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Community News

FREE!
PLEASE TAKE ONE

January 2007

The monthly newsletter of
the Moscow Food Co-op



Creativity and Calendars

By Kenna S. Eaton, General Manager

I suspect that by now you know we have creative and clever (and knowledgeable and friendly) staff here at the Moocow Food Co-op, but now you're going to see evidence of that creativity for sale in our store. Matt Saladin, produce assistant, spent the past year taking photos of interesting produce, like

the two carrots that grew around each other and the "piglet" made of beets, and turned them into a calendar. It is too cute! (See story inside.)

We are also now selling the recently released CD, *My Kind of Road*, recorded by Kelly Riley, our bulk buyer. Kelly not only played and sang the songs, she wrote them as well. Wow! (You can read more about Kelly in Jeanne McHale's CD review in this newsletter.)

Then this December, as we have for the past three years, six different staff artists displayed their pieces in the deli seating area. Of course, there, we're limited to those media that can actually display well on walls, and our staff is so widely talented that not

all fit onto a wall.

We have many more staff that play musical instruments for fun, and maybe for profit in the future (for instance, Martin plays the cello, Scott and Christian play guitar, and Brandon plays the keyboard). Two staff are DJ's (Sarah and Selena). Some of our staff are actors (Philip) and actresses (Christie), while some are more athletic (like Todd, who rides mountain bikes in triathlons). Some are knitters and spinners (Laura and Vicki), and some are simply amusing (you haven't lived until you've seen Marie lip-synching). And the list goes on — it is truly amazing. Of course, some of this creativity comes out on daily basis in and around the store, while some has to wait for special occasions like art displays and staff parties before we get a chance to admire them; however, we are proud of all our gifted staff (all 100 of them!) and the difference they bring to our work place and your Co-op every day.



Illustration by Elizabeth Sowards

Community News

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



Winter on the Produce

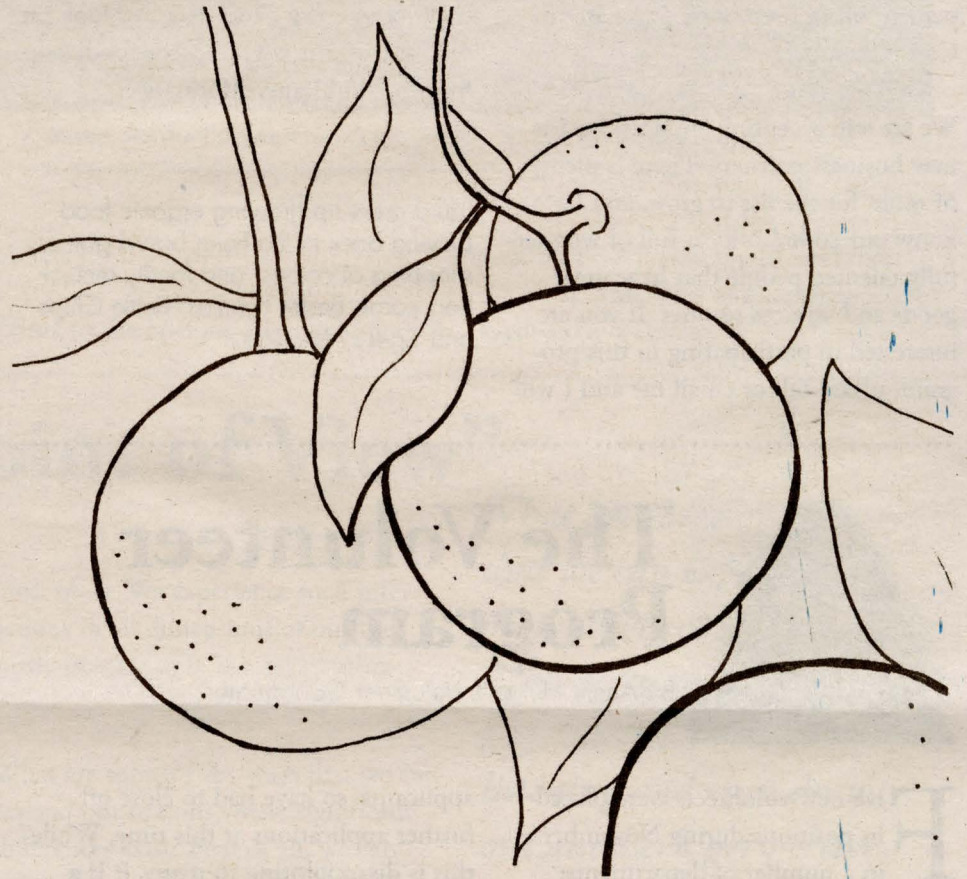
By Scott Metzger, Produce Manager

Winter at the Co-op means organic citrus. As the cold settles onto the Palouse, the fruit is ripening in the citrus groves of California, Arizona, Florida and Mexico. The selection and quality of succulent citrus is already great and will only improve in the following weeks. Currently we have Navel, Valencia and Cara Cara oranges; Fairchild, Satsuma and Clementine tangerines; Meyer lemons; as well as Texas Ruby Red grapefruit.

Be on the lookout in the near future for my two personal favorites: Honey tangerines and Blood oranges. Their short season and exceptional flavor makes these a must-have for any citrophile. This is this best time of year to try out that unusual citrus dish you've been quietly contemplating, or simply savor the season and saturate yourself with Vitamin C.

As the winter progresses, look for more tropical fruits gracing the shelves of the produce department. Not only is citrus in season right now, but in the southern hemisphere, things are really heating up and we hope to bring in some of the more exotic tropical fruit as the winter deepens. Kiwis, mangoes and pineapples also improve in quality as the season progresses.

Apple update: Apple season really is in full swing right now with our entire



apple selection currently hailing from Washington State. We have an apple to fulfill your every desire, seven varieties in all. Pears too are in great abundance right now. Look for your favorite variety today. The sad news from the apple world is that the supply of HoneyCrisp apples, arguably the best apple variety ever developed, has run dry. Orchardists are realizing how popular this fairly new apple variety is and are planting new trees, but the current supply is small.

Locally, we are still carrying red and yellow potatoes, beets, green cabbage and rainbow potatoes from Ronnigers Potato Farm, as well as spaghetti squash and orange kabocha squash, and Hey George's famous carrots from St. Maries, Idaho. 2006 was by far the most successful year the Co-op has ever had working with local growers, and the entire produce department would like to extend our thanks to each and every local grower for all their hard work. May 2007 be even better!!



Front End News

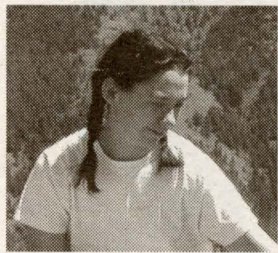
By Annie Hubble, Front End Manager

I hope you all had happy holidays. Now we are into January, and the light is returning, albeit slowly, which is a welcome thought as winter settles in for a few more months! Ideally, now would be the time to settle into quiet, slowly moving, activities: reading those good books that have been waiting, sleeping, baking, taking naps, writing real letters, planning the

Spring garden, writing poetry, reading stories out loud and maybe dozing a little. Sadly, hibernation is an impossibility for most in the present ever busy world, but you can still take some breaks and come on down to your local Co-op. If we see you dozing over your yummy latte, we won't tell. Maybe you can choose one of the lovely greeting cards for sale and write a real ink let-

ter on real paper to a long-time friend. Or buy the ingredients for a big pot of soup or batch of cookies. Pick up a satsuma or tangerine and imagine you are in a sunny clime. Buy a calendar and start planning your summer vacation! There are ways for us all to enjoy these darker months. Come on down and share your smiles and the comfort of your own local downtown Co-op!

Co-Operations



Welcome!

By Laura Long, Membership Services & Outreach

We have a new, or rather renewing, business partner this month. Welcome back Mark and Kristin Beauchamp of Ball & Cross Books. They own the cute little used bookstore tucked away next to Bucer's on South Main Street in Moscow. They will be offering 10 percent off of used book purchases to Co-op members.

We are still accepting applications for new business partners. There is plenty of room for the list to grow, and I know our community is full of wonderfully talented people that have great goods and services to offer. If you are interested in participating in this program, please call or email me and I will

send you a packet of information and an application. I always love to hear from our members! You can call me at 882-8537 M-F or e-mail me (which I love) at laura@moscowfood.coop.

For a complete and current list of our Business Partners, check out this newsletter (and every newsletter), or look on our Web site at www.moscowfood.coop for more links and information.

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



The Volunteer Program

By Annie Hubble, Volunteer Coordinator

Five new volunteers were placed in positions during November in a number of departments: cheese, deli service, kitchen and bakery. I hope to place a few more after the holidays, and then we will have another wait until more positions open up.

applicants, so have had to close off further applications at this time. While this is disappointing to many, it is a sign of the success of the program. I thank all volunteers for their hard work in 2006, and look forward to another successful year in 2007.

There is a limited number of volunteer spots in the Co-op, and they are as eagerly sought after as employment at the Co-op. I still have a backlog of

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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, 1220 NW State St #38, Pullman, 334-3532

Copy Court: 10% discount, memb. card laminated, Michael Alperin, 428 West 3rd St, Moscow, 882-5680

Culligan: Free Auto softener install up to 10 ft. of pipe and culligan water softener (Moscow only) & 10 free gallons of water to new delivery customer, Owen Vassell, 310 N Jackson, Moscow, 882-1351

Carolyn Doe, Massage Therapist: First 2 1-hr massages \$35 each, 106 East 3rd St, Ste. 5-B, Moscow, 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. Denise Moffat, drmfat@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, integrativemindworks.com, 3400 Robinson Park Rd, Moscow, 882-8159, april@integrativemindworks.com

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Palouse Discovery Science Center: 10% off on all items in the Curiosity Shop, Mark Goddard, 2371 NE Hopkins Ct, Pullman, 332-6869

Pam's Van: \$10 off first Reflexology treatment & free sauna or Wisdom Eye Massage, Pam Hoover, 1115 S Logan St, Moscow, 596-5858

Dr. Ann Raymer, DC: \$10 off initial visit including a patient history, physical, and spinal examination, 1246 West A St., Moscow, 882-3723

Shady Grove Farm: \$10 off initial English riding lesson or horse training session, Ashley Fiedler, 1080 Sumner Rd, Troy, 835-5036

Sid's Professional Pharmacy: 10% discount off Medela breast pumps and supplies, Sid Pierson-owner, Pullman Care Community, 825 Bishop Blvd, Pullman

Susan Simonds, PhD, Clinical Psychologist: 20% off initial life coaching session, 892-0452

SkyLines Farm Sheep & Wool: 10% off organically raised lamb, handspinning fleeces & prepared roving, Melissa Lines, 4551 HWY 6, Harvard, ID 83834, 208-875-8747, Sharon Sullivan, RN Herbalist & Holistic Health Educator, 10% off health consultations, reiki, custom formulas and bulk herbs, 106 East 3rd St Ste. 5-B, 883-8089

Sweet Peas & Sage: 10% off any purchase in floral or gifts, Kathy Gessler, 122 W 4th St, Moscow, 892-0222

Tye Dye Everything: 10% off any purchase, Arlene Falcon, tyedye@moscow.com, 527 S Main St, Moscow, 883-4779

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

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



Art at the Co-op

By Annie Hubble, Art at the Co-op Coordinator

Friday, January 13, will mark the opening of a new art show at the Co-op. Gerry Queener will be the month's artist with a showing of his educational and delightful series of photographs of local wildflowers.

Gerry lives in Troy, Idaho, on land he and his wife purchased 35 years ago. He notes that over 85 species of native Idaho wildflowers grow on his property.

Gerry has a fisheries biology degree from the University of Idaho's College of Forestry (now CNR), and taught science, photography, computers and horticulture at Deary Junior/Senior High School for 25 years.

Of his photography, he writes, "I have always been interested in wildflowers and enjoy taking close-ups of all I see. Many people just give plants a glance and don't take the time to really look at them. Close-up photos bring marvelous details to the viewer. Lately, I have become fascinated with the pollinators associated with certain flowers and have made an effort to include them in many photos." While Gerry will include information in his show about where and when these flowers can be found on the Latah Trail, he adds, "Obviously we encourage people to admire the flowers, not pick them. Members of the Lily family are often killed when the flowers and leaves are



Christie Stordahl poses next to her papier mache and collage masks. Christie's masks are part of the current art show with works from Moscow Food Co-op employees. Photo by David Hall.

picked."

Come to the opening from 5.30 p.m.-7

p.m. on Friday, January 13, and meet the artist. The show will continue until Wednesday, February 8.

Board of Directors: "A Point of View"

By Phil Ronniger, Board Member

I was in a meeting a few months ago, and differing points of view quickly became quite apparent. I listened to the "other side" and remember thinking, how could they possibly have arrived at that conclusion. As the discussion continued, I wrote some of my rational and justification for the position that I had taken. I of course knew the best solution. When the vote was cast, my side had lost.

How often do we find ourselves in situations in which we construct the arguments for our own point of view and barely listen to others with contrary opinions? And, depending upon the

outcome, we feel vindicated, exhausted or further angered. Often, it is not feeling understood or understanding another's perspective.

Reflecting upon this meeting, I wondered how it might have been different if the others and I had taken the time to try to understand why each of us believed the way that we did and came to our respective conclusions. Could we have defined some other options that neither side had considered because we already knew that we were right?

This is not an isolated situation for

most of us. We experience such interactions in all dimensions of our life: work, home and in the many other areas of human contact that we have.

What are some of the ways that we can expand our options where significant differences exist? First of all, we can pay particular attention to our own listening and even draw out another's perspective asking them how they came to believe what they do. Perhaps this behavior will even be so unique and refreshing to the other party that they might even request the same information from us. With this information

"What are some of the ways that we can expand our options where significant differences exist? We can pay attention to our own listening and even draw out another's perspective asking them how they came to believe what they do."

about the INTERESTS/VALUES/NEEDS behind a strongly stated position, it may be easier to explore additional options and solutions. These are options that were not possible before because each of us knew we were right. In fact, what begins to occur is the telling of stories, one of the most compelling components of language. Effective stories are specific and rich in all aspects of language-verbs, adjectives, adverbs and nouns. They are personal; they provide a connection despite our different points of view.

Mike Connelly, a farmer and writer from Oregon said, "[We] need to tell more stories, not pass more laws. And [we] need to listen more closely to the stories of those we hope to change, and to realize that people who are forced to change don't stay changed any longer than they have to. People can, and will, change themselves by the stories they tell, [and listen to] and by the subtle changes they make to stories they have inherited... We should show our manners and be grateful to have a place around their fire, and a turn to speak."



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Co-Operations



It's a New Year and a New Menu in the Bakery

By Aven Krempel, Bakery Supervisor

This year, the bakery will be making some big changes. Last year, we focused on using our new space to the best of our abilities; this year, we're comfortable where we are and maybe a little too comfortable with the products we've been making. We're ready for a change, and based on the feedback I've been getting, I think lots of our customers are too.

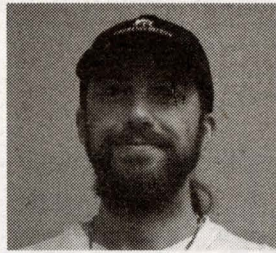
We'll be introducing lots of new products on January 2, and we hope to change our menu continually throughout the year to focus more on the seasonal and local flavors that are available. We are, of course, keeping some

of our classics and customer favorites; we're also hoping that you'll find new favorites and enjoy trying the changing flavors.

To begin the new year, we're using lots of fresh citrus fruits: lemons, limes and oranges. Our new recipes have lighter textures and flavors than the rich and hearty foods we offered this fall. A few of the new items are: Lavender Lemon Scones, "Pretty Darn Gluten-Free" Mango Lime Scones, Black Forrest Cake, and Ambrosia Upside-Down Cake, where we skip the frosting altogether and savor instead the sweetness of pineapple, coconut and oranges.

Another exciting change this year is our switch to Shepherd's Grain flours. We're glad to be supporting these local farmers and having a closer connection to our main ingredient. We've started by using the Whole Wheat, High-Gluten White and Low-Gluten White flour in our cookies, desserts and pastry items, and will be working with each bread formula one by one through out the month. On February 17, you'll have an opportunity to meet some of the Shepherd's Grain farmers in person at our First Annual Farm Day! Look for more information in the February newsletter and on signs posted around the store.

"We'll be introducing lots of new products on January 2, and we hope to change our menu continually throughout the year to focus more on the seasonal and local flavors that are available."



Our Visit with Simon

By Bob Trombley, Deli Lead Server

On December 6, we had a special chance to meet and learn from a true coffee aficionado, Simon Craven-Thompson. Simon is the owner and inspirational force behind Craven's Coffee Company of Spokane. He came to the Moscow Food Co-op to share with us his knowledge and passion for the coffee industry. The Co-op staff and customers were treated to several hours of Simon's enthusiastic presentations and Q&A sessions. We were also treated to delicious samples of some of the organ-

ic and fair trade coffees that Craven's offers.

One topic that was discussed in depth was the fair trade movement. Simon explained that by guaranteeing the farmer a sustainable payment for their goods, the benefits are felt along the entire consumer chain. Fair trade practices help the farmer earn enough money to provide housing, health care and schooling for their families, as well as money to invest in their farms so they can continue to produce top-quality

goods. The process is monitored from the crop to your cup to guarantee that farmers are compensated for their hard work and quality is never compromised.

Simon also told us of the "Cup of Excellence". This is a prestigious competition held yearly in coffee producing countries to identify the finest coffees produced that year. Simon was asked to be a judge at one of these competitions in Nicaragua. There are hundreds of entries to be judged, and after rigorous tasting (or cupping) they are narrowed down to a few outstanding specimens of coffee perfection. The winning beans are then sold off to the highest bidding coffee company via Internet



auction. This format of competition allows small farmers to be recognized and rewarded for their skill and hard work. Craven's offers several of these award-winning coffees and if you see the "Cup of Excellence" logo on a bag of coffee, you know you are in for a real treat.

Having Simon here at the Co-op was a special occasion for us, and we would like to thank him for coming. We feel good about supporting the fair trade movement and the local companies that make it possible. If you missed Simon's visit, do not fret, we will be inviting representatives from other local coffee companies to speak here in the near future, so watch for details in upcoming newsletters and in-store fliers.



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208-875-1654 or Melissa Rockwood,
208-882-5472



A Community Cucina! in January

By James Agenbroad, Deli Supervisor

This month the Co-op Deli will be having our community dinner on Thursday, January 18, at 6:30 p.m. The dinner will be cooked by Jim and Ariel Agenbroad, and is a four-course, Italian-inspired vegetarian supper.

The menu:

Appetizer: Artichokes Romana w/lemon garlic aioli

Salad: Endive, Radicchio and blood orange salad w/pine nuts and shaved Parmesan served with a balsamic vinaigrette

Main course:

Porcini & wild mushroom-stuffed manicotti with a fire-roasted herb tomato sauce.

Braised leeks & Brussel sprouts w/vinegar

Dessert: Comice pear and almond tart w/sweetened Mascarpone

Reservations are required and can be made at the register. Tickets for this dinner will be \$24. Hope to see you there!

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The Buy Line

By Vicki Reich, Grocery Manager

I had an interesting interaction with a young customer right around Thanksgiving. She must have been in her early 20s and was looking for a pre-made pumpkin pie. The bakery didn't have any made yet so I told her I had frozen pie crusts, pumpkin pie mix and evaporated milk. The recipe was on the back of the can of pie mix. All she needed to do was mix in an egg with the mix and the milk, pour it in the crust and bake. She told me it was way more than she could handle and would go elsewhere to find one already made. This made me so sad, not because I lost a customer, but because this young woman would not experience the joy of cooking for herself nor get to share and enjoy the fruits of her labor which I'm sure would taste so much better than anything she could buy already made.

I have quite a few single girlfriends at the moment. We all like to cook, but we often don't bother to cook just for ourselves. If we do throw something together for dinner, we are more likely to eat it standing at the kitchen counter than we are to sit down at the table. I proposed that we get together once a month and cook for each other. We've now had several potluck dinner parties where we sit at a table set with real plates and silverware and cloth napkins. We eat slowly, enjoying each other's creative culinary skills and conversation. What a pleasure it is to share meals we've prepared with care with the people that matter most to us.

I've been dating a man for almost a year. His name is Jon and he lives in Sagle, ID. We mostly just see each other on the weekends. When we do see each other, one of our favorite activities is cooking together. We're really good at it. Both of us are good cooks and we have a way of making the kitchen dance work perfectly. He'll start to sauté garlic then go to the sink to wash some greens while I'm cooking the pasta. I'll stir his garlic and make sure it's not getting too brown while I keep an eye on the pasta. While I'm setting the table, he'll drain the pasta when it's done to perfection. It's all about teamwork and we are constantly learning from each other. We spend hours cooking together. When we finally sit down to eat, all the fun and companionship we've shared in the kitchen comes through in the wonderful flavors we've created to nourish ourselves.

