St. Maries High School.

A memorial service is planned for this spring.

Bill London edits this newsletter and will never forget LeRoy's amazing skill at magic tricks. LeRoy said he used the tricks to calm and reward his students.

## The Language of Love Knows How to Say "I'm Sorry"

By Becker J. Gutsch

**I**t is February. We are growing weary of the Palouse winter's short days, cold blustery winds, snow covered roads. Cupid and Valentine's Day must have been created to bring us out of the doldrums and focus on love. It seems so simple: struck by an arrow—fall in love. We all know that is more myth than reality.

In reality love and relationships are a lot of work. The first key ingredient in a relationship is respect. Respect is partly reflected in how you apologize and own your mistakes.

In relationships we all make mistakes. It is not always easy to admit that we have done something wrong. However, an apology is more than that, it's an admission that we understand that we unintentionally caused an upset in our partner's life.

In *The Art of the Apology*, Jennifer Good recommends four simple principles in making an apology.

### 1. It is not always about you

How often have you heard an apology start off with an excuse? When you are giving reasons for your behavior you're not showing your partner that you care about his feelings, but communicating that you are worried about yours.

### 2. Listen to what your partner is upset about, and then acknowledge it

It's difficult to listen to negative things being said about ourselves. However, if we hope to bridge the gap, we need

to listen in order to understand our partner's point-of-view.

### 3. Make amends—put action to your words

When you've hurt someone's feelings it's important to give a little something extra back.

### 4. Handle the original problem

If you find you are causing the same upsets with your partner it might be



R	E	N	F	A	I	R		A	L	I	C	E	
A	L	E		D		O		G	I		M		
Y		L		W	A	K	A	M	E		K		
	C	S		L		N	A	V	E	L		E	
C	H	O	C	O	L	O	V	E		D	A	L	
	E	N			O	K	A		T		X	L	
P	E		O	B	O	E		R	I	L	E	Y	
A	S	P		R	T		N		R				
T	E	R	R	A			S	U	M	A	C		
R	C	A		Z			T	O	M	E		S	
I	A	M	B	I	C			M	U	I	R	W	
C	K			L			V	E	R	S	E	A	
K	E	G				M	A	G	N	U	S	O	N

time for a look at why this is happening. Try to come to some sort of compromise or solution to the situation. Sometimes conflicts cannot be resolved in a relationship or families and professional counseling may be needed.

Becker J. Gutsch is a mediator, facilitator, public information officer and founding board member of the Palouse Center for Conflict Management, Inc.

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## The Sustainability Review: My Essential Resources

By Mike Forbes

I'm going to depart a smidge from our house this month and talk about something more general, essential information resources I use all the time when researching questions regarding sustainability. Some of these will be books I read and reread and others will be web sites.

**Homepower magazine** – The bible publication of the renewable energy movement. There is no other publication out there regarding the RE world other than this. It has been around since the late 70's and has been the outlet for anything renewable since then. There are extremely technical to very basic how to articles for every reader. I recommend this highly to anyone wishing to learn about RE. The Latah library has a subscription and several years back plus their web site has all the back issues available for a price. [www.homepower.com](http://www.homepower.com)

**Mechanical and Electrical Equipment for Buildings**, (the MEEB) – Almost every architect in the world is going to have this book because it is the bible of building engineering. Lying down it's about 3" thick and something to lug around. It is very technical and talks about every aspect of buildings. This book isn't specifically oriented to green building although they go into solar engineering in detail.

**There are many other great resources out there addressing topics of sustainability and I would love to hear from you that could add to my list.**

**The Solar House: Passive Heating and Cooling** – I recently purchased this book and have found it to be an excellent resource on the topic of passive solar design. Chiras addresses the past/present well and speaks from personal experience.

