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Community News

FREE!
PLEASE TAKE ONE

June 2007

The monthly newsletter of
the Moscow Food Co-op



Dreamin' of Compost

by Kenna S. Eaton, General Manager

Two years ago, the Co-op board and staff were busy plotting and planning our move to this location. We knew that our space would double, our staff would double, and that our waste would more than likely double as well. While trying to design a system to cope with all this waste, we discovered the "Earth Tub," a giant composter used by institutions to change their waste into gold—compost that is. It seemed like the very thing we needed but, with an \$8,000 price tag, it was beyond our budget.

Last summer, the Co-op, in conjunction with PCEI (Palouse Clearwater Environmental Institute) and the Moscow Recycling Center, wrote a grant to the EPA (Environmental Protection Agency) for funds to set up a demonstration-composting project at the Co-op using the Earth Tub as an example of what could be done differently. Finally, in April of this year, we received word that the grant was approved and the Co-op would see its dream come true!

Sometime in the next few months, the composter will arrive and be installed in the alley. It will take post-consumer waste—paper cups, napkins, and the scrapings from our lunch plates—as well as cullings from both the kitchen and the produce department. Then it'll mush everything around for a few weeks and voila!—the gift of compost.

Sometime later this summer we'll have a kickoff party to celebrate, show you the how the Earth Tub works, and to learn more about what you can do yourself at home.

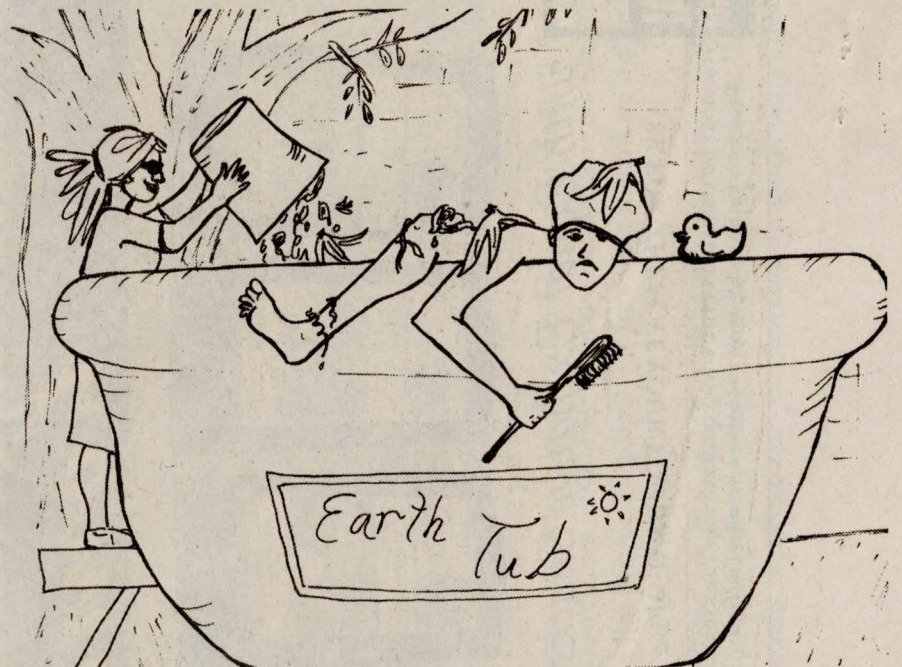


Illustration by Elizabeth Carney Sowards

www.moscowfood.coop

Community News

Published by

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



You own it!

by Kenna S. Eaton, General Manager

When you become a member at the Moscow Food Co-op, you are actually becoming an owner. The money you invest into this business is used as capital to grow our store and in return, you get lots of cool and groovy benefits including the right to vote for your Board of Directors (they are my boss and make sure we stay on the right track).

Several years ago, we bought a new cash register system. Since this is a new century, cash registers are now called Point Of Sales systems and have their own acronym: "POS." The system we chose, ECRS/Catapult, is known for its ability to keep track of our entire inventory plus its ability to work well with businesses like ours. In fact, five years later almost all the co-ops in the Northwest are using the same POS system! For the past few years, all the Co-ops have been asking for an upgrade to their membership tracking system and finally we've gotten the software and we are ready to install it. This will mean some changes at the Front End (another newish term for the place where you

pay) but hopefully the changes will speed things up for you as you are leaving.

So what's going change or stay the same?

☛ The \$10 annual investment for one adult only will stay the same. Once you've made your investment for the year, you can share your membership with one other adult, as long as they live in your house and share your food (kids are free and included in the membership). And you can have an extra card for those folks.

☛ We've eliminated the \$7 extra charge for the second adult in the house.

☛ We will keep the \$5 annual investment charge for those who consider themselves eligible. Are you a senior? Please tell us so we don't have to put our foot[s] in our mouths!

☛ We will still keep the \$150 investment cap, once you've reached that amount we'll consider you fully invest-

ed.

☛ All members will continue to have an account under their name in our database. This is where we track your investments. We do have to check that your membership is current every time you check out but, hey, you don't have to use your scannable card if it's against your principles (it just makes everything faster and easier).

☛ When you're ready to renew your membership your cashier can verify and update your account immediately—no more waiting while we fill out the paper work and send it upstairs to be updated. Of course, that means you can go ahead and use that scannable card again right away.

☛ And finally, new members will receive their scan card at the time of payment.

So why are we doing this? Well, as I mentioned earlier, it really will speed things up at the checkout lane when we don't have to stop and fill out the paperwork for new and renewing members. And we will be one step closer to our ultimate plan of patronage refunds: the profits that a co-op shares with its owners like you!



Amaltheia Dairy: An Inland Northwest Goat Dairy Success Story

by BethAnn Quirk Applegate, Co-op Cheese Buyer

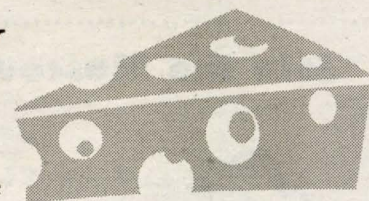
Amaltheia Dairy is a busy organic dairy farm owned by the Brown family in Belgrade, Montana. Melvyn and Sue Brown, along with the help of their children and a few employees, are able to keep up with the hectic pace of a growing business. While the farm maintains a sense of serenity, everyone is diligent in maintaining the Grade A status of the dairy, as well as the high quality of the cheeses. Young goats have access to a creek near their grassy pens and the babies are hand fed several times a day. The name Amaltheia comes from Greek mythology, and refers to the goat that is reputed to have nursed Zeus. Its horn gave us the symbol of the cornucopia that today represents abundance.

The Moscow Co-op has been carrying some of Amaltheia's various cheeses for almost a year and our family of customers has been very happy with these products. We carry goat feta, when it is available. While the babies are nursing, the quantity of milk for cheese making is reduced and the goat feta is not available...but we happily await its return. Their other cheeses we carry are flavored versions of soft chevre—the French term for goat cheese. My personal favorite is the Chevre with Truffle; its mild flavor makes it an excellent choice for a first introduction to goat cheese and it comes in a small four-ounce "tube." The other selections of Amaltheia chevre are packaged in small four-ounce cups. The flavors

include Garlic & Chive, Spiced Pepper, Sun-Dried Tomato, and Plain. All cheese from the Amaltheia Dairy use only vegetable rennet.

Goat cheese may also have a number of health benefits; it is lower in calories than other cheeses and is easy to digest. For information on the health benefits of chevre, visit the Amaltheia Dairy website at www.amaltheiadairy.com.

Stop by the cheese case next time you are visiting the co-op and select one of Amaltheia's wonderful cheeses; I'm certain you will be pleased.



Co-Operations



The Front End News

by Annie Hubble, Front-End Manager

As always during this time of year, we say goodbye to old friends and hello to new ones as students leave this town for new adventures. You will see two new faces at the registers: Andrea Bussinger and Matt Stehnke. Andrea worked for a while as a deli server and has now joined the cashier crew. Matt is new to the Co-op.

Both I am sure will be excellent members of an excellent front-end crew.

It is hard to let go of familiar faces, but to those who are leaving, we at the Co-op wish you well in the next stage of your lives. Customers, volunteers, or fellow workers—you will all be missed! Come back and visit!



Community Dinner

by Amy Richard, Kitchen Manager

Our next Community Dinner will be on Wednesday, June 20th at 6:30 p.m. Melissa Culton and Emily Melina will be preparing a Thai dinner. The menu will

be posted in the store in early June. Reservations are required for the four-course meal that includes wine tasting. Sign up at the register to reserve your seat, this one will sell out fast!



May's Community Dinner was enjoyed by all who attended. Photo by David Hall.

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. Denice 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

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

Mindgardens: Free initial consultation & 10% discount on services, Erik Tamez-Hrabovsky, erik@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 Rayer, 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, tyedyed@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



That Vision Thing

by Kenna S. Eaton, General Manager

Earlier this year the Co-op launched a long-term strategic planning process that we call “that vision thing.” Our goal is to create a road map for our future, one that we can all use when directing this business, or at least the next ten years. This spring, the small working group (SWG) we created made up of staff, board, and co-op members kept very busy collecting information, big ideas, and dreams. The SWG attended a board retreat, a staff workshop, and a special member meeting held on the first day of spring. Later we hosted several “coffee tables” in our seating area, added a “vision” box at the front end of the store (for do-it-yourselfers), and attended many staff departments meetings. Whew! That was a lot of gathering and a lot of thoughtful advice and dreams about how the Co-op should grow and change over the next ten years.

Now that the “information gathering” phase is drawing to a close, the SWG will work on sifting through that great mass of ideas for the future, looking for common themes that we can use to create a strategic plan of three-to-five, long-term goals. From this refining work, we will take our still rough ideas back to the board, the staff, and the membership through a variety of vehicles, including focus groups and newsletter articles. You will have a chance to make comments, ask questions, and provide suggestions. Once we feel we have a good idea of the

“Our goal is to create a road map for our future, one that we can all use when directing this business, or at least the next ten years.”

Co-op’s direction, we will solidify the goals and post them for all to see.

Finally, when I write my annual business plan (which I do every year), I will base it on the first year’s steps toward achieving this strategic plan. Sounds like fun doesn’t it? We’ll try to keep you posted monthly as to our progress and let you know when and how you can help us.

Thanks to the SWG for their help in this process and to all of your good ideas and enthusiasm so far. Keep up the good work!



Customers admire art by high schoolers at the art opening on April 13. Photo by David Hall.



Art at the Co-op: Moscow Artwalk 2007

by Annie Hubble, Art at The Co-op coordinator

Moscow Artwalk is a yearly festival of art, in which over 30 businesses and dozens of artists participate. The opening night, Friday, June 22, will be a grand community event with people wandering around downtown and beyond, enjoying some fantastic works of art.

The Moscow Food Co-op is proud to participate in Artwalk. Please come to the opening reception at the Co-op and meet Russ Wheelhouse, our Artwalk artist, on Friday June 22, from 5 p.m. to 7 p.m.

Russ Wheelhouse will display his work from June 22, though Wednesday, August 8. Then an exhibit from Christie Stordahl will show from Friday, August 10, though Wednesday, September 12.

Russ Wheelhouse will be showing his collages, which he describes as “Fine Art Traffic Jam.” Russ has always been fascinated with automobile advertising from the late 1940s and early 1950s. The owner of Uniontown Deluxe Used Goods, a

thriving antique store in Uniontown, Washington, Russ also has a degree in advertising,—a combination that has given him a love for the unusual and the odd. Although he appreciates the work and effort that went into the renderings of these now old cars, he is especially captivated by the hugely unrealistic smiles on each and every face in the advertisements.

One day he was inspired to create simple collages of these car images, cutting by hand the various cars. His first efforts involved placing the cars on paper as petals of flowers. Then later he made collages by placing the cars on existing photographs, aiming to keep the theme organic, but always looking for the odd juxtaposition of ideas.