The ability to cook is not something we're born with. It's a learned skill that anyone can master. My mom let me help her in the kitchen and gave me an appreciation of food from a very young age. Unfortunately, it seems to be a dying art, if my young customer is any indication. Even those of us who can cook often don't, which is a shame since the reward for our hard work is so much greater than the effort. There's been a lot of press lately about the importance of sitting down at the table with family to eat. It not only encourages us to eat slower and appreciate the

“The ability to cook is not something we're born with. It's a learned skill that anyone can master. My mom let me help her in the kitchen and gave me an appreciation of food from a very young age. Unfortunately, it seems to be a dying art, if my young customer is any indication.”

food in front of us, it also helps create family bonds and encourages communication. I can imagine the greater good that would come from involving the whole family in the preparation of the meal as well. I hope that this New Year brings a renewed joy for all of you in the preparing and sharing of food with friends and family.



Animal Care Center P.A.

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Nancy Maxeiner, D.V.M.

Local Products

To buy or advertise food items, produce, crafts, art, and other products and services, go to **InlandNWFarmersMarket.com**. This free* online farmers market helps create a more sustainable life in our region. Please join us!

*Applies to certain counties in ID, WA & OR.

Clearwater Resource Conservation & Development Council, Inc.



Tuesday Tunes

By Joseph Erhard-Hudson

Do you know who made your music?

I was talking with some friends lately about the decline of musical skill in the modern world. Music has been a part of our lives for millennia, perhaps for as long as we have been human. It's an important, even a defining, part of what we are. For almost all of our history, music was something we did

ourselves, making it for and with our community. But now, like the food we eat and the clothes we wear, music is just something we buy at the store (or grab from the Internet), never making it ourselves, never knowing the people who make it, never perceiving how it's actually created.

Part of being a co-op is taking us all a step closer to the people who make

the things we use and need. I love being able to make a meal with food grown and provided by people I know. Likewise with my clothes and other physical needs. The fewer people between me and the producer the better, and even if the people making my socks live half a world away, I would at least hope the people between me and them give a damn how they live and work. All this makes me a little less a simple

consumer and more a contributing member of a community. It's idealistic to think we should all make everything we need for ourselves, but it's not a bad ideal to move towards.

I am proud that the Co-op brings us all a step closer to our music as well. Here you can sit down with your community in a welcoming space; eat wholesome food cooked and grown by your neighbors; and listen to live music performed and maybe even written by your friends. Compare this to Karaoke pop tunes sung to strangers in a tacky bar serving frozen microwaved food and sticky sweet drinks.

It's exciting to be part of a community that has such a lively "scene" for the things that truly matter in life. The Co-op is an integral part of the food scene of course. But have you noticed how lively the Moscow music scene has become, and what a nice little part of it the Co-op is? It's obvious we wouldn't have so many local food producers if they didn't have places like the Co-op to sell their food. Indeed, many of those producers are evolved co-op

members. It's the same way with our music and musicians. We have the Co-op, One World Cafe, Farmers' Market, and so many other venues welcoming musicians of all sorts. We are blessed to have so many opportunities to know and even become the producers of the music that nourishes our community.

Please join us for music every Tuesday from 6 to 8 p.m. in the Co-op dining area. The deli offers a lip-smacking taco dinner to enhance your musical pleasure. If you would like to perform, or want to know more about any of our artists, e-mail me at music@moscow-food.coop. You can also call the Co-op at 882-8537 and leave a message if I'm not in.

Joseph Erhard-Hudson is the Co-op music coordinator. He sings with the vocal trio Trillium, and with lots of his friends whenever he can.

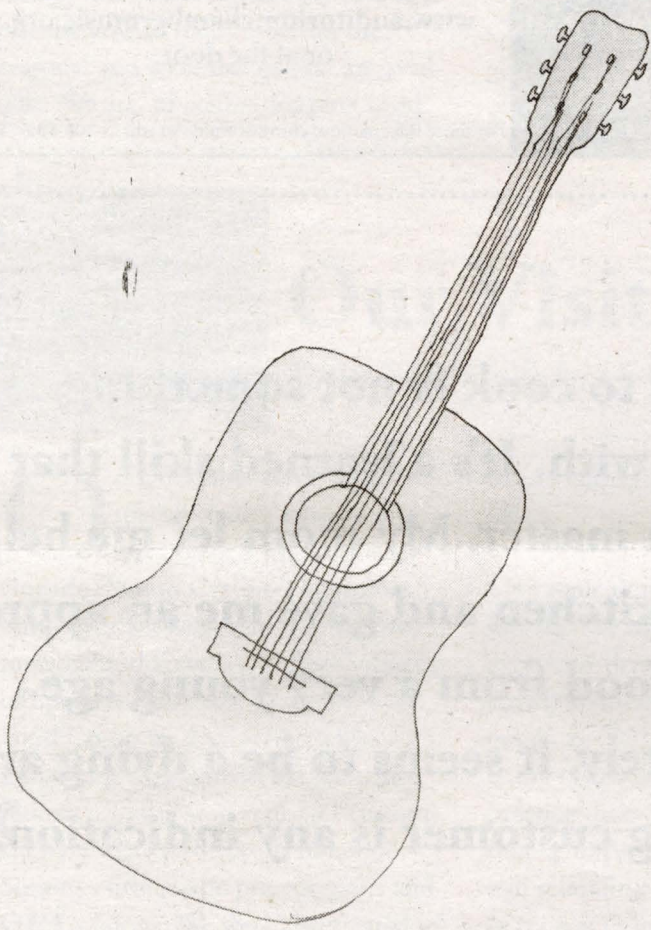


Illustration by Elizabeth Sowards



Oeno Speaks

By Vicki Reich, Beer and Wine Buyer

I'm taking a brief diversion from wine this month to talk about my other favorite beverage we sell at the Co-op. I'm referring to Beer. I've capitalized it to emphasize how big the news is I'm about to share with you. Are you ready? The Co-op now sells kegs. That's right, many of the fine microbrews we carry are now available to order in a keg. You no longer have to suffer serving mainstream, mediocre beer at your next party. You don't have to keep Bud on tap in your beer fridge. Now you can treat your friends and family to some of the best beer from the Northwest and beyond.

How do you get one of these fine barrels of hoppy goodness, you ask? Give us a call at least two weeks before your party and tell us what kind of beer you're interested in (the early you call, the greater the possibility we'll be able to get you just what you want). We'll see if it's available and let you know the size of the keg and the price right away. If your first choice isn't available, we'll tell you which other similar beers are for sale and get it ordered for you. We'll call you when it comes in. When you come to pick it up, we'll have the keg and the tap waiting for you.

Here's a list of the breweries we can

"Are you ready? The Co-op now sells kegs. That's right, many of the fine microbrews we carry are now available to order in a keg. You no longer have to suffer serving mainstream, mediocre beer at your next party."

get kegs from to get your mind racing about the possible beers you could serve at your next party.

Alaskan, Big Sky, Boundary Bay, Bridgeport, Chimay, Deschutes, Dick's, Dogfish Head, Elysian, Fish, Flying Dog, Full Sail, Hair if the Dog, Iron Horse, Huyghe, Lang, Laughing Dog, Lost Coast, New Belgium, Ommegang, Pyramid, Rogue, Scuttlebutt, Sierra Nevada, Sculler's, Snake River, Snoqualmie, Unibroue.

I was a guinea pig to test out how easy it was to get a keg for a party. I bought a sixth barrel of New Belgium Harvest

Ale to serve at a wedding rehearsal dinner. Not only was it easy to order, but the beer tasted so much better than the same stuff in a bottle. Needless to say, it was the hit of the party. Don't you want to be a party hero, too?

(Small print and not so fun stuff: You must be 21 to buy kegs and we will check your ID, there is a deposit for the keg and the tap, you must fill out some paperwork for the State when you pick up your keg, and please, please, please drink responsibly.)

From the Suggestion Box

Could you get grits? (bulk preferred but packaged is ok) Thanks. Yes, I finally found a source for bulk grits. They'll be here soon, by the bulk polenta. —Vicki, Grocery Manager.

Can we please have a return of plain Skinny Stix? I used to come here more often when you had them. I'm sorry. These are no longer available from our distributors. —Vicki

Please bring in more flavors of Spry Gum. There are many flavors available. When we originally began carrying Spry Gum we sold several flavors. Unfortunately the other flavors did not sell nearly as well as the peppermint. You may special order

other flavors in the 100 piece size. —Carrie, Wellness Manager

I wrote a few months ago about the problem holding the bulk containers and bakery cases open while also holding a scoop and the bag. I noticed other grocery/co-ops use magnets to hold them open. Could we try that? This task slipped through the cracks. We'll get right on it. —Vicki

You should offer the squeeze bottles like the ones in the bulk soap area for the bulk oil and whatnot. Good idea. We'll bring some in. —Vicki

The Good Breakfast brand "sausage" links. Used to carry but now just have

the patties and Canadian "bacon". Please carry again. I'm sorry. These were a very slow seller. The patties and bacon sell much better. You can special order the links in cases of 12 if you would like. —Vicki

Would it be possible to have more vegan cake options? Either more in the case at once (like two at once) or more kinds. We also like seasonal cakes...at least could you put something else out besides mocha on weekends? Thank you. We do offer at least one of four vegan options in the deli service case every day. They have been the same four recipes for a long time; we will try to introduce new flavors of dream pies and

cakes throughout the year. —Aven Krempel, Bakery Supervisor

I'm a frequent customer, and often eat out of the deli. I'm always excited to see dairy-free desserts, because I'm a vegan. They appear so infrequently though! Please consider providing more options, and more often. Also, some items are listed as vegan, and upon reading the ingredients list I see that they have honey! This is problematic for strict vegans — maybe you could substitute agave nectar? Thanks! The deli, as a whole, will try to replace honey with an acceptable vegan alternative in some or all recipes. —Amy Richard, Kitchen Manager

Co-op Crossword Puzzle

by Craig Joyner

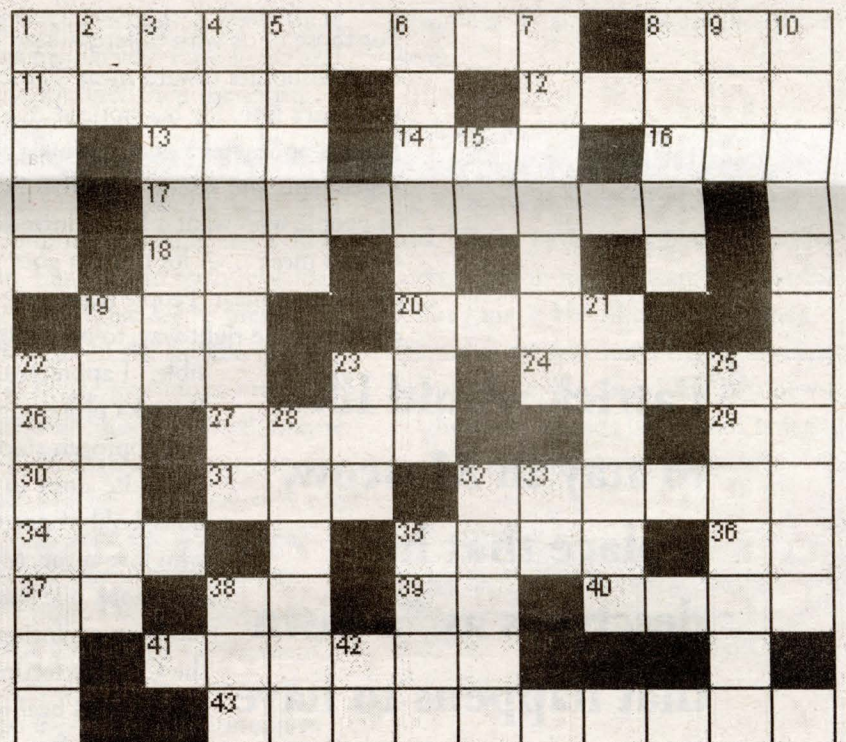
ACROSS

- 1 MFC bakery is switching to this locally grown flour _____ Grain
- 8 Lone Hawk Farms sweet and spicy ___ sausage
- 11 Braeburn or Fuji
- 12 The nutritive acai in Sambazon juice is also known by this similar name
- 13 Chinese dynasty and ethnicity
- 14 Chocolate brand the promotes culture, second word, first is 19 across
- 16 Lush
- 17 Amy's makes several styles of this south of the border treat
- 18 Mathematician, occultist, and infamous advisor to Elizabeth I, John _____
- 19 Chocolate brand the promotes culture, first word, second is 14 across
- 20 Eating gourmet food does not automatically make you this
- 22 Camas Prairie Winery Huck-leberry _____ makes a fine dessert wine
- 23 Negative
- 24 Tolstoy and Chekhov summered in this Crimean city
- 26 This state's motto is 'the cross-roads of America', abbreviation
- 27 7:30 a.m.
- 29 Four
- 30 Post modern upgrade for A.D.
- 31 Father and then son voiced captains on Sealab 2021, Harry and Michael _____
- 32 The Earth friendly scouring powder
- 34 Natural Care Hear All capsules

- are great for this sensory organ
- 35 MFC newsletter Vegan Bites author _____ Matthews
- 36 College degree or one of Mr. T's monikers
- 37 Written twice you have an Egyptian Goddess
- 38 Neighboring Canadian province, abbreviation
- 39 Quantum Buzz Away sun-screen lotion helps to block this, abbreviation
- 40 From their stellar hives in Peck, Idaho, Mountain _____ Honey
- 41 Maker of Sing Buri: a blend of lemongrass, cashews, pineapple, and peanuts
- 43 December's profiled business partner: _____ Antiques

DOWN

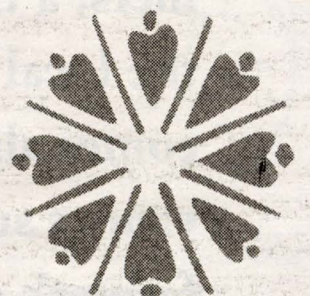
- 1 Local farmer Elizabeth Taylor grows crops at her _____ Creek Farm
- 2 The other abbreviated computer company
- 3 Also known as ma huang, this herb can be used to treat coughs and colds
- 4 Maker of hemp collars and leashes for your canine pals
- 5 Ergo
- 6 December's profiled employee Jeff _____
- 7 MFC newsletter author of Wild & Free, first name, last is 32 down
- 8 Omnivoria, Oeno Speaks, or Nature in the City
- 9 Thai or Asian language
- 10 Shaved bonito is the main ingredient in this feline treat



- 15 Properly prepared pasta should be cooked _____ dente or 'to the tooth'
- 19 Aphrodite's son, Trojan war hero, lover of Dido, and nemesis of Diomedes
- 21 MFC newsletter In the Garden author Holly _____
- 22 You won't mind these Fred brand frozen rodents floating in your drinks
- 23 Regional American Indians, _____ Perce
- 25 Pastry shell or drum variety
- 28 Raincoat
- 32 MFC newsletter author of Wild & Free, last name, first is 7 down
- 33 Vasarely's or Escher's type of art
- 35 These dancers grace Fluff brand purses

- 38 Outlaw
- 42 The dyslexic version of Washington's abbreviation

Craig Joyner, a.k.a. KUOI's brentbent, can be heard there most Friday nights 8:30 – 10:30. Clue suggestions can be sent to cascadeeffect@hotmail.com.



Staff Profile: Patrick Ray

By Sharman Gill

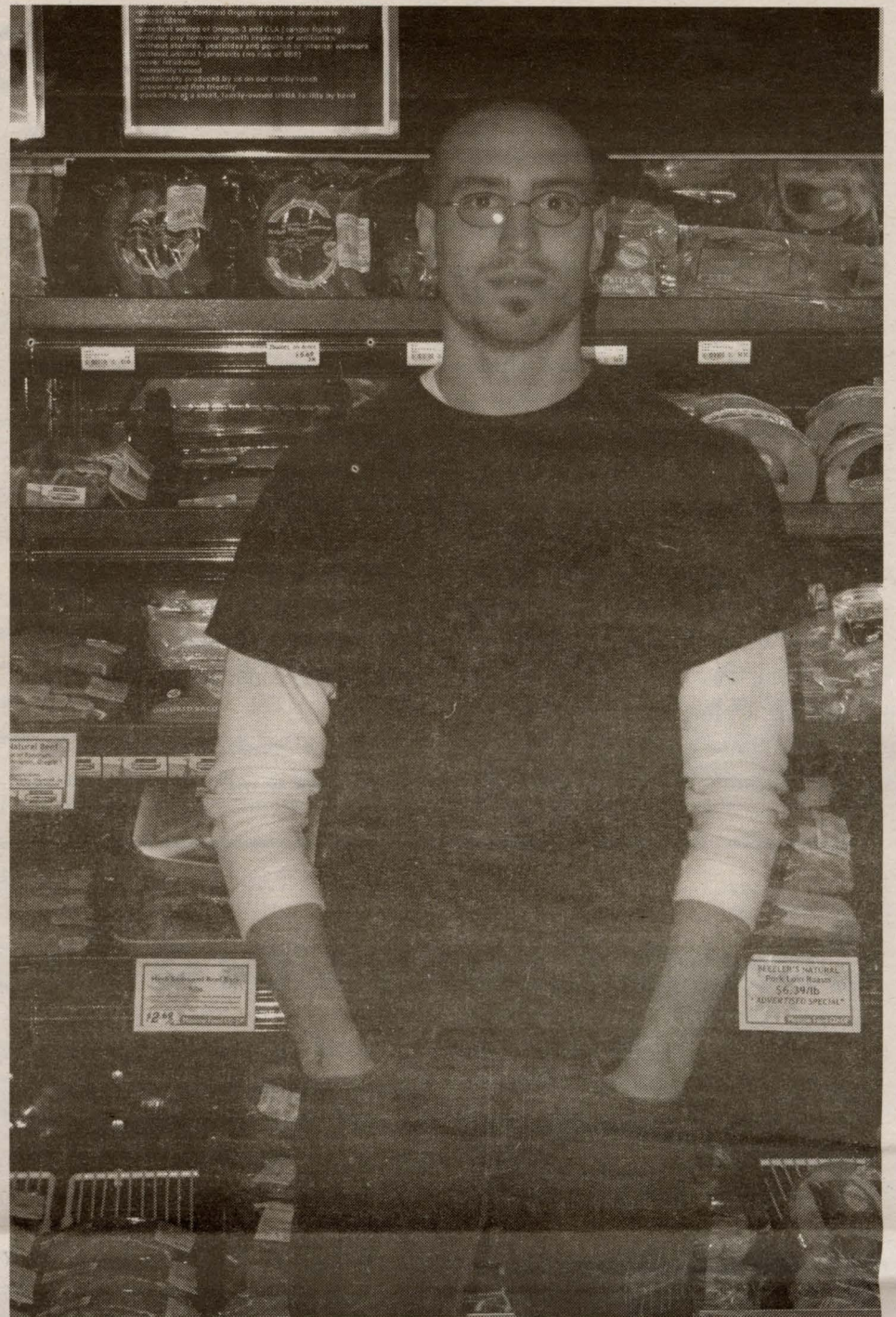
Does anyone else get queasy at the thought of handling raw meat for an entire work shift? Rest assured, Patrick Ray is in no pain. "It's the best job I've ever had ... the first one where I didn't dread going to work." He credits the friendly work environment and a suite of general business values that align with his own: encouragement to local and organic growers, stocking meats that are free-range without additives, and support of fair trade with less-developed countries. Oh, yeah, and he simply loves meat.

If the meat department sells it, Patrick has tried it: "It's all pretty good. I tend to like things that aren't necessarily the customer favorites." Currently, that's the ultra-spicy Jamaican Jerk marinade. He recently cooked a goose for Thanksgiving dinner and claimed that it cooked faster than a turkey due to a higher proportion of dark meat. He's a proponent of bison, elk burger and wild salmon, too. Someday, he'd like to take up hunting as a more direct and natural route toward the meats that he enjoys.

For those of us with different taste buds or philosophies toward meat, Patrick says that's fine. He has noticed that the Co-op invites a good number of vegetarians and vegans as well as "a lot of people who want a better introduction to meat ... A lot of trust goes into selling meat. People trust us to do things the right way, to be responsible."

I appreciate Patrick's philosophy and approach since I'm quite alone in a household of people who love meat. More and more, our family has been exploring the Co-op selection — grass-fed beef for sloppy joes, free-range chicken for noodle soups, nitrate-free hot dogs for the kids. And the cashiers have been generous to wrap it all apart from the lovely lettuce and carrots. Patrick listened to such chatter with ease, responding with a soft-spoken confidence and an interest in ideas that gave me a glimpse into his academic side.