**Green Building Products: The GreenSpec Guide to Residential Building Materials** – I picked this book up at the Natural Abode last year



These are just a few of the green building and sustainability resources used by the Forbes family.

and am very impressed with it. It is a categorical guide to green building material manufacturers. There are excellent descriptions of the materials themselves plus detailed descriptions of why these materials are considered green. The authors have a very real world logical approach to the guide. A web site does exist that is the most current listing however there is a subscription fee to view the site. [www.buildinggreen.com](http://www.buildinggreen.com)

**Greenbuilding e-mail list** – This is an e-mail list of many greenbuilding professionals and ordinary individuals that converse about anything regarding building. I get a single e-mail daily containing all the days conversations compacted together. [http://listserv.repp.org/mailman/listinfo/greenbuilding\\_listserv.repp.org](http://listserv.repp.org/mailman/listinfo/greenbuilding_listserv.repp.org)

**Other Homes and Garbage - Designs for Self-Sufficient Living** – This is one of the original books on alternative building. I found it years ago at a used bookstore and find it invaluable. It discusses everything from permaculture concepts to building solar collectors. The book doesn't just give you an overview but goes into the science and math behind the ideas. They'll explain how to do heat loss calculations in detail and calculate flow rates in water systems.

**Mother Earth News magazine** – I

recently obtained issues 1-30 of this magazine. It is such a fascinating read especially the early years of the magazine. There are so many articles on building just about anything you can imagine. I find the modern day Mother magazines to be a little less informative and too many ads. The old ones are a treasured resource to many people.

**Greenpages** – This is regional publication of the EcoBuilding Guild that is a list of designers, builders, suppliers, and manufacturers specific to an area that specialize in green building or materials. The publication is free and available locally at the Natural Abode. [http://www.ecobuilding.org/green\\_pages/](http://www.ecobuilding.org/green_pages/)

**Solar Hot Water Systems: Lessons Learned 1977 to Today** – I've purchased most of the books on solar hot water and none of them can come close to the information contained in this

one. Tom Lane is an authority on solar hot water systems and in this book he presents all the systems and talks very specifically about the pros/cons of them. It is a rather technical book and written more for the designer/installer than someone just looking for basic information. [www.ecs-solar.com](http://www.ecs-solar.com)

There are many other great resources out there addressing topics of sustainability and I would love to hear from you that could add to my list. I try to keep up on the movement and read what I can but sometimes I fall behind. If you'd like to let me know of any books or have any comments please e-mail me at [biodieselmike@gmail.com](mailto:biodieselmike@gmail.com).

Mike and his family are enjoying the snow and the clear winter views of the Seven Devils.

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## The Coop Listener: Silk and Stone by Dale Young and Patsy Cameron

By Jeanne McHale

The nature of music is pure pleasure. Last Saturday, I had the pleasure of visiting with Dale Young and Patsy Cameron in the home of Dale and his wife Victoria, in Coeur d'Alene. You may know Dale as the handsome guy in the beret selling fish in the Coop parking lot on Fridays. Patsy is the musical director for the Center for Spiritual Living in Coeur d'Alene, and a pharmacy technician. Dale and Patsy's newly recorded CD, "Silk and Stone," combines keyboard, flute and sometimes vocals in eight beautiful pieces that were captured in real time in a 100-year old church.

I am compelled by my editor to state that this CD is one of more than a dozen CDs available at the Coop. Now, I would like to tell the Co-op Reader what the Co-op Listener learned from this music and its creators.

The pieces on this CD reflect the spirit of the recording process. The songs were created as they were played. Settings were adjusted on the recording equipment by the artists, a song happened, the levels were checked, and the rest of the CD recorded. Just like that, with no editing. The result is about an hour of music that seems to echo off the rose-gold canyons depicted on the album cover. Dale and Patsy let the music play them, agreeing only on the key ahead of time. The title of the CD evokes the texture of the songs. The stone is the melodic framework of Patsy's piano. In a typical song, Patsy starts with an idea on the keys, and builds to a soothing pattern. Dale's



Dale Young and Patsy Cameron demonstrate the magic of Silk and Stone in the Coeur d'Alene Wedding Chapel.