He really became excited by the whole idea when he discovered an old, torn apart book of classic art history in his antique store. He quickly became adept at giving the art “a lift” with the careful placing of old cars in the scenes.

Amused, he settled down to some painstaking work. His challenge was to have the car inserts fit without disturbing the overall theme of the art piece. “Sometimes the cutting was like weaving a basket, and at other times I was forced to wear magnifying glasses to make the cuts just so,” he writes.

Russ created 28 images, titled “Fine Art Traffic Jam,” during the winter of 2006-2007. The result is amusing and clever with lots of surprises. This is a show not to be missed.



Tuesday Tunes

by Joseph Erhard-Hudson, Co-op Concert Coordinator

It might be tempting the weather gods, but I can’t wait to be outside for our Tuesday music. The intimate music, the luscious smells from the grill, the happy audience in their comfy summer togs, and the overflowing tables of produce from our local growers combine to make Tuesdays at the Co-op one of my favorite parts of summer in Moscow.

Along with moving outside, we move to an earlier schedule for the summer. The grower’s market sets up at 4 p.m., and music and the grill commence at

5p.m. Music ends at 7 p.m., and the grill is open until 7 p.m., or until the food runs out.

Our first outdoor concert on June 5 features Sesitshaya Marimba Ensemble. Their music provides an excellent definition for the word “exuberance.” Their new teacher, Tendai Muparutsa, joins in on many of their songs with mbire (thumb piano) or voice.

Local guitarist/singer Milo Duke plays on June 12. Milo has occasionally toured with the popular local band

Hot off the Grill

Tuesdays in the Co-op Parking Lot

4 - 6 p.m. Growers Market

5 - 7 p.m. Music and Grill

Early Summer Concert Line-Up:

June 5: Sesitshaya Marimba

Ensemble

June 13: Milo Duke

June 19: Joan Alexander & Marci Stephens

June 26: Tendai Muparutsa

July 3: Forgotten Freight

Oracle Shack, and has just released a new CD.

Joan Alexander & Marci Stephens play on June 19. This local duo sings classic ballads and has an easygoing jazzy feel.

On June 26, Tendai Muparutsa from Sesitshaya returns for a solo performance. His singing and instrumentals are sweet and riveting, and you won’t want to miss him.

Looking ahead into July, Forgotten Freight plays July 3. If you came to our Farm Day back in March, you heard Forgotten Freight play their bluegrass fun tunes. They’ll provide a fun start to the Independence Day holiday.

When Joseph Erhard-Hudson is not wrangling musicians, computers, and family, he sings tenor with the local a cappella trio Trillium.

Co-Operations



A Floury Subject

by Kenna S. Eaton, General Manager

Earlier this year we celebrated one of our local producers, Shepherd's Grain, with a farm day (we do plan to hold more farm days for different farmers later in the year). Anyway, for some of you it was a shock to discover that your Co-op bakery was no longer using solely organic flour in its baked goods. So what is the story? And why did we make the change?

Last year the kitchen management team and I held a workshop where we identified what made our kitchen different, what we wanted to keep, and what we wanted to enhance. One of the themes that evolved was an interest in buying local as much as possible, whether it was kale, or cheese, or flour. Afterwards, as we looked deeper into the subject, we discovered that indeed there is wheat being grown on the Palouse using sustainable methods, and certified as such by the Food-Alliance. However, it wasn't organic. We did

our homework, met with the farmers, talked to the Food-Alliance, and decided that supporting local was more important to us than shipping organic from far away.

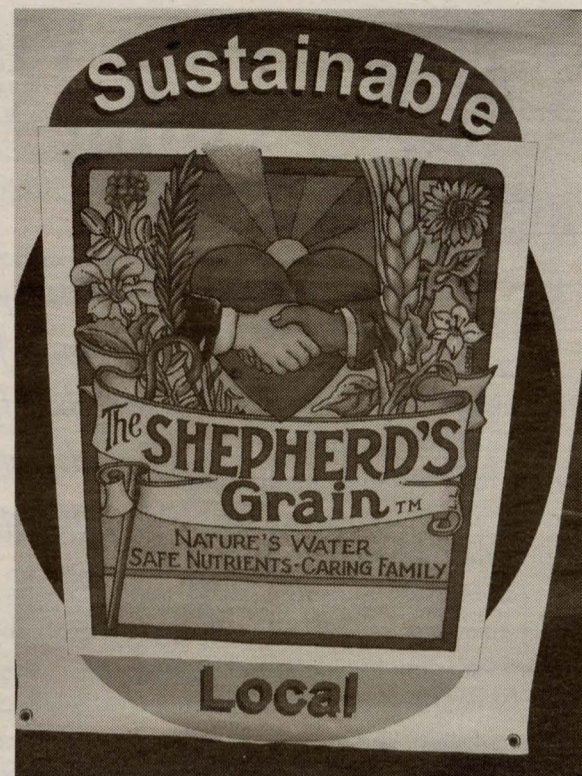
Shepherds Grain is a coalition of wheat, pea and lentils farmers who decided to work together to save their (relatively) small family farms. All these farmers have a long held tradition of wanting to nurture their soil, grow the best, healthiest wheat, and do it in a way that would allow them to hand the farm on to the next generation, basically an eco-friendly path. Certified by the Food-Alliance, a third party verifier that assures food is produced in an environmentally and socially responsible manner, Shepherds Grain uses a direct seeding system, which means no tilling of the soil, thereby reducing wind and water erosion and ultimately protecting fish and wildlife habitats as well as keeping the soil fertile. Food Alliance also ensures that the farmers

reduce pesticide usage and instead use Integrated Pest Management methods. The farmers also share a passion for environmentally conscious and sustainable farming and are excited to keep their product local. Their passion speaks volumes through their product, a flour that is superior for our purpose: making excellent baked goods.

So, that's why we made the change. The debate over local and sustainable versus organic is not over (and it won't be for a long time), but the staff at the Co-op felt it was important to take one of the first steps in reducing our dependence on industrial organics and long, resource heavy shipping routes.

We continue to sell organic flour, and if you want organic bread, don't forget that our Spelt breads are still made with organic flour.

Our decision to switch to locally grown flour, instead of using imported organic flour, was not an easy one. The debate



Shepherd's Grain local flour is used in the Co-op's bakery. Photo by David Hall.

among environmental activists and co-op consumers about this issue continues nationwide. In future issues of our newsletter, Sharman Gill will be writing more about this ongoing debate and the decisions we make here at your Co-op.



The Grocery Zone: People to People

by Joan McDougall, Grocery Manager

While waiting for my lunch at the deli last week, I checked out the titles on the magazine rack. Picking up *Plenty*, I found myself agreeing with the premise that the editor, Mark Spellum, put forth in his letter:

"The products we choose are more often than not a moral, ethical, or political statement. We want our food to offer not just nourishment, but also an experience. Consumers are trying to learn more about where their food comes from and how it is made."

Believing that to be true, especially of Co-op members, I offer you some product stories that have captured my imagination.

Since 1986, Equal Exchange has been selling organic, fair trade coffee, tea, and chocolate from farm cooperatives in Latin America, Africa, and Asia. Recently they have expanded their line to include domestic fair trade packaged snacks that are found on the spinner rack by the coffee and dried fruit. These nutritious snacks of dried cranberries, roasted pecans, and organic

tamari-roasted almonds, support family farmers and farmer co-operatives right here in the United States, bringing the fair trade concept home. The pecans are grown in Georgia in a region devastated by unemployment. The farm co-op, with financial support from Equal Exchange, has established a shelling facility that provides additional jobs in the community.

This co-op to co-op food chain provides an alternative to the global corporate food system in which just 10 corporations account for over 50 percent of the revenue generated globally by food retailing. As agribusiness profits have gone up, the share of the consumer dollar received by farming communities has declined dramatically. By 2003, there were just 1.9 million working farmers in the country—a drastic reduction from the 6.5 million 70 years ago. Sadly, our prison population is now larger than our farming communities are. Equal Exchange is doing its part to support domestic farmers. On the back of each snack package is a code that you can type in at their website to learn more about the people who grow and process the fruit

and nut snacks.

Heavenly Quiche in Sun Valley is a company we discovered at Expo West in Anaheim. In talking with the owner, Ailene Eberhard, we learned of her connection to Moscow through her stepdad, Al Grey, the jazz trombonist who played with Lionel Hampton, Dizzy Gillespie and other jazz greats. Ailene manages the archives for Al Grey at the Lionel Hampton School of Music at the University of Idaho. She has been supplying her jazz friends with her delicious quiches every February when they are in town for the Jazz Festival. We have started stocking her appetizers in the freezer case and look forward to having Ailene at the Co-op in February during Jazz Fest to demo her quiches, but I hope you will try them before she arrives!

We were one of the first customers for Small Planet Tofu over a decade ago when the owner, "Tofu Phil," would send his organic tofu from Newport, Washington to Moscow every week in buckets of water on the Spokane Produce delivery truck. Now our distributor carries this great packaged tofu,

"This co-op to co-op food chain provides an alternative to the global corporate food system in which just 10 corporations account for over 50 percent of the revenue generated globally by food retailing."

made from American grown organic soybeans that support small American farmers. Phil continues to stay involved with the Co-op and is a regular Taste Fair participant. Always striving to perfect his craft, Phil is developing some limited edition flavors that he will be introducing soon to enhance his line of fresh and baked organic tofu. Keeping it in the family, his son, Sage, works for Bumble Bars, organic gluten-free energy bars, based in Spokane.

I love these stories. I love the connections we make with one another through food. What a marvelous way to nurture our communities and ourselves.





Produce Department Happenings

by Scott Metzger, Produce Manager

As another spring unfolds around us, with very little rain for the local fields, the seasonal cycle of produce availability comes around full swing. Long lasting storage crops from last year's harvests are gradually being replaced with freshly harvested crops from South America, Mexico, and California. Locally grown produce is starting to trickle in from the local farmers, as the days get longer and warmer.

The storage crop of organic apples from Washington State is now officially depleted, with the exception of the always-popular Red and Gold Delicious

varieties. It is a pretty amazing storage feat that apples harvested in the fall can be kept crisp and juicy for close to eight months of the year!! Look for a full selection of USDA Certified Organic apple varieties from South America in the months to come.

Citrus is another crop whose abundance and variety is severely diminished this time of year. Prime citrus season has come and gone, along with it all the unique and strange citrus family members. Look for the standard selection of juice oranges, grapefruits, lemons, and limes until late summer.

We now have organic stonefruit available from Mexico and California if you can believe that! Peaches, nectarines, and apriums, which are a cross between a plum and an apricot, are available in abundance for the time being. We are also getting organic Watermelon, Honeydew melons and canteloupe out of Mexico this time of year. The melons are ripe and have a great flavor.

If you love strawberries, this really is the time to get them. They are abundant and of stellar quality out of southern California this time of year. Look for a large display of organic strawberries in the produce fruit case.

Locally, we are getting spring salad mix, baby spinach mix, bunched cilantro, bunched parsley, rhubarb, and herbs from our local Organic farmers. This is just the beginning and every week will bring something new so keep your eyes out for our "Buy Fresh, Buy Local" signs that indicate an item is locally grown.

Spring is here, get out in the garden and plant some seeds, or go Morel hunting. If you don't find any, stop by the Co-op and pick some up from our display of Wild Harvested Morel mushrooms.

How the NCGA Saved My Cat

by Joe Thompson, Co-op Board of Directors

What is the NCGA? The Northern California Golf Association? No. The National Corn Growers Association? No, it's not even the North Carolina General Assembly. Those things couldn't have possibly saved my cat, even though they came before the National Cooperative Grocers Association during a Goggle search. Did you know that this organization links all of the co-ops in the country? Well, not really, but most of them are. The NCGA splits the country into three parts, and we happen to fall nicely into the Western Corridor. In fact, if you looked at a map of the approximately 30 stores in this section, you would notice that we're outstanding in our field. Every NCGA member buys into a quasi-insurance policy and the co-ops in each corridor are responsible for each other, financially and well, emotionally too. We all want each other to be a shining example of good community karma.