Patrick graduated in 2005 with a bachelor's degree in philosophy from University of Idaho, where he also



Patrick Ray loves working in the Co-op meat department, especially because the Co-op encourages local & organic growers and stocks natural and free-range meats.

“Patrick would like to stay in Moscow, a place that he describes as “a town that happens to have a university.” The community comes first, and he talks about the pedestrian friendly routes and the fabulous summers, a time when the local culture comes alive through venues such as the farmer’s market.”

ran as a sprinter on the track team. He is currently studying neuroscience at Washington State University, and, although many people in his major are launching toward medical school, Patrick claims that is not for him. Bleeding people, not handling meat, makes him queasy! Instead, he intends to go to graduate school and either stay in academics or work in a research lab. He would like to stay in Moscow, a place that he describes as “a town that happens to have a university.” The community comes first, and he talks about the pedestrian friendly routes and the fabulous summers, a time when the local culture comes alive through venues such as the farmer’s market.

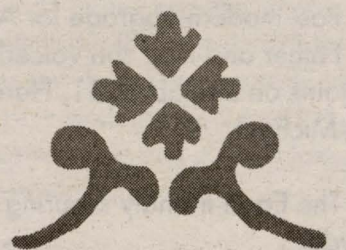
Patrick grew up in the foothills of Mt. Spokane, so is well acquainted with the wheat fields. In high school, he enjoyed playing competitive hockey, but hasn't skated much since moving to Moscow. Attending school full time and working every weeknight creates a busy life. He commutes on the bus to Pullman for classes, and this is when he tackles the New York Times crossword puzzles. Wow! He said it's taken some practice, but I figure he must be endowed with

some great mathematical/logic skills as well as the ability to absorb and retrieve a lot of pertinent and extraneous information.

At the end of our conversation, Patrick gave me a tour of the meats and the prep area where his co-workers were dipping chicken in the “customer’s favorite,” dijon mustard marinade. My family would love it.

For me, I had a supper in the deli of vegetable paella and roasted Brussels sprouts, but with a renewed sense of appreciation for those on the staff who prepare and sell the Co-op’s meat.

Sharman, by taste and choice, rarely eats meat. A recent gift of a butchered, grass-fed steer has led to new experimentation.



Volunteer Profile: Alice Swan

By Sarah McCord

Alice Swan made my Thanksgiving a resounding success. She writes the Omnivoria column for the Co-op Newsletter, a position she has held since September. I told her about the accolades I received from my guests after using her brined turkey recipe from the November newsletter. She used it too, with similar results. "I had one of my guests tell me 'I think this is the best turkey I've ever had,' and this was someone who had eaten organic and free-range turkeys before, too."

Alice lives in Moscow with her husband, Nick Wallin, and their son Rex. Nick conducts the Washington-Idaho Symphony and is on the music faculty at WSU, where he conducts the orchestra and teaches tuba. One of the reasons they decided

"Alice Swan made my Thanksgiving a resounding success. She writes the Omnivoria column for the Co-op Newsletter. I told her about the accolades I received from my guests after using her brined turkey recipe from the November newsletter. She used it too, with similar results."

to move to Moscow from Alice's hometown of Minneapolis, Minnesota, was that Nick's former college roommate is the marching band director and tuba teacher at the University of Idaho. "It isn't common for conductors to play the tuba," Alice tells me, even though the Palouse now boasts two people with this unusual combination of specialties.

When Alice and Nick lived in Minneapolis, Alice worked at Textile Center, a nonprofit umbrella organization with about 35 member groups representing all aspects of the fiber arts. "We even

had guilds as members — who knew there were guilds anymore?" she says with a smile. Although Alice's formal background is in Italian Renaissance art — she is ABD in Art History and says that leaving grad school was "one of the best decisions I've ever made" — she enjoyed the work. "I've always been interested, and have always been a sewer and a knitter." Since Rex's arrival,



Alice Swan writes the Omnivoria column for this newsletter, but this isn't the first volunteer position she has held for the Co-op. She is also the house manager for the Kenworthy Performing Arts Center.

she hasn't had a lot of time to pursue these interests, although she made him an elaborate quilt and crib bumper set while she was expecting. "I know there are a lot of people who raise sheep and alpacas and produce their own yarn ... it's just a time thing."

Writing the Omnivoria column is not the first volunteer job Alice has held at the Co-op. She used to wash recycled containers, a job that seems pretty straightforward on the surface, but has its share of mysterious moments. "One time there were hundreds (well, maybe dozens) of old margarine containers. These were vintage, and there were tons of them. It seemed like several weeks before they all got washed and put out on the floor. Did someone move, or clean out their mother's basement, or what? I've also always wondered 'Where do the CoolWhip containers come from?' There are consistently CoolWhip containers in the bins. Do people who shop at the Co-op eat CoolWhip?"

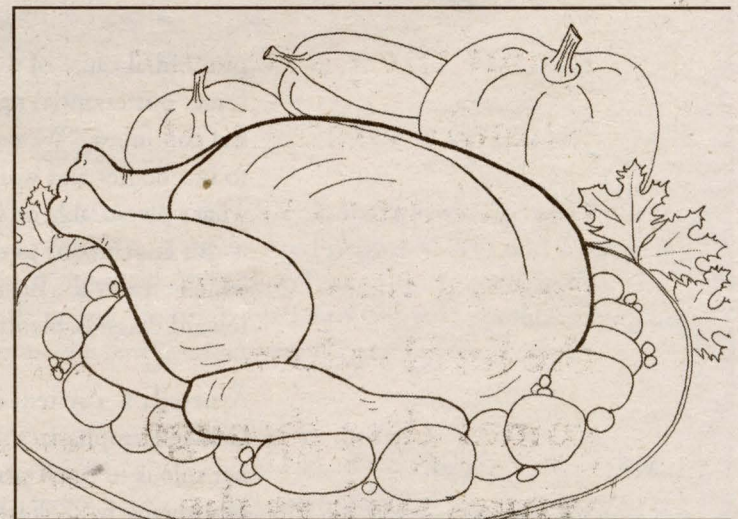
When she's not spending time with her family, writing for the newsletter, or pondering the mysteries of reuseable containers, Alice is the house manager at the Kenworthy Performing Arts Center in Moscow. She supervises the staff, counts the money, helps

choose the films, and generally acts as the assistant to the executive director. I ask Alice if she has any stories to tell about artists or groups at the Kenworthy. "Nothing comes to mind immediately," she tells me, "we have really good relationships with Sirius Idaho Theatre and Moscow Community Theatre. They each have a key and house-manage their own shows, and I don't even have to be there." She does remember when the power went out for 45 minutes in the middle of the sound check for the a cappella singing group IMPACT, about an hour and a half before the doors were scheduled to open.

Alice says of the performers, "They were great — they were really calm about it. Which is good, because when something like that happens, my attitude is 'Well, here we are. What can we do?'"

With the New Year upon us, I asked Alice if she has any plans for the coming 12 months, and she grinned and said, "We're having another baby!" The latest addition to the Swan/Wallin tribe is due June 1, but Alice told me she's "planning on mid-June, from past experience." What fantastic New Year news! ... though it sounds like Alice's knitting is going to continue to wait ...)

Sarah McCord lives and works in Pullman and is currently working on a quilt based on the tile floor in a Conrad, Montana, truckstop. Really.



Alice Swan knows her turkey, and all things omnivorous. Illustration by Elizabeth Sowards.

Business Partner Profile: Candace Magnuson, Healing Wisdom

By Jill Maxwell

As Moscow's only Ayurvedic Practitioner, January Business Partner Candace Magnuson is bringing the healing traditions of an ancient practice to the Palouse.

Ayurveda is India's traditional healing system, with roots that go back more than 5,000 years. One of its main tenets is that the body has an amazing capacity to heal itself — given the environment to do so. According to Ayurveda, disease is a manifestation of improper choices in a person's life. Ayurvedic practitioners help people to restore balance to their mind and body by showing them what choices are in harmony with their unique constitutional needs. It is through restoring this harmony, that Ayurveda helps someone to regain their health.

"Each person is unique," Candace explains. "Treatment is custom designed to the unique needs of the individual; body, mind and soul — the whole package."

"Ayurvedic practitioners help people to restore balance to their mind and body by showing them what choices are in harmony with their unique needs. By restoring this harmony, Ayurveda helps someone to regain their health."

Ayurveda teaches that the universe is composed of five elements: earth, water, fire, air and space. In the body, these elements are understood to combine and create three forces, called Doshas, through which the body manifests and is destroyed. Each of us contains all three Doshas, what makes us unique is the ratio in which they come together at our conception. As we move through life, Candace explains, the Doshas become imbalanced. "According to Ayurveda the primordial cause of disease is that we forget our essential nature as spirit," she continues. "We become attached to our bodies and want to do only what's pleasurable or serves our ego. It is this attachment to our senses and ego which creates the behaviors that lead us toward diagnosable disease."

Ayurveda is a system of self-healing, Candace emphasizes. She feels that her role is to teach people how to heal themselves. She also stresses that, although Ayurveda is part of the Vedic school of thought, it is accessible to and beneficial for, people of all spiritual



Candace Magnuson of Healing Wisdom practices the ancient Indian healing system Ayurveda.

backgrounds.

A person looking to Candace for treatment begins by filling out a nine-page intake packet designed to generate a picture of their current daily life and past tendencies. The initial consultation occurs in two sessions. In the first, Candace further interviews the client and performs a series of physical examinations both western and eastern in approach. In the second, she gives the client a report of findings. She describes the client's original constitution, current state of imbalance and a general outline of a plan to reverse that imbalance. The visit is concluded with the client being given a first piece of homework to begin implementing changes. A treatment regimen will address all of the senses, often including a combination of diet, herbal formulas, color, sound and aroma therapies, as well as lifestyle changes, detoxification, yoga and meditation.

Candace, a slender woman with dark hair and eyes, says she stumbled into Ayurveda years ago in her own process of dealing with her health challenges. "It grabbed me and never let go," she says laughingly. She has studied at the AYU Ayurvedic Academy in Seattle, the California College of Ayurveda in Grass Valley, California, and the Moscow School of Massage. She finished a six-month internship in Grass Valley this fall, and returned to Moscow to set up her own practice in October.

She stresses that she is not hostile or judgmental toward western medicine, and that her services can not replace an evaluation by a medical doctor. "I do not treat symptoms or diseases; I address doshic imbalances," she says. "I'm looking at what is being brought into the body and mind that is generating these imbalances." According to Ayurveda, these doshic imbalances are seen as the root causes leading to disease. Because western medicine tends to focus on alleviating symptoms instead of seeking root causes, Candace believes it has challenges resolving chronic issues.

Candace has lived in Moscow on and off since 1994, when she arrived to pursue a Bachelor of General Studies at the University of Idaho. "It's a really neat community," she comments, "certainly very supportive of alternative therapies." As a business partner, Candace offers Co-op members a 10 percent discount off their initial consultation. In January, Candace will be giving a free presentation on Ayurveda during which she will discuss its basic principles and answer questions from the audience. She will post flyers to advertise the event. She can be reached by phone at 208/699-3812, or by e-mail at cultivatingsattva@yahoo.com.

Jill Maxwell lives in Moscow with her husband, children, and a small menagerie.

Much Ado About Tofu: “Soup for You!”

By Terri Schmidt

There is nothing like hot soup on a cold day to warm your tummy and your spirits. This month I am offering a hardy and a lighter option for combining warming soups and tofu.

I'm not much of a TV person, but years ago I happened to see the now famous episode of Seinfeld that featured the crazy soup cook. There was something funny about this guy who made the most wonderful soups but had rigid rules for his shop. Customers who didn't meet his expectations were told, “No soup for you!” The character was based on Al Yeganeh, an actual soup vendor in New York who runs Soup Kitchen International. Yeganeh is “renowned both for his excellent soups and for his rude treatment of customers.” (wikipedia.com) It just goes to show that people are willing to put up with a lot for the opportunity to eat great soup.

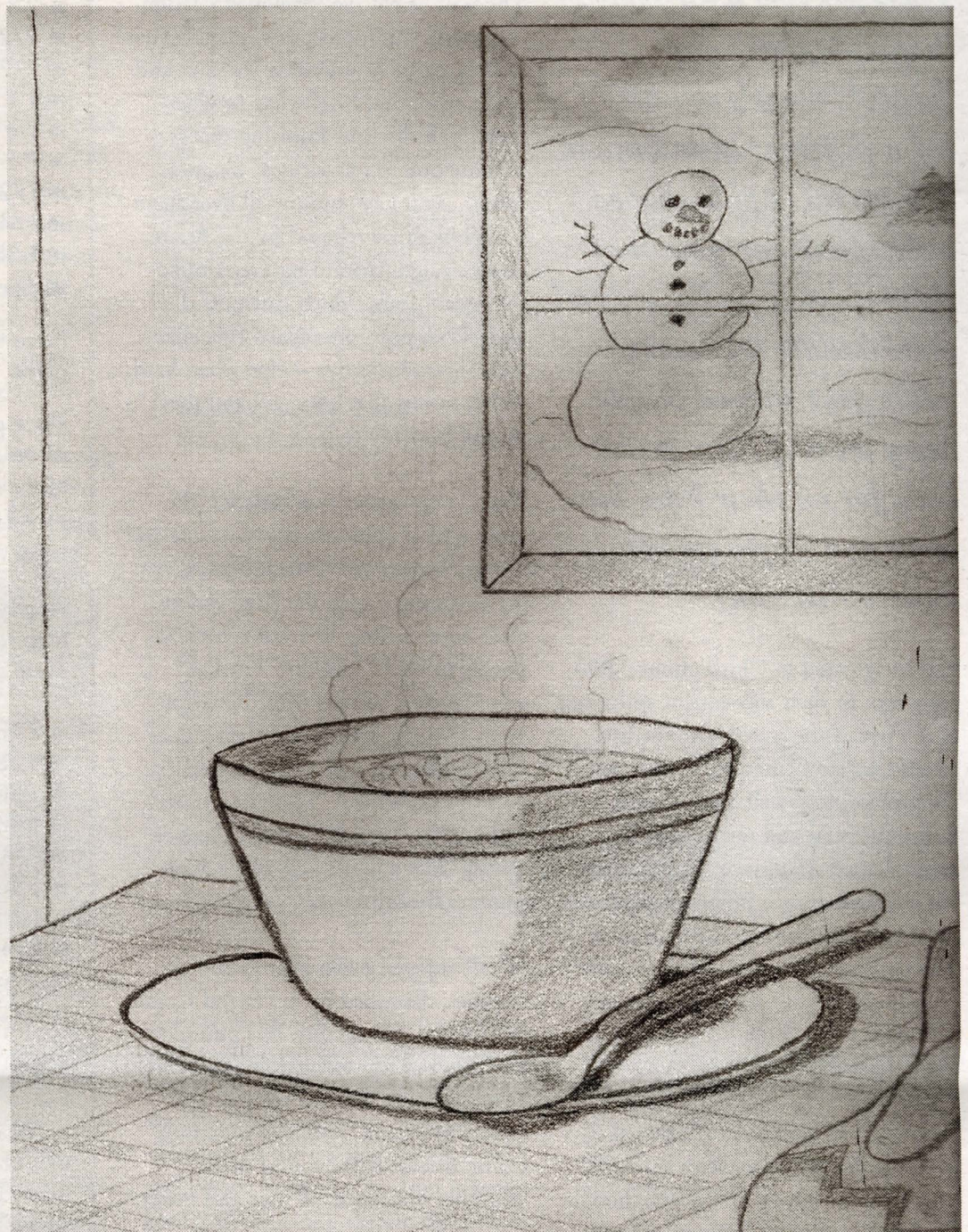
There is something special about soup. It is a comfort food that reminds us of Mom's special care. When I was a kid, my brothers, sisters and I would go to our cousins' house after the first big snowstorm. A huge hill towered nearby, attracting all the neighborhood children and others who were kids at heart. My cousins had a long toboggan. Six of us would pile on and sail joyfully down the hillside, wool scarves flapping in the wind. Hats, and sometimes kids, would fly off. We stayed until we were exhausted from pulling the sled uphill and chilled to the bone. When we arrived back at my aunt's house, there was always hot chocolate and a big pot

of chili waiting for us. Boy, did it taste good!

If you are eating less meat these days, you can still enjoy a big pot of chili on a cold day. Try this traditional American recipe with tofu as an interesting meat alternative. Tofu is very versatile and takes on the flavors it is cooked with. Soaking and cooking your own beans is also an option, but hopefully you won't have the same experience I had. Years ago, I soaked beans overnight, then spent the next day sautéing, stirring and cooking up homemade chili. After hours of getting it to just the right flavor, I proudly served full bowls to my young children. They took one bite and said, “Can we have the canned stuff?”

For lighter fare, try the nutritious Asian tofu soup. Soup lends itself well to adaptation; different vegetables like baby corn, snap peas, celery or red peppers can also be used in this soup. Eliminate the soy sauce if you want to reduce the sodium.

I hope you will try out a new soup recipe this month. But if you don't have time to cook, warm your tummy with one of the delicious soups in the Co-op's deli. I promise you won't be told, “No soup for you!”



..... found on cold winter days cuddled up with a mug of hot soup and a good book.
 Terri Schmidt still loves to fly down snow-covered hills, but is more likely to be

Tofu Chili

- ✦ 1 onion, chopped
- ✦ 2 tsp. minced garlic
- ✦ 1 Tbsp. olive oil
- ✦ 1 pkg. tofu (16 oz.), frozen & thawed
- ✦ 2 tsp. ground cumin
- ✦ pepper and sea salt or tamari to taste
- ✦ 1 can tomatoes (14.5 oz.)
- ✦ 1 can tomato sauce (16 oz.)
- ✦ 2 cans red kidney beans (15 oz.)
- ✦ 1-3 Tbsp. chili powder (to taste)
- ✦ Optional ingredients: grated carrots, corn, chopped bell peppers

(Frozen and thawed tofu crumbles easier. If your tofu is still frozen, thaw it by placing the sealed package in boiling water for about 15 minutes.)

Remove thawed tofu from package and squeeze out excess water. Set aside. Heat olive oil in a soup pot over medium heat. Add onions and garlic and sauté until onion softens. Crumble tofu into onion and garlic mixture. Add cumin, pepper and salt or tamari. Continue cooking about 10 minutes, stirring frequently. Add tomatoes, tomato sauce, beans, chili powder and any optional ingredients you desire. Bring to a boil, reduce heat and simmer for 30 minutes.

Serves 4-6.

Asian-Style Vegetable, Rice, and Tofu Soup

2006 — www.thatsmyhome.com/soupkitchen/asian-vegetable-tofu-soup.htm

- ✦ 2 1/2 c. vegetable broth
- ✦ 2 c. small broccoli florets
- ✦ 2 c. thickly sliced small shiitake mushroom caps
- ✦ 1 c. thinly sliced carrots
- ✦ 1 c. water
- ✦ 1 Tbsp. reduced-sodium soy sauce
- ✦ 1 tsp. dark sesame oil
- ✦ 1/8 tsp. ground ginger
- ✦ 1/8 tsp. crushed red pepper flakes
- ✦ 8 oz. firm tofu, cut into 1" cubes
- ✦ 2 c. cooked rice
- ✦ 4 lime wedges
- ✦ 1/4 c. cilantro leaves

In large saucepan, combine broth, broccoli, mushrooms, carrots, water, soy sauce, sesame oil, ginger and crushed red pepper. Cover and bring to a boil over high heat. Add tofu and rice to boiling soup; cover and cook 2 minutes, or until tofu and rice are heated through and vegetables are crisp-tender. Serve soup with lime wedges and cilantro leaves.

Serves 4

Nutrition Info. Per Serving: 213 calories, 4.8g total fat, 0.6g saturated fat, 1.1g monounsaturated fat, 2.1g polyunsaturated fat, 4g dietary fiber, 11g protein, 35g carbohydrate, 0mg cholesterol, 793mg sodium

Asian Pears

By Judy Sobeloff

There are two basic body shapes: “apples” and “pears” — each exhibiting a different distribution of body fat. Apple-shaped individuals carry most of their excess body fat around their middle (abdomen), while pear-shaped people carry most of their excess body fat on their hips, buttocks and thighs (www.annecollins.com).”

Pears originated in China about 3,000 years ago. In their subsequent spreading to the rest of the world, two distinct genetic varieties emerged: to the west, the prototypical, well, pear-shaped, European pear; and to the east, the apple-shaped Asian pear. I wasn't there, but I've looked into funhouse mirrors and recovered from amusement park rides — heck, I've given birth — and I can imagine how the physical transformation from apple- to pear-shaped might have felt.

Despite being occasionally referred to as “apple pears,” Asian pears are not a cross between apples and pears, though all of these fruits are “pomes”—fleshy fruit with several seed chambers and an outer fleshy part—as are the quince, crabapple, and loquat. Pomes are also known as “false fruit” or “accessory fruit,” an angle I thought might be interesting to pursue until I clicked on a website for “love pomes” and received a warning that this site could destroy my computer.

