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Community News

FREE!
PLEASE TAKE ONE

July 2007

The monthly newsletter of
the Moscow Food Co-op



It's a MAD Birthday

By Kenna S. Eaton, General Manager

Here at the Co-op, we really do appreciate our members — they are the owners of this business; they invest their money (\$10) every year; they vote for their board; they support us and are very loyal to their Co-op, as we are to them. And in return, every few months, we like to say “thank you” in a bigger, splashier way; a tangible reward for that support that we call Membership Appreciation Day.

On this day, members receive discounts on every purchase; the more they spend, the bigger discount they receive. What a sweet way to fill the cupboards with the good food the Co-op sells and save money at the same time. On MADay when a member buys up to \$25 worth of product, they receive a 5% discount; for purchases up to \$75, it's a 7% discount; and for purchases over that amount, they receive a 10% discount. Discounts are stackable, so if an item is on sale, you can add the MADay discount onto the sale price. As I said, it's a great way to save and stock up on your favorite whole

foods. This discount applies to all products in the store (including the deli and meat departments), except beer and wine and special orders. This summer, we are holding our MADay on July 19, which also happens to be my 49th birthday!

So come eat some cake, wish me another happy year AND save money at the same time — what a sweet deal!

Not yet a member? No problem. You can join anytime, even on MADay. All it

takes is \$10 (\$5 if you are a senior), a few moments of your time, and you're good to go. It's as simple as that.



Illustration by Elizabeth Carney Sowards

Community News

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



17 Years Later: A Paean to Laura Long

By Kenna S. Eaton, General Manager

Seventeen years ago, we hired a very young girl, Laura Church (as she was known then), to come and work for us at the Co-op as a cashier. Pretty soon Laura became integral to the Co-op business and process. Looking through her files over the years, Laura was a cashier coordinator, a non-food buyer, a produce stocker, a produce manager, a membership manager, a front end manager, and a book-keeper — with the last three all at the same time! That was seven years ago, and since then Laura has continued to learn and grow her skills, finally taking on the role of finance manager (and still the membership manager and the business partner program coordinator). Over the years, Laura contributed greatly to the infrastructure of the Co-op. Ya'll already know that I'm a big-picture person, but what I really needed was the balance Laura provided with her attention to detail. Laura has an awesome ability to see where we need to provide consistency and follow-through, and she always pays attention to the needs of the staff to ensure that they got those needs met. From creating systems to suggesting new benefits, Laura did an excellent job of support-

ing our staff in so many different ways. She has been the "go to" person for a long time; the one staff could count on provide them with a thoughtful, clear response to their queries whether it had to do with the paycheck

or dealing with a hole in the wall at midnight when a drunk driver ran into our new building! Laura's experience working in so many different positions made her a priceless asset to the Co-op. As we transitioned to our new store in 2005, we were finally able to give Laura the office of her dreams (the last one had been a closet next to a stinky bathroom). With a view of the store, a window, a skylight and lots of space, Laura



really was on top of our world!

But as all good things must end, or start, Laura has met a fella. The lucky guy doesn't live here, so Laura has decided to go there — our loss, his gain. We will miss Laura for so many reasons (it'll take four people to do her job, but none will replace her) but we wish her luck in this new endeavor called love ...

Earth Tub Update

By Kenna S. Eaton, General Manager

Last month I talked about how, in conjunction with PCEI and the Moscow Recycling Center, we had been awarded a grant for a huge composter called the "Earth Tub". Since that time, the sustainability committee has met several times to talk about all aspects of Earth Tub installation and implementation. It's a lot more complicated than we originally bargained for, but we are still excited and looking forward to its arrival. First we must have a site plan, complete with mechanical plans, to receive City approval before we can even order it. Then we'll need to rearrange the garbage and recycling in the alley to win both our landlords' and neighbors' approval. Then if all goes well, the Earth Tub should be installed and up

and running in a couple of months. But before we get there, we'll need to get the rest of those proverbial ducks lined up.

One of our first questions was, where will the Earth Tub go? Originally, we had hoped for a highly visible location in our parking lot, but concerns about it blocking the view of traffic had us turn to other options, and in the alley seemed the most logical. The Earth Tub is hard-wired with 3-phase electricity and may need to tap into our sewer line for that pesky run-off that is a natural by-product of the composting process. The tub will be our monitored by a "composting champion," Nora Locken, current baker and composting enthusiast, who has volunteered to

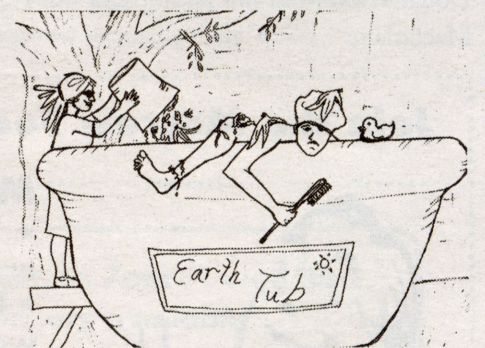


Illustration by Elizabeth Carney Sowards

ensure that the Earth Tub has everything it needs (plenty of attention and brown material) to keep it happy. And who will get the compost? Since they partnered with us and are responsible for administering the grant, PCEI will get the compost for the first year.

We hope to have the Earth Tub ready for visitors by the Parking Lot Party (Saturday, August 25), so get your boots on and plan on joining in on the fun!

Co-Operations



That Vision Thing: An Update

By Kenna S. Eaton, General Manager

We're still hard at work on creating a 10-year vision for our Co-op. All this spring, we collected ideas from our members, staff and Board members. The collection of ideas was fun and the visionary responses even funner. Some folks wanted to be very specific with ideas, like flipping the shopping cart handles away from the current door or a need for funnels of various sizes in the bulk department. Others were more "Big Picture," like a roof garden on top of our building or to expand the local food economy. Regardless of scope, we collected all ideas and then got together on to make sense of the information.

The Strategic Planning Group (SWG) met at the Silos coffeehouse (thank you, Brenda, for the great lunch) and we started our day by figuring out what our decision-making criteria would be. Although we came up with several, I think they could all be summed up into one: all ideas must improve at least one of our three bottom lines (people,

"All ideas must improve at least one of our three bottom lines (people, place and profit) and not lessen any of them."

place and profit) and not lessen any of them. Next we placed all ideas on post-its and "clumped" them (a very official term for grouping) under various headings. Eventually, as the hours wore on, we saw themes emerging and we were able to create some very rough goals for ourselves. I'm not going to share those goals yet, since we need to do some more work on them first. One they've had the rough edges rounded off, we will run them by the Board of Directors for discussion. Then as the goals become clearer we'll bring them back to the membership for unveiling. This process may take a few more months, but I assure you it'll be worth the wait.

Co-op Board of Directors Committee Assignments

By Kim Vincent, Board of Directors President

Board Committees:

Membership: Chris Caudill (chair), Gary Macfarlane, Kim Vincent	General Manager Committees including Board Members:
Policy Development: Bill Beck (chair), Donal Wilkinson, Joe Thompson, Gary Macfarlane	Sustainability: Kathleen Ryan, Chris Caudill
	Strategic Planning: Donal Wilkinson, Joe Thompson

Join the Moscow Food Co-op and Save!



Members Save:

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

Any cashier can help you join, just ask!

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

Open Daily 7:30 am - 9:00 pm

Co-op Business Partners

- A Choir of Angels Massage Center:** 10% off all Gift Certificates, Patricia Rutter, CMT, choiramc@clearwire.net, Almon Plaza Bldg., 200 S. Almon, Ste. 212, Moscow, c. 208.413.4773. Also by mail.
- Adventure Learning Inc.:** 10% off base cost of any trip, Donal Wilkinson, 310-3010, adventure-learningcamps.com
- Alchymia Life Coaching:** 1 free session & \$25 off initial intake session, Katrina Mikia, 882-1198
- Anatek Labs, Inc.:** Drinking water Bacteria Test for \$10 & Comprehensive well water test for \$90, Mike Pearson, anateklabs.com, 1282 Alturas Dr, Moscow, 883-2839
- Anna Banks, Equine Massage Practitioner:** \$15 off Initial Equine Massage or Reiki Session, Moon Hill Ranch, 1255 Queener Rd, Moscow, 208-875-0109.
- Ball & Cross Books:** 10% off Used Book Purchases, Mark Beauchamp, 203 1/2 S Main St. Moscow, 892-0684.
- Bebe Bella:** A Free Pair of French Terry Fleece Nursing Pads with your first purchase, Rebekka Boysen-Taylor, 208-882-1353, www.bebabella.com, amamaswork@yahoo.com.
- Copy Court:** 10% discount, memb. card laminated, Michael Alperin, 428 West 3rd St, Moscow, 882-5680
- Culligan:** Free Auto softener install up to 10 ft. of pipe and culligan water softener (Moscow only) & 10 free gallons of water to new delivery customer, Owen Vassell, 310 N Jackson, Moscow, 882-1351
- Clearwater Colonic Therapy:** Please call for details: Susann Clark, 208-743-5476, 412 Park Ave, Lewiston
- Ecostructure Financial:** Free 1 yr. subscription to "Matchmaker" Internet Database and Service, Mark Winstein, www.ecostructure.us, 116 E 3rd St, Ste. 212, Moscow
- EcoWater Systems:** \$100 off softener-reverse osmosis combo & free install up to 2.5 hrs within 50 miles, 2 weeks free water to new customer, Michael Robison, 882-5032, 316 N Main St, Moscow
- Erika Greenwell, LMP:** First 2 Massages @ \$35 each, 882-0191
- Full Circle Psychological Services:** Free Initial Consultation, Dr. Tina VonMoltke, PhD, 619 S Washington St. Ste 301, Moscow, 669-0522
- The Healing Center:** Save \$10 off on first exam or phone consultation, Dr. Denise Moffat, drmfat@NaturalHealthTechniques.com, 413 East 8th St, Moscow, 882-3993
- Healing Point Chinese Medicine Clinic:** \$10 off initial and second treatments, Lauri McKean, LAc & Meggan Baumbartner, LAc, www.healingpt.com, PO Box 9381, Moscow ID, 669-2287
- Healing Wisdom:** 10% off Initial Consultation, Please call for appointment, Candace Magnuson, Clinical Ayurvedic Specialist, 208-699-3812
- Hodgins Drug & Hobby:** 10% off all purchases excluding prescriptions, Pam Hays, 307 S Main St, Moscow, 882-5536
- Inland Cellular:** \$10 off purchase of any phone or accessory, Kelly Gill, 672 W Pullman Rd, Moscow, 882-4994
- Integrative Mindworks:** Free 30-min. consultation for new clients, April Rubino, integrativemindworks.com, 3400 Robinson Park Rd, Moscow, 882-8159, april@integrativemindworks.com
- Inspire Communications:** 10% off All Services, Jo Sreenivasan, www.WritingHelp.us, 892-0730
- Kaleidoscope Framing:** 10% off gallery items, Darryl Kastl, 208 S Main St #11, Moscow, 882-1343
- Kelly Kingsland, LMT:** First 2 Massages \$40 each, 892-9000
- Kimi Lucas Photography:** 25% off initial photo session, 15% off on photo session, instruction or products & free third pet photo session, Kimi Lucas, PO Box 3432, 310-1064
- Dr. Linda Kingsbury, Professional Herbalist:** 10% off Customized Aromatherapy, Spa Treatments, Holistic Health & Nutrition Consultation, spiritherbs.com, 883-9933
- Mabbutt & Mumford, Attorneys:** Free initial consult., Mark Mumford, Cathy Mabbutt, 883-4744
- Maria Maggi, Intuitive Astrology & Gardener:** \$5 off astrological & flower essence consultations, 882-8360
- Marketine Drug:** 10% off gift items, Joanne Westberg Milot, 209 E 3rd St, Moscow, 882-7541
- Mindgardens:** Free initial consultation & 10% discount on services, Erik Tamez-Hrabovsky, erik@buildmindgardens.com, 220 NW Tingly St., Pullman, 509-595-4444
- Moscow Feldenkrais:** First individual lesson 40% off, and first group lesson free, Elisabeth Berlinger-883-4395 & Tom Bode-892-3400, 112 W 4th St, Moscow
- Moscow Yoga Center:** 10% off classes--new students, Jeri Stewart, 525 S Main, Moscow, 882-8315
- Motherwise Midwifery:** Free supply of pregnancy tea thru pregnancy, Nancy Draznin, 1281 Sprenger Rd, Genesee, 224-6965
- The Natural Abode:** 10% off of Natural Fertilizers, David & Nancy Wilder, 517 S Main St, Moscow, www.TheNaturalAbode.com, 883-1040.
- Now & Then Antiques:** 10% off any furniture, antique, collectible or gift item in the store (excludes vendor & consignment items). Jeff & Michelle Marks, nowandthen@moscow.com, 321 E Palouse River Dr, Moscow, 882-7886.
- Palouse Discovery Science Center:** 10% off on all items in the Curiosity Shop, Mark Goddard, 2371 NE Hopkins Ct, Pullman, 332-6869
- Pam's Van:** \$10 off first Reflexology treatment & free sauna or Wisdom Eye Massage, Pam Hoover, 1115 S Logan St, Moscow, 596-5858
- Dr. Ann Raymer, DC:** \$10 off initial visit including a patient history, physical, and spinal examination, 1246 West A St., Moscow, 882-3723
- Shady Grove Farm:** \$10 off initial English riding lesson or horse training session, Ashley Fiedler, 1080 Sumner Rd, Troy, 835-5036
- Sid's Professional Pharmacy:** 10% discount off Medela breast pumps and supplies, Sid Pierson-owner, Pullman Care Community, 825 Bishop Blvd, Pullman
- Susan Simonds, PhD, Clinical Psychologist:** 20% off initial life coaching session, 892-0452
- SkyLines Farm Sheep & Wool:** 10% off organically raised lamb, handspinning fleeces & prepared roving, Melissa Lines, 4551 HWY 6, Harvard, ID 83834, 208-875-8747, Sharon Sullivan, RN Herbalist & Holistic Health Educator, 10% off health consultations, reiki, custom formulas and bulk herbs, 106 East 3rd St Ste. 5-B, 883-8089
- Sweet Peas & Sage:** 10% off any purchase in floral or gifts, Kathy Gessler, 122 W 4th St, Moscow, 892-0222
- Tye Dye Everything:** 10% off any purchase, Arlene Falcon, tyedy@moscow.com, 527 S Main St, Moscow, 883-4779
- Whitney & Whitney, LLP:** Reduced rate for initial consultations, 604 S Washington St Ste.#1, 882-6872
- Wild Women Traders:** 10% off clothing and jewelry, 210 S Main St, Moscow, 883-5596

What's Cookin'! Classes Continue; You Could Be Our Next Teacher!

By Jennifer Whitney, Co-op Cooking Class Coordinator

Our first sampler cooking series is over, but ideas and recipes still abound in the hearts and meals of our teachers and participants. So I am pleased to announce that we will continue the cooking classes again this fall. You can look forward to some of the same elements our participants so highly valued: great aromas, simple but flavorful samples, recipe cards and an interactive environment.

The initial three classes were fun and informal with a discussion-type feel to them, where participants could freely

ask questions about the subject, recipes or other related topics. In one class, this led to a very enlightening discussion on oils from which we all learned something. As this is Moscow, I really should have guessed, but didn't anticipate the strong sense of community that shone through, joining the participants together. This allowed for some creative wondering and sharing of ways to use or alter the recipes. For instance, adding rice to the pudding recipe, trying the pasta salad hot instead of cold (which was excellent!), and using tempeh to make a Sloppy Joe (of which I'm

very excited to hear the results).

We are currently looking for enthusiastic, knowledgeable people to teach the following topics this fall: Ethnic Cuisine (Japanese, Indian, Thai, Mediterranean, Middle Eastern, etc.) and Gluten Free Meals (including baking). Also, if we can locate a kitchen-savvy, well-spoken student aged 8 to 18, we will offer a kids' or teens' cooking class.

The chosen candidates will be able to energetically teach to a large group

(potentially up to 30 people), conveying quantities of useful information about the topic while simultaneously not burning the food being prepared. Phew! Classes will be on Wednesday nights from Sept 19 – Nov 10, prep starts at 4:30 p.m. Teachers will receive \$50/class taught. Contact Jennifer Whitney at 882-1942 or jenwhitney@gmail.com with your questions or to discuss the class you'd like to teach, your experience and your ideas.

In the meantime, happy cooking and eating to you!



The Grocery Zone

By Joan McDougall, Grocery Manager

I love this book! Told from the personal standpoint of one man following multiple food chains from farm to table, *The Omnivore's Dilemma* provides an eye-opening view of the American food supply. Author Michael Pollan researched industrial food, organic food, local food and foraged food to provide four distinct meals for his family. His approach keeps his research intimate and immediate, which indeed is what food is about. What we eat builds the body we use to make our way in this world; what could be more intimate than that? When I finished reading this book – long before the library due date – I had a dozen scraps of paper wedged into numerous pages marking passages to recall and record.

While much of the industrial food section was not new information, how this food system came to be and the impact

it has on our society is sobering. To the corporate world, food, including animals, is strictly a commodity to be manipulated and controlled. Through the use of subsidies, overproduction is rewarded and the 'cheap' grains are engineered into ever increasing types of processed food systems. Animals are packed into cramped quarters, fed the same 'cheap' grains and butchered before this treatment causes disease. This behavior leads to a lack of reverence for food. Our society has been taught to expect food cheap and fast, but the real price, paid on many levels, is not revealed. Increasing obesity and other health concerns, heavy reliance on petroleum as well as food and soil contamination are a few of the physical costs of industrialized food.