It's voluntary to join but it's kind of a no-brainer since the benefits are large, like a coordinated national effort to harness market power like the big boys do and the co-op advantage program (CAP) among other services like the leadership training I attended last month in Seattle for board members and store managers.

In the training group of nearly one hundred, what struck me first was that it was a group of seriously dedicated individuals with a passion for their co-ops, who don't mind having a good time learning how to become better

managers and directors while making the world a better place, one cup of coffee at a time. Our moderator, a former co-op board member from Maine turned workshop guru Mark Goehring, had a penchant for policy; I think because he felt it was the best way to govern a co-op. How else, he would argue, can a board be responsible owner-representatives and oversee accountability without infringing on the expertise and creativity of management?

Policy governance is magic that way. It's pretty powerful medicine, but it's also a bit wonky. I'll admit, I struggle with it myself, so I'm not going to bore you with it because I know you're probably more interested in the cat, but just in case you want to learn more about it, plug this into your browser and smoke it: [http://www.cdsfood.coop/fcc_policy.html].

I have to mention one more thing that was covered that is central to the board's role. The board must act as trustees on behalf of you, the member-owners. It must insure that the Co-op's assets are protected and that value is produced. So we spent some time looking at financial statements and ratios. For our last exercise, members from each co-op built Lego bar-graph models of their annual balance sheets over the past three years. Like a beam balance, the weight of the assets on one side must equal the weight of the liabilities plus equity on the other side. The models told the story of what happened over time, and ours was a classic story of a healthy store going through an

expansion and an adjustment. We took on debt, leveraged our assets, and took the Co-op to a higher level of existence. Over the past year, excellent management enable the Co-op to pay down some of the debt and improve the debt to equity ratio, balancing the yin and the yang, the salt and pepper of financing.

OK, so I tricked you into reading this far, I should tell you about BB now, not just a cat, but also a highly esteemed member of my family. Most everyone knows about the tainted pet food scare; peoples' pets got sick or died after eating food made by the big boys who import cheap ingredients from China. According to an msnbc.com report, a big batch of it was tainted with melamine, which is typically used to make resins that go into plastic kitchenware, glues, countertops, fabrics, fertilizers, and flame-retardants. Another report mentioned that aflatoxin, a poisonous substance produced by fungi that grows on grain, was also found in the food. Yet another identified aminopterin, a cancer drug that was once used to induce abortions in the United States and is still used to kill rats in some other countries.

Needless to say, thank God we're not feeding BB Chicken Soup for the Pet Lover's Soul Kitty Formula, or, heaven forbid, Nine Lives (the irony!). No way, she's getting Lick Your Chops, natural goodness for kitten and cat, from the Co-op. The NCGA may have had something to do with that. It just may have allowed all of its members to act like a giant chain store and get a big

NOTICE: The co-op board is looking for a person to record monthly meeting minutes. Applicants should meet the following criteria:

- ✳ Demonstrate a great attention to detail
- ✳ Show evidence of differentiating between the ability to record and not interpret
- ✳ Show evidence of the ability to turn the minutes around in a "timely" fashion
- ✳ Must be a member of the Co-op

Please contact: vincent.kimberly@gmail.com or boardmembers@moscow.food.coop

volume discount on Lick Your Chops, among other good things you find here to eat, drink, and spread on your buns. Anyway, we're happy to have a sweet healthy pet. We all love her. Truth be told, I think sometimes we love her more than we love each other. Maybe if we put more effort into practicing cooperative values—self-help, democracy, equality, equity, solidarity, honesty, openness, social responsibility, and caring for others—it might be different. On second thought, I guess the Queen B will always be numero uno in our home, no matter how you slice it.

References:

- <http://www.ncga.coop/>
- <http://www.cdsfood.coop>
- <http://www.msnbc.msn.com/id/17754681/>
- <http://www.healthypetfoodsinc.com/lycfood.cfm>



Co-Operations

Personal Care Corner: Try Out Maggie's Soap Nuts

by Jamie Stolp, Wellness Lead

Strange as it may seem, Maggie's Soap Nuts really work. Our newest alternative laundry detergent, soap nuts are the dried fruit of the Chinese Soapberry Tree. They contain saponin, a natural cleaner, and have been used for centuries to clean clothes. Soap nuts fall off the tree and are then gathered for sale by local workers in the jungles of Indonesia.

If you wash your clothes in hot water, place two soap nuts in the muslin bag provided. If you prefer to wash in cold water, or have especially dirty laundry, use four soap nuts. Soap nuts used for cold-water washes can be reused up to four times. In any case, be sure to not overfill your washing machine and leave plenty of room for your clothes to agitate in the washer. Don't worry about taking the soap nuts out of your

washing machine during the rinse cycle. They will condition your laundry, no need for a fabric softener. Soap nuts leave your clothes with a clean, neutral smell. Add a few drops of essential oil, such as lavender or neroli, to your wash if you prefer fragrance.

When I washed my clothes with soap nuts, the first thing I noticed was how soft everything came out. For this

reason, they are great for sheets and towels. Soap nuts are also great for anything you want to hand wash. Not only are they safe for silks or wool, because soap nuts are hypoallergenic, they are gentle on your hands.

Jamie Stolp has been working at the Co-op for approximately four years and has been the Wellness Lead since February.

Tuesday Growers' Market: Food for Thought

by Carrie and Nate Lowe, Newsletter Volunteers

The word on the street (and in the fields and in the gardens) has been heating up lately. At one of the May Growers' Markets Carrie and I found ourselves surrounded by a buzz, and it wasn't coming from hapless honeybees circling the Co-op parking lot. The hot buzzwords, so to speak, were Certified Naturally Grown. Have you heard of it? Well, Carrie and I hadn't. So we took some time to ask our farmers what it was, and they were all very eager to spread the word.

Certified Naturally Grown (CNG), a non-profit organic certification program, is an alternative label to the USDA's National Organic Program that is specifically tailored by and for small and local farmers who sell their produce directly to consumers. These farmers are held to the same standards as prescribed by the USDA, but pay less in fees, find more transparency in their certification process, and get more time to farm rather than do paperwork.

In 2002, an organic certification program was conceived that would put the process back in the hands of the farmers, not government agents (many of whom have no agricultural experience). Inherently, through annual farmer-to-farmer inspections, CNG places a premium on local oversight, local collaboration, and quality local food.

The Short List of CNG Pros for Small Farmers:

- ✦ Highlights and supports local food systems
- ✦ Encourages ecologically sustainable practice of multi-crop farming v. mono-cropping
- ✦ Stimulates (even mandates) collaboration and oversight between farm neighbors
- ✦ An affordable price and transparent process for the farmers

While this program is not altogether new, its seed has been planted in the minds of many Moscow area farmers—and it's beginning to spread like a hops' vine. Currently only a few farms around Moscow have completed certification, but there are others moving through the process. Their hope is that, as more farms certify, the label will gain as much consumer recognition as USDA Organic. And consumers will know their money is going to their friends and neighbors, their food grown under a shared sun.

But why do we need another organic label, especially if the standards are the same? A great question. And one that the farmers are quick to answer. Basically, the USDA certification process is expensive (many hundreds of



dollars), time consuming, and painstaking for small farms. Small farms typically operate in gardens, planting rows (not fields) of a wide range of vegetables. For multi-crop farmers, keeping detailed track of "seed to sale" takes more time than for mono-crop farms, which are typically larger and distribute more widely.

CNG requires only receipts of purchases and orders, records of recent soil tests (which the USDA does not require), and the inspectors to submit an observational form to the organization. The fee is a voluntary donation to the non-profit program to keep their website updated with publicly published grower declarations.

One final important note, although not affiliated with the USDA National Organic Program, Certified Naturally Grown is not seen by its creators or its participating farmers as an attack on the USDA program, or even a competitor. Rather it is an affordable, alternative path for small farms to receive recognition for high-quality standards. CNG offers a "more our size" approach to small farm organics. It is for those farmers who load the back of their trucks at 4 a.m. and drive the dozen or so miles to market. You can see their faces and meet their families on Tuesday afternoons at the Co-op.

To read more, go to www.naturally-grown.org/.

A new initiative of the Backyard Harvest | PCEI



Have a fruit tree that is just feeding the birds? Register it with us this spring, so that volunteers can harvest the fruit in summer and fall for distribution to local food banks and senior meal programs.

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Introducing the Food Information Alert Center

by Sharman Gill, Newsletter Volunteer

Don't miss the new sculpture as you enter the Co-op. Layers of Triangles and arches, composed of recycled materials, and decorated with sustainable farming facts. It is art. It is information. It is a call to action. It is the Food Information Alert Center.

What information, and why the alert? This is a pivotal year in U.S. farm and food policy because the primary legislation, the Farm Bill, is up for renewal. Re-visited by Congress every four to seven years, the Farm Bill is a compilation of farm and food laws that directly influences U.S. agriculture production and distribution, food assistance, rural development, research, and conservation issues. Will the 2007 Farm Bill encourage or discourage the production of food that we care about? How will it affect the environment, the viability of rural communities, and the health of the nation as a whole? These are issues to think about as we take opportunities to influence future policies and funding. The Food Information Alert Center is a venue to encourage conscientious consumers through information and activism. And what better location than the Co-op!

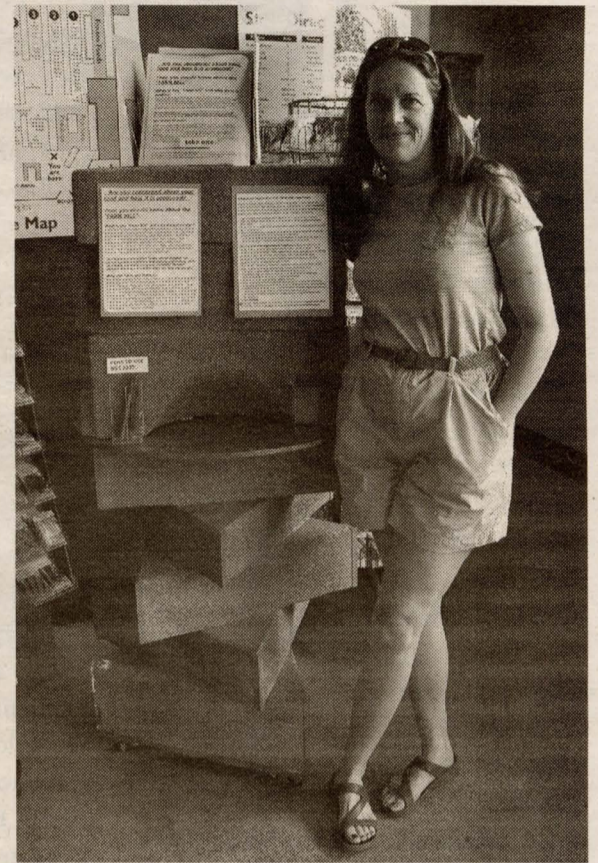
Local farmer and artist, Nancy Taylor, is the creator and keeper of the Food Information Alert Center. As a small-scale farmer, she is attuned to the endangered nature of sustainable, local agriculture. On a nine-acre mixed farm in Potlatch, she produces and markets hay, alfalfa, and wheat—all organic. She has served in a number of positions that have given voice to sustainable agriculture, including the National Organic Standards Board, the Idaho Organic Advisory Board, and the Western Sustainable Agriculture Working Group, a non-profit alliance that recently donated \$200 towards the Food Information Alert Center.

Nancy has taken her wealth of experience (which also includes a bachelor's degree in business and master's degree in art) and focused on a straightforward purpose: promoting sustainable agriculture by generating more interest with consumer groups. As an artist, she has chosen a visual medium to do so. The triangular shapes of the sculpture are eye-catching and layered with meaning. On the outside she writes, "The triangular shape represents balance between economic, environmental, and social factors that shape our lives." All these factors—economic, environmental, and

social—are wrapped up in a single legislative package, the pending 2007 Farm Bill.