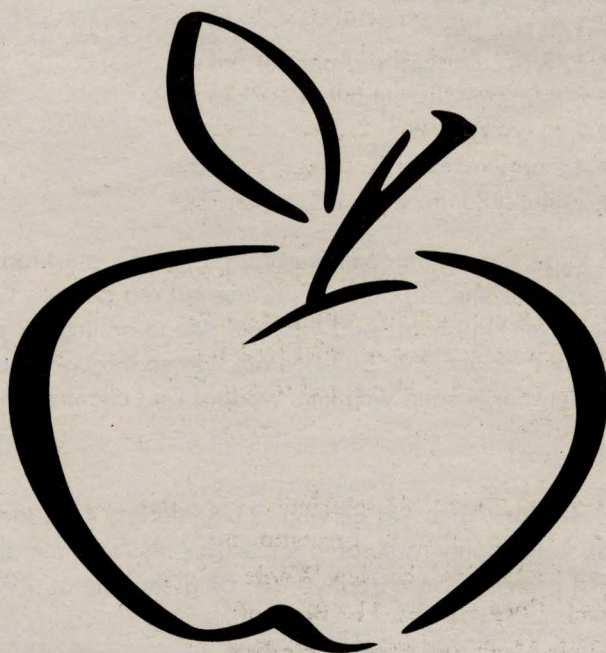
In addition to “apple pear,” the Asian pear is also known as sand pear, water pear, salad pear, Chinese pear, Japanese pear, and Nashi (Japanese for pear). Originally reserved for the wealthy or for Chinese nobility, Asian pears were brought to the United States by Chinese immigrants in the 1800s, specifically by Chinese gold miners and migrant workers during the California gold rush. California and Oregon and, to a lesser extent, Washington, remain the primary Asian pear-producing states of our country.

Those of us who've developed relationships with European pears, playing that waiting game of watching for days and weeks until that brief window when they might be ripe, knowing that if we dare bite in too soon, if we guess wrong, we'll have to start all over again ... will likely be relieved by the Asian pear's straightforward nature. Unlike European pears, which ripen off the tree, Asian pears are picked ripe. They are — paradoxically — ripe when hard, which means that once in hand they should be ready to go.

The Co-op carries two varieties, the more typical apple-sized yellow one and a larger brown one. I must confess that my encounters with the large variety were unrewarding, as I was somehow unable to find a ripe one, but I've enjoyed great success with the yellow ones. Though Fred found them “delicate and bland,” our two-and-a-half-year-old exclaimed, “I like the sugar!” and our five-year-old praised them as tasting “like a jingle bell, like a fresh summer morning.”

We all enjoyed Asian Pear Pecan Cookies, described by my friend Caitlin as having a “fall quality, like pumpkin pie.” Donna commented on how they were “granular, like the sugary-sand quality of a pear,” while an unnamed Co-op dessert baker found them “crumbly but flavorful, nice and moist.”

Following this success, I was tempted to make a salad using Asian pears with tamari pecans and bleu cheese, though put off by the intricacy and time-consuming nature of the various steps. I turned to Fred, who said, “You can't really take seriously a recipe that wants you to chill the dishes. Call one of those places that make salads and have them deliver it through the window.” Below is the recipe for the simplified version which appeared, which turned out to be so incredibly,



Asian Pear Pecan Cookies

(adapted from www.viriniagoldorchard.com)

- ✦ 2-3 Asian pears, peeled and sliced
- ✦ 1/2 c. sugar
- ✦ 1/2 c. canola oil
- ✦ 1 c. all purpose flour
- ✦ 1 c. finely ground pecans
- ✦ 1 c. rolled oats
- ✦ 1/2 tsp. cinnamon
- ✦ 1/4 tsp. baking powder
- ✦ 1/4 tsp. baking soda
- ✦ pinch of salt

Place the Asian pears in a blender and puree to make 1 1/4 cup of pear puree. Preheat oven to 375 degrees F and grease two large cookie sheets.

Place pecans in blender and chop until they are flour texture. Mix dry ingredients with pecans. Add oil and Asian pear puree and mix. Place spoonfuls of the mixture onto the prepared cookie sheets, 2-3 inches apart. Bake for 20-25 minutes or until the edges turn dark brown. Let cool for 10 minutes.

Apple-Asian Pear Salad

(inspired by a recipe by Michel Nischan; adapted from www.northstarorchard.com)

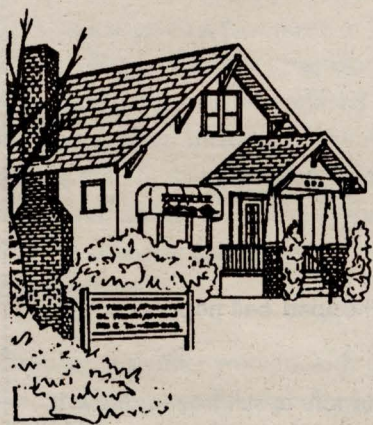
- ✦ 2 Tbsp. olive oil
- ✦ 1 Tbsp. apple cider
- ✦ 1 Tbsp. apple cider vinegar
- ✦ 1 Tbsp. honey
- ✦ 2/3 c. pecan halves
- ✦ 1 Tbsp. tamari
- ✦ 1 bunch mixed fresh greens
- ✦ 2 red apples, sliced thinly
- ✦ 2 Asian pears, sliced thinly
- ✦ 6 oz. crumbled bleu cheese

Preheat oven to 350 degrees F. Combine oil, cider, cider vinegar and honey in a small jar with a tight-fitting lid; shake well to combine. Toss pecans with tamari until coated. Toast pecans on a baking sheet for 7 minutes or until crisp and fragrant; set aside. Arrange greens on plate. Arrange apple and Asian pear slices on top of greens. Sprinkle with bleu cheese and pecans. Shake dressing once more and drizzle over salad.

wonderfully good.

Judy Sobeloff would like to thank her family for (so much more than) their contributions to this and all of her newsletter articles.


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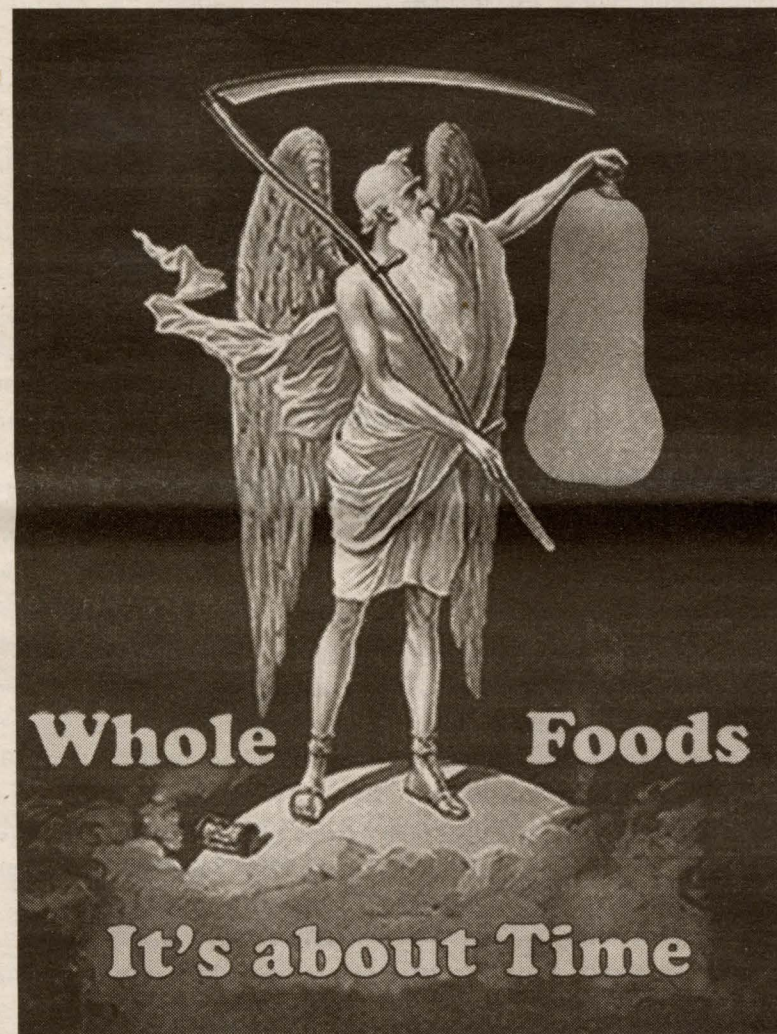
By Hope Matthews; Image from Joseph Stengel

Hard to believe that the holidays are behind us and January is here yet again, in full force with its long, oppressive days. Every year, I try not to get a bad attitude about the cold months. "The air outside is invigorating," I say, coaxing myself out of the house. "Enjoy the snow while it's here." Watching the snow fall onto the majestic trees outside of my window is quite a sight, and I enjoy going sledding at least two or three times. However, the first snows are usually before January and all of the holiday parties and get-togethers and family dinners and overindulging are over too.

Okay, before I appear too negative about the first month of our New Year, there is plenty to look forward to as well. January is a time of reflection and beginnings. Here starts a new year full of rethought goals and ideas. This is the best time to relax inside while journaling and meditating. Take a hint from some of our animal friends and do a little hibernating — you won't find a better time. Go inward, nurture yourself and cook heart-warming foods.

January is a prime month for exploring cookbooks packed with hearty, nutrient-rich recipes. Eating well is a great way to reverse the damage of holiday overeating, overdrinking, too much

driving and handfuls of Hershey's kisses. Choosing food that nourishes and energizes can help uplift your mood in this seemingly dreary time of the year too. For months, I've wanted to write a newsletter article about whole foods, and this is the perfect time for one, as whole foods are healing, nurturing and adjusted seasonally.



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A definition explaining what whole foods means is pretty simplistic, but so is the concept itself. "Whole foods are foods that are unprocessed and unrefined, or processed and refined as little as possible before being consumed." (Wikipedia, online) Many whole food dieters embrace eating no dairy except for yogurt; no coffee or alcohol; very little meat, and only meat that has been organically fed, free-range and antibiotic free. Being vegan on whole foods is incredibly easy, as most of the recipes are naturally vegan. While the whole food diet does not demand a purely organic diet, it definitely recommends eating mostly organic and local foods, to maximize nutritional value.

At the root of the whole foods philosophy are Chinese Medicine and

Noodles with Tofu and Bean Sprouts

from *The Book of Whole Meals* by Annemarie Colbin

- ✦ 1 8-oz. cake tofu
- ✦ 1/2 tsp. grated fresh ginger
- ✦ 1/2 c. bean sprouts
- ✦ 4 cups cooked noodles
- ✦ 1 heaping tsp. white (shiro) or brown rice miso

Cut tofu in 1/2-inch cubes and place in a 1-quart saucepan with water to cover. Add ginger and boil for 5 minutes. Drain the tofu, reserving water. In a large bowl, mix tofu with bean sprouts and noodles. Dissolve the miso in 1/4 cup reserved water. Pour miso over noodle mixture, and toss.

Lentil Noodle Soup

from *The Self-Healing Cookbook* by Kristina Turner

- ✦ 1 c. lentils
- ✦ 6 c. water
- ✦ 1 strip wakame seaweed cut into 1/2-inch pieces
- ✦ 1 onion, diced
- ✦ 2 cloves garlic
- ✦ 1 carrot, sliced diagonally
- ✦ 1 parsnip diced (optional)
- ✦ 1 c. diced kale or watercress
- ✦ 2/3 c. whole-wheat noodles (or whole-wheat alphabet noodles)
- ✦ 3 T. barley miso

Layer lentils, wakame, onion, garlic and root vegetables in a pot. Pour in water, bring to a boil, and simmer for 30 minutes. Add greens and noodles and simmer for another 20 minutes. Dissolve miso into soup just before serving.

Ayurvedic principles, which consider different recipes and foods by their ability to promote health and prevent disease. There are many macrobiotic elements in the whole food diet, as well, since food combination is an integral part of pairing certain foods with one another to aid in proper digestion. However, not all whole foodists adhere to a strict macrobiotic philosophy.

I love that most of the whole foods literature I've read focuses on promoting respect and love for our bodies at all moments in time. Even though it discusses the health benefits of abstaining from alcohol, caffeine and dairy, many of the books or websites that I have read find that indulging sometimes is completely fine. Personally, I need to know that I can drink a mocha latte once every couple of months guilt-free. Experiencing food amongst others should be pleasurable, not stressful. Placing too many restrictions at every eating opportunity discourages the idea that the food we are given is a gift from the universe, as there are many who go without. However, boundaries and systems that encourage eating responsibly most of the time in order to heal and thwart illness proves integral to our well-being.

There are some fantastic whole foods books out there. I recommend Rebecca Wood's *The New Whole Foods Encyclopedia*, *The Book of Whole Meals* and *Food & Healing*

by Annemarie Colbin, and *The Self-Healing Cookbook* by Kristina Turner. For those of you who are more Internet savvy, check out Christina Pirello's website on all things whole foods: www.christinacooks.com.

Happy New Year!

Hope Matthews enjoys the long winter nights at home watching movies, reading books, and journal writing with several steaming mugs of tea. She can be reached at hopeemattthews74@hotmail.com.



Omnivoria: Bison Revisited

By Alice Swan

I know it was not long ago, in this very column (under a different author) that the subject of bison came up, but the short, cold days of winter make me crave rich, hearty stews. I was recently the lucky consumer of just such a lovely stew made by my husband (who goes through amazing bouts of culinary creativity when a semester has recently ended) with some bison sirloin, conveniently pre-cut and packaged as 'stew meat' by the Co-op meat department. The stew was so good, and so seasonally appropriate, that I decided to revisit the topic, and add some more information about bison to that available in the previous article.

When we lived in Minneapolis, my husband conducted a community orchestra in the small town of Buffalo, Minnesota, and it was there that we first learned that buffalo is not actually the correct scientific term for the North American mammal here under consideration. In the community of Buffalo, as is generally true anywhere, the word buffalo is more or less interchangeable with the word bison. But to be pedantic, the scientific name of the species is *Bison bison*, so I will call it bison. I had an un-illustrious stint as a percussionist in the afore-mentioned orchestra (the main qualification was that I knew how to read music), and so I spent many Sunday afternoons driving out to Buffalo (about 40 miles from where we lived in the city) with Nick. The scenery was mostly urban sprawl, but there was a bison ranch that we drove by, and watching the enormous, shaggy creatures was often the high point of the drive.

Bison can live upwards of 25 years, and take nearly three years to reach maturity, so the very cute and lighter brown young ones stand out year-round in a herd of bison. They spend so much time standing around grazing and looking docile that it's tempting to think of them as giant cuddly animals. But they are, after all, undomesticated, even when raised on a ranch, and can run quite fast.

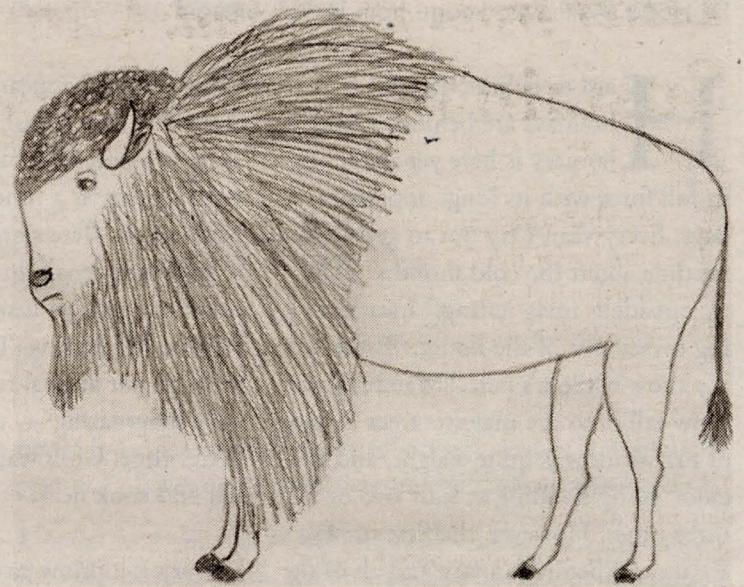
Because bison are native to North

America, they have evolved along with their habitat, and are extremely well suited to grazing on native grasses, even in the winter. Their big, shaggy heads serve well for clearing snow to find forage. As undomesticated animals, bison thrive when mostly left alone, which means that the entire industry is generally much more sustainable than the beef industry. Bison do best in low-stress environments (i.e., pasture, not feedlots), and are so naturally hearty that the National Bison Association, the trade organization for the industry, has a resolution opposing the use of any drugs, chemicals or hormones in the entire industry. Just imagine if the beef industry had such a resolution—no more feedlots!

The National Bison Association also has a source-verification program, meaning that bison meat products can easily be traced back to the ranches they came from. It's precisely the lack of such oversight in the industrial beef industry that makes it difficult to trace the origins of outbreaks of *E. coli*, for example (but of course buying locally raised, grass-fed beef eliminates such problems).

Bison meat is exceedingly lean, since the animals are built differently from cattle. They carry their fat in a layer between the muscle and skin, so it doesn't marinate in the way that beef does. 100 grams of bison meat has only 2.42 grams of fat, and 143 calories, compared to 9.28 grams of fat and 211 calories in a comparable amount of beef. The leanness of bison means that it has to be cooked carefully, but what rewards await the patient cook! Bison benefits from being cooked more slowly, at a lower temperature than one would generally cook beef, to avoid drying it out and making it tough. The end result is a distinctly red meat taste, but sweeter and subtler than beef. The bison meat we had from the Co-op, from Brown's Buffalo Ranch in Nyssa, Oregon, was true to my expectations: lean, rich and delicious. In addition to the sirloin stew meat that we had, the Co-op usually carries bison chuck roast, sirloin steak, New York strip steak and ground sirloin.

Although she loves stew on cold, dark winter days, Alice is glad that the days will be getting longer by the time this article is published.



Buffalo Stew with Red Wine

(adapted from *Recipes from Home* by David Page & Barbara Shinn)

- * 1 c. all-purpose flour
- * 2 3/4 lb. bison sirloin, cut in 2-inch cubes
- * salt and freshly ground pepper to taste
- * 3 oz. bacon or salt pork, diced
- * 5 ribs celery, 2 diced, 3 cut into 2-inch lengths
- * 4 medium carrots, 1 diced, 3 cut into 2-inch lengths
- * 1 medium onion, diced
- * 10 garlic cloves, peeled
- * 2 bay leaves
- * 1 bottle dry red wine
- * 2 Tbsp. tomato paste
- * 6 small white potatoes, quartered

Place the flour in a wide shallow bowl. Season the bison with salt and pepper; lightly coat the pieces with the flour.

Cook the bacon or salt pork in a large heavy pot over medium heat until it renders its fat. Brown the bison on all sides in the rendered fat, about 5 minutes. Remove the bison and set aside.

Add the diced celery and carrot, onion and garlic to the pot and slowly cook until softened, about 4 minutes. Add the bay leaves, red wine and tomato paste and stir to dissolve the tomato paste. Add the beef, season with salt and pepper, cover the pot, and simmer over low heat until the meat is fork-tender, 2 1/2-3 hours. Add the potatoes and the remaining carrots and celery and continue to simmer until they are just cooked, 25-30 minutes longer. (Or skip adding the potatoes, and serve the stew with mashed potatoes to soak up the really yummy sauce.)

Something for everyone... Hodgins Drug & Hobby

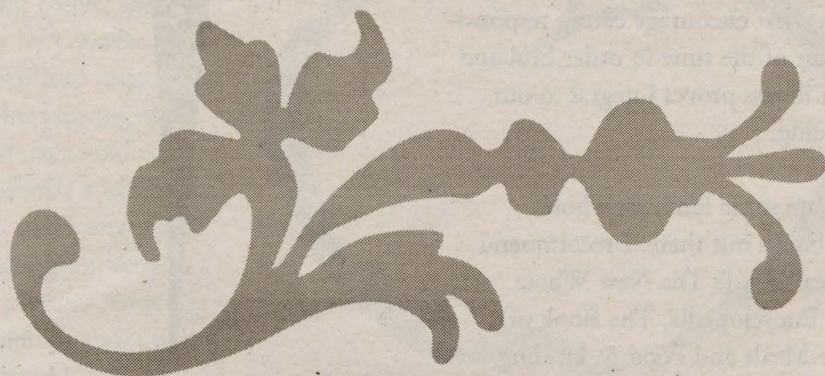


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Letter from the Land: Closing the Circle: Creating Food Sustainability in Our Region

By Suvia Judd

Less than a year after writing two articles for the Co-op News on hunger in Latah County, I am very happy to find that area residents have just created two new projects to reduce hunger locally.