Polyface Farm in Virginia is the local model Michael Pollan visited. The

farm sounds so amazingly efficient in how it cares for every living thing that my curiosity took me to their website, where I discovered that farmer Joel Salatin is in high demand as a speaker. Their farm apprentice program is booked solid until spring of 2009. The motto on their homepage, "We are in the redemption business: healing the land, healing the food, healing the economy, and healing the culture" is so appealing. The farm maintains a balance and only produces what can be healthfully sustained. There is no push for higher yields. They market only to local residents and restaurants willing to pay the true and higher prices for meat products raised in a transparent environment where the animals are respected and witnessed, even in slaughter.

Among these two farm models are varying types of food production. Organic covers a large spectrum from huge farms in California that resemble industrial mono-crop farms to small organic farmers raising a variety of harmonious crops that resemble efficient Polyface Farm. The recent surge of Americans wanting to buy more organic food is

creating pressure to emulate that same industrial model.

So why am I telling you this? Am I preaching to the choir? Co-op shoppers put a lot of thought into the products they feed their families. They realize food choice is also a political statement. This book made it clear that food choice is also a statement of our personal worldview. Everything we eat speaks to how we view ourselves and the other life forms we share this planet with. Food is intimate. Food is what sustains us and what we become. Do we respect the integrity of the food chain we support? This book stimulates so many questions about how we sustain ourselves from the types of food we choose to the supply systems that furnish them. I celebrate Michael Pollan for sharing his research and shining a light on what is happening down on the farm. Raising our awareness to the facts, costs and complexities of feeding ourselves gives us tools for intimate decisions we make daily.

July Co-op Kids!

By Rebekka Boysen-Taylor

Co-op Kids is a great place to meet local families. All activities are free unless otherwise noted and all ages are welcome. In June we had a blast making recycled garden ornaments — actually it was such a hit we may try it again in August — let me know what you think. You can e-mail me with questions or suggestions at amamaswork@yahoo.com. Thanks to all the Co-op members who donated the CD's for this project.

Join us on July 11 at 9 a.m. for Summer Fruit Salad Making — the

little ones LOVE using melon ballers to make their own fruit salads to freeze and eat! We will meet outside the Co-op at the picnic tables.

On July 25 we will meet at Friendship Square at 9 a.m. for some snacks from the Co-op and outside play and conversation.

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

Tuesday Evenings

Free Live Music at the Co-op Picnic Tables



5pm to 7pm — with BBQ dinners available

July 3: Forgotten Freight

July 10: John Craigie

July 17: John Elwood & Sally Burkhardt

July 24: Desert & Rain

July 31: Daniel Mark Faller

August 7: Paul Smith

Co-Operations



Strangers at dinner Co-op community meet We're hungry, let's eat!

By Amy Richard, Kitchen Manager

On May 23, we had a special Community Dinner cooked by our longtime Grocery Manager, Vicki Reich. The 15 guests enjoyed some excellent Japanese food, including Vicki's hand-rolled sushi! Between the third and fourth course, we passed out some paper and instructions for writing haiku. For those who don't remember, the rules for writing this style of traditional Japanese poem are simple: 1st line – 5 syllables, 2nd line – 7 syllables, 3rd line – 5 syllables, rhyming not necessary. Our hungry and happy Community Dinner guests wrote some beautiful and fun haiku. Not surprisingly, lots of them are about food! Here they are for your enjoyment:

green hulls discarded
then filled with conversation
water, saki, sun

the bite of sake
the sting of fresh wasabi
a feast commences

summer in Moscow
the market springs to life
lilacs in the air

skipping school with friends
"birthday cake", once swimming
Joy in growing old!

Sushi is yummy
Fish rice seaweed together
Good food from Japan

Smiling daisies nod
She loves her slobster dog toy
Can we walk, mama?

Winter snows come soft
And blanket land peacefully
Crisp, white frozen time

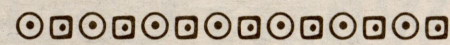
Edamame. Yum!
Bite down gently on the pod
Treasures in your mouth
Plain rice, white and small
Colored flavors in large waves
Remains like sand, still

Some guests even wrote their comments
and suggestions in Haiku for us!

Japanese dinner
A culinary delight
A real Co-op treat!

Sushi perfection
Tender, flavorful chicken
Kudos to the chefs

Everything good
Want more good sushi again
Thanks nice co-op store



Community Dinner Menu for July

By Amy Richard, Kitchen Manager

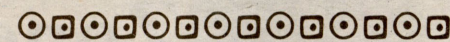
Chefs: Todd Brown and Emily Melina

Prosciutto and Parmesan Reggiano
Stuffed Mushrooms
Organic Spring Greens with Raspberry
Vinaigrette and Salmon Valley Blue
Cheese
Rolled Sole Fillets with Shrimp and
Wild Mushrooms
Parisian Potatoes
Poached Organic Bosc Pears with
Vanilla Ice Cream and Warm
Bittersweet Chocolate Sauce

Wednesday, July 25, at 6:30 p.m.

Reservations are required and can be
made with any cashier.

Dinner and complimentary wine tast-
ing \$28



From the Suggestion Box

I wish you had some barrettes and hair ties. Is it possible to carry these items?

I will look into suppliers for these products. Carrie, HABA Manager

You should sell French market bags (the collapsible ones with wheels and handles) with the Co-op logo. People would use them all over town!

This is not something we currently have a source for, but we will consider it in the future. Carrie

Since we carry so many lovely collectible tins for mints we might carry breath mints in bulk to replenish them.

Sorry, there are not any breath mints available in bulk. Kelly, Bulk Buyer

Can you get the Mary Jane's Farm "Outrageous Cowboy Oatmeal" in the bulk section? I love it and would like to have it on demand. Thanks!

We will bring that in as soon as we open up space for it. Kelly

I think you should fill the chip bags all the way to the top.

Packing chips too tightly causes them to break and crumble. We pack the bulk chips as full as possible, allowing space for movement so they remain intact. Kelly

Would you be willing to carry Redbridge gluten free beer? The nearest place that carries it is in Spokane. Thanks!

We generally have Redbridge gluten free beer stocked in the beer cooler. Joan, Grocery Manager

Carry the "Tao of Tea" specifically "Lotus-scented Green Tea." "Yummy."

Currently we do not have space for another tea line, but we will consider it. Joan

Why don't you carry Trinity water anymore?

Our distributor has stopped carrying that line. Joan

Do you think you could bring back the organic corn chips?

Kettle organic corn chips please! Thanks

Kettle reconfigured their tortilla chip line early this year. All 5 varieties are made from organic corn. The other brands of tortilla chips on our shelves are also made from organic corn. Joan

Please order Dundee Marmalade.

I'm sorry but we don't have a distributor for that particular brand; however, we do carry other lines of marmalade. Joan

I would simply like to request an addition to your tea collection: the full-leaf Jasmine Jazz from Republic of Tea. Thank you for carrying full-leaf Blackberry!

We will include that limited edition variety on our next order. Marie, Grocery Buyer

Can you carry Ener-G gluten-free pretzels? They are soooooo yummy!

We now have Glutino gluten-free pretzels on the shelf. We will consider bringing in another brand. Marie

Please designate the single bike rack on the east

side for "Bikes with trailers only, please." There are many of us who don't want to drive, but have a really hard time parking with our cargo at the rows of racks in the middle. The space between the racks and the parking lot is not large enough to swing a trailer around into easily. I have been monitoring and notice that the middle racks are rarely full, but the side rack is often taken by a single bike. Please consider my suggestion.

The single bike rack was put there for bikes with trailers. We will put a sign up to remind people. Kenna, General Manager

Can we have 2% milk at the place where we get water, silverware, etc.?

Currently we have half n' half and soy milk at our condiment island. We have found in the past that we only have room for the two most popular liquid coffee accoutrements, but please feel free to ask the barista for your splash of 2%. The Co-op barista bar also stocks non-fat, whole and rice milk. Thank you for your suggestion, Derek Johnson, Service Supervisor

Mochi Balls!!

Mochi balls are not available from our supplier, but we do carry three flavors of mochi in block form in the freezer section. Peg, Chill & Frozen Buyer

Miss Meringues – cappuccino and other flavors PLEASE! Thank you!

Look for the cappuccino flavor soon. Peg

From the Suggestion Box

Please do not schedule ear-splittingly loud music on Tuesday, i.e. the marimba music. It was simply too loud in the Co-op space, and took up all the seating. I like the music — just not indoors!

I apologize for your discomfort. Sesitshaya Marimbas were actually scheduled to play outside but circumstances forced our hand. For June through September we schedule all of our music outdoors, to go along with the Grower's Market and barbecue. When the weather turned nasty that morning it was too late to reschedule, and we chose to move them inside rather than cancel and miss out on their wonderful music. We moved the tables to the edges of the dining area and made the best we could of a bad situation. We had many tapping toes and smiling faces, but we also acknowledge your discomfort. We'll do our best to avoid such loud but fun music inside. Joseph, Concert Coordinator

Please offer BBQ Seitan more often! It's so wonderful!

Look for it on the July Hot Specials menu! Jim, Deli Supervisor

There is so much garlic in the deli food. Can we please get more things without garlic and onions?

We strive to offer a wide range of choices for our deli food, but I'll definitely look to add a few more salads and hot bar items sans garlic. Jim

My pizza was very good!

Well, thank you very much. We're glad you enjoyed it. Jim

Please offer a little more meat in the deli!

We do try to give carnivores an option with our hot specials and try to offer at least 2 meat options in our salad case every day. I wish we had more room in our case to offer more meat options without risking it cross-contaminating our vegetarian and vegan selections. Jim

Let's not put little flyers in our newsletter. They get left all over the store...

To help the Co-op pay for our newsletter printing costs, we sell advertising, both as display ads on the pages and as advertising inserts included inside. Remaining within the law, the Co-op really cannot refuse an ad (assuming the ad is not libelous, illegal, etc.) and so we accepted the flyer as an insert for the June issue. Your concerns about the flyer are more appropriately raised with the group that paid for the insert. Bill London, Editor

Sausage Pockets: more filling, less bread Please!

We're working on our pocket consistency and we will take your suggestions into account. Thanks for the feedback. Aven Krempel, Bakery Supervisor

Sunrise Sourdough was not baked completely.

We have lots of turnover in the bakery when the semesters end and are working hard to train all the new staff, unfortunately everyone makes mistakes their first few shifts. We appreciate your feedback and apologize for the products that are not quite up to our usual standards. Please feel free to return any products that you were not satisfied with for a full refund. Aven

Please make a sign with the bread (baguette) basket with the reminder not to handle the breads except the one one chooses (or provide paper to examine the bread.) I've noticed several people pawing through — handling each bread to make the perfect choice.

We do have deli patty paper (little white squares of parchment) available in a slot in the bread case. We'll start stocking boxes under the baguette counter and on the table up front as well. Aven

Will you make the gluten-free apple/caramel scones again! They were yummy! Thanks

We'll bring them back in the fall as soon as apples are back in season. Check out the new Pretty Darn Gluten-Free Summer Berry Scones, made with a rotating variety of fresh local and organic berries.

Please list raspberry breakfast roll as having chocolate in it.

We'll make the tags more descriptive. There are ingredient lists available for all items in the pastry case, please ask a deli server if you have any questions about what a product contains.

Please don't put the chocolate chips in all dream rolls! There are only a few vegan selections to begin with, and we don't all like chocolate!

While the Raspberry and Chocolate Dream Rolls seem to be selling a little better than the Raspberry and Blueberry Dream Rolls, due to the number of requests for "no chocolate," we will try rotating the two flavors. So look for Raspberry Blueberry Dream Rolls in the pastry case a few days each week.

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Volunteer Profile: Richard Elgar

By Sarah McCord, Newsletter Volunteer

A

Richard Elgar spends his time working at both a full-time job and in a part-time PhD program, taking care of his son Lysander two days a week, and supporting Arsenal. He also edits and does the layout for the back page of the Co-op Newsletter each month. "I edit submissions until it all fits. I try for balance, and I don't want it to be repetitive." I can't imagine anything Richard touches ever being repetitive. In our short time together at Café Moro in Pullman, our conversation touched on countless substantive topics. Richard had a well-informed opinion on all of them and was delighted to converse and debate enthusiastically about each. Richard's stories are liberally punctuated with asides to Lysander, "and what do you say about that, young man?", and each time Lysander responded with a giant smile.

Richard and his wife Melissa Goodman moved here in 2004 from Berkeley, CA, when she accepted a faculty position at WSU. They met in 1995 in Peru while Melissa was doing her doctoral research in archeology and Richard was working at the South American Explorers Club, a non-profit organization that provides information on work, study, and travel in South America. Richard has worked in education, communication and policy in London, and is now an admin at the Foley Institute. A native of Britain who has lived in Northern Ireland and Greece in addition to Peru and the U.S., Richard tells me, "Pullman is the strangest place I've ever lived. There's a

“Richard and his wife Melissa Goodman moved here in 2004 from Berkeley, CA, when she accepted a faculty position at WSU. They met in 1995 in Peru while Melissa was doing her doctoral research in archeology and Richard was working at the South American Explorers Club, a non-profit organization.”

David Lynch sort of undertone.” I remark that Twin Peaks was supposed to be set in eastern (albeit northeastern) Washington, and we both nod. He's quick to point out, though, that in Pullman, "It's nice to go somewhere and say hello to half a dozen people," and that meeting people is very easy — there isn't as much sorting by "politics, religion or dress sense."

Given Richard's extensive policy background, our conversation naturally turns to sustainability and consumer choices,



Richard Elgar and his son Lysander live in Pullman.

especially at the Co-op. "Organic veggies are all well and good, but I think purchasing fair trade stuff is more important. It provides real prices to real people," he says. We then talk about health policy, and I learn that Richard's grandmother received a prescription for Guinness Stout beer from the National Health Service twenty years ago. "It was for the iron. They don't do that anymore, of course." We talk about the World Bank and debate whether it could come to pass that Bono of U2 might become president of that body, and then move into talking about Richard's PhD. "It's a good time to be in America getting a political science degree. The country is so divided. I'm going to go for naturalization [get U.S. citizenship], because it's fun to live somewhere where my vote makes a difference. Otherwise, it's all game theory." He has joined the Pioneer Hill Residents Association, and is very concerned about sustainable development. "I don't want to have dark stores downtown."

Life isn't all policy, though. Richard is a passionate fan of the Arsenal soc-

cer club. While he's glad that David Beckham is now playing soccer for the Los Angeles team, "I don't want America to get too good. Let them play their own little sports," and leave soccer for the rest of the world. After listening to Richard recount a trip he took with friends to see Arsenal beat rivals Manchester United in Cardiff, Wales, I understood better the exchange between Ford Prefect and the bartender at the beginning of *The Hitchhiker's Guide to the Galaxy*: "It's the end of the world." "Arsenal without a chance, then?" It's kind of like being a fan of the Red Sox, or the Cubs, or the Green Bay Packers — loyalty and love and sport all mixed together in a way that makes people want to be a part of the magic. I'm interested to see what comes next for this devoted Arsenal fan and his family!

Sarah McCord lives and works in Pullman. She grew up in Green Bay and knows more about American football than she usually admits to.

Staff Profile: Kyle Harbacheck

By Katy Farrell, Newsletter Volunteer

T

The atmosphere of the Co-op kitchen is filled with laughter, concentration and fellowship. With a willingness for hard work and an open, friendly nature, Kyle Harbacheck fits splendidly into this scene. He began working a little over a month ago, part-time as both a Cook and a Prep Cook. From chopping vegetables for deli salads, to marinating tofu for sandwiches, to working over the huge grill preparing hot specials, Kyle bounces around the kitchen with a diversity of tasks. Enjoying both the atmosphere of the Co-op and the nature of his work, he is very happy that he decided to stay in Moscow for the summer.



Kyle Harbacheck is a master prep cook ninja. His "weapons" of choice are these knives, which he uses to chop veggies of course!

“This year he appreciates the different feel Moscow possesses in the summertime, as everything operates at a little slower pace. His days, now free of studies and test deadlines, are spent learning to play the bass guitar, pursuing his outdoor interests, and meeting friends for weekly dinners in which they all contribute by cooking.”

As a University of Idaho student, Kyle has returned home, south of Boise, for his past four years of college. This year he appreciates the different feel Moscow possesses in the summertime, as everything operates at a little slower pace. His days, now free of studies and test deadlines, are spent learning to play the bass guitar, pursuing his outdoor interests, and meeting friends for weekly dinners in which they all contribute by cooking.

These varied pursuits perhaps stem from all that growing up in a city exposes one to.

In Boise, cultural events such as concerts blend with the opportunities to be found in the foothills north of town. There, Kyle snowboards, hikes, and camps. The differences between Boise and Moscow are vast: everything from climate, Boise is drier and almost desert-like, to political ideology, Moscow is a liberal pocket in the huge conservative base that is Idaho. In these comparisons, he definitely favors Moscow. However, Boise

provides more possibilities for activity, including closer sights for outdoor recreation. Though Kyle still likes the area around his hometown, his studies at the University of Idaho have opened his eyes to a much bigger world.

At the University, he majors in Secondary Education, with concentrations in Math and Spanish. While the idea of teaching in the future still appeals to him, many aspects of the bureaucratic education structure leave him wondering if he really wants to have that many limitations in the classroom. Another option is teaching in private schools, an idea still under consideration.

More immediately though, after graduation in December, Kyle and his friend are planning on traveling to Spain. The goal is to find work in the country and polish their Spanish, and become fluent in the language. Spain, with a rich culture of art, music, literature and sports, also features a vibrant history that appeals to him. Following this search for ancient beauty is Kyle's hope of one day traveling to Machu Picchu, the "Lost City" of the Incas in southern Peru.