If you haven't already, next time you come to the Co-op take time for the Food Information Alert Center. At first you'll be drawn in by the interesting angles and sway to the tower, but you'll also linger to take in the words. You can bring information home with you via a flyer that summarizes some of the Farm Bill issues and encourages participation with the Sustainable Agriculture Coalition, an alliance that harmonizes efforts to reach out to more farmers, makes healthful foods available to more people, revitalizes rural communities, increases conservation programs, and increases diversity and equity among those who directly benefit from farm policies and programs.

As Nancy Taylor, expresses on her sculpture, "The time to act is now." We can explore the "Seeking Balance" report and other Farm Bill actions at www.sustainableagriculturecoalition.org.



The new Food Information Alert Center and Nancy Taylor. Photo by David Hall.

org.

Sharman Gill is currently reading Michael Pollan's "The Omnivore's Dilemma" and is now highly aware of the omnipresence of high-fructose corn syrup.

From the Suggestion Box

It would be great if you had vegan pita bread. Most pita bread I've seen elsewhere is vegan. Thanks, Ben

We don't have a supplier for vegan pita bread at this time. I'll keep looking!—Peg, Chill Buyer

Please bring back the Arora Creations Tandoori Chicken spice blend. Thanks.

We now have that product back on the shelf.—Marie, Grocery Buyer

Thank you so much for not having pornographic tabloids at the checkout lines. This is one of the main reasons I shop at the Co-op.

You're welcome. Thanks for supporting the Co-op.—Joan, Grocery Manager

Please add a wheat grinder (like at Rosauers). We wish we could grind our wheat at our Co-op.

Unfortunately, both the expense and space needed for the grinder is prohibitive at this time.—Joan

Please bring in other flavors of Spry gum. Andrea

Spry carries a number of flavored mints sweetened with Xylitol. I would love to see these stocked. Paula

Will try a couple of the other flavors.—Carrie, HABA Manager

New Silk Soy with added fiber – 5 grams per serving. Can we get it in?

That product comes in a 64-ounce box and can be special ordered. We will consider stocking it on the shelf.—Marie

The hot water in the women's restroom stays cold – why? Sometimes it will get hot – other times – just cold. Kathleen

The hot water has a distance to travel to reach the restroom, by which time your hands are probably washed. If you get hot water, usually someone was there before you to bring the warm water to the tap.—Gustaf, Maintenance

Could we try soap nuts in our store? A friend gave me some soap nut earrings and I was intrigued by their presence. They are from the Chinese soapberry bush and are a natural laundry soap. Gina

By the time you read this, they should be on the shelf.—Carrie

Could you please turn down the heat? It's too hot and it would be more energy efficient.

Please turn down the heat.

The building temperature is set at a constant. When the weather changes it may feel warmer or

cooler, but the thermostat doesn't vary.—Gustaf

Please return to the old containers for bulk liquids. I have used those for 5 years with no problem. The current containers do not close and pour the contents out all the time. Last time oil and soy sauce poured on my suede bag and ruined it. PLEASE return to the old containers. Allisa

I'm sorry you had a problem with the new containers. The lids close well if you press the center first, then work around the rim. We chose this container because it can withstand our sterilization process and can then be reused in the Co-op. The old containers ended up at the recycling center. You are always welcome to bring your own containers for bulk items.—Kelly, Bulk Buyer

Can you get Raja's Cup antioxidant tea? They are starting to wholesale it again. It tastes great and is good for you.

Our distributor doesn't carry the Maharishi Ayurveda line, but this tea is available online.—Joan

Staff Profile: Nora Locken

by Katy Farrell, Newsletter Volunteer

Surrounded by a large garden, lilac trees, and the sounds of her newly acquired chickens, I am instantly interested in Nora Locken's storytelling. The focus varies, from a concrete timeline to endearing anecdotes that draw laughter and more questions. I imagine that as a Co-op bread baker, Nora's co-workers enjoy the energy that follows her. I soon find out that her co-workers not only appreciate her enthusiasm, but also her willingness to take on any task.

Her hometown, Aberdeen, South Dakota, is secluded, but it is also the third largest city in the state. There Nora's father farms grains, perhaps setting the stage for an everlasting interest in agriculture. Eager to see more of the world, she attended the University of Vermont in Burlington. After four years in Burlington, Nora finished her studies in New Zealand, to mix some hiking and traveling with her majors of economics and history. On the island, Nora stumbled upon quite a bit of luck. Through hiking "misadventures," she discovered the possibility of participating in the WWOOF (Willing Workers on Organic Farms) program. The next months afforded the opportunities to work on three farms to earn her room and board.

“In addition to baking at the Co-op, Nora volunteers with the Soil Stewards through the University of Idaho. Recently appointed the Community Liaison for the group, she works with the public in addition to working on their farm and in the greenhouse. She also plays tennis, juggles, and reads zealously.”

Acquired knowledge brought Nora back to Vermont to work on a farm, then to South Dakota to help her family with a harvest. Three months in Europe (and an expired visa) led Nora to Brooklyn, New York. There she worked with Just Food, a non-profit organization that promotes urban agriculture and organic advocacy.

In January of this year, Nora moved to Moscow and quickly found work at the Co-op. She moved to town after Arjan, her boyfriend, began working for the U.S. Forest

Service. One of the biggest draws to Idaho, however, was the natural beauty and places to explore.

Her time in Moscow has been easygo-



Nora Locken is from Aberdeen, South Dakota, and bakes bread at the Co-op.

ing and peaceful. She appreciates the "big gulps" of air taken every day, relishes the welcoming nature of the town, as well as the open and independent spirit of the community.

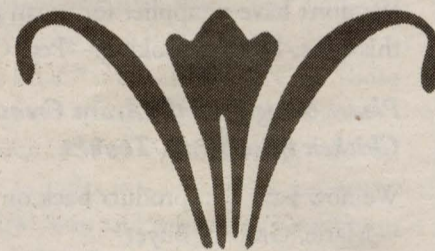
With that sense of community, Nora says that our Co-op is her favorite of the three of which she has been a member. She respects it for sticking so closely to its mission, the importance of volunteers, and supplying products that do not vary from the commitment to organic living. The social aspects of the cafe area also appeal to her, especially after recently belonging to a co-op in Brooklyn that has about 12,000 members. (Apparently, shopping with a list of exact purchases was an asset, otherwise one could be mowed down between the produce and bulk sections).

In addition to baking at the Co-op, Nora volunteers with the Soil Stewards through the University of Idaho. Recently appointed the Community

Liaison for the group, she works with the public in addition to working on their farm and in the greenhouse. She also plays tennis, juggles, and reads zealously. Reading schedules for this summer include Russian novels, from the uncharted waters of Nabokov to the familiarity of Dostoevsky.

After all of her travels and adventures, I asked Nora if there was one place she would like to visit. Squinting toward the sun for a moment she replied, "I would like to walk through Siberia." I have no doubt that she could.

Katy Farrell eats her bread with the butter side up.



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Volunteer Profile: Sharman Gill

by Sarah McCord, Newsletter Volunteer

Sharman Gill's lifelong love of the natural world began during her childhood spent in the Wasatch Mountains. A self-described "6th generation Utah girl," she grew up in ski country, riding horses and spending time outdoors. She met her husband Rick at Brigham Young University, where they were both pursuing degrees in conservation biology.

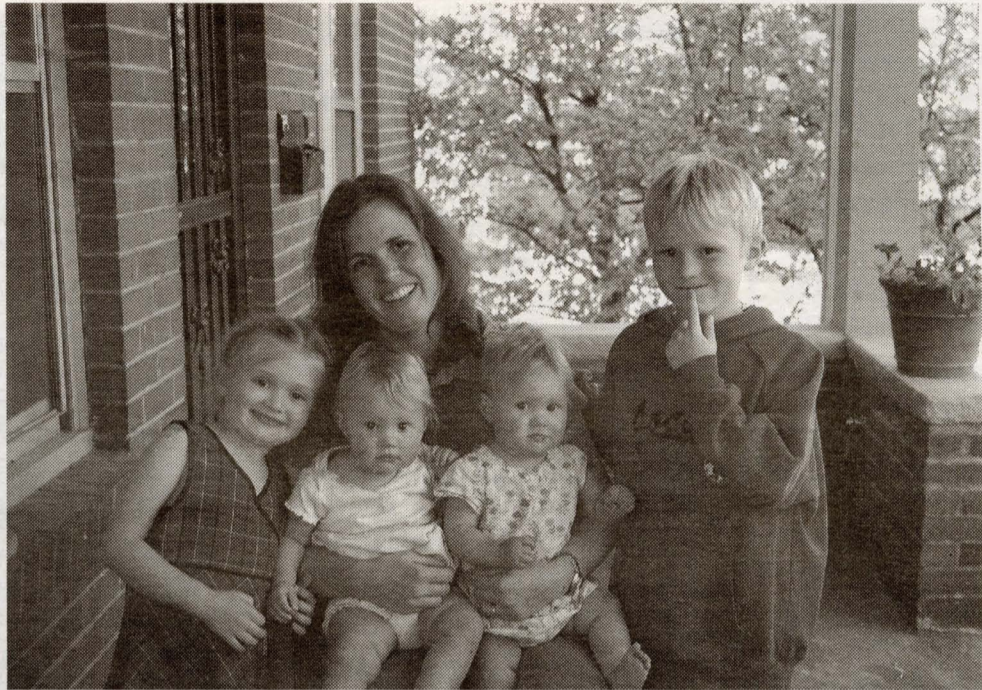
"We met through our writing," she tells me. "I was editing a student-run journal, where I was reviewing Rick's submissions, and at the same time, he was grading my papers. We noticed that we were quoting similar sources!" They moved to Colorado, where Rick received his doctorate and Sharman worked first as a biologist for the U.S. Forest Service and then as a naturalist for the Colorado State Parks. When they relocated to Durham, NC for Rick's post-doc, Sharman found work at the Duke Medical Center doing clinical research.

Five years ago, Sharman, Rick, and their son Coulter moved to Pullman, and Rick began his tenure-track position in the Department of Earth and Environmental Sciences at Washington State University. Their daughter Martha

was born not long after they arrived, and last summer, identical twins Sophie and Eliza joined the family. "Rick and I are both Wendell Berry readers, and that's where Coulter's name came from. Martha is named after her great grandmother, and with Sophie and Eliza, we just liked the names." Sharman and Rick loved the South, but "we really love

it here—the mountains aren't too far, and Kamiak Butte is small but so accessible."

Sharman discovered the Co-op during a "major gardening phase," while completing the Master Gardening program



Sharman Gill with her four children (from left to right: Martha, 5, twins Eliza and Sophie, 1, and Coulter, 7)

in Moscow.

"I always enjoyed the Co-op, but I couldn't figure out how to fit in volunteering," she says. Then one day she saw an ad seeking a new garden columnist for the newsletter. Sharman applied, but the position had been filled. About a year later, Bill London contacted Sharman about another opening, but that was just two weeks before Eliza and Sophie arrived, so she turned it down. "Then, at the end of last summer, the Staff Profile position opened up," said Sharman. "It's good to have a little outside structure—I can't meet too many deadlines right now, but this one is OK."

Sharman writes a variety of newsletter feature stories, and is excited about an upcoming series that will explore the impact of purchasing local food versus organic, non-local food. Though she doesn't have a favorite Co-op moment, "every time I go there, I talk with someone, and it's more than a 'hi' or a smile. I usually take the girls with me in a double stroller, and instead of using a shopping cart, I put bags all over the stroller. It's incredible how much I can fit in there, and it's fun to watch the checker's face as I pull out more and more!" The twins attract a lot of attention, but "even without the babies, I enjoy the atmosphere and the pace—it's not fast-food shopping!"