Native American flute adds the sounds of nature, sliding like silk into the spaces of the music. Within the notes of the flute, bird calls and the sound of wind through rock can be heard. The uninhibited, experiential tone used to create this music will inspire a similar reaction in the receptive listener. Each piece is an irreproducible work of art capable of inducing the same state of relaxation and introspection that permitted the artists to create it.

Dale and Patsy spoke to me about the path to their collaboration. Until about 10 years ago, Patsy focused on classical piano using written music, and Dale had never studied music at all. Patsy

had been playing with a group of musicians using arranged scores, but after time something shifted. They grew bored with written music, and decided to experiment with improvisation.

"It was terrifying," said Patsy, who had years of training to overcome. Nudging her further into this uncharted musical territory was her new passion for playing the Native American flute. Lacking written music and a traditional scale for this instrument, playing the flute forced her to stretch musical boundaries, and "opened up something new in the synapses."

Dale modestly refers to his flute playing

as "faking it." While he emphatically credits Patsy for his musical knowledge, she is quick to point out his natural gifts, including an ideal mindset for playing freely, unfettered by theory. Dale was first inspired to learn to play the Native American flute after hearing Patsy play it, and thought, "That just doesn't look that hard - I could do that." So he bought a flute and took it home, but when he played it, it didn't sound like Patsy at all! So he played alone for a long time, until Patsy brought him into her musical tutelage.

Though he claims to be unschooled, Dale easily lists the major key and relative minor for each of the eight tunes, and, more to the point, he's got great chops. It is fascinating to consider that the flute inspired Patsy to improvise, who then inspired Dale to play the flute, who now inspires Patsy with his style, and of course the loop goes on.

Talking to Dale and Patsy and listening to their music, I readily appreciate the joy that passes through them in this endeavor. At the conclusion of the interview, I was honored by a live performance by Patsy and Dale in the same church where the album was recorded. The Co-op Listener got to experience first-hand the magic of Silk and Stone, and it was pure pleasure.

Jeanne McHale believes in the power of music and is counting on it to get us all through the long winter.

## "Who Killed the Electric Car" a Thought-Provoking Documentary

By Levi Novey

Last summer, while "An Inconvenient Truth" was grabbing headlines and making Al Gore appear cool and passionate, another documentary about an equally compelling conservation issue was quietly passing through art-house theaters.

"Who Killed the Electric Car" tells the story of how General Motors led the way toward a brighter future in the 1990s by developing an emission-free, energy efficient electric car, known as the EV1. This effort began after California enacted a law that would

require automobile manufacturers to make at least 10 percent of the cars they sold in the state to be emission free by 2003.

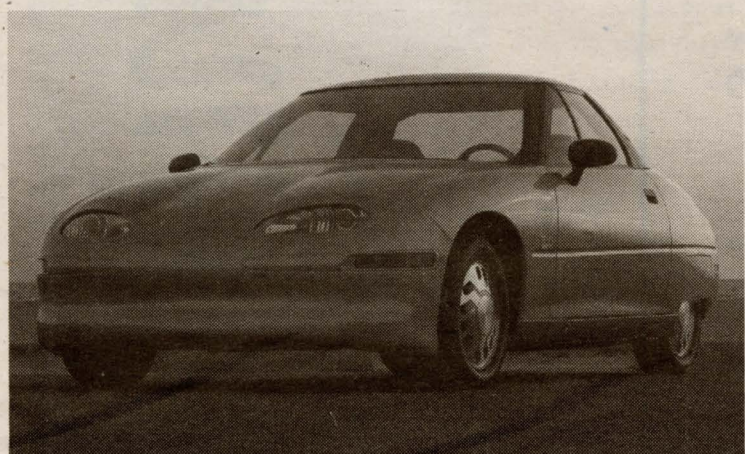
While those who were lucky enough to get EV1s loved them,

California eventually buckled. They repealed the legislation after the automobile industry and its allies applied increasing and sustained pressure over several years for California to abandon its plans for an electric car infrastructure. They hinged their campaign on the principles that there was not enough consumer demand for these types of cars, and that they as automobile producers should instead focus on development of hydrogen fuel cell technologies—the "real future" in efficient, clean cars.