Ultimately, Kyle is uncertain of his exact path for the future, but is open to a litany of possibilities. For now though, he sincerely enjoys cooking at the Co-op. His favorite day to work is on Friday, when preparing pizzas for lunch gives the cooks the freedom to try out new flavor combinations.

The love of creativity clearly presents itself in my talk with Kyle: from cook-

ing, expressing himself in a different language, or maybe shaping young minds with new teaching techniques in the future, he thrives on the opportunities that life presents to all of us.

Katy Farrell is also spending her first summer in Moscow this year.

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Business Member Profile: Ball and Cross Books

By Joshua Cilley, Newsletter Volunteer

Tucked back in the alley between Jackson and Main Street on the 200 South block, the sign above its entrance partially obscured by lush vines, sits Ball and Cross Books. I interviewed owner Mark Beauchamp at his store after hours. It was fairly late, night's dark fallen, but the door stood open waiting for me. When I passed under the thick growth into the half-lit store and looked around, I realized that this was one of the most charming spaces for a bookstore that I have ever encountered.

Beauchamp took the name for the store from the title of a novel by turn of the century British author G. K. Chesterton, *The Ball and the Cross*. Listening to Beauchamp talk about some of his favorite authors, he picked the right field. He even joked that "sometimes I have to remind myself, 'Oh yeah, I'm running a business!'" But don't let that fool you; he believes in what he is doing. He first began working in bookstores when he was browsing as a customer through Twice Sold Tales, that bookworm-friendly, labyrinthine store many of us remember from Moscow's recent past, and was caught shelving books from the many piles. He was hired on the spot. Then in 2000, he partnered with Bucers Coffee House Pub to fill their shelves with books for sale, and as the opportunity grew, it spilled into the empty space next door and now almost four years ago became Ball and Cross. With most bookstores changing hands through inheritance or sale, Beauchamp is proud that he started his from scratch.

Beauchamp came to Moscow in 1996 as one of the first students of New Saint Andrews College. His major

“Beauchamp took the name for the store from the title of a novel by turn of the century British author G. K. Chesterton, *The Ball and the Cross*. Listening to Beauchamp talk about some of his favorite authors, he picked the right field.”

was Liberal Arts with an emphasis in Literature, completing his degree in 2001 with a senior thesis discussing the work of Jane Austin. Not only have these studies helped his work in obvious ways, when he happens to slip from his usual optimism concerning the finicky industry of books he reminds himself, "This is better than conjugating Greek verbs." He means no offense to any Classics scholars,

I'm sure.

Born the grandson of Dust Bowl Oklahoma escapees, Beauchamp grew up on a farm in the San Joaquin



Mark Beauchamp poses with plenty of his inventory at Ball and Cross Books.

Valley of central California. Like many descendants of people who experienced the California of old, the Palouse and much of Idaho reminds him of the stories he grew up hearing. As a collector and dealer in new, used and rare books, a member of the Moscow Arts Commission, husband of three years and father of one year, Beauchamp has some interesting thoughts on the balance of preservation and progress. Catch him in the store and he'll gladly strike up a conversation.

"My favorite part of the job is finding something new, getting excited and then sharing it ... I love a good mess. I look at a pile of books and think, 'There's a good book in there somewhere.'" His enjoyment is such that particular titles or authors close to his heart get stashed behind the counter and brought out through conversation with passionate customers. Or during interviews with writers. No objections here.

Co-op members get 10% off any purchase, rare books included. You can find Ball and Cross Books at 203 1/2 S. Main (entrance in the alley, remember) or through a Carroll-esque side door near the back of Bucers. Look up the evolving website at ballandcross.com, place an order at orders@ballandcross.com or call 208-892-0684. Or just be low-tech and pick up a book. Never stop reading, Moscow.

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

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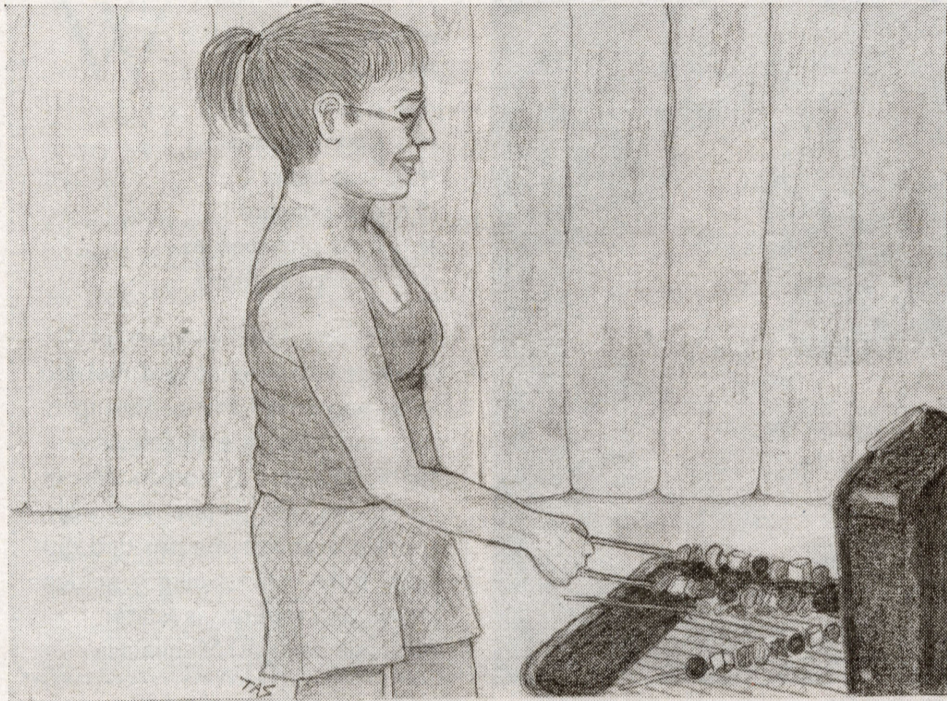
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Much Ado About Tofu: "Tofu and Barbecue"

By Terri Schmidt, Newsletter Volunteer, Illustration by Terri Schmidt



The Fourth of July, our hometown all-American holiday, is a good time to gather with friends and family and appreciate the joys of living in this great country. The holiday also brings the fun of watching fireworks. Many of us are just like kids when it comes to fireworks. We get pleasure from seeing the brilliant colors spreading across the sky and the sounds of popping and snapping filling the air.

I have been in various places on July 4th. Last year we were visiting my brother at his cabin in Donnelly and were able to watch the fireworks as they were shot out over the lake. The reflections on the water echoed the colors in the sky and offered a very satisfying experience.

Once friends in Boise told us they had a great place to view the public

fireworks display. I excitedly followed them to a little hill near their house. When the fireworks started, they were so far away it took a few seconds for the sound to follow the flash of light. I wasn't too impressed because I am used to the fireworks shows in Moscow and Pullman where you can sit so close that sparks fall near your feet. A dazzling exhibition sparkles directly overhead while the crackling sounds sizzle and boom in your ears. As an added bonus, the Pullman celebration offers the delight of dancing to the lively music of the Kingpins.

Barbecuing is another favorite Fourth of July activity. Growing up our friends and neighbors joined us for crisp watermelon, corn on the cob, fresh sliced tomatoes from the garden, and barbecued hamburgers and hotdogs. As a kid, a roasted hotdog in a bun with

Potato Salad with Tofu Dressing

- ✦ 6-8 medium size potatoes
- ✦ 1 cup chopped celery
- ✦ 1/2 cup chopped red onion
- ✦ 1/4 cup chopped pickles
- ✦ 3 hard boiled eggs, chopped
- ✦ 1/4 cup minced parsley

Dressing:

- ✦ 1 cup soft tofu
- ✦ 2 Tbsp. olive oil
- ✦ 4 Tbsp. fresh dill (1 Tbsp. dry)
- ✦ 2 Tbsp. vinegar or lemon juice
- ✦ 1 Tbsp. pickle juice
- ✦ 1 Tbsp. mustard
- ✦ 1/8 tsp. garlic powder
- ✦ 1/2 tsp. sea salt

Peel and boil potatoes until cooked. Cool and cut into cubes. Add remaining ingredients

Blend tofu and all other dressing ingredients in a blender or food processor. Pour dressing over salad and stir together. Chill before serving.

Tofu Shish Kebab with Lemon-Soy Marinade

<http://www.smallplanettofu.com>

- ✦ 1 lb. Small Planet tofu, cut into 3/4-inch cubes
- ✦ 1 recipe Lemon-Soy Marinade
- ✦ 16 cherry tomatoes
- ✦ 1 green bell pepper, cored and cut into squares
- ✦ 12 fresh mushrooms, rinsed and patted dry
- ✦ 1/2 large red onion, cut vertically into thirds

Lemon-Soy Marinade:

- ✦ 1 scallion (very thinly sliced)
- ✦ 3 garlic cloves (pressed)
- ✦ 4-1/2 Tbsp. soy sauce
- ✦ 1/2 cup peanut or vegetable oil
- ✦ 1-1/2 tsp. ground ginger
- ✦ 2-1/2 Tbsp. Spectrum Naturals sesame oil
- ✦ 3 Tbsp. fresh lemon juice

Prepare the marinade. Place the tofu in a medium bowl, pour on 1/3 of the marinade, and toss gently to coat. In a large bowl, combine the tomatoes, pepper, onions and mushrooms. Pour on the remaining marinade and toss well. Cover and refrigerate both bowls 4 to 8 hours. Alternately thread the tofu and vegetables on skewers. Barbeque for about 15 minutes, or cook in oven at 375 degrees F. Turn the skewers every 5 minutes. Brush with some of the leftover marinade a few times while cooking, and again just before serving. Makes 4 servings.

mustard and ketchup was just about a perfect meal. It was a case of ignorance is bliss. Knowing what I know about hotdogs now, I never come near the unhealthy little nitrite filled tubes.

However, if you, like me, shun hotdogs, there are some delicious alternatives that will still make your Fourth of July meal enjoyable. One barbecue alternative is tofu shish kabobs. Be sure to use firm tofu or you will find the marinated squares slipping through the grill grate. The new sun-dried tomato tofu from Small Planet would be a good option. If you don't have a grill consider purchasing BBQ Tofu from the Co-op deli – it's so delicious you'll forget all about hotdogs.

Another popular picnic food is potato salad. For a healthy alternative to regular potato salad, try the recipe on this page. You can omit the eggs for a vegan and low-cholesterol option. Instead of using mayonnaise, the dressing is made from soft tofu. It is prepared fresh with wholesome ingredients and you can vary the spices to your own personal taste.

Fill up your plate and light up a sparkler this Fourth of July and let the kid in you come out.

Terri Schmidt will be planted somewhere beneath crackling beautiful skies this July 4th and hopes you will be enjoying something equally as entertaining.

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Summertime Lovin' with Strawberries

By Jordy Byrd, Newsletter Volunteer

One thought has absolutely preoccupied my mind this month. It's my three-year anniversary with my boyfriend Steve. Now let me defend myself when I say that for me, a college student, three years is an awfully long time. And I am...simply overjoyed. With that said, I will begin my tale.

For me, nothing idealizes summer, sweetness and love quite like the strawberry. Evidently, I am not the only one who feels this way. The ancient Greeks were fascinated with these delectable little rubies, and their potential aphrodisiac power. Aphrodisiacs were first sought out as a remedy for various sexual anxieties including fears, performance, as well as a need to increase fertility.

According to legend, when Adonis died, Venus wept uncontrollably. The tears rolled down her cheek and dropped to the earth, turning into heart-shaped strawberries.

The legend also states that if one were to find a double strawberry, split it in half and give it to a member of the opposite sex, they will fall in love with each other.

My mind was set. I would make a quick trip to the Co-op, purchase some Stahlbush Island Farm strawberries, and make two sweet dishes for the one I love.

My first dessert was Strawberry Rhubarb Crisp; however, I ended up altering the recipe, whose primary ingredient was rhubarb instead of strawberries. From the very beginning



Strawberry Rhubarb Crisp

- * 1 1/2 cups sugar
- * 1/2 tsp. salt
- * 1 cup flour
- * 1 tsp cinnamon
- * 1/2 cup butter
- * 1 cup oatmeal
- * 4 cups strawberries
- * 1 1/2 cups rhubarb

Heat oven to 350 degrees F. Arrange strawberries and rhubarb in an ungreased square baking dish and sprinkle with salt. Mix sugar, flour and cinnamon. Mix in margarine until mixture is crumbly, sprinkle over strawberries and rhubarb. Bake until topping is golden brown and rhubarb is tender. Approximately 40-50 minutes.

Strawberry Ice Cream

- * 1 cup milk
- * 1 pint strawberries
- * 1/2 cup sugar
- * 1/4 teaspoon salt
- * 3 egg yolks, beaten
- * 1 tsp. vanilla
- * 2 cups chilled whipping cream

Mix milk, sugar, salt and egg yolks in saucepan. Cook over medium heat, stirring constantly, just until bubbles appear around the edge. Cool to room temperature. Stir in vanilla. Pour into shallow tray. Freeze until mixture is mushy and partially frozen, approximately 30-60 minutes. Beat whipping cream in chilled bowl until soft peaks form. Mash 1 pint of strawberries with 1/2 cup sugar; stir into mild mixture after adding cream. Spoon partially frozen mixture into another chilled bowl; beat until smooth. Fold in whipped cream. Pour into two shallow trays, cover to prevent crystals from forming. Freeze, stirring frequently during first hours, until firm, approximately 3-4 hours.

I knew this was going to be an interesting experiment. I found myself torn between Dr. Jeckle and Mr. Hyde. Dr. Jeckle wanted to follow the recipe. Mr. Hyde inevitably wanted to deviate. Ultimately, Dr. Jeckle succumbed to my

evil half.

The crisp was amazing. I'm not even ashamed to say how proud I was to alter the recipe to my likings (i.e. extra strawberry and extra cinnamon). The dish was the sweetest combination of crispy oatmeal on the outside, and soft strawberries on the in. Success.

My boyfriend Steve is an ice cream fanatic. So naturally, I felt compelled to make homemade Strawberry Ice Cream. The greatest part about the recipe I chose was that it didn't require an ice cream maker. A simple freezer would suffice. I must admit I've heard horror stories about working with whipping cream and I as a bit nervous. My greatest advice would be: follow the directions! I assumed a "chilled-pan" was some snooty chef lingo, but no. A chilled pan is essential with cream.

The ice cream took a long time to completely freeze over, but believe me the results are worth it. The dish was so delicately sweet Steve's mouth watered. In our opinion, the ice cream tasted far better than some store-bought brands, which taste almost gritty due to added sugars.

All in all, the desert and my anniversary were great. Steve was so impressed with my suaveness in the kitchen he said he'd keep me around for a while longer. I pinched him on the cheek and said, "It's your turn to learn. And then I'll decide if I want to keep *you* around."

Sources:
www.gourmetsleuth.com/aphrodis_foods.htm
www.italiansrus.com/food/strawberries.htm



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Tuesday Growers' Market: Affinity Farm

By Carrie and Nate Lowe, Newsletter Volunteers

While consumers can applaud themselves for knowing who their farmers are by going to the Tuesday Growers' Market (every week from 4:30-6:30 p.m. in the Co-op parking lot), to really "see" farmers on their own farm fostering growth in their soil further enables consumers to understand their relationship with food production. It is our pleasure to take some time to show the growers on their home turf and describe what we see, hear, feel, and smell.

Within the Moscow city limits, tucked away among new and old housing developments, is a gravel road that becomes a lane lined with tall grasses and wildflowers. The lane curves tightly past an older home that is in the process of a facelift and is surrounded by mature trees, rose bushes, and irises. Eventually the lane descends, allowing a view of the five acres that make up Affinity Farm, owned and operated by Russell Poe and Kelly Kingsland with the help of their apprentice, Michelle Hazen.

I (Carrie) spent some time visiting with Kelly and Russell as they toured me through the various nooks and crannies of their farm. The farm resides within one of countless swales surrounded by rolling hills that create our unique Palouse landscape. Timothy grass grows in the lowest and most moist reaches of the swale, indicating past grazing practices and the choice not to cultivate or drain land too wet for farming.

The two acres that are in cultivation

"The roots loosen the soil deeper than a rototiller can, which increases oxygen in the soil and subsequently increases the soil's flora and fauna. Soil that is healthy and very much alive is a great thing for farmers and consumers alike."

currently are comprised of a handful of large square plots overlaying the east slope and instantly catch the eye. Within the plots are rows of lush green and red lettuce, kale, chard, broccoli, cauliflower and strawberries. The rows are all neatly weeded, so the contrast between the different shades of green and the dark brown soil is striking. One plot was recently tilled under of its cover crop, winter rye, which was planted last fall. It is quite clear as we squat down and run the soil between our fingers that the soil is deep and rich with organic matter.

Planting winter rye is one technique Kelly and Russell use to decrease erosion throughout the wet Palouse winters and increase soil fertility during the growing season. The roots loosen the soil deeper than a rototiller can, which increases oxygen in the soil and subsequently increases the soil's flora and fauna. Soil that is healthy and very much alive is a great thing for farmers



A view of Affinity Farm. You can purchase their produce at the Tuesday Grower's Market at the Co-op.

and consumers alike.

Standing on the east slope of the farm and looking west, the vast diversity of food grown on a mere two acres of land becomes ever more apparent. In addition to the vegetables, there are blueberry bushes; an orchard full of plum, apricot, apple, cherry and nut trees; tomatoes growing with the help of the heat trapped in the three long hoopouses; and happy chickens pecking and milling about in their large, open coop.