Idaho remains the eighth hungriest state in the country, with a hunger rate of 14 percent. Unemployment may appear low, but minimum-wage jobs in north central Idaho will not pay for both housing and food. In Latah County, the number of us going hungry at any given time is about 4,000, with one third of those being children.

I first heard about the North Central Idaho Food Sustainability Collaborative from member Cinda Williams, an extension scientist who is the sustainable agriculture coordinator at the University of Idaho.

The Food Sustainability Collaborative arose after the Nez Perce County Emergency Management Coordinator pointed out to a Nez Perce County Commissioner that while his office provides food in emergencies from natural and manmade disasters, it not set up to address systemic food emergencies from poverty and joblessness. The Commissioner then gathered a group of people from diverse perspectives to figure out how to reduce hunger locally.

The group now includes about 12-15 members, of whom about 6-10 meet

every month. The Collaborative's first two projects are a pamphlet listing all area food resources for people in need, which will be available at shelters and police departments, and a one-day regional conference on February 6 in Lewiston. (LCSC Williams Conference Center 10 a.m.-3 p.m.)

Member Chuck Whitman, director of the Lewiston Warehouse of the Idaho FoodBank, a major distributor to area food banks, says it is not just a matter of people temporarily down on their luck and needing help with groceries, but a more complex issue involving the increasing numbers of us who are working poor, and the breakdown or loss of previous food institutions. Lewiston, for example, no longer has either a cannery or a produce processor, and just lost two more small meat processors, so all food commodities accepted by the Idaho FoodBank come from Spokane, Tri-Cities, or further away. Those on a tight budget who can afford a few fresh vegetables won't find them in their local grocery store either. Even though in Moscow we see more local produce available for purchase at the Co-op and Farmer's Market than ever before, buying local produce, although a growing national trend, is still a privilege reserved for the better-off. And growing one's own? That is not easy to do if you are homeless or living in a motel.

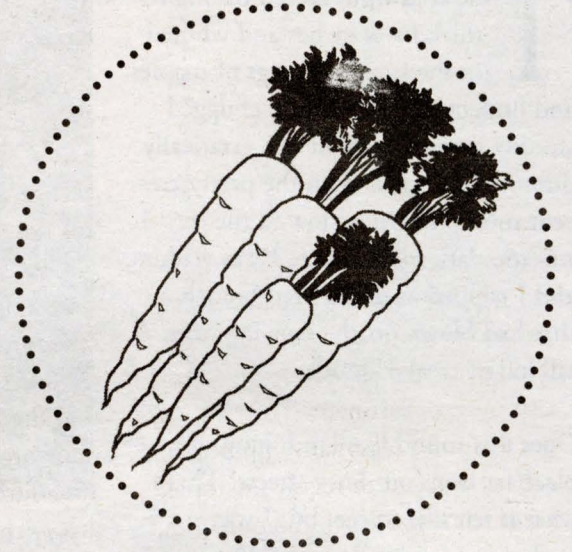
Member Christine Frei is director of the Clearwater Economic Development

Association. She said joining the Collaborative really opened her eyes to the extent of the problem. She said that as members met and shared perspectives, they realized that the problem and solutions go deeper than simply increasing the supply of emergency food; it is necessary to address the underlying causes of hunger.

Member Dave Knittle is with the Community Action Partnership in Lewiston. I asked him what one thing he would like the readers of this article to take away with them about the Food Sustainability Collaborative and the conference. He said he would like you, the reader, to take away with you the idea of "closing the circle," that he would like to see us rebuild our communities so that instead of food being grown here going to feed someone overseas, and the food we eat here all being grown in distant places, he'll be able to go into a local grocery store and buy locally grown lentils.

So that's the challenge. Everyone I spoke with stressed that eliminating hunger is going to be solved locally, and not by the state or federal government.

Amy Grey of Moscow woke up one morning with 200 more heads of lettuce than she needed, and from that inspiration grew Backyard Harvest. Founded in 2005, starting with three



core gardens: Amy's own garden, the Pantry Garden at PCEI, and the Community Garden, and eventually collecting produce from 30 local gardeners, Backyard Harvest this past year collected 4,486 pounds of fresh produce and distributed it to seven area food banks and meal programs.

Backyard Harvest (www.backyardharvest.org) is now a project of PCEI, and Amy is writing grants to extend the program next year. It is a great example of "closing the circle."

To get info or register for the North Central Idaho/Southeastern Washington Food Forum, contact David Knittel at 208-743-5580 ext 218 or d.knittel@communityactionpartnership.org.

Suvia Judd gardens and writes in Moscow.

Community News
December 2006
The monthly newsletter of the Moscow Food Co-op

Gift Cards are here!
By Kenna S. Eaton, General Manager

Several years ago when we first got our new cash registers, I dreamt of having refillable and reusable gift cards for our customers to use and finally they are here!

Our new gift cards work like our earlier paper gift certificates. You buy a gift card now just as you used to buy a gift certificate. There is no fee to buy one. If you want a gift card for money backs, you pay only twenty bucks. There is no time limit -- you spend it as slowly or as quickly as you wish. And, since it is a gift card, you can give it to anyone and they can use the card for whatever they want at the Co-op.

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Illustration by Elizabeth Sowards
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Nature in the City: Night Returns, Briefly

By Sarah Walker

The cold wind roared through thick fir branches and whined in the stiff, bare twigs of maples and lindens. Ragged clouds chugged steadily across the night sky, erratically dimming the glow from the pretty crescent moon that hung low in the east. It was too dark to see where I was walking and I tripped over scattered branches that had blown off the swaying trees. A tall locust creaked loudly.

Does this sound like I'm hiking someplace far from our busy streets? That's what it felt like to me, but I was exploring Moscow. It was 4:30 a.m., pitch dark, and the severe windstorm of December 15 was in full force. I love the darkness of a night without streetlights, the sound of wind, and the light of stars. I've lived many years in remote places far from the power grid, and though I'm enjoying Moscow life, my senses miss things sometimes ... Towns are lit up all night with streetlights, storefronts, yard lights. Houses are noisy with heaters and refrigerators and aglow with blinking computers and chargers.

So when I woke up that morning to a silent dark house, it caught my attention. No streetlights! No humming refrigerator! No noisy heaters! I had a crazy notion to go for a walk. My dog was in total agreement, yes, let's go! I got up and pulled on lots of warm clothes.

Outside, the thermometer said 35 degrees. I followed the darkness into the eastern side of town. There were no cars about and it was easier (and safer) to walk right down the middle of the



Starry Night by Vincent van Gogh (1889). One night last month a powerful windstorm caused a power outage that darkened Moscow's streets. The night sky, and wind, took over for a few hours.

empty street than on the narrow sidewalk. I walked a mile or two through the parts of town where the trees are biggest. The wind gusted and ebbed, roared and whispered. In the moonlight, tall trees and pointy roofs cast deep shadows.

No owl hooted, no dog barked. Nocturnal creatures like skunks, raccoons or flying squirrels were nowhere to be seen. This was a powerful windstorm. No one but wacky humans would be exploring in a storm like this, getting a different view of town.

Every now and then, there was the odd streetlight (how does this work?). Houses were dark except for a few early risers whose windows glowed from a lantern or candles. In one house I saw a frantically bobbing flashlight as a sleepy person tried to regain order in the unexpected dark. My neighbor's Christmas decoration, a huge Peace

sign, was lit up.

"Night vision" lets us operate in the dark. Our eyes adjust and we can see pretty well, until someone turns on a flashlight or a car comes by. Still, it was too dark to read street signs, and after a while I laughed to myself that I'd gotten lost.

Animals can see much better in the dark. Some animals have bigger pupils that can open wider. This

makes them more sensitive in daylight, so these animals' pupils are shaped like a slit, not a circle like ours. The long narrow shape closes faster in bright light to protect their eyes. Animal eyes have a reflecting membrane, a tapetum, that amplifies light. The tapetum is what glows when we shine a light on our dogs and cats at night (pbs.org).

nova).

Power outages can be serious business. While I was relishing my night hike, my friend lay in the Spokane Hospital. I hoped her care wouldn't be interrupted. But hospitals have emergency generators, like the one I could hear roaring from the Verizon building near 6th Street.

It was still dark when I found my way back to my house at 6 a.m. I lit my candles, put more wood on the fire and sat down to write some notes for this column. Then suddenly the refrigerator hummed, the digital light on the stovetop blinked "reset me, reset me" and the annoying streetlight in my alley beamed through my curtains. Just like that, my night was over.

.....
Sarah Walker is amazed how ideas for her column sometimes drop from the skies.

“Nocturnal creatures like skunks, raccoons or flying squirrels were nowhere to be seen. This was a powerful windstorm. No one but wacky humans would be exploring in a storm like this, getting a different view of town.”

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In The Garden: Square Foot Gardening

By Holly Barnes

"In my garden there is a large place for sentiment. My garden of flowers is also my garden of thoughts and dreams. The thoughts grow as freely as the flowers, and the dreams are as beautiful."

— Abram L. Urban

Winter is a great time for planning a new garden. Square Foot Gardening, a system that has been around for years and was popularized by Mel Bartholomew on a nationally televised PBS series, is a straightforward and simple way to have fresh produce through the spring, summer and fall.

Square foot gardening is based on 4' by 4' planting blocks. These blocks can be in raised beds or in the ground. Raised beds will warm up a little earlier in the spring. For a two-person garden made up of mostly smaller plants, you will need two blocks. Add three feet for a path in between and a 4 x 11 foot garden plot will provide two people with enough produce to have vegetables and salads every day in the growing season plus some flowers and herbs. The garden must have at least six hours of sunshine. You should choose a location near the house so that it is easy to maintain and keep an eye on. And harvest!

Mark off each block and amend the soil, placing at least 6" of peat moss, vermiculite and manure on top. Mix it in well and if you never walk on the soil you will not have to do any more heavy digging. The blocks are designed to be reached from the path outside the plot, without having to step on the soil.

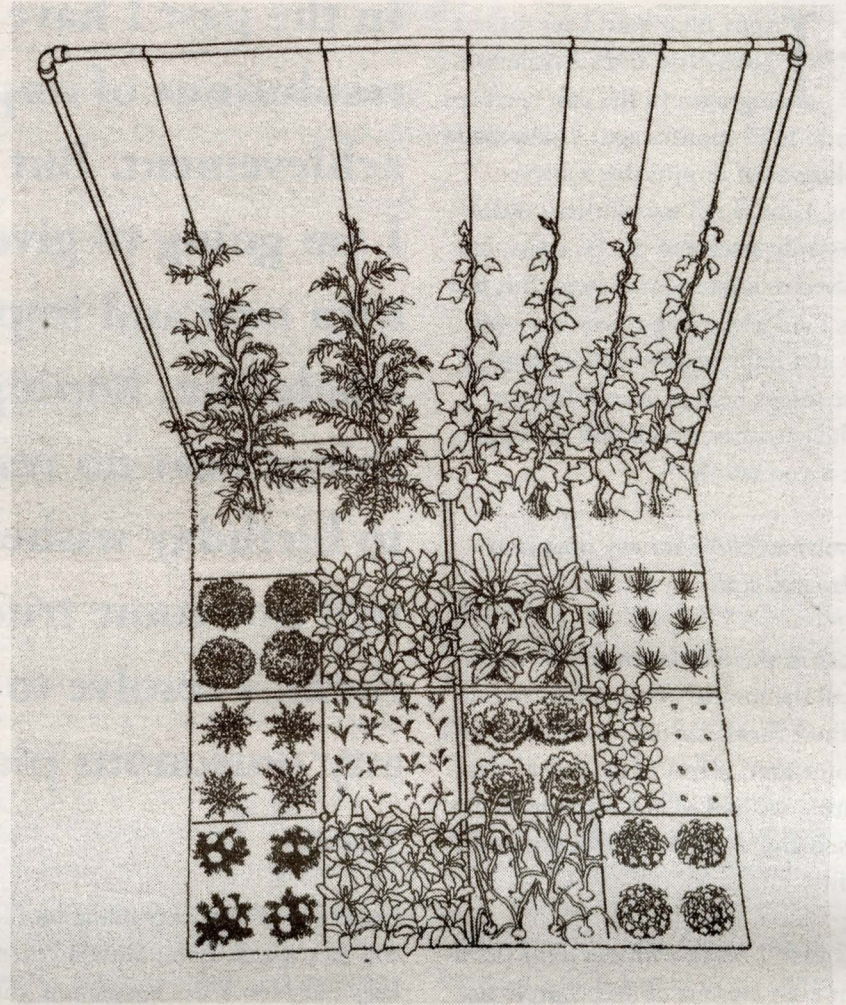
Raised beds can be built at any time and the boxes filled with soil and amendments so that you can start

planting early this spring. If your blocks are right on the ground you will need to wait until the soil has dried out before you start amending the soil. Digging too early in the clay soils of the Palouse causes clumps to form and they are tough to get rid of.

When the blocks have been amended and mixed and are ready to plant you will first need to mark them off by square feet. With my raised blocks I have placed staples a foot apart around the entire block and then thread twine through them, first horizontally and then vertically. The result, in my 4' x 4' raised bed, is a block with 16 individual squares. Each of those squares is now ready for a succession of plantings throughout the growing season. Along the four squares at the north side of my boxes I have erected a trellis and that is where I plant vertical crops like pole beans, peas and tomatoes, or perhaps a sweet pea vine. You can also put vine crops there, like cucumbers and squash, with plenty of support.

Depending on the mature size of the plants you will plant from one to 16 seeds or seedlings in each square. For example, peppers, cabbages and head lettuce should all be planted 12" apart, and so you will only plant one per square. Leaf lettuce, kale and parsley can be planted 6" apart, so you will have four of those in a square. Carrots, onions and radishes can be planted 3" apart, so a square will have 16 of those.

A book by Mel Bartholomew has extensive advice for succession planting to get the most use from your blocks. The Latah County Library District has his new Square Foot Gardening book as well as some of his videos. I strongly recommend you read up on the system if you intend to use it. The Latah County Extension office at 522 S. Adams (the County Courthouse), Room 208, has a video you can watch onsite called How to Design and Build a Vegetable Garden, by Gary Ball. Ball is a garden writer in Michigan with years of gardening experience. His



This illustration of a square foot garden design is from an old brochure about Square Foot Gardening by Mel Bartholomew.

video, while not about the square foot gardening system, gives great advice on getting started with a vegetable garden.

It's never too early to get started with designing and dreaming the next garden project. Indeed, my head is always full of such projects and Square Foot Gardening is a fun one to try. Happy Gardening!

Holly Barnes is spending her third winter in Moscow and finally figuring out how to garden in this climate. Her garden of flowers is also a garden of thoughts and dreams.

Square Foot Gardening, a system that has been around for years and was popularized by Mel Bartholomew on a nationally televised PBS series, is a straightforward and simple way to have fresh produce through the spring, summer and fall.

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Wild & Free: Poison

By Sarajoy Van Boven

Happy New Year! Let's make a good New Year's Resolution together. In the past (perhaps as little as 12 months ago) I have made resolutions of improbable achievement. Later, I tell myself that I didn't necessarily resolve to do the splits, but resolved to contemplate them. But this year, I am going to give you my own new and improved resolution, hoping these things bear no resemblance to birthday wishes, which will not come true if you tell them.

I resolve to NOT eat any poisonous plants this year.

To aid in this serious endeavor, requiring all the resolve I can usually muster for these formulaic promises, let us look as some local plants of detriment. Last January, we looked at Indian hellebore, poison and water hemlocks, and snowberries.

This year, I begin with the most Goth plant ever: clusters of deep purple star flowers with gold stamen cones, slender vine and deceptive, cheery red berries make Bittersweet Nightshade (*Solanum dulcamara*). The dark green, purplish leaves (1-4") sometimes have extra "lobes" near the base. When picked or crushed, Bittersweet Nightshade exudes a horrific "green" smell, which should ward off any human predators. This prolific vine chokes streams and plants with smothering mats.

Screaming was the inarticulate yet appropriate way my mother responded when I handed her an enchanting bouquet of these flowers which had filled my young self with awe, adoration and some bewilderment at the stench. Her response was based upon information. Mine was based upon appearances.

Birds eat the berries with impunity, spreading their seeds as nature intended. But Bittersweet Nightshade is responsible for the deaths of livestock and children via the green-potato-toxin solanine and dulcamarine. The leaves and green berries are the most poisonous. But the red berries could turn you

"In the past I have made resolutions of improbable achievement. But this year, I am going to give you my own new and improved resolution, hoping these things bear no resemblance to birthday wishes, which will not come true if you tell them. I resolve to NOT eat any poisonous plants this year."

inside out as well, depending on the soil they sprout from. Should you not keep our New Year's Resolution, this is how you might feel: irritated skin, abdominal pain, tired yet restless, headache, difficulty breathing, low body temperature, dilated pupils, diarrhea, paralysis, convulsions and then possibly death (www.metrokc.gov, King County's noxious weed information pages).

Tansy (*Tanacetum vulgare*) is found along roadsides and is overwhelming my neighbor's garden. It grows 2-3' tall, with fragrant lacey leaves, and golden button-like flower clusters topping the stems. *Edible and Medicinal Plants of the Rockies* by Linda Kershaw gave Tansy a long list of medicinal uses such as last-ditch efforts at fighting parasites, fungi, bacteria and tumors. And then this warning: "volatile oils of these plants are poisonous - a small quantity can kill in 2-4 hours." Edible indeed! In minute quantities, Tansy once flavored Easter cakes in England as both superstition and a way to cleanse the body after the salt-fish of Lent (www.botanical.com). Thujone, a chemical also found in absinthe, would be the Tansy's way of delivering convulsions and

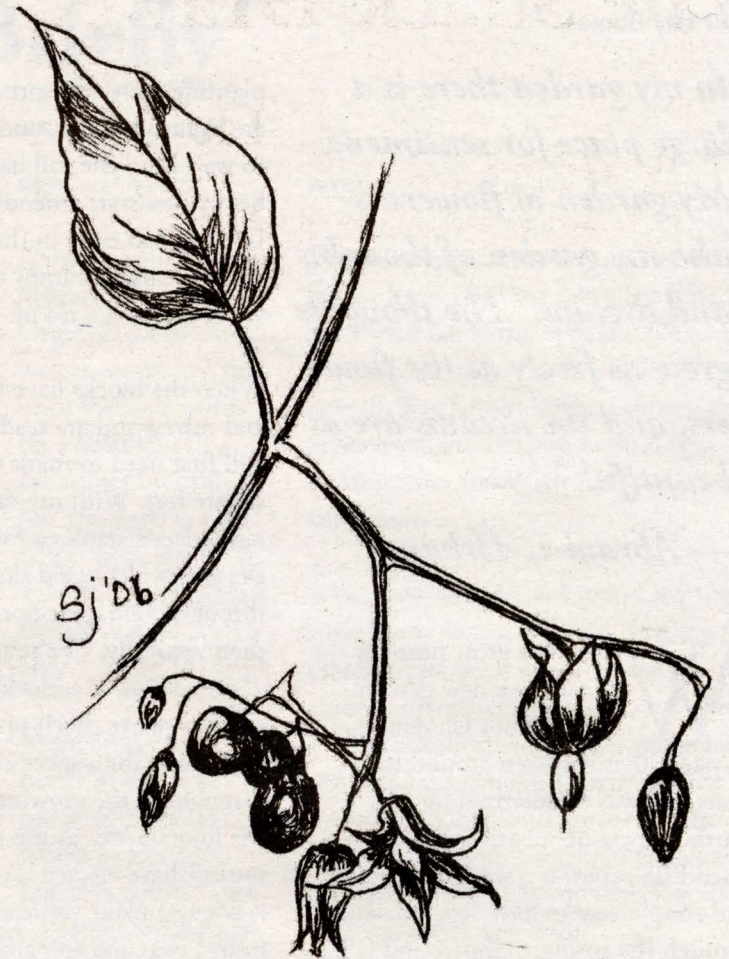
death, should more than a pinch be taken (Wikipedia). Tansy is probably best as insect repellent in mattresses, and I've heard that planted near doorways, in can keep the spiders and ants out of your habitat.

Groundsels are another roadside attraction teetering on the fence between sustenance and death. Common Groundsels (*Senecio vulgaris*) could be mistaken as a "type" of dandelion or sow thistle. The leaves are shaped like deeply lobed dandelion leaves, but are thick and shiny and grow from the stem. The flowers are yellow and look like closed dandelion flowers, then turn white and fly away with their seeds. Western Groundsels (*Senecio intergerimus*) are tall with up-pointing thick leaves and bunches of yellow, raggedy, daisy looking flowers at the top. Both of these Groundsels would gladly deliver to your liver alkaloids which would cause permanent damage before you ever felt a thing. Once you started feeling, hope would vanish with the onset of bloody diarrhea, sleepiness, weak-

ness, staggering, jaundice and death. Groundsel-contaminated flour and honey can cause similar pains. Arrow-leaved groundsel (*Senecio triangularis*) is considered a Wild Edible when young, but with the aforementioned relatives, I'd just as soon keep my distance. (*Edible and Medicinal Plants...* by Kershaw).