Soon after they got their way, General Motors then turned cannibalistic by recalling and destroying all of their electric cars (they had cleverly leased all of their EV1s, rather than selling them to drivers).

By blending a collage of interviews with relevant key players, clips of live footage, and narration by Martin Sheen, the story unfolds. And for those of us who even like to judge others from time to time, yes, blame is appropriately placed upon the responsible parties. Finally, although about mid-way through the movie I mentioned to my wife that I thought we were heading toward a depressing ending, the concluding points of the film instead proved me wrong, and invoked an optimistic spirit for where our road will take us.

Levi Novey is a conservation professional and a member of the Co-op. He hopes to some day be able to afford a "greener" ride—and he's not talking about his bicycle.



GM had the best electric car on the market until they destroyed it, literally. To find out why, see "Who Killed the Electric Car."



# Bulletin Board



MOSCOW

## Co-op Events Elections

### Saturday Feb 17, 10 - 1pm

Talk to the Board candidates at the Co-op. The Co-op will supply coffee and cookies.

### Tuesday Feb 27, 10 - 7pm

Vote for the members of the Co-op Board at the Co-op. All members can cast a ballot (one vote for household memberships). You can contact Bill Beck [wbeck@moscow.com](mailto:wbeck@moscow.com) or ☎ (509) 8723025 for an absentee ballot.

## Co-op Kids - meet at the Coop

### Wednesday Feb 14, 9am

We will make lovely handmade Valentines for our sweeties. Supplies provided. Please let us know if you are planning on coming with a group so we can have enough supplies on hand.

### Wednesday Feb 28, 9am

Snack Drawer 101 at the Co-op - we will make some healthy snacks on-the-go for kids.

Rebekka Boysen-Taylor  
[amamaswork@yahoo.com](mailto:amamaswork@yahoo.com)

## Co-op Community Dinner

### Valentine's Day Dinner

- Roasted Tomato and Red Bell Pepper Soup
- Young Chickens with Raspberry-Cabernet Sauvignon Sauce
- Caramelized Root Vegetables
- Coeurs a la Crème with Sweet Cherry Sauce

## Tuesday Tunes

### Tuesday evenings 6-8pm

- Feb 6 Brian Gill and Emily Poor
- Feb 13 Mark Holt
- Feb 20 Joan Alexander & Marci Stephens
- Feb 27 Porch Swing

## Community Events

### Regional Food Forum

#### Tuesday Feb 6, 10-3pm

Williams Conference Center (LCSC)  
500 8th Avenue, Lewiston, ID

At the forum, participants will focus on local food issues and work together to establish mechanisms for

1. Advocating the needs of the hungry
2. Continuing nutrition education
3. Exploring innovative models of using local food production to provide community members with available, affordable, and nutritious foods.

Contact David Knittel, ☎ 208 743 5580 x 218  
[d.knittel@communityactionpartnership.org](mailto:d.knittel@communityactionpartnership.org)

## "Parents' Night Out"

### Wednesday Feb 14, 5-9pm

Childbirth Choices of the Palouse host this fundraiser: Childcare provided for parents wishing to celebrate Valentine's Day 110 S. Jackson (home of Success By 6 and CCP). Suggested minimum donation of \$10 for the first child, \$5 for each additional child. [lisa.williams@bontravail.com](mailto:lisa.williams@bontravail.com) or ☎ 882-5293

## Winter Market at 1912 Center

### Saturday, Feb 10, 10-2pm

Coffee, specialty foods & crafts.  
Music by Eric Engerbretson

☎ 882 0443, [mhamilto@vetmed.wsu.edu](mailto:mhamilto@vetmed.wsu.edu)

## Moscow Library Book Club

### Monday Feb 26, 6.30 - 8pm

The MLBC will meet to discuss Elizabeth Berg's *Joy School*. Everyone is welcome!