Four children make for busy days, but Sharman somehow finds time for reading and writing. "I usually have three or four books open at the same time," she says, and lately her bookshelf has included *The Omnivore's Dilemma* by Michael Pollan, *Reason for Hope* by Jane Goodall, and several works by Barbara Kingsolver. Sharman writes poetry, fiction, and non-fiction. "Having kids has opened up a lot of

topics for me, and I also find a lot of inspiration in the natural world."

Eliza and Sophie will have their first real taste of the great outdoors this summer. Rick has a research site on the Wasatch Plateau, about an hour away from Sharman's parents, and every summer the family spends a month or so in the area. "We are

going to try camping and hiking this summer. Coulter and Martha love to hike, and Rick and I have backpacks for Eliza and Sophie." When I ask Sharman about other plans for the future, she smiles. "Babies are so much work but when they are through a phase, it's gone. I want to enjoy the babies and the phases they are in right now. The time goes by so fast. I'm living in the moment."

.....
Sarah McCord lives and works in Pullman. She's going to see if she can live and work in the moment a bit more often.
.....

"Sharman writes a variety of newsletter feature stories, and is excited about an upcoming series that will explore the impact of purchasing local food versus organic, non-local food."

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Business Partner Profile: Dr. Linda Kingsbury

by Joshua Cilley, Newsletter Volunteer



Is your lawn infested with dandelions? Instead of spraying chemicals throughout your yard, try this: eat them. The roots may help with liver purification and hormonal imbalances. The spring leaves make excellent additions to salads. The stems can be split and bled for application to skin growths or used as an antiseptic. The flower petals can be added to tea or, better yet, be made into wine.

Dr. Linda Kingsbury knows all kinds of useful information.

And she should. Dr. Kingsbury claims ancestry reaching back to the Mayflower, when those pesky yellow-flowered weeds were brought over as part of the infamous Atlantic Exchange as a hearty and trusted food source. Since then, generations of women in her family have been gardeners of herbs, and she started her first garden at the age of ten, winning a State Health Award for cumulative achievements through her teenage years. Linda grew up in New England but moved to Southern California to study nutrition at Chaffee Community College. She then went to Western Oregon

“Having lived in all four corners of the U.S., Dr. Kingsbury quickly recognized Moscow as a unique community. Linda decided that Moscow would be a good place to raise her son and so, in 1993, she made a more permanent move.”

and earned her bachelor's degree from Marylhurst University. Following this, she earned her Ph.D. in Holistic Nutrition from Clayton College of Natural Health in Birmingham, AL, and then went back to Portland, OR, to practice herbal medicine.

Having lived in all four corners of the U.S., Dr.

Kingsbury quickly recognized Moscow as a unique community. In the early 1990s, Nancy Ging, known no doubt to many newsletter readers, invited Linda to come give a talk at Ging's Moscow bookstore. Over the course of the next year or so, Linda returned for more talks and decided that Moscow would be a good place to raise her son and so, in 1993, she made a more permanent move.

Dr. Kingsbury's practice reflects her diverse background. Does your medicine cabinet have any little brown bottles, sold at the Co-op, that say



Dr. Linda Kingsbury proudly displays her Earth Wisdom Herbs products.

“Earth Wisdom Herbs”? (If not, it probably should). Linda makes those. She also makes a wide variety of custom combinations of essential oils and herbal medicines and teas. She teaches classes in a variety of topics dealing with herbal gardening in the Moscow Community Education Program as well as through her private practice.

Linda wants to emphasize two aspects of her practice: individual consultations and Shirodhara Oil Treatments. Dr. Kingsbury cites five avenues of influence on human health: environmental, spiritual, physical, emotional, and mental. Every one of these avenues can bring about positive or negative consequences on our health, and so she tailors the treatment of each of her patients based on their own unique lifestyle and situation. In her consultations, she will examine, non-invasively, what symptoms are being experienced and then will develop a nutritional path based on holistic medicines and treatments. In the Shirodhara treatments, designed to improve a wide variety of ailments including stress, allergies, insomnia and headaches, you will start with a foot bath and move on to a massage table where a small stream of warm oil on your forehead will soothe you to a state of extreme relaxation. You'll

have to wash your hair later, but Linda insists that by then you won't even care. Perhaps it was her charming presence or the pleasant ambiance of her clinic or her knowledgeable bearing—mostly likely all of the above—but I believe her. Don't just take my word for it. Go find out for yourself. Co-op members get 10 percent off consultations.

Dr. Kingsbury's clinic is located at 106 E. 3rd St. Suite 3A. You can visit her website at www.spiritherbs.com to find out more or call 208-883-9933 to set an appointment.

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



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What's Cookin'?: Co-op Classes Entertain, Inform

by Melynda Huskey, Newsletter Volunteer

New tricks with tofu? Tempeh for all seasons? As the mother of a brand new 7-year-old vegetarian (except for bacon!) and the aunt of a vegan, I was looking for a way to hone my non-meat cooking skills. The Co-op came through with some fabulous classes that included great demonstrations, recipe cards to try at home, and lots of good advice. A bonus was the creative, skillful folks also taking the classes, who freely shared their ideas and experiences.

Hope Von Stengel has a real way with tofu—not to mention a funny, unflappable style that would be the envy of many a TV cooking show host. As we blended tofu and bananas to make a rich, delicious, dairy-free pudding, she coached us in the different varieties of tofu and the way to choose the right tofu for a particular recipe.

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At the "What's Cookin'!" Co-op cooking class on May 9, instructor Hope Von Stengel shows the class how to make banana honey pudding.

We also learned some tofu modifications—freezing, wrapping, marinating, and skewering. Participant Barbara Morgan said, "My son is coming home from college—he's gone vegetarian, and I wanted to be ready. This is great!" Participants shared the delicious stir-fry and pudding, and even created an on-the-spot modification, adding leftover rice to the banana pudding to make a creamy rice dessert that got rave reviews.

The impromptu banana pudding was so delicious that the next week's "Cooking with Tempeh" class got a few extra enrollees. "Mary Jo [Hamilton] and I came in after the last class and got to eat up the leftover banana pudding," said Louise Ashmun. "We signed up immediately!"

The teacher, Co-op Deli Supervisor James Agenbroad, congratulated class members for being "early adopters"; tempeh has not caught on as widely as tofu, although it is a versatile ingredient and particularly well-adapted as a meat substitute. His unique "behind the scenes" perspective on the Co-op as deli supervisor led to lots of questions, and some joking, as class members avowed their passionate, possibly excessive, love for the Co-op's kale slaw.

Plates of tangy barbecued tempeh morsels disappeared fast while James demonstrated a quick and easy Gingered Tempeh Pasta Salad—delicious warm or cold. Justin Cooley, who came down from St. Maries for the class, said he plans to improvise Tempeh Sloppy Joes, after hearing another class member

What's Cookin'!

For the Co-op's cooking class series this fall, we're looking for a few great teachers.

Would you like to share your enthusiasm and knowledge of ethnic cooking? (Thai, Indian, Japanese, or ????)

Please contact Jennifer Whitney, class coordinator, jenwhitney@gmail.com or 882-1942.

share her tips for Tempeh Chili. As the class wound down, James said, "I was a little nervous. I've never taught before. I wanted to keep the recipe simple and accessible. Luckily, the audience was pretty open, and had a good sense of humor. I really enjoyed teaching something that a few years ago I didn't even know about."

With ten members per class, the atmosphere was intimate and friendly. Both Hope and James answered questions, offered advice, and were very open to audience participation, making the experience casual and low-key. Jennifer Whitney, who coordinates the classes for the Co-op, invited participants to share ideas for other courses: some of the ideas included lunch-box cuisine, kids' cooking, ethnic cuisines, gluten-free and diabetic-friendly recipes. I'm looking forward to all of them.

Melynda Huskey is a food columnist for the Community News, and blogs about food, crafts, books, and cool stuff at "The Things That Make Us Happy Make Us Wise," <http://mghuskey.blogspot.com/>


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Much Ado About Tofu: Tofu Tour

by Terri Schmidt, Newsletter Volunteer

You may be surprised at the many places you can find tofu in the aisles of the Co-op. This month, I thought I'd take you on a paper tour.

When I first started buying tofu years ago, the large bulk tanks were pretty much the only way to purchase a block of the lovely soybean curd. If you feel adventurous, you still have the option of retrieving your own block of Surata tofu out of the bulk tub in the cooler section at the back of the store.

The cooler section also contains a variety of pre-packaged tofu. The most unusual is Tofu Shiratacki, a noodle shaped tofu with a unique texture. The cooler is stocked with tofu in blocks from various companies including Small Planet, Woodstock Farms, White Wave, Soy Deli, and Nasoya. Small Planet comes in a variety of flavors: curry, spicy, garlic & herb, sun-dried tomato, and vegetable. Tofu Phil, owner of Small Planet (the Microbrew of Tofu™) let me know they are launching a new line of Artisan flavors this month. The website states, "We're going to offer dynamic flavors that will be well-recognized and highly sought after." As of this writing, the flavors have not been revealed, but I am eagerly awaiting their debut.

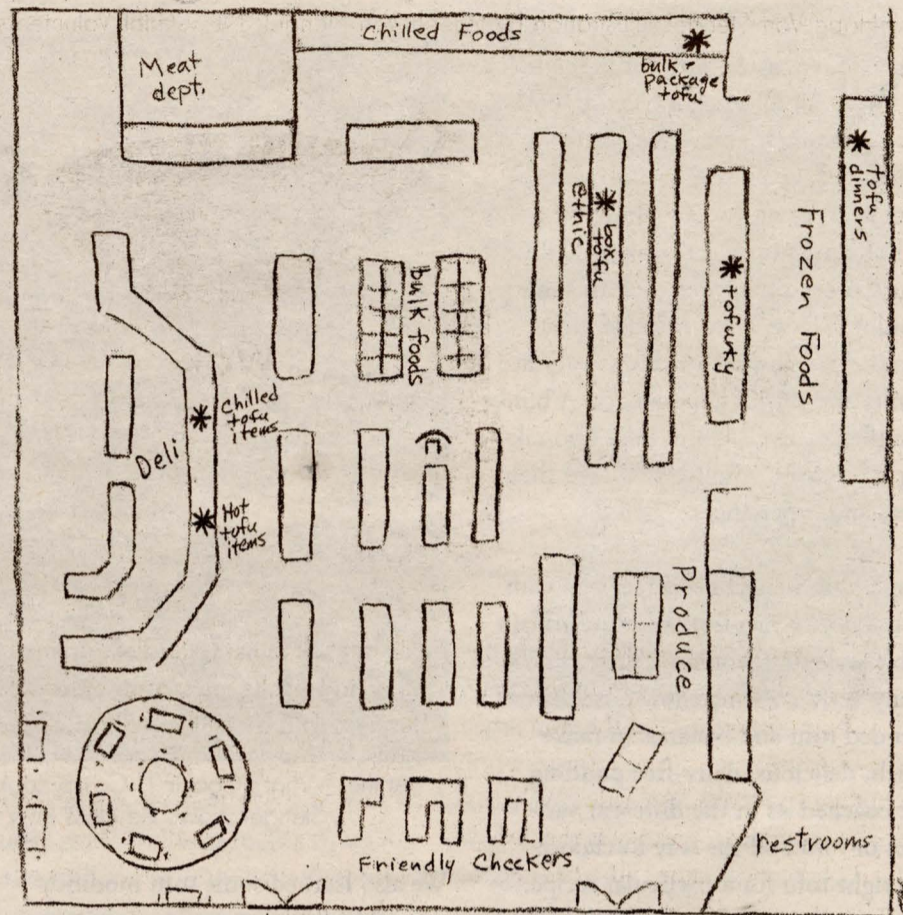
Tofu packaging has come a long way over the years and it is now possible

to purchase tofu in boxes that do not need to be refrigerated and that can, in fact, sit on the shelf in your pantry for many months. In the ethnic section at the Co-op, you will find a variety of Mori Nu tofu. It comes in soft, firm, and extra firm. They also have Chinese spice and Japanese Miso flavors.