In the middle of a cover crops conversation, Russell notices that some irrigation needs shut off. Kelly offers to shut it off to allow Russell to finish his explanation. Later, as he talks about the

struggles of growing blueberry bushes in the Moscow climate, Russell hand prunes some leaves off the shrubs. All the while Kelly keeps her eye out for bindweed and pulls it out on the spot.

Affinity Farm's tidiness, fertility and attractiveness is clearly a reflection of the hard work, attention to detail, and years of preparation that make it a staple to our community after only seven years of existence – and they will soon be Certified Naturally Grown. At the end of our visit, I discovered I had stayed longer than I had anticipated, but the conversation was good and when the workday is done, Affinity Farm is a great place to linger.

What is KRFP?

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Omnivoria: Tuna De-Mystified

By Alice Swan, Newsletter Volunteer

Several months ago in this column, I introduced readers to EcoFish, a company that provides sustainably caught and farmed seafood. Recently, a new product has been added to the selection of really high quality and tasty seafood from EcoFish available in the Co-op's freezer case, ahi tuna from Hawaii. Because there are quite a few varieties of tuna, and because simply the mention of tuna sets off my own paranoid mercury alarm (Don't eat canned tuna (especially if you're pregnant or nursing)! It's too high in mercury!), I thought it was a topic worth examining in greater detail.

First and foremost, I had to get straightened out for myself just what ahi tuna is, and how it differs from yellowfin, bluefin, albacore or any other kind. Turns out that ahi tuna can either be yellowfin (*Thunnus albacares*) or bigeye (*Thunnus obesus*), two very similar species. The ahi tuna from EcoFish is bigeye tuna that is caught by trolling. Trolling involves individually hooked and baited lines being slowly dragged behind a boat, and is much more similar to the way individuals have been fishing for centuries than the commercial longline or purse seine methods of

"Purse seines are large nets with drawstrings that are placed around an entire school of fish. This is the method most responsible for catching dolphins along with the tuna."

catching tuna.

For those readers who have a morbid interest in the horrors of corporate fisheries, here's why longline and purse seine fishing are bad (you can print out handy reference cards with this information on them from www.seafood-watch.org):

Longlines are, just as they sound, long fishing lines (anywhere from one to forty miles in length) that run horizontally in the water. They have a whole bunch of individual vertical hooked and baited lines attached to them. The longlines are left to sit and attract fish for a while, and then retrieved. The problem with them is that they attract all kinds of things that they're not meant to catch, including endangered species such as sea turtles. Their bait can also attract sea birds, which will dive for them, and get caught on the hooks or entangled in the lines.

Purse seines are large nets with drawstrings that are placed around an entire school of fish. Then the drawstring is used to pull the bottom of the net closed (effectively creating a sort of purse that captures the fish), and the fish are removed from the net. This is the method most responsible for catching dolphins along with the tuna (since schools of tuna often swim with dolphins). Although consumer outcry has resulted in dolphins being released from the nets alive, frequent catching and releasing apparently is quite stressful to the dolphins, whose population has not significantly recovered. And all this is to say nothing of the sharks, sea turtles

Tropical Tuna Salad (serves 4)

Dressing (makes about ½ cup):

- ✦ 1/3 cup freshly squeezed lime juice
- ✦ 1 Tbsp. freshly squeezed lemon juice
- ✦ 2 Tbsp. honey
- ✦ 3 Tbsp. extra virgin olive oil
- ✦ 3 Tbsp. chopped fresh cilantro

Salad:

- ✦ 4 EcoFish ahi tuna steaks
- ✦ Salad mix
- ✦ 1 mango, pitted, diced and peeled
- ✦ ½ red onion, halved and thinly sliced
- ✦ ¼ cup pickled ginger

Whisk dressing ingredients together in a small bowl, and season to taste with salt and pepper. Season tuna with salt and pepper. Quickly sear tuna in a well-heated grill pan or over a hot grill until well browned, but still rare inside, about 2 minutes per side. Transfer to a cutting board and slice thinly. In a large salad bowl, toss salad mix with mango and red onion. Add dressing to taste, reserving some to drizzle on top of fish, and gently toss. Divide salad equally among four plates. Place sliced tuna next to salad. Drizzle reserved dressing over tuna and garnish with pickled ginger.

and other fish that can also get caught in the nets.

So on to the mercury. My fears about tuna are not completely unfounded. According to Environmental Defense, most tuna is a health concern because of the levels of mercury it contains. Bluefin tuna has higher mercury levels than other species (and is also a slower-growing species, which means its populations are declining) and should generally be avoided altogether. Yellowfin, bigeye, and albacore are also health concerns because of the levels of mercury they contain (although better ecological choices because they reproduce very quickly and their populations are stable). But the good news is that the fish of these species that are caught by trolling or pole-and-line methods (picture my Uncle John in his boat with his fishing pole and a beer—some commercial fish is caught this way also) tend to be younger, smaller fish that have less mercury contamination, and are therefore safer to eat.

I was thrilled when I read this, because my Uncle John really does go out and fish for tuna—and albacore at that, which is generally the worst kind of

canned tuna one can buy (it's what you find in a can of 'solid white' tuna, as opposed to 'chunk light' tuna, which tends to be yellowfin). And my Aunt Bettie cans the tuna he catches and sends it to us for Christmas, and it is really, really yummy.

So the moral of the story is generally, when shopping for any kind of tuna, whether canned, fresh or frozen, to look for fish that are caught by trolling or pole-and-line methods. It's healthier to eat, and produces far less bycatch than longline or purse seine methods.

EcoFish frozen ahi tuna is wonderful—firm, rich, flavorful, and not at all fishy tasting or smelling. In short, just what I would expect from an EcoFish product. We ate it in a really tasty summer salad that my mom sent us the recipe for. She insisted that we had to try it because my dad, who goes months at a time without saying anything about any of the food he's served, raved about it. And for good reason: it's delicious.

Alice and her husband are the proud new parents of their second son, Lorenzo Lloyd Wallin, born on June 4.

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Vegan Bites: Movin' On

By Hope Von Stengel, Photo by Joseph Von Stengel, Newsletter Volunteers

Saying goodbye is never easy, but this month my family and I are saying thanks and goodbye to this little community we called home for the past three years. There are so many things we'll miss about West Coast living (I moved to Oregon from the East Coast exactly 10 years ago), but family called us from back East and seemed to need us to be there more than we needed to be here. I'm especially going to miss writing "Vegan Bites." There are so many topics I still wanted to write about. Instead of focusing on one aspect of veganism, I'd love to pass on some of my favorite resources.

There is an abundance of cookbooks out in the universe. While researching ideas for meals at home, I spent a lot of time hanging out on the couch or in bed reading recipes. The library is one of my favorite places to "book shop" for cookbooks, because it only requires an hour or two of reading before you know whether or not you would like to commit to a real purchase at the bookstore.

Here is a list of books (some are not 100% vegan, but all have many vegan recipes included) that I consider worthy of owning: *The Garden of Vegan: How It All Vegan Again!* by Sarah Kramer and Tanya Barnard; *Madhur Jaffrey's World Vegetarian: More Than 650 Meatless Recipes from Around the World* by Madhur Jaffrey; *The Self-Healing Cookbook* by Kristina Turner; *The Book of Whole Meals* by Annemarie Colbin; *The Complete Italian Vegetarian Cookbook: 350 Essential Recipes for Inspired Everyday Eating* by Jack Bishop; *Classic Indian Vegetarian and Grain Cooking* by Julie Sahni; *The*

Teen's Vegetarian Cookbook by Judy Krizmanic and Matthew Wawiorka; and *The American Vegetarian Cookbook from the Fit for Life Kitchen* by Marilyn Diamond. I've probably forgotten to add a few of my favorites, but this list is enough to get you inspired at the library.

As for resources that go beyond the physical, there are so many worthy sites that are dedicated to vegan and vegetarian living or are recipe-focused. The Internet is ultimately the most accessible place for figuring out what to do with unusual produce or how to cook food you found in the bulk section at the Co-op. I've literally Googled TVP at least 30 times so I could figure out the proportion of water to TVP granules. What did I do before my high-speed connection?!

Here is a list of wonderful resources for vegan cooking. Again, not all of them are purely vegan, but there are enough vegan recipes to make it worth your while: www.vegetariantimes.com; all-recipes.com; vegweb.com; www.christinacooks.com; www.veganchef.com; and www.ivu.org/recipes.

Veganism extends beyond the kitchen, as well. If you are looking for information about becoming vegan, animal rights, where to buy vegan shoes and just about anything else you could think of that is related to veganism, here are some fantastic links: www.goveg.com; www.vrg.org; www.vegan.org; and www.vegansociety.com.

Shortly after I realized that I would no longer be writing the newsletter article, I started a blog about anything/

Spring Rolls

My spin on the Vietnamese-style cellophane (or crystal) spring rolls

- ✦ 12 spring roll wrappers
- ✦ 1 carrot (or 2 small), grated or julienne
- ✦ 1 daikon, julienne (or 1 large red, orange or yellow bell pepper, thinly sliced in 2-inch long slices)
- ✦ 2 cups lettuce, finely chopped
- ✦ 6-8 oz. seitan, thinly sliced
- ✦ 2 Tbsp. cilantro
- ✦ 2 Tbsp. mint

Prepare the ingredients. Soak a spring roll (not egg roll style wrappers, but the thin spring roll skins) in very warm water for about 20 seconds, until soft. Carefully lay the roll out on a plate. Add about 2-3 heaping Tbsp. of the ingredients onto the roll and fold burrito-style. Cover with a damp paper towel. Repeat. Be sure to keep the plate somewhat dry throughout. Don't keep these in the refrigerator too long and these do not freeze well. Tastes good with a hoisin, plum, or peanut sauce.

Peanut Sauce

- ✦ 1/4 cup crunchy peanut butter (natural)
- ✦ 1 Tbsp. brown sugar
- ✦ 1 tsp. ginger, minced (or more, to taste)
- ✦ 1 small garlic clove, minced
- ✦ few shakes of red chili pepper flakes
- ✦ juice from 1 lime
- ✦ 2 Tbsp. rice vinegar (or more, to taste)
- ✦ 2 Tbsp. water (or more, as needed)
- ✦ 2 Tbsp. chopped peanuts
- ✦ 1 tsp. sesame oil
- ✦ 1 tsp. cilantro

This recipe can be adapted to taste easily. It's almost better to work with the ingredients as a framework — some people like the dip thicker or spicier or lighter. Adding more peanut butter or hot sauce is also optional. Try parsley or mint instead of cilantro. Easy to make — just stir the ingredients together in a small bowl. Tastes better if refrigerated at least one hour, giving flavors time to co-mingle. Keeps well about 4-5 days, if covered tightly.

everything vegetarian. It is still brand spankin' new, but I'm hoping to add more entries in the future. The home of this blog, titled "The Global Carrot," is: <http://theglobalcarrot.blogspot.com>.

Best wishes to everyone in the Palouse

area. The Moscow Food Co-op Community News was one of my first glimpses into this community and I'll be sure to check it out virtually to keep tabs on what's happening in the area.





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The Conscious Consumer

By Sharman Gill, Newsletter Volunteer

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

An Introduction to “Organic” Versus “Local”

We are in a dilemma. So says, Michael Pollan, Berkley professor and author of the bestseller, *The Omnivore’s Dilemma*. Homo sapiens have developed large brains, in part, to select from a variety of foods in the environment. Through complex agriculture and industry we have distanced ourselves from food production to the point of a “national eating disorder.” We are bewildered by our choices. “When you can eat just about anything nature has to offer,” Pollan writes, “deciding what you should eat will inevitably stir anxiety.” One component of this food anxiety comes with the dilemma of whether to buy organic or local foods, when perhaps the best-choice scenario of organic and local is not available.

The “organic” versus “local” debate is becoming increasingly prominent in the food world, and Moscow Food Co-op, like many across the nation, is caught between the founding ideology of early organic adopters and the expanding “Big Organic,” with its accompanying industrialization and long-distance shipping. While Walmart is importing

organics from China, the alternative food culture is asking for more. But “more” isn’t necessarily straightforward.

Kenna S. Eaton, Moscow Food Co-op General Manager, expresses that, “it’s a really complex issue ... I’ve been here since 1982 when there were no organic standards whatsoever. We pushed hard for standardization. The irony is, when we got it and it came under the USDA arm, it became a target for special interest groups. Everyone wants a piece of that organic pie and the only way to pull it off is to get the standards watered down. The standards are constantly under attack in a way that suits mass manufacturing ... Now we have

the organic label but it’s constantly changing and it doesn’t necessarily stand for good land stewardship, decent wages, or low energy costs ... We are looking for something a little better.”

The Co-op is constantly weighing trade-offs that come with each food choice. So, what exactly is meant by the “USDA Organic” label? What are some potential unknowns in the way that our food is produced, with or without the organic label?

What does the “USDA Organic” Seal Mean?

- ✂ Crops are produced without most conventional pesticides. Also synthetic fertilizers and sewage sludge are banned.
- ✂ No antibiotics or hormone use in animals.
- ✂ Animals are kept on

“The complete story behind organic food may not be consistent with the broader vision of what we hope organics to be. The challenge is to become more connected to our food, to learn the story of its production and transportation, to learn how it interconnects with animal welfare and the environment, as well as other factors...”



Illustration by Elizabeth Carney Sowards

100% organic feed.

✦ No bioengineering or ionizing radiation.

✦ 38 additives are allowed (one example is ascorbic acid, a form of vitamin C), as opposed to several thousand additives that are allowed in conventional foods.

✦ An approved certifier inspects the farm to ensure that the requirements are being met. Companies that handle or process the food must also be certified.

Beyond "USDA Organic": What the Seal Does Not Mean

The National Organic Program consumer brochure states that "Natural and organic are not interchangeable." Following are some specific examples:

✦ Organic animal products don't necessarily come from free-range animals. Dairy cows, chickens and beef cattle are commonly grain-fed, and this may be in cramped quarters due to the difficulty of managing large-scale organic pasture.

For example, the Cornucopia Institute (an organic watchdog) recently announced that the Case Vander Eyk Jr. dairy, a 10,000-cow feedlot near Fresno, was recently shut down after a 7-year challenge that the operation violated "the spirit and letter of organic law."

✦ Organic standards say nothing about the energy costs associated with production or transportation. *The Economist* recently reported that several British companies are planning to add "carbon footprint" labels that indicate carbon dioxide emissions associated with manufacturing and transportation of food.

Locally, Nancy Taylor, a Co-op member, offered the following insight from her perspective as an organic farmer and an inspector for the Food Alliance: "Organic farming requires more tilling to get rid of the weeds, and in some cases it may require more energy for harvest because the weeds can't run through a combine, they have to be cut first. Essentially, we go over the ground twice, using twice the energy."

✦ Organics are not necessarily good for the soil. The Palouse is especially susceptible to soil erosion. Nancy Taylor feels that every farm situation is different (her own organic farm is in northern Utah) but "it's harder to go organic on the Palouse. There is more moisture and a lot more weed pressure and disease pressure." Tilling combats weeds without chemicals but is also destructive to soil health and topography.

Taylor advocates additional research for direct seed, organic agriculture on the Palouse.

I appreciate the USDA's effort to put out a certification program that helps to keep nasty contaminants at bay. The organic seal is a strong deciding factor in many of my own purchasing decisions.

However, the complete story behind the food may not be consistent with the broader vision of what we hope organics to be. The challenge is to become more connected to our food, to learn the story of its production and transportation,

What Do You Think?

By Bill London, Volunteer Newsletter Editor

Sharman Gill begins her series, "The Conscious Consumer," in this issue, and she will continue her investigation into the organic versus local debate over the next few months.

The Co-op staff is in the middle of this debate, since they are the ones to choose where to buy the food served at the Deli and stocked on the shelves. And now they find themselves deciding between organic and local. Do they buy organic garlic from China (how many gallons of gas were burned to get that crop to market?) or do they purchase locally-grown garlic without the organic pedigree?

A related question of significance to some Co-op shoppers involves the flour used in the Co-op Deli. Should the Co-op use organic flour that is grown in Montana, then shipped to Seattle to be milled and then shipped to California to be warehoused and then shipped to Moscow to be sold? Or should the Co-op use locally-grown flour from a certified "sustainable" farmer group?

What do you think?

Please consider the questions Sharman raises in this month's article and in her follow-up piece next month. Then it's your turn. We invite the readers of this newsletter to continue this discussion by submitting their own articles (short essays are welcome, with a maximum of 500 words) for publication in the September issue. Send your article (your opinions, concerns, and questions about this topic) by e-mail to london@moscow.com no later than August 15. Thanks.

Bill London edits this newsletter and is equally pleased to have resolved part of organic versus local dilemma by enjoying a weekly CSA basket from WSU's organic farm.

tion, to learn how it interconnects with animal welfare and the environment, as well as other factors such as nutrition, economics and social responsibility. Next month, I'll explore more of these issues in the context of sustainable agriculture.

Sharman Gill looks forward to Fridays when her CSA box is filled with fresh veggies from the WSU organic farm.

"The "organic" versus "local" debate is becoming increasingly prominent in the food world, and Moscow Food Co-op, like many across the nation, is caught between the founding ideology of early organic adopters and the expanding "Big Organic," with its accompanying industrialization and long-distance shipping."



Letter from the Land: What shall we do with the manure?

By Suvia Judd, Newsletter Volunteer

When we had a fruit tree nursery, we made our own potting mix and were always looking for manure. When we started raising livestock, the equation changed. At first, we were just happy to have manure. We used it in the potting mix, composted it for our gardens, and mulched our corn plants with it directly. There was never a surplus.