## UI Women's Center Events

### Tuesday, Feb 13, 5pm

*He's Just Not That Into You* - An in-depth examination of the issues raised in the bestselling book. A professional co-writer will lead a discussion on dating and relationships. All are welcome. Compliment

### Thursday, Feb 20, 5pm

Film: *Their Eyes Were Watching* - Set in the 1920s. Based on the novel by Neale Hurston. Bring a dish to share. Potluck! Raffle of Zora Neal. All welcome.

### Thursday Feb 22, 7pm

*2nd Annual LunaFest Women's Film Festival* - Kenworthy Performing Arts Center, Main Street, Moscow. Short independent films by women. Films are selected from film festivals across the nation. Internationally.

Tickets available for purchase at the UI Women's Center and Book People of Moscow.  
☎ 885 6616 for Women's Center information.

## Quality Chiropractic Center

Presents seminars from 6:30-7:30pm. Cost \$10.

- Feb 8 - Probiotics
- Feb 13 - Fibromyalgia
- Feb 15 - Water
- Feb 20 - Heart Disease
- Feb 22 - Fiber
- Feb 27 - Cancer

☎ 883 4300

## Toastmaster

### Thursdays, 6.30-8.30

Hog Heaven Toastmaster meets in the Box Meeting room, 710 S. Jackson. Come & meet our supportive group of people who will help you improve communication skills.

## Save the Whales

The Pullman-Moscow coalition is threatened with termination.

## Community Discussions on Climate Change

### 7.30 pm at the 1912 Center:

- Feb 1 - The Science of Climate Change
- Feb 8 - Climate Change: The Biological Perspective
- Feb. 15 - Ethical, Moral, and Personal Perspective on Climate Change

All invited. More information at:  
[www.moscowclimatechange.org](http://www.moscowclimatechange.org)

## Palouse Folklore Society

### Thursday Feb 8, 7pm

Milton Taylor in concert at The Attic

### Saturday Feb 17, 10-4.30pm

Community Arts Workshop at Russell School.

### Saturday Feb 17, 8pm [lesson at 7.30pm]

Contra Dance Joseph Erhard-Hudson will be calling. Located at the 1912 Center.

\$4 newcomers, \$5 members, \$7 non-members  
[www.palousefolklore.org](http://www.palousefolklore.org)

## Dahmen Barn - Uniontown

### Saturday Feb 17, 7-10pm

Post Valentine Dance. Music by Sidetrack. \$5

### Friday Feb 9, 8pm

Nuthouse Improvisational Comedy. \$5

[www.ArtisanBarn.org](http://www.ArtisanBarn.org) or ☎ (509) 229 3414

## Vigil for Peace

### Moscow: Fridays 5.30-6.30pm

Join us at this weekly public presence for peace, ongoing since November 2001. Meet at Friendship Square. Resources, encouragement, and opportunity. *Dean or Gretchen Stewart*

☎ 882-7067, or [spokanepeace@spokanepeace.org](mailto:spokanepeace@spokanepeace.org)

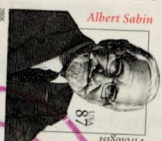
### Pullman: Fri Feb 2, 12.1-1.15pm

Under the clock by the Public

☎ 334-4688 or [nanc@pullmanpeace.org](mailto:nanc@pullmanpeace.org)

Moscow Food Co-op  
121 East Fifth  
Moscow ID 83843

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



Albert Sabin

Cholera



Common Buckeye

USA 24