Girded with these warnings (which are not exhaustive), I hope we can all make it safely to 2008. Lets leave the bloody diarrhea and convulsions for another year.

Sarajoy hopes that if she somehow messes up on this resolution, you won't say at her funeral, "She didn't even keep her stupid New Year's Resolution. Good Riddance!"



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The Snack Drawer Solution

By Julia Parker

“**M**om, I’m hungry!” is the rallying cry of every child. Quickly followed by “What can I eat?” I have devised a happy solution to the constant call for snacks for my young daughter and myself. I cleaned out a drawer that was within her reach and filled it with a variety of fairly nutritious and appealing snacks. Together, we separated large servings into small snack servings, and we created a few snacks together to fill the drawer.

When she is hungry, she goes to the snack drawer and picks something out for herself. It saves me from having to make a snack (usually at the exact moment that the breakfast dishes are done). Also, this is something that helps my daughter gain some independence over her food choices and gives her some ability to do something for herself. We also get to talk a little bit about nutrition when we’re making the snacks to fill the drawer. For example, when we make trail mix – nuts, dried fruit, cereal and chocolate, we can talk about balancing different food groups. That’s all the food groups, isn’t it – protein, fruits and veggies, grains and chocolate? My daughter and I also have an understanding that if you pick a snack you have to eat all the ingredients – not just the chocolate.

Currently, our snack drawer has these goodies:

“I hope you and your family can put together a nice drawer of snacks so that everyone can enjoy easy food, good nutrition and an occasionally clean kitchen.”

- ✦ Snack size bags of granola
- ✦ Two graham crackers in a bag
- ✦ Individual boxes of raisins
- ✦ Snack size bags of cereal, white chocolate chips and almond slivers
- ✦ Snack size bags of whole-grain crackers
- ✦ Snack size bags of toasted pecans, dried apples and Barbara’s Organic Cocoa Puffs
- ✦ Tamari-roasted pumpkin seeds
- ✦ Fruit leather
- ✦ Individual organic applesauce cups

Sometimes, if I have made cookies, muffins or some other treat, I put a few of these in the drawer individually wrapped. This helps these get eaten before they get stale and keeps kids from constantly being in the cookie jar!

Tamari-roasted pumpkin seeds

Here is one easy recipe for a snack drawer goodie:

- ✦ 2 c. pumpkin seeds (hulled, green)
- ✦ 3 T. tamari

Roast pumpkin seeds in a skillet for about 5-10 minutes. They will puff, crackle and wiggle around like they are alive, but rest assured, they are not! Add tamari while the pan is still hot. It will bubble and steam and appear to forever stick to your pan. Stir and scrape the tamari and seeds until it has all dried. Take off the stove and let cool, stirring occasionally. The tamari will easily rinse off your pan, I promise.

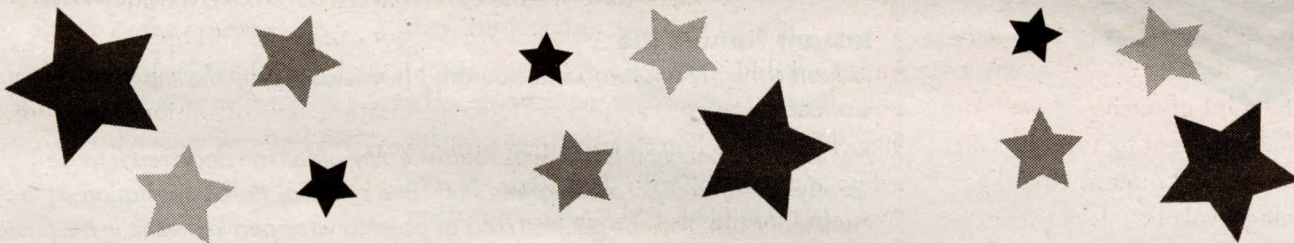
I feel a little guilty over buying individual-size boxes of raisins and applesauce because they are more expensive than larger sizes, and because they have more packaging than larger sizes. So, sometimes I refill the boxes for raisins out of a bigger container (what a nerd!). I buy a box of snack size plastic bags once every 6 months or so and I wash and refill them until they fall apart. I try to re-use the applesauce cups for painting and other art projects with kids. I find that nearly every time we open a big jar of applesauce it gets moldy before we finish it.

To organize the snacks in the drawer, we cut the bottom quarter off some cereal boxes and line up small snacks like raisin boxes inside these containers. We also cut one cereal box in half lengthwise and lined up the bags of goodies in there. Simone decorated the insides of the boxes with her artwork.

With the boxes in place, everything doesn’t slide around and get jumbled. My daughter can open the snack drawer, and easily see everything. This summer when we went on a long car ride and camping trip, we used a shoebox instead of a snack drawer making snacking a bit easier and cleaner.

I hope you and your family can put together a nice drawer of snacks so that everyone can enjoy easy food, good nutrition and an occasionally clean kitchen.

Julia Parker writes for the Community News every month and snacks every day.



Co-op Kids Resumes

By Rebekka Boysen

My new baby Jackson is here safe and sound! He was born on October 24 at home, and Bella and I are ready to venture out with him a bit more.

Co-op Kids will resume on **January 17 at 9 a.m.** to get creative making picture frames from recycled and found objects! We are going to meet on Wednesdays this month, as Tuesdays were not working for many people ... let’s see how it goes. Bring anything from home that you would like to add to your frame or use some of the things we have collected!

On **Wednesday, January 31**, we will meet again at 9 a.m. and make a rolled beeswax candle to light up the your winter dinner table.



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Meals Kids Might Eat: Casseroles for Kids

By Jyotsna "Jo" Sreenivasan

I like to make casseroles because they are convenient: they can be assembled in advance and baked later, and they often make enough food for leftovers.

But my kids often don't like casseroles. There are too many things in there "together." Here are some kid-friendly casseroles. Perhaps you can persuade your children to try one of these.

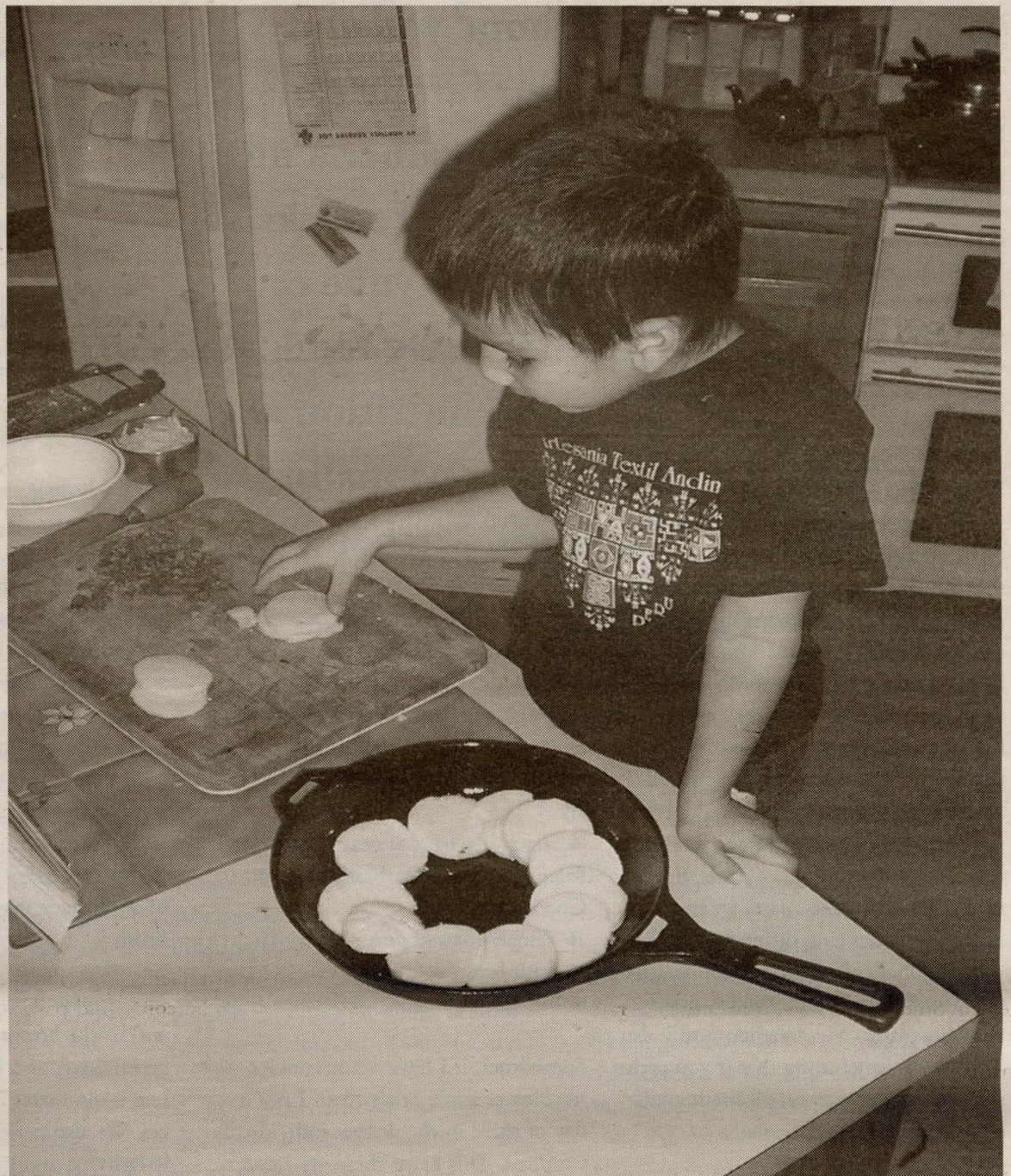
Cheese and Carrot Casserole

(adapted from *Better Food for Kids* by Joanne Saab and Daina Kalnins)

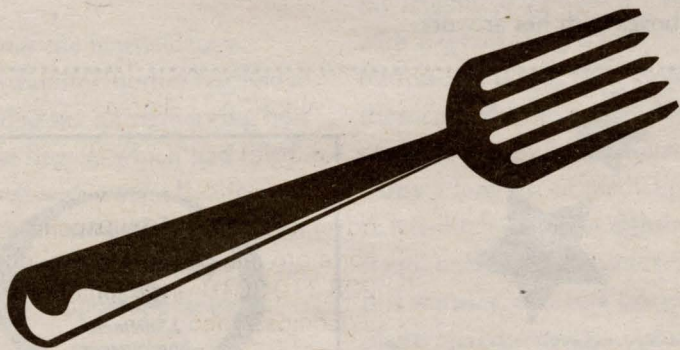
- ✦ 2 1/2 c. shredded cheese (we used mozzarella and cheddar)
- ✦ 1 c. shredded carrots
- ✦ 6 eggs
- ✦ 1 c. milk
- ✦ 2 Tbsp. flour (many kinds would work – whole wheat, unbleached white, spelt, etc)
- ✦ 1 tsp. chili powder
- ✦ 1/2 tsp. salt
- ✦ Paprika

Preheat oven to 325 degrees F. Grease a square 9-inch baking pan. Scatter half the cheese to cover the bottom of the pan. Arrange carrots over cheese and cover with another layer of cheese. In a bowl, whisk together the eggs, milk, flour, chili powder and salt. (We use a hand-held egg-beater for this. My kids love working a hand-held egg-beater). Pour the egg mixture over the cheese mixture. Sprinkle top lightly with paprika. Bake for 25 minutes or until a knife inserted in the center comes out clean. Let stand five minutes before cutting.

Note: You can use other vegetables in place of the carrots, such as shredded potato, zucchini or chopped broccoli.



Arranging polenta slices in pan for Instant Tamale Pie.



Broccoli-Rice-Cheese Casserole

(adapted from *1,000 Vegetarian Recipes* by Carol Gelles)

This is a delicious-smelling and delicious-tasting casserole.

- ✦ 1 1/2 Tbsp. butter
- ✦ 4 c. chopped broccoli
- ✦ 1 c. sliced leeks (white and light green parts only)
- ✦ 3 to 3 1/2 c. cooked brown rice (we like short-grain rice for this recipe)
- ✦ 1/3 c. grated parmesan cheese
- ✦ 1 1/2 c. shredded cheddar or jack cheese

Preheat oven to 375 degrees F. Butter a 9-inch square baking pan. Melt butter in a large skillet and saute leeks and broccoli. Add a bit of water, turn the heat down low, cover the pan and steam until the broccoli is tender-crisp (maybe 5 minutes). In the baking pan, stir together the cooked rice and Parmesan cheese. Top the rice with the broccoli mixture, then sprinkle with the cheddar or jack cheese. Bake 25 minutes or until the casserole is heated through.

Note: About 1 c. raw rice will make enough cooked rice for this recipe. Leeks often hide dirt between their leaves. I like to clean them by slicing off the bottom root part, and then slicing the whole leek lengthwise and rinsing in between the leaves. You can substitute zucchini for the broccoli.

Instant Tamale Pie

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

My husband thought this dish was fantastic. My older son declared it to be "pretty good, except for the green stuff" (the cilantro). Polenta is Italian-style cornmeal mush. You can get firm rolls of polenta wrapped in plastic in the pasta aisle of the Co-op. Last time I looked, they were on the very bottom shelf.

- ✦ 1 3/4 c. pinto beans with some juice (15-oz. can)
- ✦ 1/2 c. fresh or frozen corn kernels
- ✦ 1/2 c. prepared tomato salsa (we are partial to Salpica Mango Peach salsa)
- ✦ 1 tsp. ground cumin
- ✦ 1/2 tsp. dried oregano
- ✦ 1/4 tsp. salt
- ✦ 12 oz. prepared polenta
- ✦ 2 to 3 Tbsp. chopped fresh cilantro
- ✦ 1 c. grated sharp cheddar cheese

Preheat oven to 350 degrees F. Oil a 10-inch cast-iron skillet or an 11-inch baking dish. Drain the beans, saving the liquid. Put drained beans in a bowl and mash them with a potato masher. Add just enough liquid to moisten them. Add corn, salsa, cumin, oregano and salt, and mix. Set aside. Slice 12 oz. of the polenta into 1/4-inch thick rounds. Refrigerate the rest of the polenta for another use. Arrange polenta slices in the skillet or baking dish, slightly overlapping each other. Spread the bean mixture over the polenta. Sprinkle on the cilantro and grated cheese. Bake uncovered for about 15 minutes. You can stick a fork into the middle to make sure the entire casserole is hot enough. Let sit for 10 minutes before serving.

Note: You can shallow-fry slices of leftover polenta and top them with cheese or tomato sauce.

Feeling Alive, Vibrant and Well: Wilderness For Wellness

By Jennifer Whitney

The New Year brings with it a quieting of commercialism, which is a welcome treat after the dizzying overload of the holiday season. Our minds are no longer being assaulted by every media source, and instead we are left with a soothing, restful peace, one that reflects the land of our Northwest during this season. Gazing at our beautiful landscape can bring us much to contemplate, and actually being a part of it, out in it, breathing it in, can lift the spiritual numbness and bring a sense of wholeness back to our lives.

No one knows this better than Co-op board member Donal Wilkinson. After spending six years in the Navy, Donal decided to go back to school. Being a strong activist, highly involved in student government and taking 26 credits a semester, he spent his summers unwinding and recuperating on 500-mile backpacking trips. "It's the only way I kept sane in the intense school environment." During his five years in college, in addition to his two associate and three bachelor degrees (Humanities, Biology (2), Environmental Education and Native American Studies), he hiked the entire 2,600-mile Pacific Crest Trail, from the Canadian to the Mexican border!

Donal is a man I respect and greatly admire for his wisdom, his experience and mostly for his ability to get so much done while maintaining a clear-headed, nothing-fazes-him attitude, which he credits to the outdoors. "A walk in the city park doesn't do it; I have to have a wilderness experience. I think everyone's the same way and they just don't know it."

Donal provides these wilderness expe-

"Gazing at our beautiful landscape can bring us much to contemplate, and actually being a part of it, out in it, breathing it in, can lift the spiritual numbness and bring a sense of wholeness back to our lives."

riences for others through Adventure Learning Camps, a non-profit devoted to spending time in the outdoors, where people of all ages can learn about themselves and the natural world through exciting, challenging and interactive wilderness experiences. "People don't feel connected to the outdoors. Who knows what that means with regard to health and our psyche, it might be huge." He wants everyone to have the opportunity to benefit from the outdoors, so much so that he started a scholarship program for students with pledges from the last marathon he ran.

From their website (www.adventurelearningcamps.com), "Adventure Learning gives people direct encounters with the natural processes that determine the quality of their lives... people can think about where their food comes from, the quality of the water they drink and the air they breath." Donal expounds, "You don't realize what chlorine tastes like until it's not there." Cooking in the outdoors is also not like heating something up in the microwave. Donal believes that meals are more personal and he has witnessed

kids eating healthier, "because they're running around all day, so they're hungrier."

So, why wilderness for wellness, I ask Donal. In a nutshell, his answer is: It's a stress reducer that clears the mind, heightens your awareness, strengthens your confidence, builds your self-esteem, and increases your connection

to the earth, and you come back looking at yourself and the world around you in a different light. He finished it off with, "People... beam."

At the end of our discussion he said, "I haven't been out in a month and it's starting to show." It's time to check in with ourselves. How are you feeling? How does your body feel? Is your numbness or disconnection showing? Perhaps it's time to detoxify your mind and body with a rejuvenating and replenishing wilderness experience. So come, and partake in the wellness around you.

Jennifer Whitney is looking forward to luxuriously soaking in a fresh mountain hot spring come the middle of February on one of Donal's hot springs trips. Refer to Donal's 2007 Winter/Spring Camps schedule and www.adventurelearningcamps.com to find the trip that hits the spot for you.

Adventure Learning's 2007 Winter/Spring Camps

January 13-15 \$60*
Oregon Coast

January 20th \$20*
Cross County Ski at Elk River

January 26-28 \$60
Winter camp at Winchester

January 29th \$20*
Hike at Fishtrap Lake

January 30-31 \$40*
Winter Camp on Mt. Hood

February 16th \$20
Weir Hot Springs day trip

February 17-19 \$60
Stanley Hot Springs, Adult only backpack

March 3-4 \$40*
Winter Camp at Lolo Pass

March 10-18 \$180
Grand Canyon National Park

March 24th to April 1st \$180*
Death Valley National Park

March 31st to April 8th \$180*
Great Basin National Park

April 12-15 \$80
Olympic National Park

May 3rd \$20*
Moscow Mountain Cedar Grove

May 4-6 \$60
Kirkwood Ranch, Hells Canyon

May 11-13 \$60
Mothers Day Trip to Opal Creek

May 26-28 \$60*
Canoe Bonnie Lake

* Base cost waived for parents accompanying children of 16 and under.

For detailed itineraries visit: www.adventurelearningcamps.com
For more info, contact Donal at: 208-310-3010 or adventurelearningcamps@yahoo.com

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And, if you don't yet have an ad, we can help! Our newsletter designer, Megan Prusynski, can design an eye-catching ad for a small fee. Please e-mail Aly (aly@pcei.org) and Megan (design@moscowfood.coop) to set this up. We ask that you contact us about new ads by the first week of each month so we have plenty of time to design your ad and get it placed in the newsletter.

New at the Library

By Chris Sokol, Latah County Library District

FICTION:

The Book of Dave by Will Self. Five centuries after London cabdriver Dave Rudman wrote a gripping memoir/deranged philosophical treatise, it is discovered by the inhabitants of post-apocalyptic London. It becomes a sacred text of biblical proportions, and its author is revered as a mighty prophet—except by one unbeliever.

Breadfruit by Celestine Yaite. Awarded the Prix littéraire des étudiants, by the first native Tahitian ever to receive this coveted prize.

A Case of Two Cities by Qiu Xiaolong. Another mystery featuring Inspector Chen of the Shanghai Police Bureau, in a case that takes him all the way to the U.S.

with the observations of anthropologists, art historians, and Native people.

Beat Poets selected and edited by Carmela Ciuraru. An anthology of the work of more than twenty-five writers from the great 20th-century counter-cultural literary movement.

The Creation by E.O. Wilson. The renowned naturalist writes an appeal to save life on earth.

Ilf and Petrov's American Road Trip edited by Erika Wolf. The illustrated 1935 travelogue of two Soviet writers, Ilya Ilf and Evgeny Petrov.

Jane Austen for Dummies by Joan Klingel Ray. The life, novels, and legacy of the beloved English author, by the President of the Jane Austen Society of North America.

Jane Goodall: the Woman Who Redefined Man by Dale Peterson. Revealing and candid, the first full-length biography of one of the century's most beloved public figures.