One winter we had snow on the ground for four months, and the manure piles outside the stalls grew mountainous. In spring, we opened the windows and shoveled it all out the back, where a clump of volunteer winter squash sprang up and took over. Augmented by intentionally planted squash, the vines grew and grew, pulling down the pole beans, and smothering the tomatoes. For several years we had prolific and delicious squash in that spot.

One year it occurred to us that the garden could use more space for things other than squash. On the brow of the hill in the pasture, we made a long wind-

row of manure and straw from the stalls, and after two months set out our squash starts. More sun for the squash, more space in the garden for everything else, and the pasture got much needed water.

The herd grew, and out of expedience we began making compost windrows in other pastures. Last year we got a SARE (Sustainable Agriculture Research and Education) grant to research creating islands of woody browse to extend our pasture forage season in spring and fall. In conjunction, we began a rethinking of our whole farm in permacultural terms.

The fundamental permacultural question may be "How can I create a system that meets the needs of all the living beings on a given site with the fewest inputs imported from offsite?" A corollary is, for any resource, how can one capture and reuse that resource the maximum number of times?

Capturing the resource in the manure is key for our farm. Manure is a source of nitrogen. If we compost it uncovered,

we will lose a lot through rain leaching, therefore we should cover it, or we should capture it through a crop that we eat (eg squash), a crop that the animals eat, or a cover crop that can be harvested and used elsewhere on the farm.

If we spread the manure uncomposted, we cannot confine, nor kill (as in hot composting) the fecal parasites, and we may get soil build-ups of spore-forming bacteria such as Clostridium A, that might endanger the herd when the water table rises.

Our pastures are low in nitrogen. What is the best process to pass the manure through to safely enhance the pastures?

Manure and straw compost is a good source of carbon (eg in lignins and cellulose) for increased soil tilth, but it's more useful if you can recapture it in another cycle. Perennial plantings can benefit from the compost, and will keep adding to tilth from year to year through root mass and leaf fall. What should we plant that will be safe and

nutritious for the alpacas, and perhaps have additional yields such as fruit for the humans?

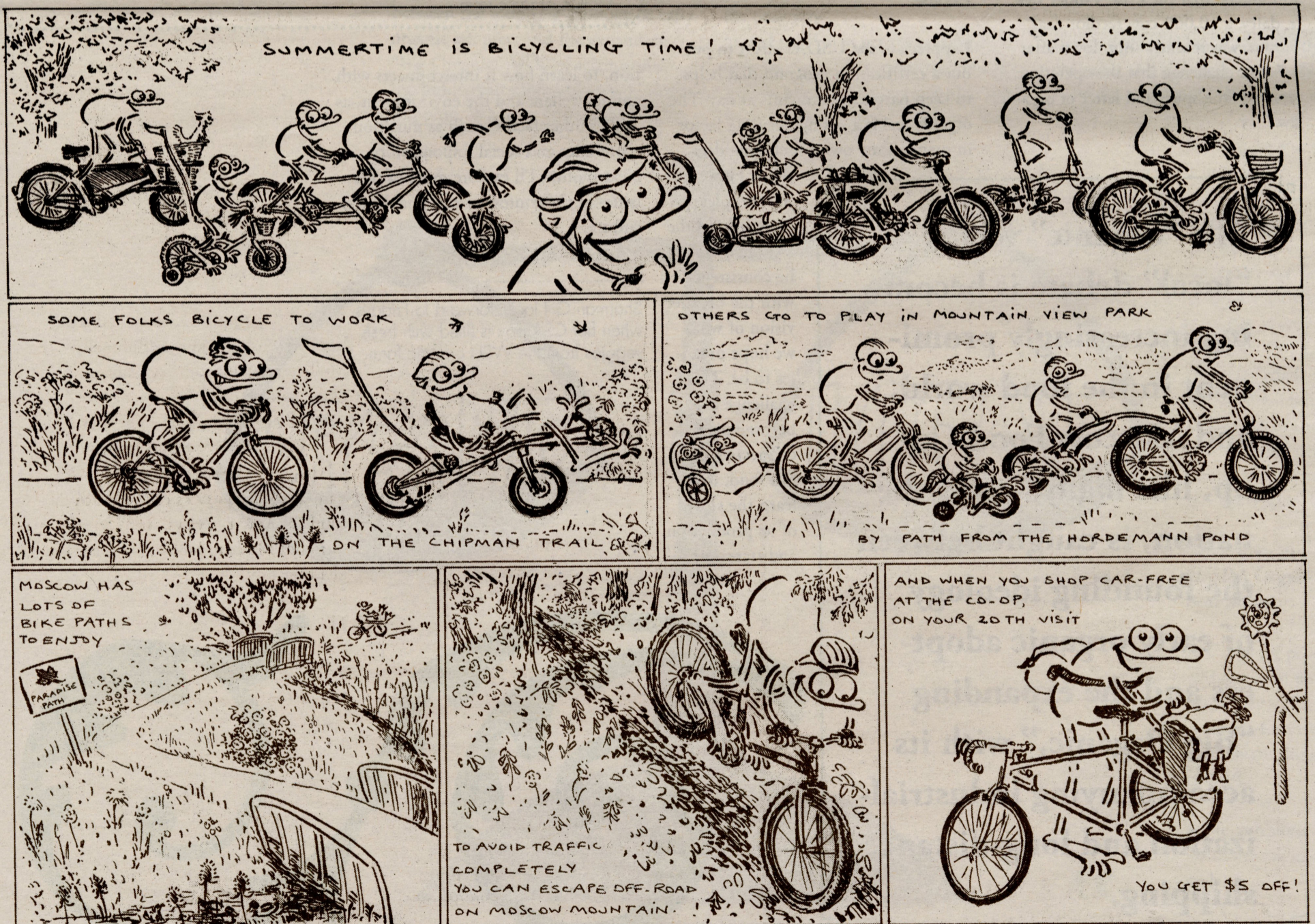
When the animals are confined in winter, what is the most energy efficient layout and system for collecting and composting the manure? (Farmer Joel Salatin lets cow poop and fresh straw build up all winter, spreads corn on it in spring, and has foraging pigs mix it up for him.)

In summer, the alpacas will get the best nutrition by rotating quickly through small pastures, so that the grasses and forbs are kept in an active growth phase. Does it make energetic sense to pick up the summer manure piles by hand, or, as many camelid farms do, with a poop vacuum?

We are still framing questions. We'll keep you posted.

Suvia Judd shovels and asks questions in Moscow.

PALOUSE REPORT: Bicycles a Go-Go



Wild & Free: Mullein

By Sarajoy Van Boven, Newsletter Volunteer

Eating in the wild will eventually necessitate other adventures in the wild. Defecation happens. Along with a shovel or sturdy digging stick, strong thigh muscles, and a good sense of balance, you will also need something to tidy up with. This too can be Wild and Free. If you have cleverly chosen a place at which to void, there will be a Mullein plant less than an arm's reach away.

Mullein also travels under pseudonyms involving words like flannel, woolly, velvet, and the saintly, "Our Lady of the Blanket," a term that puts Charmin' ads to shame. I imagine pioneering Jesuit Missionaries came up with that last one after a long day in the saddle. However, other common names for *Verbascum thapsus* aren't so welcoming: Candlewick, Wild Ice Leaf, Aaron's rod, Shepherd's club, torches, and feltwort (is that contagious?), making it sound like a "Our Plant of College Hazing" rather than a pleasant wipe in the woods.

Lucky for our bums, Mullein is fairly unmistakable. It is a biennial, with thick, velvety, pale green leaves growing in a rosette. The leaves can be fairly large, 16" or so. The first year plant grows no flower stalk. Second year mullein is obvious by its large single stem, standing up to 8' tall. Irregularly spaced and timed, little yellow flowers bloom along the thick stem.

Mullein is welcomed in dry, rocky waysides, along the Bill Chipman trail, and in an enormous, faithful congregation beyond Idler's Rest.

With the family name of Figwort, Mullein seems destined for the unlovely

sort of work already mentioned. And yet this plant has many other uses.

The flowers should be carefully plucked, individually so as to avoid

gathering the toxic seeds, and dried for later use. The flowers claim sedative and analgesic properties, which are now and forever more unsubstantiated by the FDA.

Gather Mullein leaves from a plant that has yet to show its stalk. The fresh leaves can be used as non-flushable toilet paper or poultices, which some have applied to ulcers, tumors and hemorrhoids: a kill-two-birds sort of application if ever there was. Poultice = mashed leaves (dipped in hot water or not) placed on skin.

You could also dry the leaves as delicately and sensitively as you did the flowers. The leaves contain a large amount of mucilage, which makes it a favorite ingredient for teas to soothe colds, coughs, kidneys, and dysentery, which again would be a kill-two-birds application. I have not found any miraculous cures from Mullein tea, however it did seem to comfort our recent colds and itchy throats. The tea should be thoroughly strained because

"Mullein also travels under pseudonyms involving words like flannel, woolly, velvet, and the saintly, "Our Lady of the Blanket," a term that puts Charmin' ads to shame. I imagine pioneering Jesuit Missionaries came up with that last one after a long day in the saddle."

the dried leaf hairs may irritate the very throat it was meant to comfort.

The roots, which I do not have direct experience with, are said to soothe bladder issues. The stems have been used as tea for cramps, fevers and migraines, and as torches (which would Not be a kill-two-birds phenomenon). Historically, ancient Roman women used the flowers as a yellow hair dye; Native Americans smoked the Eurasian invader in small and careful quantities; and Hermes gave Mullein, which Homer calls Moly, to Odysseus to thwart Circe's Men-to-Swine powers (it worked for him, but results may vary). Mullein ashes made into soap are rumored to return gray hairs to their original tint. (*Edible and Medicinal Plants of the Rockies* by Linda Kershaw). Mullein seed was brought to the U.S. in the 1700s as fish poison for ponds in Virginia, for reasons I cannot even imagine. In less than a century, the plant was embedded coast to coast. (*Edible and Medicinal*, Wikipedia.com) And this leads us to the warnings.

Warnings are for toxic seeds and a caution for sensitive skin. Additionally, Mullein contains some substances of concern to our government (not because they are fun) and restraint is warranted, however no anecdotes or urban legends exist to further illuminate the consequences of too much Mullein. And as always, with any application of Mullein, be 100% certain of identification.

The good news is that most butts, guts and throats find comfort and delight in the company of Mullein, "Our Lady of Happy Camping and Crapping."

Sarajoy can be found cruising through the mullein on the Chipman trail many days a week on her new, sparkly, red bike, Cinner.



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In The Garden: Increasing your wealth ... in plants

By Holly Barnes, Newsletter Volunteer

"Gardens are a form of autobiography."

~Sydney Eddison

Every year about this time, while having a nice, quiet drive through the countryside, my husband, the Sailing Guy, is faced with my sudden, urgent exclamation to Stop! One time we turned around and the subject was a moose in someone's front yard. (That was when we were new to the Palouse and excited by that sort of thing, and actually, we still are.) But usually I have spotted an interesting plant in bloom or a beautiful rose blossom. I snatch a branch and hop back in the truck and off we go to continue our journey. Such is the beginning of my effort to grow a new plant for our own garden.

I have the most success with softwood cuttings of the stems of plants.

Softwood cuttings are taken when plants are about halfway through this year's growing season. Choose the stems that are neither the newest, greenest growth, nor the oldest. They should be pliable but firm.

There are several ways to start new plants besides growing them from seeds. Some of these techniques are: division, cuttings and layering. Cuttings can be softwood or hardwood and can be of stems, leaves or roots of a plant.

If you are a hardcore propagator, you will travel with pruning shears, zip-lock bags and rooting hormone. My traveling kit (which goes



Philadelphus, Deutzia and Viburnum softwood cuttings. Photo by Sarah Walker.

In the July Garden:

- ✦ Continue succession plantings of beets, bush beans, carrots, chard, kohlrabi and lettuce;
- ✦ Keep roses, perennials and annuals blooming by removing (deadheading) spent blossoms;
- ✦ Cut hardy geraniums to the ground after bloom to promote fresh growth of foliage;
- ✦ Use a strong water spray on aphids, encourage their predators by providing a bird friendly garden;
- ✦ Water in the early morning hours only;
- ✦ Fertilize roses for the last time this year. Prune climbers and ramblers when they finish blooming;
- ✦ Fertilize established trees, shrubs and broad-leaved evergreens and water them deeply when weather is very dry;
- ✦ Take softwood cuttings;
- ✦ Mow lawn at high setting;
- ✦ This is the month to enjoy fine warm days outside, in the garden, the arboretum or the park. Get out there!

hiking with me as well) consists of a Swiss Army knife and plastic bags. As soon as I get home, I prepare the stems for planting. Young side shoots from 2 to 6 inches in length, cut directly below a leaf or leaf node, are the best candidates for cuttings. Prepare small 4" plastic pots with a mixture of equal amounts of peat and sand (or perlite). Thoroughly dampen the peat mixture with water, then drain. Dip the end of the stem in rooting hormone and with a pencil make a small hole in the soil. Place the stem in the hole and carefully firm the soil around it, taking care not to rub the powdery hormone off of the stem. Then cover the pot and plant with glass or plastic. I place a quart-canning jar upside down over each pot.

For the next few days, check your cuttings to be sure they are staying moist but not getting mildewed. You may need to spray water on the plants with a spray bottle if they seem to be drying out. After a few days, remove the covering for a little while each day, striving to get to the point where the cuttings will not wilt when left exposed to the

air. Rooting will take from 3 to 12 weeks depending on species and conditions. Some may not root until the following spring. Hang in there!

Some good candidates for cuttings are native shrubs such as red-flowering currant, Ribes sanguineum; serviceberry, Amelanchier alnifolia; oceanspray, Holodiscus discolor; Syringa, Philadelphus lewisii; Nootka rose, Rosa nutkana. Most deciduous shrubs will root from softwood cuttings including roses, clematis (take cuttings of clematis from between leaf nodes), hydrangea, deutzia and buddleia. Cuttings can also be taken from perennials and herbs.

Increasing your plant stock by making your own cuttings is a fun way to be very involved in garden building. I hope you'll try it soon.

Holly Barnes loves this month in her garden and in Moscow. She will be gently coaxing all her new plant cuttings along through the heat.

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Meals Kids Might Eat: Salads for Summer

By Judy Sobeloff, Newsletter Volunteer

This month, in my quest for healthy quick eats and other mysteries of the universe, I ask: Do children have certain times of the month when they are more prone to eat or not eat vegetables, affected, perhaps, by hormonal fluctuations, lunar phase, sunspots, radio frequencies, insert-your-theory here? And, if so, how can we best operate within these constraints for maximum nutritional benefit? Are there monitors or other devices they can wear that will emit a strange phosphorescent glow during those times when parental culinary efforts are likely to meet with success? While this month's article will not, in fact, answer these questions, I do hope to serve humanity by at least raising them.

Seeing as it's summer here, I decided to try out two salads recommended by mom friends, Nancy's Tofu Noodle Salad and the Co-op's Bok Choy Salad. While my own children did not rise to any of the vegetable-oriented bait, some of their friends and all of the parents did.

Tofu Noodle Salad seems to have it all in terms of ease, nutrition and child engagement. Nancy, creator of this recipe, reports that her kids, ages four and six, love to help make it because they're "always begging me to cut things," and this recipe allows them both to chop tofu with a butter knife and to grate carrots and zucchini (two vegetables which "they can hold way back and avoid shredding fingers").

Despite this enticing description, our six child testers, ranging in age from 21 months to six, were less Tom Sawyerish about this project than anticipated. My 3-year-old went so far as to sleep

through the entire chopping and grating phase.

On the plus side, as Nancy predicted, the tofu, sprinkled with toasted sesame oil and tamari, was "instant gratification" for children and adults alike.

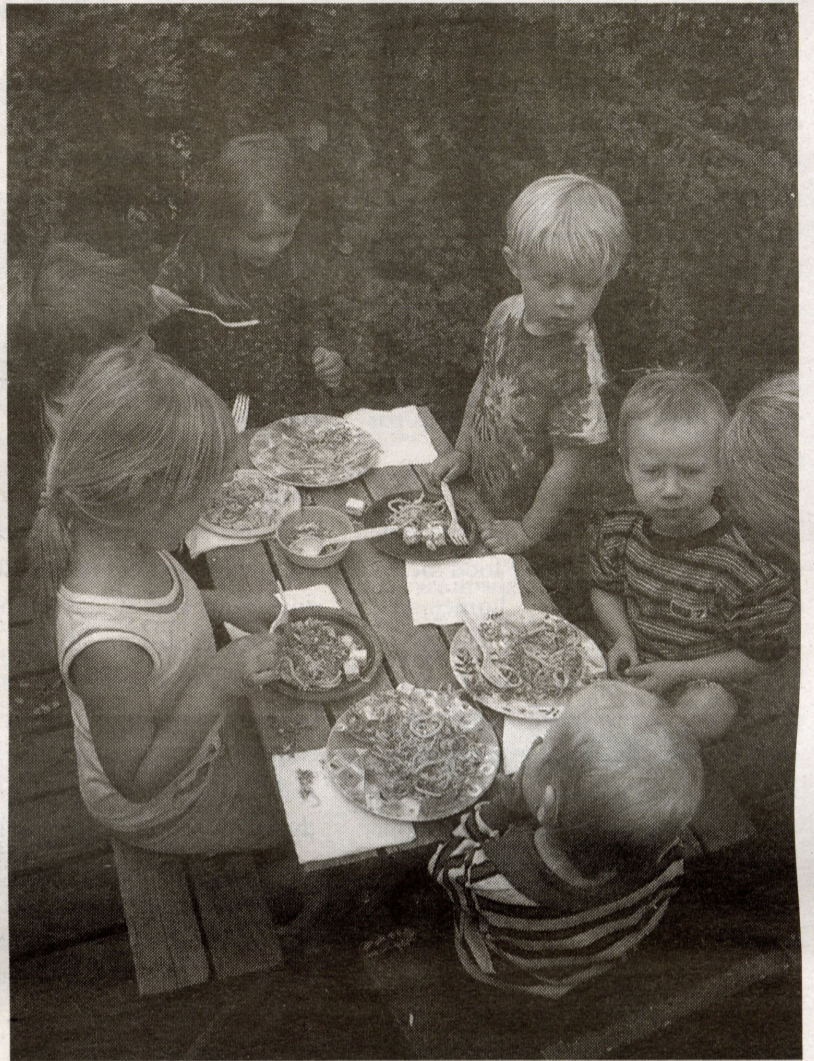
In addition to the grated zucchini and carrots, Nancy suggests "really finely chopped broccoli, because then they don't notice it and they don't mind it." This tactic, however, was ineffective with the children we assembled: While one guest, She Who Loves Vegetables, did in fact love these vegetables, her brother, He Who Does Not Eat Green, would not eat green, and the others followed suit. I'm still trying to put out of my mind the minutes I spent picking veggie particles off my younger child's plate.