If you don't feel like cooking, you can still enjoy tofu from the Co-op. The freezer section is stocked with several Amy's tofu dinners. The options include Indian Matter Tofu, Tofu Vegetable Lasagna, Vegetable Pot Pie, Tofu Scramble, and Tofu Rancheros. There is also an Asian Noodle Stir Fry with tofu in the freezer.

Another frozen option is the now famous Tofurky. Our family tried Tofurky one year for Thanksgiving. Well, the kids and I did (my husband is a confirmed meat eater). However, my vegetarian children said they preferred not to eat food pretending to be meat. If you grew up eating turkey for Thanksgiving and are expecting Tofurky to taste like turkey, it doesn't. But it does have its own unique flavor and texture that some people really like. It's worth trying so you can form your own opinion. If nothing else, having an eating adventure with Tofurky will provide you with a good story to tell later.

One last easy and tasty place to find tofu is the Co-op deli. You will dis-



Tofu Treasure Map ~ CO-OP

cover many items there containing tofu including tofu sandwiches, tofu scramble, marinated tofu (in tamari garlic, sesame ginger and other flavors), BBQ tofu, California salad, kale slaw, spring rolls, and my personal favorite—Spicy Thai Noodle salad.

Now that you've had the tour, I hope you'll have fun checking out new tofu options. To get you started I am pre-

senting recipes from two of the companies who supply our tofu: Small Planet and Mori Nu. If you'd like to make a gluten free version of the Tabouli Salad, try substituting quinoa for bulgur.

Terri Schmidt is happy summer has arrived and plans to spend many a day outdoors with Mother Nature.

Tofu Tabouli Salad

www.smallplanettofu.com

- ✦ 1 pound Small Planet tofu, any flavor
- ✦ 1 cup bulgur wheat
- ✦ 1/2 cup black olives, chopped
- ✦ 2 large tomatoes, chopped
- ✦ organic olive oil
- ✦ 1-2 tablespoons Spectrum Naturals raw apple cider or red wine vinegar
- ✦ 1 cup fresh parsley, finely chopped
- ✦ 3/4 cup green onions or scallions, chopped
- ✦ 1/2 cup fresh lemon juice
- ✦ 1/8 cup fresh mint, finely chopped
- ✦ 1 clove fresh garlic, minced
- ✦ 1/2-1 teaspoon salt
- ✦ 1/4 teaspoon black pepper

Combine 2 cups of boiling water with the bulgur in a medium bowl. Stir well. Cover and let stand until bulgur is tender (about 1 hour). Drain if necessary. Add remaining ingredients and mix well. Cover and refrigerate 30 minutes before serving. Each flavor of Small Planet organic tofu gives this salad a lightness and a new, wonderful taste twist. Enjoy. Yields 6 cups.

Vegetarian Spinach Lasagna

www.morinu.com. Servings: 12

This lasagna is so flavorful that it is hard to believe that it contains no cheese or dairy products. Grating and microwaving the tofu produces a filling that is as delicious and authentic as the fat, rich, and cholesterol-laden original.

- ✦ 1 1/2 pounds lasagna noodles, cooked

Sauce:

- ✦ 2 tablespoons olive oil
- ✦ 1/4 teaspoon red chili flakes
- ✦ 1 cup sliced scallions
- ✦ 1/2 cup chopped green bell pepper
- ✦ 4 large garlic cloves, minced
- ✦ 1/2 pound Crimini mushrooms, stems chopped and caps sliced
- ✦ 1/4 cup white wine
- ✦ 1 28-ounce can Ready-Cut tomatoes
- ✦ 1 32-ounce jar tomato sauce

Filling:

- ✦ 1 10-ounce package chopped spinach, thawed/drain/squeezed
- ✦ 2-1/2 cups Mori-Nu Silken Extra Firm Tofu, drained and finely hand grated
- ✦ 1/4 cup finely sliced scallions
- ✦ 2 garlic cloves, minced
- ✦ 2 tablespoons soy parmesan
- ✦ 1/2 cup soy mozzarella, coarsely grated
- ✦ 1/4 teaspoon salt
- ✦ 2 rounded tablespoons nutritional yeast

Sauce: Preheat oven to 350 degrees. Heat oil in a large saucepan over medium heat, add chili flakes, and sauté 1 minute. Add scallions, bell pepper, and garlic; saute 3 minutes and stir in chopped mushroom stems. Set sliced mushroom caps aside for filling. Cook 3 minutes or until veggies are crisp tender. Add wine and continue to cook 3 minutes longer. Add chopped tomatoes and tomato sauce, lower heat and simmer. Stir frequently for 15 to 20 minutes or until casserole is ready to assemble.

Filling: Place grated tofu in a large bowl and microwave for 2 minutes. Stir in chopped spinach and remaining filling ingredients. Mix thoroughly.

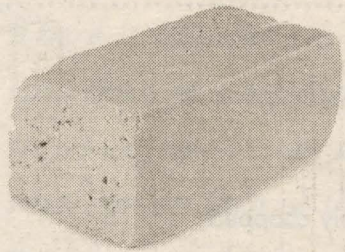
Assembly: Drain cooked noodles and rinse in cold water. In a 9" x 13" baking pan, place 1-1/2 to 2 cups tomato sauce. Place several noodles across the bottom, lengthwise, overlapping slightly. Top with filling, dot with sliced mushroom caps, layer with slightly overlapping noodles, and top with sauce. Dot with remaining mushroom caps. Cover with foil and bake casserole for 30 minutes. Remove foil and bake an additional 15 minutes. Let lasagna set for 10 to 20 minutes and serve with a crisp salad. Reheats well.

Nutritional Facts

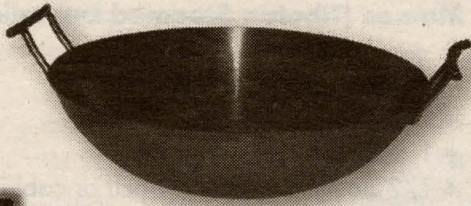
Calories: 207, Fat: 3.1g, Carbohydrates: 30.7g, Sodium: 266mg, Cholesterol: 0mg, Protein: 14.2g

Vegan Bites: Everything Tofu & More

by Hope Von Stengel, illustration by Joseph Von Stengel, Newsletter Volunteers



Tofu



Wok



Oil

As most of you have probably figured out by now from the array of posters around the store, the Co-op started sponsoring a series of cooking classes this May titled 'What's Cookin!' Jennifer Whitney is the series' wonderful coordinator and asked me to teach a cooking demonstration-centered class about tofu, one of my weekly staples. Jennifer's commitment to promoting healthy alternatives to mainstream America's meat, potatoes, and white bread diet is much-needed in this day and age, as more people are fighting obesity, finding out that they have food allergies or sensitivities, and are adapting to "greener" lifestyles.

Well, my class on tofu just happened to be the first one to kick off this series and I thank everyone in the community who attended for showing up, even though the weather was absolutely gorgeous outside. I received many thoughtful questions during the class that I thought would make a great newsletter article.

Some of the first questions were about tofu itself. We'll start with the basics.

What is tofu? Tofu is a soybean-based bean curd that is high in protein and widely used in many Asian countries, such as China, Japan, Korea, and Vietnam. There are several varieties of tofu: silken or Japanese-style (the vacuum-sealed stuff, not refrigerated), Asian or Chinese-style (in the refrigerator section, floating in water) and Western Style (which is just like Chinese-style but firmer with a lower water content). Note that there are also tofu products like dried yuba, okara, and dried-frozen tofu.

How is tofu created? Making tofu is considered a craft in Japan and although the ingredients are quite simple, the process is lengthy. In a nutshell, this is how tofu is made: soybeans are rinsed, soaked overnight, ground, cooked in boiling water, become soy-milk, given a coagulant (like niagiri or

calcium sulfate) and curdled, drained of water and finally, pressed in blocks. The Book of Tofu by William Shurtleff and Akiko Aoyagi is the ultimate resource if you would like to make tofu at home and highly recommended for anyone wanting to learn more about different kinds of tofu.

Is tofu or soy good for you? This topic is intensely debated right now. Soy is high in dietary fiber, isoflavones, and protein. Some studies suggest a diet higher in soy protein may lower the risk of heart disease (FDA 2000). On the flip side, some studies suggest that the isoflavones may increase the risk of breast cancer, while other studies have found isoflavones may actually lower the risk of breast cancer (FDA 2000). The best advice? Eat tofu and other soy products in moderation, just like anything else.

Another topic brought up during the class was about oils and rancidity. I've heard of oils going rancid, but this has never been a problem for me. What causes rancidity? From what I've gathered, rancidity is caused by overheating (over 375 degrees- 425 degrees when cooked, depending on the source I read), or prolonged exposure to light, heat and air during storage.

Is rancid oil poisonous or carcinogenic? From what I read, no and yes- again, depending on the source. Most agree that rancid oil affects taste and some oils spoil quicker (like flax oil, which is generally refrigerated) than others (such as olive oil, which can usually be kept in a dry, cool, dark space for a year or so).

The last question I have space to answer regards purchasing a wok. What kind of wok is best? A flattened bottom wok that is made of carbon steel is generally considered the best type of wok to buy. Most American stoves are not designed (unless it is a gas stove) for the rounded bottom variety. Carbon steel is preferable because it causes the wok

Spring Mexican-Style Rice

This recipe works best when the cooked rice has been refrigerated a few hours to overnight. However, if you don't have the time, cook the rice and remove it from heat, uncovered, for 10 minutes or so.

- ✦ 5 cups cooked brown long-grain rice
- ✦ 5 large radishes, sliced
- ✦ 2 tablespoons garlic scapes, chopped (optional)
- ✦ 1/2 cup green onions, thinly sliced
- ✦ olive oil spray
- ✦ 1 vegetable bouillon cube
- ✦ 1 large red pepper, diced
- ✦ 1 teaspoon cumin
- ✦ 1 teaspoon chili powder
- ✦ 1/4-1/2 cup water
- ✦ 1/2 cup finely chopped spinach
- ✦ salt and pepper, to taste

Heat wok at medium-high heat and spray it with olive oil. Add garlic scapes and cook for about 2 minutes. Then, slowly add the rice, stirring it about every minute or two, switching heat to medium. After the rice cooks for 5 minutes, add the bouillon cube and water (as needed, enough for it to dissolve). Spray olive oil, as needed, if rice begins to stick. Stir in cumin and chili powder. Cook for a couple of minutes. Add the red pepper, spinach, and radishes and turn off heat. Stir several times, let sit for a minute or two, and serve.

Spicy Beans and Tomatoes

From *A Year in the Vegetarian Kitchen* by Jack Bishop

- ✦ 1 15-ounce can refried beans
- ✦ 1 15-ounce can black beans, drained
- ✦ 1/3 cup purple onion, minced
- ✦ 1 teaspoon olive oil
- ✦ 1 large tomato, diced
- ✦ 1 teaspoon (or more, to taste) Hatch's sliced jalapenos, chopped
- ✦ 1 cup vegan cheddar cheese grated (optional)
- ✦ 2 tablespoons cilantro, minced (optional)
- ✦ 2 tablespoons black olives, chopped (optional)

Cook purple onions and olive oil at low-medium heat for 1 minute. Stir in refried and black beans. Cook for 5 minutes, then stir in jalapenos and cheese (optional). Cook for another 5 minutes, stirring occasionally. Turn off heat and stir in tomato. Top with cilantro and black olives, if desired. Tastes great with tortilla chips or as a side to the Spring Mexican-Style Rice.

to heat evenly. I highly recommend anyone and everyone who enjoys cooking to buy one, as I use mine for much more than just stir-fries.

Resources:

The Book of Tofu by William Shurtleff and Akiko Aoyagi

Soy: Health Claims for Soy Protein, Questions About Other Components by John Henkel http://www.fda.gov/fdac/features/2000/300_soy.html (FDA 2000).