NONFICTION:

Art of the Northwest Coast by Aldona Jonaitis. Comprehensive survey of Native arts from Puget Sound to Alaska, incorporating social history

The Macrobiotic Path to Total Health by Michio Kushi and Alex Jack. A complete guide to preventing and relieving more than 200 chronic conditions and disorders naturally.

Moscow (Images of America series) by Julie R. Monroe. A second book about Moscow's history by local historian Monroe, this time consisting mainly of well-chosen, captioned photographs. Her first Moscow book, published in 2003, is entitled *Moscow: Living and Learning on the Palouse*.

Mountains So Sublime by Terry Abraham. Nineteenth-century British travelers and the lure of the Rocky Mountain West, by the former Head of the UI Library Special Collections and Archives department.

Mysteries of the Middle Ages by Thomas Cahill. The rise of feminism, science, and art from the cults of Catholic Europe.

One Bite At a Time by Rebecca Katz. Appetite-invigorating, nourishing recipes for cancer survivors and their families and friends.

A Three Dog Life by Abigail Thomas. A memoir of the new life the author

forged after an accident left her husband brain damaged and institutionalized.

DVD:

Joyeux Noel (France, 2005) On Christmas Eve 1914, numerous sections of the Western Front called an informal, unauthorized truce where the front-line soldiers peacefully met each other in No Man's Land to share a precious pause in the carnage with a fleeting brotherhood. Severe reprimands from their superiors followed.

Requiem for a Dream (U.S., 2000) The hopes and dreams of four ambitious people are shattered when their drug addictions begin spiraling out of control.

Sir! No Sir! (U.S., 2005) The story of the military men and women who helped force the U.S. government to end the Vietnam War, narrated by a diverse cast of veteran GI resisters.

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

Seeing Moscow

By Bill London

Moscow author Julie Monroe has finished another one, her third book about life in this region. Her first, *Moscow, Living and Learning on the Palouse*, was a narrative of her hometown's history. Her second, *Images of America: Latah County*, was filled with photos from all over this county. Her third, released last month, *Images of America: Moscow*, is a photo profile of this community. All three were printed by Arcadia Publishing of South Carolina.

In this interview with editor Bill London, Julie talks about her book and her future. Dedicated newsletter readers will remember that Julie, a lifetime Co-op member, was a profile writer for the Moscow Food Co-op Community News in 2001 and 2002, and then served as an issue editor from 2002 until 2004.

Q: How did you convince Arcadia Publishing to print a third book about this region?

A: Well, actually, the publisher asked me to write this book. The publishers said that they have discovered that in towns where the narrative book (*Moscow, Living and Learning on the Palouse*) sells well, that a photo-based book on the same community (*Images of America: Moscow*) would also sell.

They certainly know their business, so I agreed.

Q: Have you found that people are interested in this book?

A: Yes. Moscow is a unique community, filled with people who chose to live here. People move to this community and it settles into their hearts. They are self-aware and community-aware. They want to understand Moscow's history.

Q: There are more than 200 historical photos in the book. Where did you find those photos?

A: Virtually all the images came from the collections of the Latah County Historical Society. I also used the historical society's collection of individual and family biographical information to learn about the people in the photographs I selected for the book.

Q: How did you organize the book?

A: The book is divided into sections, for example "at work" or "at play" or "in class," reflecting the way people organize their lives. The images then fell into one category or another.

Q: What criteria did you use to select those photos?

A: My criteria evolved. I chose the images intuitively. I looked for photos that were visually compelling. I also

wanted the photos to have relevance to today, like a historic glimpse of a part of Moscow that can be compared to what we have today. My point was to show how we are connected to our past. For example, there is a cute picture on page 45 of three-year-old Gary Bryan on a Moscow City Bakery truck.

He is now an emeritus professor and husband of Moscow mayor Nancy Chaney – and the City Bakery is long gone.

Q: Everyone who studies this book must have favorite photographs. I especially enjoyed the photo on page 4 of the Moscow Boosters Band, which was a country swing band supporting Moscow High School athletic teams in the 1940's that featured Lee Connelly, the founder of Tri-State. There is another great photo on page 71 of John and Jeanette Talbott's children in the wading pool at East City Park 50 years ago.

A: Both of those are great photos. And I have my own favorites. I especially like the photo on page 31 of the window display of ladies' foundation garments at David's downtown department store, the image on page 55 of the warehouse workers at Crites-Moscow



Julie Monroe, author of *Images of America: Moscow*

Growers Association, and the photo on page 114 of the UI Administration Building Auditorium.

Q: Do your plans for the future include another book?

A: I am beginning a book with Keith Peterson on the history of the Lewis and Clark Bicentennial in Idaho, but I also work fulltime at the UI Library in Special Collections. I am also taking classes for my masters in history degree at the UI.

Q: Where is your book available for sale now?

A: At the Moscow Food Co-op, of course.

Matt's Calendar Documents the Co-op's Shape-Shifting Produce

By Bill London

Occasionally, Matt Saladin, the Co-op's assistant produce manager, comes face-to-face with a very strange-looking vegetable. A crazy carrot, a bizarre beet, or perhaps even a weird watermelon. Instead of rejecting the misshapen veggies, Matt dressed them for success, creating small sculptures of produce animals to display for the entertainment of Co-op customers.

"Every once in a while, a vegetable will be something weird," Matt explained. "I would usually set them out on display, until they looked too wrinkled and old, and then I would toss them out."

"Then I got a digital camera for Christmas a year ago, and started taking pictures of the things we made. I looked at that collection of photos and thought — calendar!"

The result of Matt's creativity is the collection of 12 of his photographic images of different veggie sculptures printed as a photo calendar for 2007. The calendar is available for sale at the Co-op.

This 2007 calendar is Matt's first, but he plans to gather more images through the year for a 2008 calendar.

"I have already taken more photos for next year's," he said. "I want to get that one printed more professionally, and make it available earlier in the year."

For those of you keeping score, his favorites photos in the 2007 calendar are February (a salmon that is really an eggplant), August (a baby walrus that is really a yam), and September (a baby kangaroo that is really made of beets). In addition, Matt assures all calendar purists that he only uses natural materials in his mini-sculptures. What looks like shrunken heads on two of the images are, in fact, dried apples. And the eyeballs on other heads are black-eyed peas from the Co-op bulk bin.

Matt began work at the Co-op produce department in September of 2005. He started soon after arriving in Pullman with his girlfriend, Cori Brewster. She was beginning a Ph.D. program at WSU, and they moved together from Eugene, Oregon.

Matt had lived in Eugene for about 11 years, working in organic agriculture, landscaping and at a nursery. He had also worked with conventional produce at a supermarket.

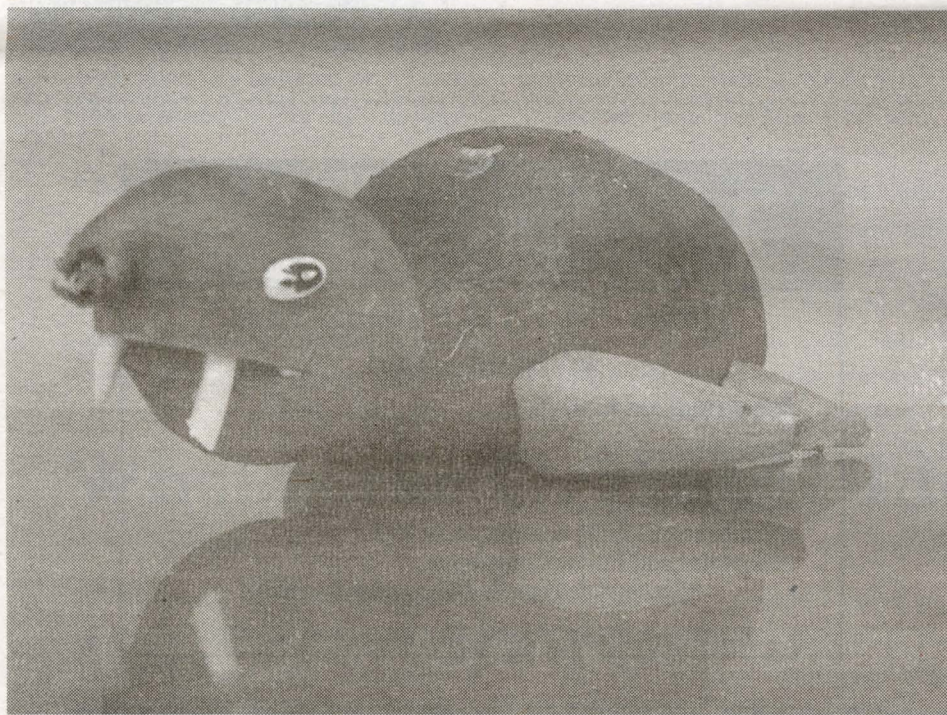
"For me, working at the Co-op is a

good fit. It's been great."

Bill London was the founding editor of this newsletter and notes that this issue begins the 23rd year of its publication.



Here are just a few of the vegetable critters that grace the pages of Matt's calendar. The kangaroo (top) is the month of July and is made of beets. The baby walrus (left) is the month of January and he is made of yams, black-eyed peas and slivered almonds for tusks. The salmon (above) is made of an old eggplant and is for the month of September.



Artisans at the Dahmen Barn

By Leslee Miller, manager, Artisans at the Dahmen Barn

Terri Walters, multi-talented resident artist at Artisans at the Dahmen Barn in Uniontown, is adamant that drawing is a skill that can be learned! She has designed a course for absolute beginners, where participants will learn how to see as an artist sees, the fundamentals of expression, and the tools needed for that expression. It is a 12-week course beginning the first week in January for students 16 and older, on Thursday mornings 9 to 10:30 or Thursday evenings 7 to 8:30 (\$180).

"Techniques of Ceramic Handbuilding" is also being offered by Walters beginning the first week in January, Friday mornings and evenings, for 12 weeks (\$180). Students will explore the endless possibilities of clay as an art medium by learning about pinching, molds, coils and slabs.

Walters is also offering an open studio Thursdays and Fridays 10:30 to noon to facilitate artistic community among local artists, whether beginners or professionals. Participants bring their own

project to work on, and the studio will provide opportunity to build relationships with other artists, and obtain feedback or professional help. It is open ended, with participation on a drop-in basis (\$2 per session).

A basic quilting class for students aged 16 and older who have machine sewing capability and can bring their machines to class will be held on Saturday, January 13, from noon to 2 p.m. Participants will learn easy block construction and paper piecing from Joan

Budd of Uniontown and will make a chicken pincushion during the session. The class fee of \$25 covers most materials. A large variety of donated fat-quarter fabric will be available for sale that day to students or other interested quilters. Advance registration is required, and the class will be small to ensure individual attention.

For registration information, call 509-229-3414 or go to www.ArtisanBarn.org.

Communicating with Compassion

By Debbie Grieb

January is filled with abundant opportunities for learning Compassionate Communication! First, two one-night workshops explore this life-enriching process. (See sidebar for details).

Second, a new offering is the 10-week "Peace-filled Parenting Class." It will explore strategies that increase mutual respect and cooperation by honoring both children's and parents' needs. Required text: *Respectful Parents, Respectful Kids** by Sura Hart and Victoria Kindle-Hodson.

And now in its sixth year, the 12-week "Compassionate Communication Class" will teach skills for valuing feelings, identifying needs and translating any message one hears into deep connection no matter how it is delivered. Express your anger in a way that fosters compassion. Make peace while maintaining your power. Veronica Lassen has taught Compassionate Communication for six years and attended numerous workshops. Required texts: *Nonviolent Communication: A: Language of Life** by Marshall Rosenberg, and *Nonviolent Communication Companion Workbook** by Lucy Leu.

Communication Classes

* Compassion-Tea in Community

Facilitators: Rachel Caudill, Debbie Grieb, with Veronica Lassen
01/19 Friday, 7-9m p.m., UUCP, 420 E. 2nd St., Moscow
Cost: \$5-15 sliding scale

* Parenting in Peace

Facilitators: Rachel Caudill and Debbie Grieb
01/26 Friday, 7-9 p.m., UUCP, 420 E. 2nd St., Moscow
Cost: \$5-15 sliding scale

* Peace-filled Parenting class (10 weeks)

Facilitators: Rachel Caudill and Debbie Grieb
Wednesdays, starting January 31
7-9 p.m. Community Action Agency, 428 W. 3rd, Moscow
Cost: \$150 (no one turned away for lack of funds)
Registration: Contact Debbie Grieb, (882-3460, griebd@msn.com)

* Compassionate Communication class (12 weeks)

Facilitator: Veronica Lassen
Tuesdays, starting January 30
7-9m p.m., basement, 414 E. 2nd St., Moscow
Cost: \$150 (no one turned away for lack of funds)
Registration: Contact Veronica Lassen (882-2562, class@veronicalassen.com)

* Can be purchased from Debbie Grieb (882-3460) or your local bookstore.

Debbie Grieb looks forward continuing to be the change she wishes to see in

the world and is grateful for abundant opportunities to try, and try again to choose peace.



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Renaissance Fair Poster Contest: Now Accepting Entries!!

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

Dust off your brushes, sharpen your pencils, break out the paper and put your inspiration to good use. It's time once again for the Annual Renaissance Fair Poster Contest.

The 34th Annual Renaissance Fair invites any and all artisans to participate in this competition. The first place winner of this contest will receive \$200 and have his or her artwork displayed on our poster. The second place winner will receive \$100 and have his or her artwork displayed on the cover of the Moscow Renaissance Fair Program.

Original artwork entries must be no larger than 17" by 21". Freehand or computer-generated entries will be accepted.


Artwork should reflect "A Celebration of Spring," so any whimsical and inviting images of dance, music and spring-time rebirth are welcome. The words "34th Annual Moscow Renaissance Fair, May 5 & 6, 2007, East City Park" must appear prominently on the art-

work. In addition, the following words must appear in small but legible lettering along the bottom of the artwork: "Moscow Renaissance Fair, PO Box 8848, Moscow, Idaho 83843, www.moscowrenfair.org". Artists must also include the following text: "Featuring children's events, great food, parade, and the finest craftspeople and musicians from the Northwest."

Entries are due no later than noon, Saturday, February 10, 2007, at BookPeople of Moscow, 521 S. Main Street. Judging will take place at 2 p.m. and winners will be announced at 4 p.m. that same day. Entry forms and complete entry guidelines are available online at www.moscowrenfair.org or at BookPeople of Moscow.

So, start thinking of spring, find your medium of choice and let your creative urges blossom!

For questions, contact: mrf_publicity@moscowrenfair.org or mrf_president@moscowrenfair.org. For more information, visit www.moscowrenfair.org

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Don We Now Our Invisibility Cloak: Homo for the Holidays

By Joan Opyr

I have friends in Texas, a lesbian couple who have been together for 20 years. They consider themselves married, and so do I. So their marriage isn't legal. So it isn't recognized by the Lone Star State. So what? They're more married in the true sense of that word than my heterosexual parents were, or, for that matter, my grandparents, most of my aunts and uncles, and the majority of my love-'em-and-leave-'em cousins.

And yet this holiday season, they'll join countless gay and lesbian in the annual sham: burying the length and depth of their relationship beneath a pile of nuclear family manure. They will pretend, for the sake of delicate parental and sibling sensibilities, that they're just a couple of spinsters who share a home for the sake of ... what? Convenience? Frugality? The health and well-being of half a dozen cats?

The culprit in this case is a much-loved evangelical brother. He's a conservative Republican and he voted for George W. Bush, but he's not a bad man. He's a good man. He's also a good brother, and that's what makes this all so terrible. He loves his sister, but his love is conditional. It's founded on a lie that no one believes – that she's straight.

If she wants to spend time with her brother at the holidays – and also spend time with her partner – then they'll have to pretend that they're just good friends. This is like asking a boat to pretend it's a car. Sooner or later,

the wheels will fall off. It's the small gestures that give a long-term couple away. A determined homophobe can ignore the joint checking account and the joint mortgage. He can't ignore the nicknames, the sharing of sweaters and socks, and the countless demonstrations of an intimate knowledge of one another's likes and dislikes. Your brother might have no idea that cruciferous vegetables give you gas, but your partner will stop you from eating the broccoli. She'll take the dish right out of your hands and say, "Honey, you know you can't eat that. You'll be up all night."

This will be followed by dead silence. A moment or two will pass, and someone will say, "How about those Cowboys?" Someone else will speculate about the weather. A small child will offer a lengthy and terrifying exposition about how Yellowstone National Park is sitting on top of a supervolcano, and when that supervolcano blows, it'll take out Wyoming, Utah, and half of Idaho. The lesbian couple will wish for it to blow that very minute, taking out the entire holiday supper table, broccoli, brother and all.

When you've been a couple for two decades, your family knows. Your dad knows. Your mom knows. You grandma and grandpa, your Uncle Bob the Catholic priest, and your brother all know. A lifetime of gayness is the second worst-kept secret in the world. The first is the truth about Santa Claus. Your brother ruined that for you when

you were six, but you're not allowed to return the favor by telling him that you and your "roommate" do not sleep in the same bed because she's afraid of the dark and you can't afford your own futon. You sleep in the same bed because you're a couple, and that's what couples do.

You can't tell your brother you're gay because he doesn't want to hear what he already knows. If you told him the truth – if you brought it all out into the open – your brother might have to think about it, and thinking is not acceptable at this time of year. People have expectations for the holidays, not thoughts. They drink too much, they eat too much, and they watch *It's a Wonderful Life*. If they had to think, they might become depressed. They might track down Elmo and Patsy and make them stop playing that *Grandma Got Run Over By a Reindeer* song. This year, grandma might get run over by a BMW, especially since she was the one who made the damned broccoli. Who wants to eat broccoli on a festive occasion? No one. It's a kind of sacrilege.

The sacred imagination is an ancient thing. An archaeologist in Botswana recently uncovered evidence that 70,000 years ago, the Sanpeople worshipped a snake god. The archaeologist, Professor Sheila Coulson from the University of Oslo, found a stone, six meters long by two meters tall, in the shape of a python in a cave in the Tsodilo Hills. Buried in a pit beneath the snake's mouth were more than

13,000 artifacts, mostly red spearheads that had been trekked to the site from hundreds of miles away and burned in some kind of ritual.

On these ritual occasions, did Mr. and Mrs. Snakeworshipper expect their daughter Patience and her girlfriend Sarah to pretend that they only shared a hut back in Pythonburg to save on wattle and daub? Probably not. Homophobia is a comparatively recent phenomenon. We know that in the animal kingdom, mammals, birds, fish and reptiles often engage in same-sex relations. Ten percent of rams have no interest in mating with ewes. They prefer to consort with their fellow rams. Male penguin couples have raised borrowed eggs; same-sex swan couples have mated for life. So much for homosexuality is against nature and the barnyard argument. Birds do it. Bees do it. Sheep, dolphins, and giraffes do it. Why are human beings expected to pretend that we don't?

Gays and lesbians understand devotion, self-sacrifice, and compromise. Every holiday, too many of us get a painful reminder of what it means to do something you don't want to do because you love your mother or your father or your brother more than you love your own comfort. And our partners who are obliged to go along with this painful charade? They understand The Gift of the Magi. We might not cut our hair to buy our partner a pocket watch, but too often we're expected to cut off our nose to spite our face.

What is the Organic Difference?

By Eric Wegner

I attended a recent symposium in Vancouver Washington on sustainable farming and food quality, put on by Washington Tilth, and thought Co-op members might be interested in a summary of what was presented. The basic message is: organic and sustainable is not just better for the planet, but better for us as well.

Carlo Leifert presented his work comparing the quality of milk from grass-fed organic production and conventional production. He found that saturated fats were up to 40 percent higher in conventional, and that the good fats (CLA, an essential fatty acid known to fight cancer, boost immune response and reduce the probability of diabetes) are from 25 to 40 percent higher in grass-fed organic. Vitamin E and carotenoids were also higher in the organic milk.

Stephen Jones, a wheat breeder at WSU, presented his research showing that older heritage varieties of wheat can have up to double the amounts of micronutrients such as iron, zinc and selenium. "We shouldn't be surprised that after a century of selecting crop varieties for yield and never considering nutrition, that we have ended up with lower nutrition," said Jones.

Preston Andrews, a horticulturalist at WSU, studied the differences between crops of apples of the same variety, grown in the same area but using different management practices (certified organic and conventional.) He had the apples analyzed for antioxidants and levels of quercetin, a phytonutrient known to have anti-prostate cancer qualities. The organic apples had significantly higher levels of both, with better firmness and the same yield, although

with lower weight on average.

Andrews also found levels of ascorbic acid, phenolics, flavonoids, anthocyanins (all good stuff) were higher in organic strawberries than comparable conventional berries. His conclusion was that phytochemicals are diluted in conventional systems because of high levels of Nitrogen fertilizer, which produces excess growth, and because of selection of crop cultivars for non-nutritional standards.