We used a mix of soba and udon noodles, which we ended up serving à la carte along with the tofu and veggies. (Six children, six idiosyncrasies.) While Nancy recommends rice vinegar because it's sweeter than other vinegar, test-dad David also enjoyed the "really light, nice, fragile, delicate flavor." Nonetheless, he and the other adults enjoyed the dish even more with hot pepper sesame oil added, which gave it more zip.

In spite of general unwillingness to eat vegetables, all the kids enjoyed the tofu and the noodles. Meanwhile, the adults — and who, really, are we catering to here? — all raved about the complete dish, ranging from the "nice, noisy, communal time preparing it" to the color scheme, which reminded Huckleberry of carpet pads. David particularly liked the mixed veggies with

the mixed noodles: "I can't stop eating it! The texture and flavor are just right on!" Overall, Tofu Noodle Salad scored high for ease, nutrition and appeal, and we look forward to the kids making it again. As Fred said, "this recipe is so easy you can just chill out while the kids make dinner. You just boil the water for the noodles and set some band-aids on the counter for the grated fingers."

Next up, my friend Lahde, former Co-op produce manager, suggested an adaptation of the Co-op's Bok Choy Salad. Her own kids, ages 3 1/2 and 5 1/2, she said, "don't normally eat vegetables and salads, but this is the one they'll eat." While my 3 and 5-year-old refused even to taste Bok Choy Salad, I was gratified by the response of our two teen guests, who both ate big platefuls without prompting. Sam, 13, said he



Judges confer on merits of Tofu Noodle Salad.

liked it because "none of it's cooked. I don't like the flavors of cooked vegetables." An important clue, no doubt, and I look forward to uncovering more.

Judy Sobeloff thanks her friends and relations for their contributions to these articles and other mysteries of the universe.

Nancy's Tofu Noodle Salad

- ✧ 1 block tofu
- ✧ toasted sesame oil (must be toasted)
- ✧ tamari
- ✧ 1 zucchini
- ✧ 2-4 large carrots
- ✧ 1 head broccoli, finely chopped
- ✧ extra virgin olive oil
- ✧ brown rice vinegar
- ✧ green onions, chopped (OPTIONAL)
- ✧ Soba noodles
- ✧ OPTIONAL, for adults: hot pepper sesame oil

Cut tofu into cubes and sprinkle with toasted sesame oil (go easy on oil) and tamari to taste, then set aside. (Kids can cut tofu with a butter knife and then spread on the sprinkled oil and tamari.) Grate zucchini and carrots and mix with chopped broccoli and optional green onions. Sprinkle with olive oil and rice vinegar in equal amounts, to taste.

Cook up soba noodles and mix with vegetables and tofu. For adults, consider adding optional hot pepper sesame oil, to taste.

Bok Choy Salad

adapted from *The Co-op Cookbook*

- ✧ 1/2 cup almonds
- ✧ 1 head bok choy, large, chopped
- ✧ 1 cup red cabbage, chopped
- ✧ 1 red bell pepper, chopped
- ✧ 1 yellow bell pepper, chopped
- ✧ 1/4 cup apple cider vinegar
- ✧ 1/4 cup canola oil
- ✧ 1/4 cup tamari
- ✧ 1/4 cup brown sugar

Toast almonds on cookie sheet in 350 degree F oven for 5-8 minutes. Combine last four ingredients in large bowl and whisk well. Combine all other ingredients in large bowl, toss, and serve.

LAHDE'S SUGGESTED VARIATIONS: Try honey rather than brown sugar. To keep costs down, use toasted sunflower or other seeds rather than almonds, and skip the peppers.

OTHER IDEAS: Add toasted sesame seeds and scallions, or buckwheat noodles with a little vinegar and tamari.

Fourth of July Doughnuts

By Melynda Huskey, Newsletter Volunteer

I was at least eight before I realized that the fireworks on Fourth of July celebrated a national holiday, rather than my parents' first date. For us, it was a date to be marked with very particular festivities, conveying as it did the capriciousness of fate: if they hadn't gone to Spring Valley to see the fireworks that night, none of us would ever have existed. It was a chilling near-miss, a perilous passage safely negotiated.

The thrill of almost not being born was assuaged every year with a food sacred to the Fourth: my father's homemade doughnuts. No one knows why, or how, this ritual emerged—to me it is primordial, as inexorable as the yams with crushed pineapple and marshmallows on Thanksgiving, or fried chicken and chocolate cake for birthday supper. There may have been Fourths of July without doughnuts, but I remember none.

The ritual always begins early in the morning, when it's still cool. The kitchen counters are stripped bare, and the table scrubbed. The Woman's Home Companion Cookbook falls open to the proper page, flour-dusted and water-scarred from years of use. This is not the original cookbook, though: that



volume, with its top back corner chewed off by the first of my mother's tragically ill-fated dogs, was lost in one of our many moves. This one came from a second-hand bookshop in Columbus,

Ohio—a triumphant find, but not necessary. After so many years, my father knows the recipe by heart, and only props up the cookbook for the look of the thing.

Early on, when there were nine of us at home, plus neighbors and friends, we quadrupled the recipe: 20 dozen doughnuts and 20 dozen holes. The nutmeg-scented dough rose, billowing like a sail, in an aluminum mixing bowl in which the youngest of us could sit comfortably. Later, as children grew up and drifted off, we fell back to doubling the recipe. There may even have been a year or two when a single batch was enough. But we're back up to the big numbers now—as many as eight grandchildren and their parents are apt to appear for the Fourth.

Rolling out time is the signal for kids to wash their hands and get floury, helping to stamp out the hundred of doughnuts with the old biscuit cutter, deftly (or not so deftly) pulling the little round holes out of the middle and

setting them aside to rise separately.

An hour later, the kitchen becomes a no-trespassing zone, and the word goes out around the house: "No kids in the kitchen; the oil is hot." We watch from the safety of the dining room as my father moves swiftly and surely between two electric frying pans full of Crisco, wielding his tongs and a wooden spoon. Doughnut holes first, to test the heat of the oil and to season it. Oil fries better after it's had some food in it, and these holes will vanish so fast that no one will notice the slightly lower quality of the first batch.

Each one is nudged gently over at just the right moment, the pale golden top sliding under as the deeply bronzed bottom rolls up. Then out of the oil and onto swaths of paper toweling. My mother is ready with the paper bag full of sugar. Every year she asks, "Shall I make some chocolate frosting?" and each year she is shouted down by the chorus of "Sugar! We always have sugar!"

"Careful! They're still hot! Wait till they cool off!" she cautions. My father watches, beaming, as the scalding, sugary balls disappear. "How are they?" he asks, and laughs as we say, as we do each year, "These are the best ones ever. They're so light! Are there any

The thrill of almost not being born was assuaged every year with a food sacred to the Fourth: my father's homemade doughnuts.

more?" Back he goes to the kitchen, to hover over the boiling oil until the last doughnuts—misshapen rings made from the remnants of dough too small to roll out—are fried. Every platter and cookie sheet in the house is full. The kitchen floor is sandy with spilled sugar and slick with a fine vapor of oil. The kids are sneaking doughnut holes out of the big stoneware bowl—strolling past the table and palming a couple with elaborately innocent poker faces. It's 90 degrees in the kitchen, and 90 degrees outside, and the most any of us should want is a tall glass of iced tea and a soda cracker. But we're eating doughnuts, as we do each year, and they taste like summer, like the happy ending of a perilous tale. As people once lit bonfires on December 21, my father fries doughnuts on the Fourth of July, as round and golden as the summer sun, as sweet as the honeysuckle, as fleeting as childhood.

If you want to try your own doughnuts, you'll find the recipe and some tips on Melynda's blog, "The Things That Make Us Happy Make Us Wise," <http://melynda.huskey.wordpress.com>

Choices in Wellness: An Exploration of Acupuncture

By Dr. Angila Jaeggli, Newsletter Volunteer

Wellness is formally defined as 'being healthy in body and mind, especially due to deliberate effort.' While it may be tempting to define your own wellness as an absence of symptoms, optimal wellness tends to lie beyond our status quo.

This new series, "Choices in Wellness," will reflect on varied approaches to optimal wellness, and how these approaches may best benefit you. As a naturopathic physician with experience as a primary care physician in family medicine, I have had the opportunity to train with some of the best physicians in traditional 'western' medicine, in addition to the most amazing herbalists, nutritionists and spiritual teachers.

Whether under the care of eastern or western medicine, the astounding ability of the body and spirit to heal is quite evident, even under the direst of circumstances. And when given the right tools and encouragement, this ability can be phenomenal. Over the next few months, we will explore different avenues of healing, beginning with acupuncture and ranging through chi-

nese medicine, tai chi, chi gong, chiropractic, naturopathic medicine, herbal medicine and massage.

Acupuncture has gained rising media attention over the recent years, mostly for its ability to relieve pain and discomfort. Although gaining in popularity, the practice of acupuncture began over 5,000 years ago. Acupuncture is based on the thought that an energy force, Qi or Chi (pronounced Chee), runs throughout the body on energetic pathways called meridians. Qi represents all of the spiritual, physical, emotional and mental aspects of life and is comprised of two aspects, yin and yang. Illness results when Qi becomes blocked or stagnant. Acupuncture, via the insertion of fine, small needles, releases these blockages, alleviating stagnation and restoring balance. The insertion of needles can also be combined with electricity or heat derived from the burning of specific herbs, called moxibustion. Typically the combination of electricity or heat deepens and intensifies the treatment, strengthening the movement of stagnant Qi. This may only be appropriate if the patient is not

too depleted or exhausted, as it may exacerbate the condition if this is the case. Diagnosis by an acupuncturist is typically acquired through a thorough history and examination of the tongue and pulses. A wide range of conditions can be treated by acupuncture, including (although not all-inclusive): allergies, back pain, muscle spasm, headache, arthritis, anxiety, depression, and addiction to nicotine, alcohol and other drugs.

Many practitioners of acupuncture will also incorporate or recommend other forms of traditional Chinese medicine in addition to acupuncture to restore balance. These additional forms include Chinese herbs, therapeutic bodywork (eg, massage), tai chi and chi gong. This method is used by two local Moscow practitioners, Meggan Baumgartner, L.Ac. and Lauri Mckean, L.Ac. Both approach healing by addressing all levels: the emotional, physical, spiritual and mental. In addition to assessing chi, an individual's nutrition, body structure, and emotional and spiritual wellness are also considered when developing a treatment

plan. Likewise, Pullman-based physician, Paris Kharbat, DO, DABMA, often notes that when a patient has not addressed an emotional issue, improvement with acupuncture is often minimized. She finds addressing the whole person to be key to lasting wellness. As a physician based acupuncturist, Dr. Kharbat is able to bridge Western and Eastern medicine, incorporating traditional medical training with Eastern philosophy. Another local practitioner, Karen Young, L.Ac., has offered her acupuncture services over many years in Moscow.

Whether working through a chronic illness or working on improving your vitality, acupuncture should be considered as part of a well-balanced plan for optimal health.

Dr. Angila Jaeggli is a naturopathic physician who specializes in family medicine. She recently moved to Moscow from Seattle with her husband, cats, birds and snakes and is now practicing in Pullman. More information can be found at sagemedicineclinic.com.

Rendezvous This Month

By Bruce Livingston, Rendezvous President

Rendezvous in the Park celebrates its 25th anniversary with three concerts in Moscow's East City Park, capped by a final concert at the Lionel Hampton School of Music.

Thursday, July 19 (International Beat) Omar Torrez – dubbed the “Latin Jimi Hendrix” – is an amazing musician sure to entertain. Opening for Torrez is feel-good reggae group Little Big Man and local sensation Ether Hour.

Friday, July 20 (All American) The Mother Hips, a Jambase favorite, bring modern-day psychedelia and great harmonies to Moscow after years of selling-out venues all over California. The Hips share the evening with Bobby Bare Jr., whose band blends unforgettable lyrics and unique song structures, creating a truly unique sound.

Saturday, July 21 (Blues Legend) Rock and Roll Hall of Fame inductee Mavis Staples began her career as a member of the Staple Singers who, in the 70s, rocked the nation with monster pop and R&B songs including “I’ll Take You There,” “Respect

Yourself,” and “Let’s Do It Again.” Her 2004 album “Have a Little Faith” won two W.C. Handy Awards for Blues Album of the Year and Soul Blues Female Artist of the Year. In 2007, Staples released “We’ll Never Turn Back” to tremendous critical acclaim. Opening for Staples are Rendezvous Showcase winners Kelly Riley and Brian Gill, followed by Carl Rey and the Blues Gators.

Sunday, July 22 Classical music in the afternoon with the Rendezvous Chamber Orchestra.

Tickets cost \$15 (Thursday), \$20 (Friday), \$25 (Saturday), and \$10 (Sunday) and can be purchased at the door and from the Heart of the Arts (208) 669-2249. Buttons good for admission to all concerts cost \$50 and are available at Bookpeople and the Farmer’s Market. Concerts start at 5:30 p.m. Thursday and Friday, 5 p.m. on Saturday, and 3 p.m. on Sunday.

For more information, visit www.moscowmusic.com, e-mail rendezvous@moscow.com, or phone Bruce Bradberry (208-882-4232).

Rendezvous Chamber Players Offer Free Concerts

By Bruce Livingston, Rendezvous President

The Rendezvous Chamber Players, under the artistic direction of Yaacov Bergman, conductor of the Walla Walla Symphony, and William Wharton, professor of music at the University of Idaho, will perform a series of concerts during the week of Rendezvous in the Park, July 16-22, 2007. The concert schedule is as follows:

Monday, July 16, 6:30 p.m., 1912 Center in Moscow

Wednesday, July 18, 3:00 p.m., Good Samaritan Village, Moscow

Thursday, July 19, 12:15 p.m., WSU Holland Library Atrium, Pullman

Friday, July 20, 7:30 p.m., First United Methodist Church, Moscow

Saturday, July 21, 1:30 p.m., Troy City Park, Troy

Sunday, July 22, 3:00 p.m., Lionel

Hampton School of Music Recital Hall, Moscow

The Rendezvous Chamber Players is comprised of local and guest musicians from all over the United States. Programs will feature chamber music of the classical through modern periods.

Tickets are available for the orchestra concert on Sunday, July 22, at 3:00 p.m., at the Lionel Hampton School of Music Recital Hall, Moscow, with Yaacov Bergman conducting. The orchestra concert will feature Haydn’s 22nd Symphony and the Serenade for Violin and Strings by Leonard Bernstein, with New York-based violinist Philip Wharton as soloist.

Jonathan Cheskin is a member of the Rendezvous Chamber Players and a local cellist and string teacher from Troy, Idaho.