What about Soy by John Robins http://www.foodrevolution.org/what_about_soy.htm

Hope and Joseph Von Stengel are currently enjoying lots of Little League baseball games. Hope can be reached at hopevonstengel@gmail.com and Joseph can be reached at digtem@gmail.com.



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Omnivoria: Once You Try Yak, You Never Go Back

by Alice Swan, Newsletter Volunteer

Several years ago, Tammie Damiano, of Tamarack Yak Farm in Santa, Idaho, saw something on television about the excellent nutrition of yak meat. A friend of hers, who had just had a kidney transplant and needed to change his diet, was looking for a healthier red meat—they decided to try yak. Tammie told me that her friend is now doing so well that his doctor has also started eating yak meat. “Once you try yak, you never go back,” she said. Tammie quit her day job seven years ago to become a yak farmer, and has never regretted it. She currently has 67 yaks, six of which are new babies this spring.

I must admit, writing this month’s column is a new experience for me; it

and, although the Tibetan natives were domesticated about 10,000 years ago, they weren’t raised for their meat in North America until about 20 years ago.

Yaks, a species of bovine, can be cross-bred with regular American cows but they have more similarities to the American bison than to cows. Yaks have very lean meat because, like bison, their fat is a separate layer outside the muscles that is easy to separate (unlike cows that have fat marbled with muscle). Yaks also look quite a bit like bison, with a large humped shoulder, horns, and lots of fur.

Yaks are exclusively grass-fed (and are very efficient food processors—a yak

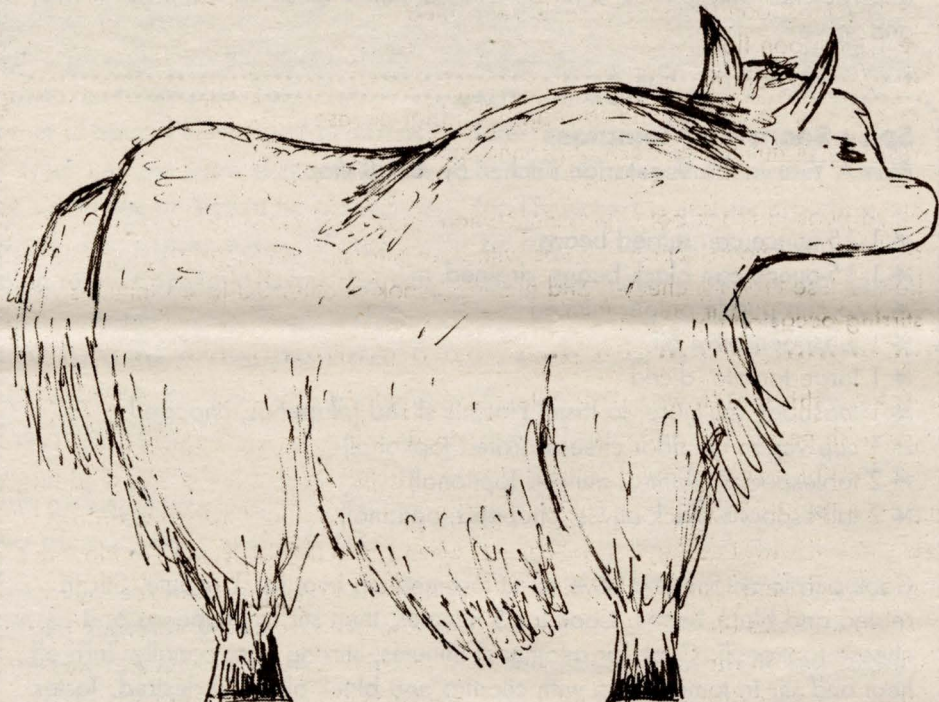


Illustration by Elizabeth Carney Sowards

is the first time I have written about something I’ve never eaten. It’s not a big surprise that I had never had yak; there are only about 4,000-5,000 yaks in North America (compared to about 350,000 bison and 100 million cattle)

A Yak Burger Testimonial

“I spent my senior year at the University of Idaho as an exchange student in Nepal. I lived with farm families along the Tibetan border for two months. I remember that yak steaks and yak burgers were indeed delicious, but what I enjoyed most was the yak butter which was added to tea. We’d usually drink about 10 cups of tea a day and the yak butter was high in fat and energy. I look forward to the yak burgers at the Co-op.”

—Representative Tom Trail

eats only about 1/3 of what a cow eats) and very disease resistant, meaning they almost never get antibiotics, and they are not treated with growth hormones. Tammie told me that yak meat has twice the protein and half the fat of skinless chicken breast. The fat that yak meat does contain, like any grass-fed meat, has very high percentages of omega-3 fatty acids and Conjugated Linoleic Acids (good fats).

In Tibet, yaks are a central part of the culture. They are extremely agile animals (more like goats than cows), and are often used as pack animals. In addition to meat, they provide milk, fiber and hide products, some of which are available from Tamarack Yak Farm.

Tammie sends her yak fiber to a mill on Prince Edward Island to be spun, and plans to have the yarn available for sale soon. She also has hides for sale, and other cuts of meat are avail-

Momos (Tibetan Steamed Dumplings)

- * 12-18 dumpling wrappers
- * 1 pound ground yak
- * 1 onion, finely chopped
- * 1/2 pound Daikon, spinach or cabbage, finely chopped
- * 1 garlic clove, minced
- * 1 teaspoon grated fresh ginger
- * 2 green onions, chopped (both white & green parts)
- * 2 tablespoons chopped fresh cilantro
- * Salt to taste

Mash together all filling ingredients. Place a spoonful of filling on each dumpling wrapper, folding over and crimping to seal. Place momos in a steamer and steam on high for 30 min.

Serve with a mild tomato salsa, “Tsal,” made from chopped tomatoes, cilantro, green onions and garlic, and/or Sriracha sauce and/or soy sauce.

able when animals are slaughtered (she will be slaughtering several animals this summer). And she markets one more item—yak manure, which she says has been one of her best-selling yak products. “We’ve sold the crap out of the crap,” she quipped, alluding to its superior fertilizing qualities. If you’re interested in any of these products, call her at 208-245-1349. For more information on yaks generally, visit www.iyak.org.

Currently, the Co-op only carries frozen yak burger patties; we brought some home to sample, and had them the traditional way—cooked on the grill and garnished with ketchup and mustard. Yak tastes quite a bit like bison; it’s a rich, lean red meat, but it is even richer and more delicate in flavor than bison. Tammie described it to me as “filet mignon in a burger,” and I would say that description is pretty much right on.

Tammie will be at the Co-op on Saturday, June 9 to cook up yak burgers for people to sample and answer questions about yaks. Don’t miss this opportunity to sample one of the most unusual and tasty meat treats available at the Co-op!

I was looking for a Tibetan recipe that used ground yak meat to include with this article, and I came up with the following information about Tibetan food:

“... Tibetan fare isn’t so much a cuisine that is dissected for its flavors and textures; rather, the food is usually eaten in the outdoors for comfort and survival. Unlike other types of Asian cuisines, which involve culinary artistry and mastery, Tibetan dishes are stripped down and the food is cooked so that it tastes as close to its original and natural state as possible...Tibetan food doesn’t

involve a lot of sautéed dishes, fiery hot peppers or intricately prepared meals.” (http://www.khandro.net/links_Tib_recipes.htm)

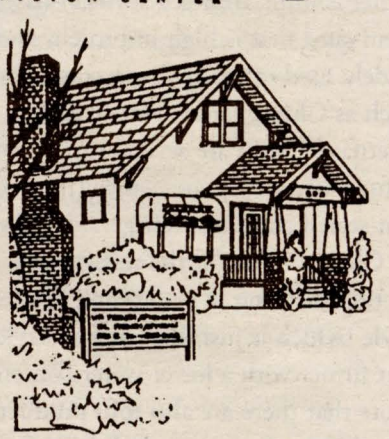
Alice would really like to get her hands on some yak yarn, maybe to knit some booties for the baby she’s expecting any day now.

Try a Yak Burger

Tammie Damiano, of Tamarack Yak Farm, will provide free samples of her yak burgers at the Co-op Meat Department.

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Perfecting the Pea

by Jordy Byrd, Newsletter Volunteer

“There is nothing so innocent, so confiding in its expression, as the small green face of the freshly shelled spring pea. Asparagus is pushing and bossy, lettuce is loud and blowsy, radishes are gay and playful, but the little green pea is so helpless and friendly that it makes really sensitive stomachs suffer to see the way he is treated in the average home.”

—William Wallace Irwin,
former secretary of the U.S.
Chamber of Commerce

among the hardest foods to hide off my plate. I mashed the little green dots with my fork and assumed that my mother actually believed I tried to eat them. Despite my efforts, she did not believe I tried. Worst of all, slipping my peas onto the floor for the dog didn't work either, because he too refused to eat them. Fortunately, I have learned to enjoy the beautiful simplicity that is the pea.

Food historians express differing opinions on the exact homeland of peas which are part of the legume family. The consensus is that peas could have originated in the region that spans from the Middle East across to Central Asia. Considering that most peas are a cool-weather crop, some historians believe their country of origin may have been northern India, Burma, or Northern Thailand. Because peas are legumes, they offer many of the nutritional benefits such as high protein, high fiber, and low fat.

While growing up (I'm only 20...I'm still growing up), I discovered that peas were

My first step to making the perfect pea was a quick trip to the Co-op to purchase two bags of frozen English

English Peas Cooked with Lettuce Leaves

This recipe works best when the cooked rice has been refrigerated a few hours to overnight. However, if you don't have the time, cook the rice and remove it from heat, uncovered, for 10 minutes or so.

- ✦ lettuce leaves, rinsed and left moist
- ✦ 1 package (10 ounces) petite English peas, partially thawed and broken up
- ✦ 1 teaspoon sugar
- ✦ 1/2 teaspoon salt
- ✦ 1/8 teaspoon freshly ground black pepper
- ✦ 2 tablespoons butter

Line a heavy skillet or Dutch oven with 3 to 4 large lettuce leaves. Add peas; sprinkle with sugar, salt and pepper. Dot with butter over the top of peas. Top with another lettuce leaf or two. Cover tightly and cook over medium low heat for 8 to 10 minutes (a little longer for fresh peas), or until peas are tender. Check and add small amounts of water if the peas are drying out. Lettuce may be chopped and served with peas, if desired.

Recipe serves 4.

Creole English Peas and Onions

- ✦ 16 ounces frozen English peas, thawed under cool water
- ✦ 2 tablespoons butter
- ✦ 3 tablespoons finely chopped onion
- ✦ 1/2 teaspoon Cajun or Creole seasoning
- ✦ 1 teaspoon flour
- ✦ 1/2 cup half and half
- ✦ 1/2 cup shredded mild or sharp Cheddar cheese
- ✦ vgrating of nutmeg or dash of ground nutmeg

Place peas in crock pot with butter, onion, and seasoning. Cover and cook on low for 3 hours. Sprinkle peas with flour and stir gently. Add half-and-half (or use cream), cheese, and nutmeg. Cook another 30 to 45 minutes, stirring occasionally.

peas. Later this month we will be able to get fresh peas at the produce department, but for now frozen would have to suffice. My first recipe, English Peas Cooked with Lettuce Leaves, was simple, quick, and tasty. Although I must admit, I was bit hesitant about placing lettuce on the skillet. I had also assumed my little dish was healthy, until I added the 2 tablespoons of butter. Lettuce, peas, sugar, and butter—I felt like a rabbit with high cholesterol. Oh well. The peas absorbed the butter and seasoning perfectly, and being the crafty little woman that I am; I wrapped the peas in the lettuce leaves and ate it like a taco.