Chuck Benbrook, from the Oregon Organic Center, opened the symposium with words that gave me plenty of food for thought. High levels of nitrogen fertilizer, he said, do produce higher yields, but most of it is in the form of glucose. Within the plant, this extra glucose (sugar) bonds with other molecules (amino acids, proteins and

the like) in a process called glycosylation, which changes the metabolic uses of the molecules. High fertilizer inputs create larger cells, decreases nutrient density, less intense flavor, and greater susceptibility to pests and pathogens. With greater availability of sugar, lower densities of phytochemicals for defense purposes, conventional crops require the use of pesticides to compensate.

Similar abnormalities of glucose metabolism occur in humans, and are called diabetes. Are we giving plants diabetes by stimulating their growth beyond normal levels in conventional agriculture? And are the plants we are eating, with their higher levels of sugar, reduced phytonutrients and glycolated molecules, contributing to the epidemic of human obesity and diabetes? According to Benbrook, it is too early to say, but certainly time to find out.

Eric Wegner is a lifetime member of the Co-op, and a research assistant at WSU's Western Wheat Quality Lab

The Sustainability Review: PEX Plumbing

By Mike Forbes

Everything is coming together on the house rapidly; scheduling is a juggling act to optimize the time so we can move in sooner than later. This coming week (mid-December), I'm scheduled for my rough plumbing inspection, so I thought it'd be appropriate to discuss some of the basics of what we've done.

It's typical for most new houses to be plumbed with copper and older ones to use anything from galvanized metal to PVC to lead. There is slowly becoming a shift to a newer material (actually it's been around and commonly used in Europe for more than 30 years) called PEX (cross-linked polyethylene).

PEX is a plastic pipe that is flexible and made its way into the market when radiant floor heat systems became popular. It can be used for water supply lines as well as radiant heating lines in a house and there are some newer varieties that can be buried in the ground. Most plumbers now install PEX, but copper is still the most common pipe to use.

Advantages:

1) Easy to install - Even for the homeowner, you can rent/purchase tools to make the connections and it is similar to wiring a house; pull it around and bend it through nooks and crannies

2) Less likely to freeze than copper - I've frozen several PEX pipes that later thaw without any pipe damage, (the fittings can still freeze and break so it's not impervious to cold weather)

3) Insulates much better than copper - If you put your hand on a hot water line that is copper it'll be hot to the touch, PEX is significantly cooler.

4) Smaller size lines - Since PEX is easy to install, you can install a system that feeds each fixture individually, reducing the line size, making water delivery faster, and consequently wasting less water. Serving a sink with a 3/8" line is common with PEX where as copper it would be 1/2". There is roughly half the volume of water in a 3/8" line than a 1/2" line, so the time for hot water to arrive would be reduced greatly.

5) Is impervious to acid water conditions - Our old farmhouse and our new house have acidic water, which loves to dissolve copper water lines (ever notice the greenish stains on sinks/tubs - that's your copper pipe).

6) Cheaper to purchase and install - Copper has skyrocketed in price lately

while PEX has stayed roughly the same. I read in a building magazine that it costs 30 percent less to install PEX in a developments.

Disadvantages:

1) It's plastic, and although it is technically inert and evidence shows that polyethylene doesn't leach into your water, I'm skeptical, since we have a history of products being safe one day and not 20 years later....

2) It's been around for 30 years but that's it, maybe it'll suddenly dissolve when it gets 35 years old; probably not, but there are always unknown developments with materials.

3) You can't use it for applications above 180 degrees F over 100 psi. (boiler systems and solar hot water systems can exceed these temperatures requiring you to use copper in certain parts).

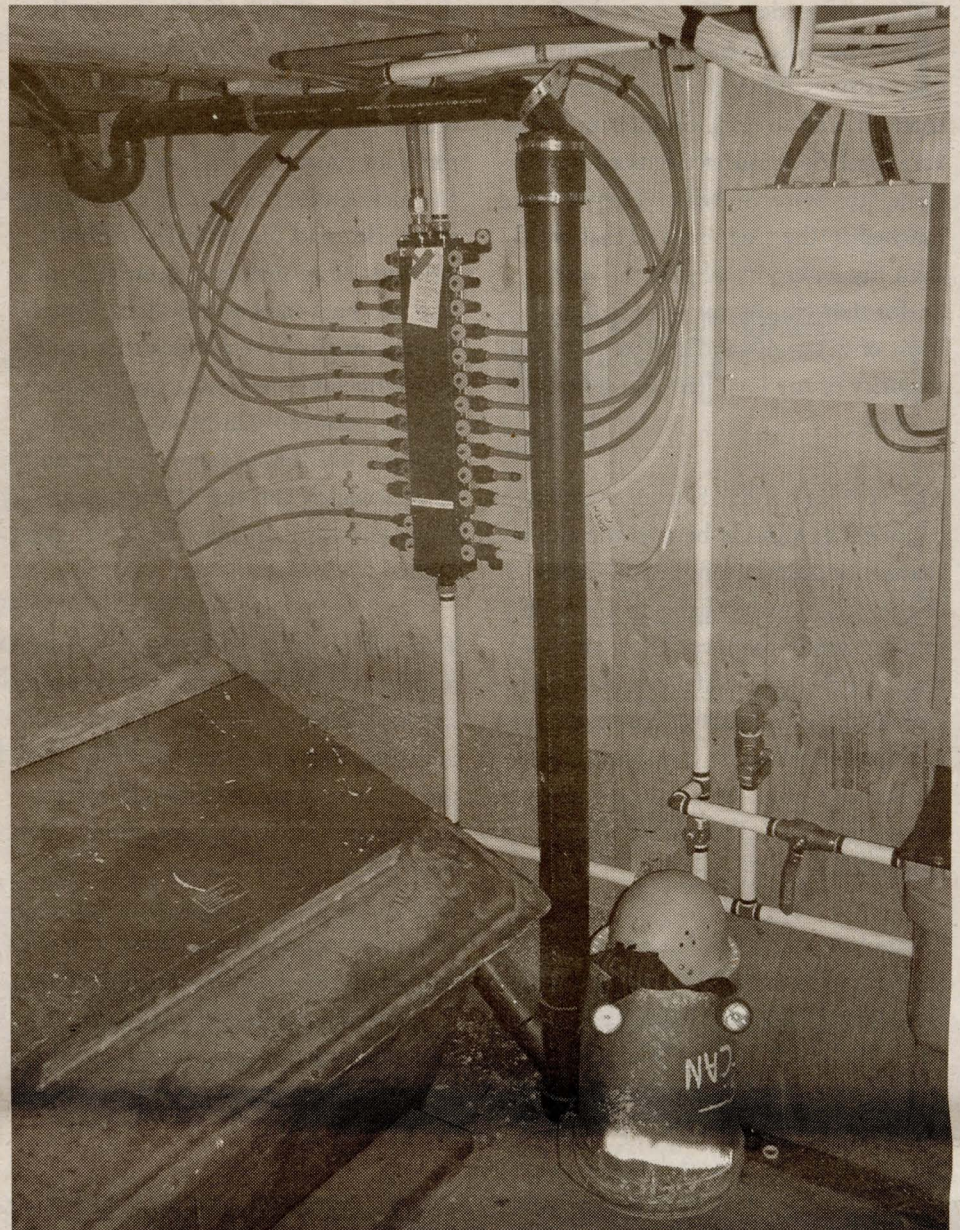
4) It's a petroleum product that comes with a high impact price. I'm unsure of the embodied energy (total energy to produce the product from start to finish) but looking at the alternatives there aren't many. Copper mining is right up there with oil drilling for energy consumption and environmental impact.

5) PEX is not recyclable at this point. Copper is easily recyclable.

So we installed a manifold in the basement and in about two hours pulled all the lines through the house for every fixture. There are no valves at any fixture, those are all located in one spot in the basement, just like an electrical panel. We plumbed our manifold so that fixtures like the hose bibs and toilet get rainwater directly and the rest of the fixtures get filtered water. With a manifold it would be easy to change this in the future if needed.

One other thing of note is that people have asked me if the water tastes like plastic and my answer would be no. We had PEX in our old farmhouse and have it in the yurt and have not noticed any plastic taste and that is something we pay close attention to....

Mike and his family rode out the December windstorm in their big tent (aka the yurt).



PEX Plumbing is often installed in newer houses. PEX is a flexible plastic pipe.

Letter to the Editor

It is with some sadness that the staff at the Advanced Rutabaga Studies Institute notes the imminent passing of the Year of the Rutabaga, as declared in Judy Sobeloff's article for your Newsletter last January. I hope you'll somehow be able to carry on the momentum established on behalf of the lowly rutabaga over the last 11 months. To that end, I invite Ms. Sobeloff and your staff to visit The Rutablogger at <http://rutablogger.blogspot.com> and participate in the discussion.

Meanwhile, I hope you won't proclaim 2007 to be the Year of the (ugh!) Turnip.

—M.J. O'Brien
Mouthpiece for Obie MacAroon III, ARSI President for Life
Forest Grove, Oregon - Rutabaga Capital of the World Since 1951
Website: www.rutastudies.org

Dear Mr. O'Brien,
I hear your sadness and concern as the Year of the Rutabaga draws to a close. Taking a moment to reflect on the passing year and the rutabaga's importance, I stood quietly for a moment watching rutabagas lined up in their basket in our Co-op's produce section. Watching them in repose beside a basket of turnips, I felt the same reverence one might feel watching newborns through the glass of a hospital nursery. I thought of double-faced Janus, the Roman god of beginnings and endings, and I saw this whole new generation of root crops poised to burst forth. I thought of children and families and people everywhere, and I realized then that life could and would go on.

As I write these words, it's too soon to tell what 2007 will bring, but I want to assure you and everyone at the ARSI that we here on the Palouse will carry on all momentum established in 2006 on behalf of the rutabaga.

Best regards,
Judy Sobeloff

The Coop Listener: Kelly L. Riley, "My Kind of Road"

By Jeanne McHale

The citizens of our Palouse are an amazing breed. You may know them as co-workers, longtime friends or local merchants. Then suddenly one of them decides to shine a previously hidden creative light – and WOW! The latest addition to the Co-op's CD collection is just such an example. Maybe you're acquainted with Kelly L. Riley because she stocks the bulk food bins at the Co-op, or because she has sold you some peppers at the Farmer's Market. But check out Kelly's debut CD, "My Kind of Road," and you will find out that she is a prolific songstress who keeps a long tradition of Western music alive and sparkling. Like the peppers at the Farmer's Market, you get a lot for your money with this album: 12 original tunes driven by Kelly's rhythm guitar pulse and richly embellished with lead guitar, bass, mandolin and the occasional harmonica, fiddle or piano.

One of my favorite tunes is "These Words," a sorrowful tune that displays Kelly's vocal strengths and the main currency of her songwriting: heartfelt feeling. Like all the tunes on the album, there are some fine solos from Henry Willard on guitar and Paul Anders on mandolin. Ned McElroy, in whose studio the CD was recorded, plays bass, and along with Paul Anders adds other instruments on some of the tracks. Many of the tunes use Kelly's skillful poetic style to describe connections to landscape and the journey to self. Several songs harken back to the days of freight-train whistles and travel by pony, such as "Ride Back to Your Side"

and "Wyoming is Calling." The style and the cowboy themes of these tunes makes them sound as if they were written a hundred years ago, but they resonate nevertheless with timeless topics of heartbreak, life's changes and the solace of wide open spaces.

I met with Kelly at the Co-op to ask her how she came to unleash a river of tunes, about 70 in the last three years, from which 12 gems have been diverted to her new CD. Kelly explained that she always felt strong ties to the land. Born in Wyoming and living in the Pacific Northwest most of her adult life, she has the credentials to play and sing these tunes, having worked farms, raised sheep and ridden horses. While Kelly started playing the guitar at age 13, she put it down when her daughter was born and didn't play again for 20 years, when she met guitarists David Volmer and Henry Willard and formed the band Zugunrue. Kelly describes herself as a naturally shy person, and explains that it has taken her a while to develop as a performer. Kelly told me that she could not have composed these songs earlier in her life, and indeed the songs have a genuine feel that springs from experience. The songs are intimate, as if she is taking you along on her personal journey.

Many of these songs have similar structures, with easy tempos and spicy instrumental breaks. Kelly has a lovely lilt to her voice at the end of a phrase, and a lot of the tunes have a characteristic break which seems to accent the theme. "Saying Goodbye to a Dream"



Kelly Riley performs at Moscow's One World Cafe.

is a waltzy tale of uprooting old plans. "Tequila Tonight" honors Jimmy Buffet and the beverage that is there for us when no one else is. This is a cute number with excellent rhythmic drive including Kelly playing a half-full water bottle. "Where the Landscape Runs Deep" is swingy tune with fiddle support which tells the life story of a woman with deep connections to the west. Many of the tunes are about travel and roads are featured a lot.

I first met Kelly about 20 years ago, but on hearing her play and sing at the One World Café recently, I saw a whole new side of her and found myself totally charmed by her musical gifts. If you

missed that show, don't worry, you can hear Zugunrue at the Co-op on Jan. 23. Kelly is interested in expanding her repertoire to include new styles and more variety, and I am looking forward to hearing more from her.

Kelly's new album is just one of a dozen great CD's by local musicians available now at the Co-op.

Jeanne McHale is the Coop Listener. She also enjoys being on the other side of the equation, playing piano for parties and events.

Letter to the Editor

Dear Editors,

I tried to use Julia Parker's idea from her article in the April 2004 Co-op newsletter for oil skin on a larger scale because I needed to make a poncho for my wheel chair. I soaked the cloth in a mixture of linseed oil and orange oil to make it smell better and hung it up to dry. It took about four days in a warm room for the oil to set in the cloth, and I found it to be very waterproof. If it was summertime, I would have hung it on the clothesline in the sun for the oil to set in, and I think in the summer heat, it would have only taken a day to make the oil skin.

—Jim Kennett

Letter to the Editor

Dear Editor,

Recently I was walking to the bus stop with my two-year-old daughter when we had the following conversation.

Molly: "Santa brings us presents at Christmastime. I love Santa."

Mommy: "Why do you love Santa, Molly?"

Molly: "Cause he is the best person ever!"

I thought about that conversation as we kept walking, and I realized that we all need to appreciate those people out there who are "the best person ever" for us. So hey, people, be sure to tell all those people around you how much you care about them and how much they mean to you. Not just during the holidays, but all the time. We all need to hear that once in a while.

So to all of the ever-so-fabulous folks at the Moscow Food Co-op, here's a huge THANK YOU for being some of our "best people ever". You are all beyond great and we're so lucky to have our beautiful Co-op as the heart of Moscow.

Love from your always adoring fans,
—Sandi and Molly Klingler

Young writers are encouraged to submit poetry and very short prose for publication in the Moscow Food Co-op Community News. Send by email only to editor Bill London at london@moscow.com and include name and phone number.

Rejection

by CeCe Hammond, age 16

"I won't kiss you because
your mouth is where literacy goes to die.
A thought process should be... an erratic metronome...
an embryo:
one cell, then two, four, eight, sixteen,
two million! Always growing.
Start at death, end at life.
But you! You.. you watch it become
stricken, a child with SIDS, you
don't flutter a lash as the process reverses:
life to death.
You're a fool!
(Not even a wise fool.)
You're a thief who laughs and weeps;
a perfect misuse of oxymoron.
Your breath reeks with stagnant conversations.
I won't kiss you!
I'm afraid to be infected,
with... with you... what's in your head.
So let me bloom, away from your illiterate smog;
molt these moldy feathers and move on,
or kiss someone of your own kind."



Bulletin Board

MOSCOW 1
121 East Fifth
Moscow ID 83843

MOSCOW F

Co-op Events

Co-op Kids Returns

Now meets on Wednesdays @ coop
Wednesday Jan 17, 9am making picture frames from recycled and found objects! Bring anything from home that you would like to add to your frame or use some of the things we have collected!

Wednesday Jan 31, 9am we will meet and make a rolled beeswax candle to light up the your winter dinner table.

Art Show Opening Night at the Coop

Friday Jan 13, 5.30-7pm
The opening of a new art show at the coop. Meet Gerry Queener, who will be the month's artist with a showing of his educational and delightful series of photographs of local wildflowers. The show will continue until Wednesday Feb 8.

Coop Community Dinner

Thursday, Jan 18, 6.30pm
The dinner will be cooked by Jim and Ariel Agenbroad, and is a four course, Italian inspired vegetarian supper. The menu:

- Appetizer:** Artichokes Romana w/lemon garlic aioli
- Salad:** Endive, Radicchio and Blood orange salad w/pine nuts & shaved parmesan served with a balsamic vinaigrette
- Main:** Porcini & Wild mushroom stuffed manicotti with a fire roasted herb tomato sauce.
Braised leeks & Brussel sprouts w/ vinegar
- Dessert:** Comice pear & almond tart w/ sweetened Mascarpone.

Reservations are required and can be made at the register. Tickets for this dinner will be \$24. Hope to see you there!

Co-op Tuesday Music

Tuesdays, 6—8pm
Please join us for music in the Co-op dining area. The deli offers a lip-smacking taco dinner to enhance your musical pleasure.
This month's line-up:

- Jan 2 Open Mic *Closet Virtuosos & Tomorrow's Stars - Maybe You?*
- Jan 9 Parallax *Improvisational Cerebral Youth*
- Jan 16 Lanny Messenger *Heartfelt Folk/Guitar*
- Jan 23 Kelly Riley & Zugunrue *Bluesy Bluegrassy Countryish Good Times*
- Jan 30 Daniel Mark Faller *Americana/Roots/Country Singer Songwriter*

Community Events

Video and Photography from Western Bridge

Wednesday Jan 11, 6pm
Public Reception at WSU Museum of Art for the first exhibit of 2007, which will run from Jan 5 to Feb 11. ☎ 335-1910

Dr. Martin Luther King Jr. Community Celebration

Saturday Jan 13
9am Breakfast with Pulitzer Prize winning newspaper columnist Leonard Pitts Jr. at Moscow Junior High School. Tickets \$6 each for sale at Book People in Moscow and at the door if not sold out.

2.30pm Pitts will lead a forum for communication students, news media representatives and community members in the WSU Murrow School of Communications Addition, CAAD 21. This event is open to the public at no charge.

Martin Luther King III

Tuesday Jan 23, 7pm
Kibbie Dome. More info: ☎ www.wsu.edu/MLK
www.students.uidaho.edu/or

Winter Market at

Saturday Jan 20, 10am-12pm
400 E. 3rd St. across from M Coffee, specialty foods, craft pottery. Music: Sesishtaya N ☎ 883 0443 mhamilto@ve

Dahmen Barn (Union)

Friday Jan 13, noon - 2pm
Basic Quilting Class. For students who have machine sewing class bring their machines to class.

January 2007 onwards

Open Studio for Artists on Thursdays and Fridays of each week from 10.30am to noon. Attendance is on a drop-in basis, and the fee for each session is \$2 payable upon arrival.

For information on educational opportunities at Dahmen Barn: www.ArtisanBarn.org ☎ 509-229-3414 .

Introduction to Feldenkrais

Saturday Jan 20, 10am-noon
Moscow Feldenkrais, 112 W 4th Street, in the Moscow Hotel. \$10 till Jan. 19, \$15 at the door. Register at ☎ 892-3400

Contra Dance

Saturday Jan 20, 8pm-11pm
7.30pm for a fun teaching session. Come enjoy a night of dancing with a group of talented local dancers. Frey will be calling. Located at the Moscow Hotel. \$4 newcomers, \$5 members. Info: www.palousefolklore.com

UI Women's Center

Tuesday, Jan 23, 5pm
UI Women's Center Film Series @ Center lounge, Memorial Gym Room 109, UI
Standing on My Sisters' Shoulders

Tuesday, Jan 30, 5pm

UI Women's Center Brown Bag Series @ Memorial Gym Room 109, UI
An Introduction to Compassionate Communication
Veronica Lassen, an experienced Non-Violent Communication. Free and welcome. Refreshments provided. Women's Center info

One World Café Music Lineup

- Jan 13 Lanny Messenger and Friends
 - Jan 19 Daniel Mark Faller
 - Jan 20 Cold Rail Blues Band
 - Jan 26 Mark Holt
 - Jan 27 Mark Holt
- All shows start at 8.30pm

34th Moscow Renaissance Fair Poster Contest

Closing Date: Noon, Saturday, February 10
The first place winner of this contest will receive \$200 and have his/her poster displayed on our poster. For more info: www.moscowrenfair.org

Vigil for

Moscow: Fridays 5.30-7.30pm
Join us at this weekly public presence for peace, ongoing since 1993. Downtown, Friendship encouragement, and open action. *Dean or Gretchen* ☎ 882-7067, or *sperrit*

Pullman: Fri Jan 5, 10am-11am

Under the clock by the ☎ 334-4688 or *nancy*

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