Co-op Crossword Puzzle

By Craig Joyner

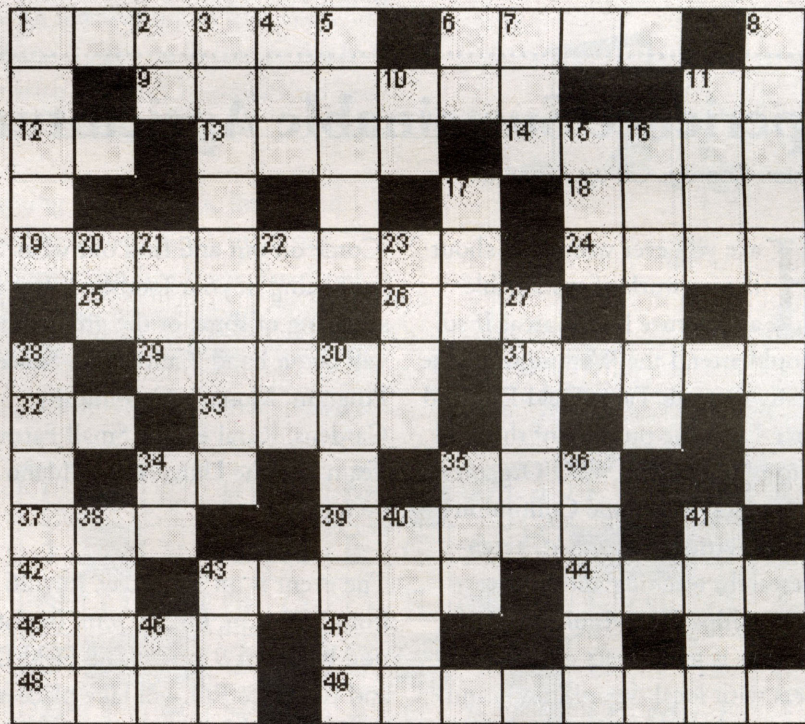
ACROSS

- 1 June’s profiled employee’s last name, first is 48 across
- 6 Moscow festival involving over 30 businesses 2nd word, first is 7 down
- 9 Champagne, white, or sherry
- 11 Chamber, abbreviation
- 12 Bismarck is this state’s capital, abbreviation
- 13 Point or swelling
- 14 Small Washington town 48 miles north of Pullman
- 18 Last name of June’s profiled volunteer or musician, first is 28 down or 43 across
- 19 Gertrude & Bronner’s natural power bar
- 24 Leave out
- 25 Oil
- 26 Beeler’s uncured, boneless ___ steak
- 29 Now known as Myanmar
- 31 MFC’s front end manager and Renaissance Fair Queen, ___ Hubble
- 32 True Kona coffee originates from this state, abbreviation
- 33 Sheepskin or reddish brown
- 34 Pronoun or the ubiquitous ___space.com
- 35 Winter Solstice’s month or comedic act Ant and ___
- 37 Magazine named after free mail for the countryside, abbreviation
- 39 Wood imperfection
- 42 Add a 5 or 6 to these two letters and you have a British spy agency
- 43 June’s profiled KRFP DJ and musician first name, last is 18 across
- 44 Jazz great ___ Fitzgerald
- 45 One of the main ingredients in Kiss My Face’s Ultra Moisturizer

- 47 Alien or tabloid television show, abbreviation
- 48 June’s profiled employee first name, last is 1 across
- 49 Replace laundry detergent with these, last word, first is 30 down

DOWN

- 1 June’s profiled business partner, herbalist and healer, first name, last is 3 down
- 2 Résumé, abbreviation
- 3 Last month’s profiled business partner, last name, first is 1 down
- 4 Art rocker Brian ___ has collaborated with David Bowie and Byrne and U2
- 5 Canio’s wife in Pagliacci that Crazy Joe Davola mistook Seinfeld’s Elaine for
- 6 Goose Ridge Vineyards is located in this state, abbreviation
- 7 Moscow festival involving over 30 businesses first word, second is 6 across
- 8 Goat cheese and chevre made by Montana’s ___ Dairy
- 10 Fortune 500 corporation that owns NBC
- 11 Orange scented essential oil, ne ___
- 15 A humble person won’t let this get too big
- 16 Japanese robe
- 17 Jamaican music often with horns and sax
- 20 Clothing purveyor, ___ Bean
- 21 The Alley or The Garden
- 22 Roman emperor that succeeded Claudius or a software company
- 23 Martial artist and movie star Jackie ___
- 27 Renaissance Fair King last name, first is 35 down
- 28 June’s profiled volunteer first name, last is



- 18 across
- 30 Replace laundry detergent with these, first word, last is 49 across
- 34 This state was named after the wife of King Charles I, abbreviation
- 35 Renaissance Fair King first name, last is 27 down
- 36 Envision products will help you do this to your home
- 38 Pastry dough that’s also spelled phyllo
- 40 Western European and American military organization
- 41 UI literary magazine that ranked MFC’s produce, lunches, and jobs the best

- 43 Maude became one of the Golden Girls, ___ Arthur
- 46 Erath Vineyards is located in this state, abbreviation

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

New at the Library

By Chris Sokol

"The covers of this book are too far apart."

—Attributed to Ambrose Bierce (1842-1914), as a one-sentence book review

CD-AUDIOBOOKS

Disobedience by Naomi Alderman. The evocative tale of two women and the choices they make in a traditional Orthodox Jewish community.

Kiss Tomorrow Hello edited by local authors Kim Barnes and Claire Davis. Notes from the midlife underground by twenty-five women over forty.

The Long Walk by Slavomir Rawicz. The true story of a Polish cavalry officer sent to a Siberian gulag in 1939, who escaped with six fellow prisoners—one of them an American-- and trekked 4,000 miles to freedom.

DVD

The Armenian Genocide (U.S., 2005) During WWI, over one million Armenians died at the hands of the Ottoman Turks— what happened and why.

Design e2 (U.S., 2006) The economies of being environmentally conscious.

Garlic Is As Good As Ten Mothers; Gap-Toothed Women; Yum, Yum, Yum! A Taste of Creole and Cajun Cooking; Ziveli (U.S., 1980-1990). Classic

documentaries by legendary film maker Les Blank.

In July (Germany, 2000) Can Daniel follow the sun from Hamburg to the Bosphorus by Friday to meet his love?

Natural History of the Chicken (U.S., 2000) Unusual stories about Gallus domesticus.

The Painted Veil (U.S., 2007) An English doctor and his upper-class wife relocate to Shanghai in the 1920s, where she falls in love with someone else, and he takes a job in a remote village-- taking her along.

Pucker Up (U.S., 2005). The contestants at the International Whistling Competition in North Carolina are dignified professional people who have a passion for a dying music form.

Through Deaf Eyes (U.S., 2007) An exploration of nearly 200 years of Deaf life in America.

Venus (U.K., 2007) Life for a pair of veteran actors gets turned upside down when they meet a brash teenage girl.

NONFICTION

The Assault on Reason by Al Gore. How fear, secrecy, cronyism, and blind faith have led to an environment dangerously hostile to reason.

Blessed Unrest by Paul Hawken. The story of the global movement to redefine our relationship to the environment and to one another.

The Complete Book of Small-Batch Preserving by Ellie Topp and Margaret Howard. Jams, preserves, relishes, chutneys, mustards, salsas, oils, dessert sauces, and more.

Creating Your Birth Plan by Marsden Wagner. The definitive guide to a safe and empowering birth.

Flameworking by Elizabeth Ryland Mears. Creating glass beads, sculptures, and functional objects.

Housebuilding: A Do-It-Yourself Guide by R.J. DeCristoforo. The definitive reference, updated and revised.

Last Rights by Stephen P. Kiernan. Rescuing the end of life from the medical system.

MaryJane's Stitching Room by MaryJane Butters. Forty-seven nostalgic projects laced with engaging essays and farmgirl wisdom.

Men Who Knit and the Dogs Who Love Them by Annie Modesitt and Drew Emborsky. Thirty designs for man and his best friend.

The New Greek Cuisine by Jim Botsacos. The chef at one of New York's best Greek restaurants updates this classic cuisine.

Not On Our Watch by Don Cheadle and John Prendergast. The mission to

end genocide in Darfur and beyond.

The Pirate Primer by George Choundas. Mastering the language of swashbucklers and rogues.

Rain Gardens by Nigel Dunnnett and Andy Clayden. Use the landscape to reduce the amount of water lost to the public drainage system.

Silence of the Songbirds by Bridget Stutchbury. How we are losing the world's songbirds and why this predicts widespread environmental problems.

Water Gardens by Susan Lang and T. Jeff Williams. Pond design, plantings, construction details, and caring for fish.

The World of the Polar Bear by Norbert Rosing. The life cycle of this amazing creature in stunning photographs.

STAFF PICK

June Falk, Moscow Library, recommends: **Full of Grace** by Dorothea Benton Frank.

Grace is an upscale travel agent whose crazy Italian-American family has to be one of the most amusing in years. Grace loves her family but lives in the city, far away enough that she doesn't have to hear the daily horror of their lives or deal with their disapproval of her living with Michael, a medical researcher working with stem cells. An inspiring and much-deeper-than-usual story, Frank gets into some serious and extremely interesting lay theology, creating an ending you won't soon forget.

Experience Sustainable Agriculture

By Kristen Koenig, Co-op Member

Have you ever wondered about the network of sustainable agriculture in our area? If so, you should attend the Washington State University Organic Farm Field Day and Resource Fair. The purpose of the field day is to highlight the WSU Organic Farm. Topics will include Community Supported Agriculture (CSA), extension, research, teaching and potential partnerships. The vision for the resource fair is to connect community members with local organizations and educate the general public about where food comes from, growing food, food politics and local food alternatives to industrial agriculture. The goals of the resource fair are to contribute to a shorter distance between the producer and consumer, increase knowledge of food systems and empower people to be informed and engaged members of the food politic. It will provide a networking opportunity for local groups to get together and highlight the network of sustainable agriculture on the Palouse.

Come on out and find out what is happening in your foodshed! Just a sampling of some of the groups that will be on hand: Cultivating Success Program, Moscow Community Gardens, Rural Roots, Small Farms Team and the University of Idaho Soil Stewards.

The event is on Thursday, July 26 from 9:30 a.m. until 1 p.m. (registration begins at 9 a.m.). The Field Day and Resource Fair will take place at the WSU Organic Farm, located in the Tukey Horticultural Orchard (at the corner of Airport and Terre View Roads—follow the signs up to the farm).

For more information about the event, please contact Kristen Koenig at kristen_koenig@wsu.edu or 856.655.5513.

For more information about the WSU Organic Farm please see: <http://css.wsu.edu/organicfarm/>

Artisans at the Dahmen Barn presents art classes for children in July

By Leslee Miller, Artisans at the Dahmen Barn

The second session of summer art classes for children is scheduled for July 10, 11 and 12 from 1 to 5 p.m. at the Dahmen Barn in Uniontown, for children going into the second through twelfth grades. The facilitators are accomplished resident Dahmen Barn artists along with

visiting artists, each teaching in their specialty medium. These are hands-on classes where the children will be introduced to a medium and

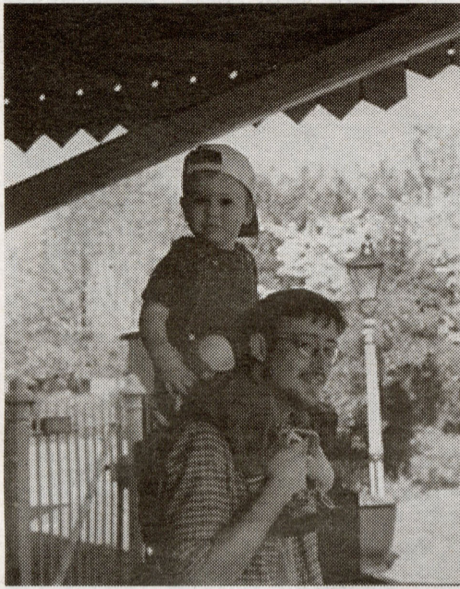
encouraged to experiment with it. The topics of watercolor, printmaking and painting on pottery are scheduled, and the \$60 fee for the three afternoons includes all the materials. Each day at a mid-afternoon break, the children will learn about one of the master artists and his work.

Advance registration by July 3 is required for the class. Registration information may be found on the web at www.ArtisanBarn.org at the bottom of the calendar page, or by calling 509-229-3414. VISA and MasterCard are accepted for class fees.



The Radio Beat: James Snyder on KRFP: The Colonel Would Be Proud

by Sean Quinlan



In literal terms, “surreal” means a higher stage of reality, one where reality and dreamscapes converge to form a new level of consciousness. One of my pet peeves is how some people misuse this word when describing something unusual. Hence, seeing your boss drinking at a bar becomes “oh, dude, that was so surreal,” instead of “boy, that sure was strange.” It would only be surreal if your boss had a melting watch or a hand full of ants; it doesn’t count if s/he were drinking Wild Turkey instead of, say, Booker’s bourbon. (And please don’t get me started on “isn’t it ironic?” for that song alone, the Modern Language Association should banish Alanis Morissette to Siberia.)

Now, you may be wondering why I’ve begun my Radio Beat column with this pedantic rant. It’s because I’m wondering whether my present situation is, frankly, surreal. Let me explain. Here I am, in Paris, sitting at the Place Stravinsky, just across from the Centre Pompidou, while I write my monthly article.

The world suddenly doesn’t seem like such a large place, as Moscow looms beyond Niki de Saint Phalle’s fountain, but the event feels — ironically enough — so surreal that if it wasn’t, it would surely count as perverse.

Which brings me to this month’s DJ profile: Jim Snyder’s late show, “All Chicken.” Talking with Jim certainly isn’t surreal or perverse; but surrealists would have celebrated aspects of his program, particularly his black humor. The show’s name has an unusual history. “I was taking orders at the WSU creamery,” Jim remembers, “when this woman called from New York City. She was a former comedy writer. She asked me whether I was ‘beefy’ enough to play for the football team. ‘Beefy?’ I replied, ‘Hell, no — I’m all chicken.’”

Jim started his KRFP shift about seven months ago, and for reasons more literary than musical. “My original idea,” he confesses, “was to read my writing on the air. But then I got on the air and found I couldn’t bear doing it. I have since learned that to be a writer you actually have to write. So I started playing music instead.”

“Unlike many other DJs on KRFP,” he continues, “I’m apolitical. My show doesn’t grind any ideological axes. It’s more about the music.” He pauses for a second. “However, I should mention that current administration is a bunch of slime balls.” For these reasons, Jim approaches programming like a “mix tape” from Nick Hornby’s novel, *High Fidelity*, and he tries to blend tunes perfectly. Consequently, his selections are mood-specific. “You know, if I’m happy, I play fast stuff,” he laughs. “If not, I tend to slow it down a bit.”

There are, however, some elementary rules. “I don’t play country, and I don’t play hip-hop unless you count things like the Black Eyed Peas.” Generally, though, the mix is wonderfully eclectic here and there, you find some punk and some metal, or straight-up blues or more classic rock ‘n’ roll. You might hear stuff like Kim Chi Mix (a Korean-English hybrid), Cake, Black Sabbath, Crystal Method, the Offspring (“I play a lot of Offspring”), the Clash, Debby Harry, 9-Inch Nails, or Marilyn

Manson.

But there’s more. Like other DJs, Jim finds that the late night slot liberates him because of looser broadcasting restrictions. So, Jim harks back to Dr. Demento, playing all sorts of oddball material like tracks from The Wizard of Oz, Richard Cheeve’s *Aperatif for Destruction*, and even Dirty Fan Mail (which has someone reading, with a British accent, fan mail to porn stars). In the midst of this discussion, Jim pauses. “I was on the air the night the shootings happened at the Presbyterian Church,” he says. He knew something was wrong and called the police. On the air, he urged listeners: turn off your lights and lock your doors. Jim throws his hands up. “I should have done more, been more of a resource.” He trails off. “It was all so confusing.”

Born in Pennsylvania, Jim attended the University of Scranton and studied in Dublin. Later he moved to Seattle and did web design for Amazon.com. “It was a draining experience,” he says. “Amazon blows. And you can write that down.” Draining or not, Amazon led him to a long-term relationship that got him relocated to London. However, he refuses to be sentimental about post-industrial Britain. “Living in London was a lot like waiting in line to die,” he deadpans. “The whole culture is a love affair with failure. The pessimism and bureaucracy are unbelievable.”

Returning to the States, Jim found himself in Moscow, helping a sick family member. But his partner split and he found himself alone. “I was tired and I was burned out. So here I

“Generally, though, the mix is wonderfully eclectic here and there, you find some punk and some metal, or straight-up blues or more classic rock ‘n’ roll.”

stayed.” In the past years, Jim has held several jobs — even modeling for the art department — and he writes. Like other DJs, he uses community radio as an outlet. “I don’t really know what the future holds,” Jim muses. “It’s just that I’m tired of moving. I’m more of a city guy, myself. But the area reminds me of where I grew up in Pennsylvania. It’s kinda familiar in that way. And there’s a lot to do — if you know how to get plugged in.”

The “All Chicken” show appears every Sunday evening from 11 p.m. to 2 a.m. You can find out more about 92.5 KRFP on the web at www.radiofreemoscw.com (including streaming audio).

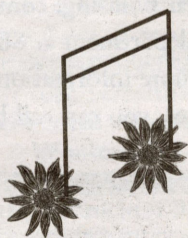
Sean Quinlan is an historian of science. He’s on assignment in Paris.



Listen to Kenna on KRFP-FM

The weekly interview show with Kenna Eaton, Co-op General Manager, is taking a summer break.

Kenna will be back on KRFP-FM, 92.5, Moscow’s community radio station, in September.



L	O	C	K	E	N	W	A	L	K	A	
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The Sustainability Review: Kelly Moore Construction

By Mike Forbes, Newsletter Volunteer

I was approached by the newsletter editor to write an article about Kelly Moore and his construction company. The request was easily followed since what Kelly is doing is right up my alley and he and I have been friends for several years. Kelly was recently given the City of Moscow's sustainability award for the second year in a row for building homes that meet the requirements of their Green Building program. Kelly is the only commercial builder that I am aware of that is building homes such as these in Moscow.

I visited Kelly at his latest home in Moscow and was given the grand tour of all the things that classify it as "green". This home was recently given a "gold" rating, the highest offered by the program. The following are some of the items that make it different:

- a) High efficiency (96%) boiler system with radiant floors and baseboards. This boiler also supplies the domestic hot water as well as allows for an additional solar hot water system to be added later
- b) Heat recovery ventilator (HRV): As air enters the house, it is preheated by the heated air leaving the house through a heat exchanger. Most houses bring in air directly from outside that must either be cooled or heated, depending on the season, by the house's furnace.
- c) 100% recycled nylon carpet that is recyclable as well.
- d) Zero VOC paint used throughout the house, I noticed when walking into this home that there was no objectionable "new house" smell.
- e) Cabinets made from low-formaldehyde products produced at Huntwood Cabinets in Liberty Lake, WA. (This facility is a zero-emissions facility where all the waste produced is recycled and



An example of a Kelly Moore house, one with many sustainable features. Kelly Moore has been awarded the City of Moscow's sustainability award.

all coatings are recovered and not discharged into the environment.)

f) Caroma dual-flush toilets – there are 2 settings on the toilet, 1 button for liquid waste uses 0.8 gal/flush and the other button for solid waste uses 1.6 gal/flush.

g) Formaldehyde-free fiberglass insulation installed so that the insulating values exceed those required by code.

h) 3/8" water lines for fixtures. Most fixtures don't need a 1/2" plumbing line to them, doing so causes an increased use of hot water while waiting for the hot to show up. There is less than half the water in a 3/8" line, making water delivery faster and conserving our precious resource. There is no need for hot water circulating pumps that so many homes are using these days.

i) No vinyl in the house. Vinyl has a poor record when it comes to indoor air quality and production on the industrial scale. Kelly uses no vinyl products inside the home.

j) Tile floors that are made from domestically produced tile. Much of the tile we use comes from overseas, adding transportation impacts and taking away from domestic producers.

k) Water-based adhesives: Houses contain many adhesives and Kelly uses water-based, solvent-free ones. You'd be surprised how much adhesive goes into the house. We used approximately a 5 gallon bucket's worth on our 1,350

-square-foot home.

These are just some of the specifics that make Kelly's homes different from others. There are also non-visible items that contribute to the sustainable nature of the house. Kelly is very concerned about the waste they generate in the home. Everything that can be reused is, and what isn't is recycled if possible. There is no large construction dumpster outside the home with useable wood piling up in it.

I was impressed with Kelly's house. Kelly has a very thorough approach to building a home. He is very particular about the quality of workmanship both as it pertains to energy performance and aesthetics. I know that his next project is a "green" duplex that employs the above-mentioned items and is going to have a solar hot water system as well. I applaud him for taking these steps when it is so easy as a builder to just stick to the norm and build a "cracker box" that sells and has a much larger impact on the earth and our community.

For more information on Moscow's Green Building, contact the building department at 883-7022. And for more information about Kelly's homes, you can call him directly at 892-3524.

Mike and his family are putting the finishing touches on their home ...



Earth Tub: We need a moisture absorber!

The new Earth Tub composter works best when it is fed moisture-absorbing dry material, in addition to the wet food waste. For example: sawdust or woodchips, straw, or coffee hulls.

Please contact Kenna at the Co-op, 882-8537, if you can provide this.

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www.geocities.com/pccmdrc

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"Kelly is very concerned about the waste they generate in the home. Everything that can be reused is, and what isn't is recycled if possible. There is no large construction dumpster outside the home with useable wood piling up in it."

Make Soup—and Bread and More—While the Sun Shines!

By Sharon Cousins

What do cardboard, glue, canning jars, aluminum foil, sheet metal, foil-on-foam windshield shades, black paint, oven bags, buckets, and newspaper have in common? They can all be used to make simple, inexpensive solar cookers and cooking equipment!

A woman in Norway is cooking in homemade suncookers (with snow on the ground!). The Palouse is not too far north. On sunny days, we can catch free rays and use them to cook.

The gentle cooking preserves color, nutrients, and some enzymes. The food has an unbelievably fresh flavor. Steaming, simmering, baking, and roasting are all possible in simple solar cookers (more sophisticated versions fry and grill). Just think—fresh bread, baked potatoes, and garden soups and casseroles in the dog days of summer, while your kitchen stays cool!

It's fun and fascinating, this conjunction of science and food. You'll be amazed the first time you watch soup bubbling in a contraption you made out of cardboard and aluminum foil! Enjoy a family sunfeast, each person using his or her own homemade cooker to produce a dish. Your kids (in good sunglasses, please) might get a science fair project out of the deal, and kids (of ALL ages!) can help with ongoing research.

Suncooking is fun, healthy, convenient, safe with reasonable precautions (sun-



A delicious loaf of bread and the oven that baked it.

glasses, potholders, safe/supervised use of spray paint and sharp blades, etc.), and delicious. The energy is free and non-polluting. When you cook with sun, you help the whole world. For better and for worse Americans are trendsetters for the globe. Help set a trend on the "better" side—a win/win for everyone involved.

For information and discussion forums on suncooking throughout the world, comprehensive instructions and advice on building and using homemade cookers, an amazing photo gallery of cookers, and more, visit the Solar


Cookers International's Solar Cooking Archives at: <http://solarcooking.org/>

Sharon Cousins (aka SharonID on the Internet) has lived, loved, crafted, and cooked on the Palouse for over 30 years. Her new suncooking advocacy is dedicated, in part, to the memory of Leroy Lee. Sharon is offering a prize of a homemade panel suncooker and two cooking jars to the first person from the Palouse who (as a result of reading this article) registers with the SCA discussion forums (or SCA wiki), learns enough to post a useful remark or interesting new question, and sends her a pointer to

“Steaming, simmering, baking, and roasting are all possible in simple solar cookers (more sophisticated versions fry and grill). Just think—fresh bread, baked potatoes, and garden soups and casseroles in the dog days of summer, while your kitchen stays cool!”


the post at: writersguildgal@moscow.com The first person to e-mail Sharon to report a successful cooking experience as a result of reading this article wins a loaf of fresh sunbaked bread or a quart of delicious sun-soup.

July Hot Specials	
Breakfast / Lunch	Dinner
SUNDAY	
French Toast, Hash Browns, Egg and Tofu scrambles, Bacon	Lasagna: Grilled Veggie or Italian Sausage, Garlic Bread
MONDAY	
Breakfast: Egg Scramble, bacon Lunch: Gourmet Pizza by the Slice	Lentil Pockets, Honey Glazed Carrots, Mean Greens
TUESDAY	
Breakfast: Egg scramble, Bacon Lunch: Egg Rolls, Fried Rice, Wasabi crusted chicken	BBQ Night! BBQ Chicken & Tempeh Kabobs, Dill Potato Salad
WEDNESDAY	
Breakfast: Italian Frittata & Roasted Potatoes. Lunch: BBQ Ribs or Seitan, Scalloped Potatoes, Local Mean Greens	Manicotti, Herbed Chicken or Spinach Mushroom, Garlic Bread
THURSDAY	
Breakfast: Potato Pancakes, Bacon. Lunch: Smothered Burritos, Roasted Corn, Gaspacho.	Mango Coconut Stir Fry, Apricot Currant Chicken, Jasmine Brown Rice
FRIDAY	
Breakfast: Tofu Scramble, Home Fries. Lunch: Local veggie Stir Fry, Wontons.	Gourmet Pizza by the Slice
SATURDAY	
Breakfast: Breakfast Burritos, Spicy green chile sausage, Roast Potatoes. Lunch: Local fresh herb Salmon, Rice pilaf, Garlic Snow Peas & Red Onions.	Mac & Cheese, Charred Green Beans, Rosemary Roasted Potatoes.



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The Coop Listener: Milo Duke, Practical Physics IV

By Jeanne McHale, Newsletter Volunteer

Music and physics are two examples of beauty founded on mathematics, and both are dear to the heart of this reviewer. So I was eager to get acquainted with the newest addition to the Coop's CD collection, Practical Physics IV by Moscow's own Milo Duke. This delightful hand-produced album sparkles with five original tunes in a genre that is hard to categorize but sure to hold your musical and scientific interest.

My introduction to Milo Duke and his music started with a stop at the Stinker station where he works. The equation for kinetic energy is lettered on the CD itself, and a mosaic of mathematical symbols forms the backdrop for the cover art. The album benefits from the excellent musical accompaniment of the Finn Rigginses, the Hailey, ID, band featured in the April Co-op Listener column. Passionately delivered poetic lyrics are woven into the instrumental texture of Milo's guitar, Eric Gilbert's keyboards, Lisa Simpson's guitar and Cameron Bouiss' drums. These musicians provide a rich musical pallet for Milo's songs, some of which resemble sketches on natural philosophy, and some of which take on more conventional themes such as relationships and dance. Changing tempos, musical spaces, and a variety of keyboard and drum voices make these tunes very interesting to listen to. And trying to penetrate the physical and metaphysical lyrics will keep you interested as well.

The first tune on the CD, called "Ghettup," as in "Ghettup... and dance just like you used to," uses a beat box and a cute marimba voice and has a kind of 1980s feel. I wonder what Milo means when he sings "there's even space between molecules to do something later." The title cut describes the final thoughts of a man who has decided to jump out of an airplane, fully aware that acceleration due to gravity is 9.8 meters per second squared. The halting



Milo Duke in a solo outdoor performance at the Coop on June 12.

rhythms heard on the beginning and end of this tune seem somehow appropriate here. "To Assault Bedsheets" reveals a tender side of Milo Duke, while "The Great Solar Stance" returns, in operatic style, to musical and conceptual themes heard on earlier tracks. This song features excellent dynamic tension and nice organ playing. By the time I got to the romantic "Song for a Sober Girl," I began to feel familiar with Milo Duke's trademark rhythm, and wished that there were more than five songs on the album.

I spoke with Milo at the conclusion of his recent live performance at the Co-op. He is from Idaho Falls, and attended the UI for a semester or two as a music student majoring in piano, an instrument he has played since the age of four. Recognizing that "you

can't really take a piano camping with you," Milo taught himself to play the guitar. Milo will return to the UI this fall to complete an English degree. His songs are fed by poetry and cool guitar riffs as well as fascination with physics. Interestingly, he has not taken any physics classes, but appreciates the beauty of the equations and concepts. He explained that he has written several songs on the Practical Physics theme, in which he uses the idea of a man jumping out of an airplane as a device to explore the concept of finding a new universe within the dimensions of the atom. His life goal is for his music to support him from one show to the next. He has had a taste of the road from a brief tour with Oracle Shack, and would absolutely love to travel and perform.

His live performance at the Co-op introduced me to Milo Duke in a more concentrated format that showcased the depth of his vocal and guitar style. Milo is all about getting his music out, and doesn't mind spending his own money to perform, as he probably will when he travels to Stanley for a concert in August. Since he doesn't mind if you copy his tunes, I'll be listening to Practical Physics IV on my MP3 player for a long time, enjoying the grooves and studying the lyrics.

The Co-op Listener is written by Jeanne McHale, aka Jeanneology, who will play ancestor-inspired standards and original songs at the One World Café on July 7.

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photos by Dick Walker



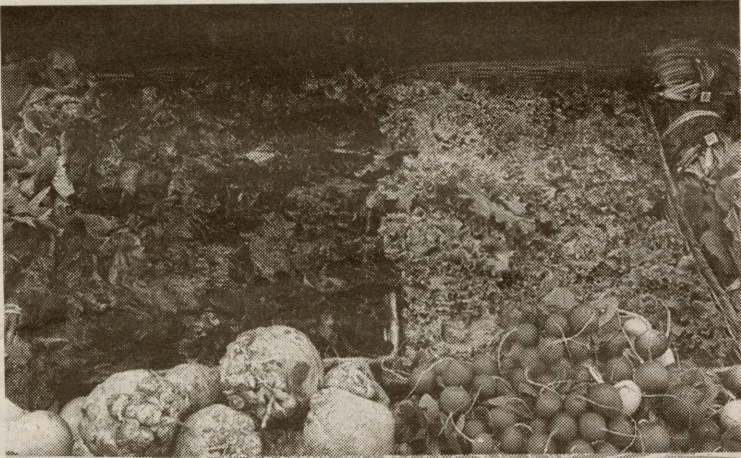
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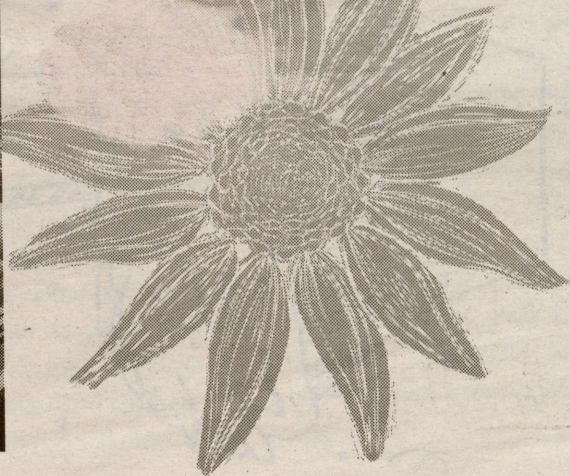
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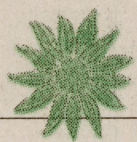


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Bulletin Board

Moscow Food Co-op
121 East Fifth
Moscow ID 83843

MOSCOW FO

Co-op Events

MAD Sale Member Appreciation Day

Thursday July 19, all day
Big savings for our members (and remember to wish Kenna a happy 49th birthday)!

Co-op Kids – meet at 9am

July 11 outside the Coop for Summer Fruit Salad Making- the little ones LOVE using melon ballers to make their own fruit salads to freeze and eat!

July 25 at Friendship Square for some snacks from the Co-op and outside play/ conversation.
Rebekka Boysen-Taylor: amamaswork@yahoo.com

Tuesday Tunes—Hot Off The Grill

Tuesday evenings, 6-8pm, Co-op Parking Lot—with BBQ dinners available

- July 3 Forgotten Freight
- July 10 John Craigie
- July 17 John Elwood & Sally Burkhart
- July 24 Desert & Rain
- July 31 Daniel Mark Faller

Tuesday Growers' Market

Through October, every Tuesday evening from 4:30 – 6:30, local growers sell their seasonal produce and meat in the Co-op parking lot with accompanying barbeque and music. Come by to chat with the growers about produce and farm life, and pick up mid-week staples.

Co-op Community Dinner

Wednesday July 25, 6:30pm

Chefs: Todd Brown and Emily Melina

- Proscuitto and Parmesan Reggiano Stuffed Mushrooms
 - Organic Spring Greens with Raspberry Vinaigrette and Salmon Valley Blue Cheese
 - Rolled Sole Fillets with Shrimp and Wild Mushrooms
 - Parisian Potatoes
 - Poached Organic Bosc Pears with Vanilla Ice Cream + Warm Bittersweet Chocolate Sauce
- Dinner and complimentary wine tasting \$28

Community Events

8th Annual Summer Concert

Monday July 9, 7pm

Sponsored by UI Arboretum Associates & the UI Lionel Hampton School of Music, held at the North end of the UI Arboretum. The concert is free. Contact *Kris Roby*, ☎ 885-6427 or *krobby@uidaho.edu*.

The 3rd Annual Palouse Art Walk

July 6, 7 & 8

Work by 23 artists will be placed at downtown businesses and at the Grange building located at 210 East Bluff Street in Palouse. Artwork may be viewed at the Grange from 5-9 pm on Friday the 6th, 11 am- 6 pm on Saturday the 7th, and 11 am- 2 pm on Sunday the 8th.

The opening reception at the Grange on Friday evening will include adult beverages and appetizers. Cookies and punch will be served at the Grange during other display times. Performances by area musicians will also be held at the Grange.

freewriting@turbonet.com

Pay Dirt Farm School Class

Saturday July 14, 10am – 12pm

Class on hoop houses, greenhouses, building soil with ground covers, and sprouting. Learn how to grow fresh produce all year! Class time: 10am – 12pm; Location: Location:

MaryJanesFarm, Moscow;
Class fee - \$25—handouts included
Registration: *Sunny 208-882-5333*
sunny@maryjanesfarm.org.

Palouse Folklore So

Saturday July 14, 6:30pm

Contra Dance potluck under the stars at 7:30 p.m. beginner's lesson, 8:00 p.m. dance at the old Blaine School. Highway 95 south from Moscow to Eid Road, just after 1340, then east (left) to the crossroads of Eid Roads.)

\$4 newcomers, \$5 members,
Information and map: *www.palousefolklore.com*

WSU Organic Farm Resource I

Thursday July 26, 9:30am – 1pm

Free public tour of the WSU Organic Farm.

Contact *Kristen Koenig*:

kristen_koenig@wsu.edu ☎ 856 655 5513

Dahmen Barn – Uniontown

Sunday July 8, 1 – 4pm Opening of Alison Meyer's photography exhibit. Free.

Saturday July 14, 1 – 3pm Mardi Bolick will teach a class on creating mosaics from found objects for students aged 8 and above.

Sunday, July 15, 2 – 4pm Marty Lukenbill and Mark Faller in concert. \$5.

Saturday July 28, 9am – 4pm Basket weaving class. The cost is \$65 which includes all materials. The class is limited to 8 and registration is required by July 21. More info for all events:

www.ArtisanBarn.org or ☎ 509 229 3414

Rendezvous in

Thursday July 19, 5:30pm

Beat): Omar Torrez –supporting Man and Ether Hour.

Friday July 20, 5:30pm (A Mother Hips, supported by his band.

Saturday July 21, 5pm (Blues Staples supported by Rendezvous Show winners Kelly Riley and Brian Gill, fol Carl Rey and the Blues Gators.

Sunday July 22, 3pm Classical music afternoon with the Rendezvous Chamber Orchestra.

www.moscowmusic.com, or phone *Brad Bradberry* ☎ 208 882 4232.

The Rendezvous Chamber Players will a series of free concerts during the week of Rendezvous in the Park, July 16-22. The schedule is as follows:

Monday, July 16, 6:30pm, 1912 Cer

Wednesday, July 18, 3:00pm, Good Village, Moscow

Thursday, July 19, 12:15pm, WSU Library Atrium, Pullman

Friday, July 20, 7:30pm, First United Methodist Church, Moscow

Saturday, July 21, 1:30pm, Troy, City Park.

One World Cafe July Music

- July 6th Brian Gill
- July 7th Jeanne McHale
- July 10 John Craigie

Food Addicts in Recovery Anonymous

Thursdays 7pm
2nd Floor Board Room, Gritman Hospital, 700 South Main Street, entrance nearest 7th St. Jeanne 509-334-5202 *www.farad.org*

Vigil for

Moscow: Fridays 5:30—

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Dear Dr Gretchen Stewart
☎ 882-7067, *s@moscowfoodcoop.com*

Pullman: Friday July 6,

Under the clock by the Pullman
☎ 334-4688, *s@moscowfoodcoop.com*

Send your community calendar events to *events@moscowfoodcoop.com* each month. For more events visit *www.moscowfoodcoop.com*

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