My second recipe, Creole English Peas and Onions, didn't appear to be detrimental to my health but as we all know, things are not always as they appear. (I don't know how I get myself

into painful situations...but I always do. This has proven especially true in the kitchen). I had just finished adding my 1/2 teaspoon of Creole seasoning, when I mistakenly decided to blow the rest of the seasoning off of the spice's lid. I somehow ended up blowing part of the spicy concoction directly into my eye. Surprisingly, I remember the stern lessons of my high school chemistry teacher Mrs. Pierce and immediately ripped out my contact and flushed my eye with cold water. Thankfully, my pride and not my eye, was the only thing permanently damaged.

Aside from my one mishap, the recipe went smoothly. Crock pots are truly a gift sent from the gods. It almost doesn't get any easier than slapping a bunch of stuff into a pot for 3 1/2 hours. The mixture was creamy, cheesy, and all in all delightful. Mission accomplished.

I have learned to perfect the English Pea (or at least I've come very close).

Resources:
www.about.com

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—Neil Nedley, M.D.



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Letter from the Land: Parallel Worlds

by Suvia Judd, Newsletter Volunteer

On April 25th I was walking along an old road in the woods with a dog attached to my waist, a common enough occurrence except that I was in southern Vermont. I'd left Moscow the day before when daffodils were peaking and cherry blossoms beginning, and trilliums blooming on Moscow Mountain. I traveled three thousand miles and a month backwards into spring, and found myself in crocus season. The road I walked along was soft under pebbles, and the way interrupted by giant puddles and long tongues of still melting snow. There was rushing water everywhere, and trees fallen across the road from the winter storms that came in April. Swamp maples were opening their fluffy red blooms, and catkins adorned the pussywillows. Everything was very lively and ready to burst, but there were no leaves out, and the ground had that flat, naked look that follows first snowmelt. I said hello to all my old tree friends: Eastern white pines, beeches, sugar maples, bright

white paper birches, curly-barked black cherry trees, shady hemlocks, prickly spruces, and fragrant balsam firs.

The first evening I heard croaking frogs chorusing a quarter of a mile away. By the third day the ice in the swamp above the house had melted, and the "croakers" racket filled the air day and night. From the road, I saw a shiny frog struggling urgently up the swamp outlet where it poured through the old stone wall. Beyond, dozens of shiny bodies jostled in the water. Two days later the tiny orange "peepers" had joined the night chorus.

I came back to Moscow to apple blossoms in town, and fairy slippers, arnica, balsam root, and shooting stars on the mountain.

The forest of the Palouse Range is very different from the upland hardwood forest of southern Vermont, but they have a lot of species and genera in common. In trees, they share white pine,

true fir, birch, cherry, spruce, tamarack, and quaking aspen. Smaller trees in common include alder, chokecherry, and serviceberry (called shadbush in Vermont.) In both forests you will see yellow-flowered *Erythronium* species (glacier lilies in the Palouse, and trout lilies in Vermont,) tall and short yellow violets, trilliums, bunchberries, ladyslippers and false Solomon's seal. People pick blueberries in Vermont, huckleberries in Idaho (both *Vaccinium*). Mushroom hunters find morels and chanterelles. In September I saw the huge, layered, orange and yellow shelves of *Laetiporus conifericola* growing on a Douglas fir snag at Idlers rest, and then days later, the strikingly similar *Laetiporus sulphureus* (the chicken mushroom) growing on a hardwood trunk on a road edge in central Vermont.

Trout swim in the brooks and ponds of Vermont, and the creeks and lakes of Idaho, and salmon (different genera) in the rivers, along with beaver and musk-

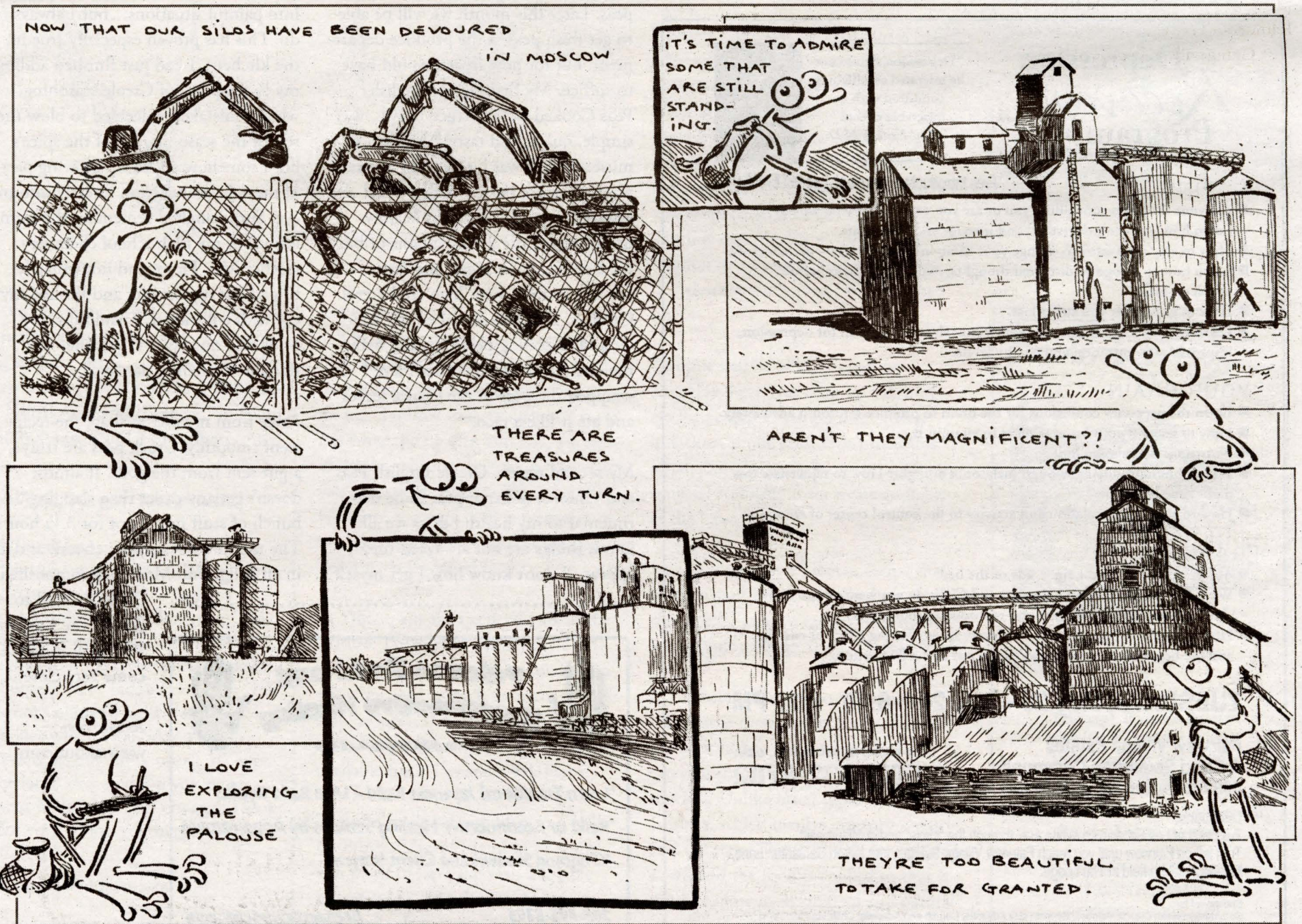
"The forest of the Palouse Range is very different from the hardwood forest of Vermont, but they have a lot of species in common."

rat. The woods of both states are filled with white tailed deer, black bears, coyotes, moose, porcupines, skunks, foxes, bobcats, red squirrels, flying squirrels, deermice, and silver-haired bats. Chickadees, nuthatches, juncos, downy and pileated woodpeckers, ruffed grouse, wild turkeys, and great horned owls are among the birds at home in both places.

I relish the blend of sameness and differentness between this world and that. When I hear the magpie's cry I think Idaho, but when I hear the spring "phoebe" call of the chickadee, I am transported to a world of vernal pools, rushing water, and red swamp maple flowers against a bright blue sky.

Suvia Judd writes from Moscow.

PALOUSE REPORT: In Honor of Fallen Silos



In The Garden: Palouse Prairiescapes

by Holly Barnes, Newsletter Volunteer

“The strange thing which I have experienced with flower scents . . . is that they only recall pleasant memories.”

—Theodore A. Stephens

Local farmers Wayne and Jacie Jensen started thinking outside the box for a solution to the financial squeeze of their life's work. Palouse Prairiescapes is the exciting result of that thinking. The Jensens are a third-generation farm family whose land includes a one hundred acre remnant of native grassland on Paradise Ridge. Three years ago, they began gathering native seed for commercial seed and plant production and this year they have native grasses and wildflowers available for sale.

Their test plot is on a sloping acre near the crest of Paradise Ridge. The land hadn't been farmed before and they are employing a low or no-till process. Of the 120 native species found on the Ridge, they have gathered seed and begun cultivation of 15. These plants originally flourished from the Rathdrum Prairie to the Camas Prairie near Grangeville. The test plot was a

serene acre when I visited the middle of May. Blue penstemon were in full bloom and the *Geum triflorum* (Prairie Smoke) and *Achillea* (Western yarrow) were ready to burst into bloom. I last visited the plot a year ago and was amazed to see how much more established the plantings are this year. As Jacie says, “The first year it creeps, the second year it sleeps, the third year it leaps.” Bluebirds and grassland sparrows, both bug eaters, gleaned around the healthy plants. Kestrel houses awaited installation; the small raptors are great for rodent control. Turkeys, moose, deer, and badger are some of the other wildlife that also enjoy the Ridge

The first product of Palouse Prairiescapes is an 18 plant flat that includes six species of native wildflowers (prairie smoke, blanketflower, western aster, slender cinquefoil, tall cinquefoil, and goldenrod) and three species of native grasses (Idaho fescue, blue wild rye, and bluebunch wheatgrass). All are perennials preferring sunny locations. After establishing with light watering the first summer, the plants require no irrigation. Planting natives ensures that the natural cycle of the seasons provides all a plant will need. Flats are available at Prairie Bloom and Fiddler's Ridge Nurseries locally. Jacie



Achillea in bloom on Paradise Ridge.

In the June Garden:

- ✦ Prune or deadhead lilacs no more than two weeks after bloom has ended;
- ✦ Plant seedlings of cosmos, Iceland poppies, lobelia, nasturtium, salpiglossis, petunias, schizanthus, snapdragon;
- ✦ Plant biennial plants from plant sales: hollyhock, foxglove, and sweet William. Biennials grow leaves the first year and flower the next;
- ✦ Plant all warm season plants: squash, melons, tomatoes, beans;
- ✦ Divide iris any time after bloom. Cut segments so each has a fan of leaves;
- ✦ Put up hummingbird feeders and change the nectar frequently, better yet, plant hummingbird friendly plants;
- ✦ Pick flowers and put them in vases in your home.

gives talks at the nurseries selling the Prairiescape product.

Another use for the land that the Jensens are exploring is providing seed for the Bureau of Land Management (BLM), U.S. Forest Service, and U.S. Fish and Wildlife Service (Idaho Department of Fish and Game) for restoration projects following forest fires. Much of that seed must be certified so the Jensens are going through the complex and costly process of having both their fields and grass and wildflower seeds inspected and certified to be absent of noxious weeds. Additionally, U.S. Fish and Wildlife is interested in using more natives for the Conservation Reserve Program (CRP), which provides technical and financial assistance to farmers as they comply with laws, and encourages environmental enhancement at the same time.

Twelve acres are planted in wildflowers this year. Last year they went up to McCroskey Park and gathered grass seed and are growing those plants out for them. Jacie says they will probably

slowly convert the land to native grasses and forbs as the soil does better with perennials on it than other crops and it is too hilly to farm.

The biggest challenge at this point is weed control. They have planted Idaho fescue between every other row to help control erosion on the hillside and to keep the weeds down. Where the hill is steepest the fescue is planted between every row. Regular mowing prevents the fescue from setting seed. Jacie's advice for home gardeners is to control the weeds in the first couple of years of a planting.

Palouse Prairiescapes looks like a lot of work but seems to be a labor of love. Jacie says that what they enjoy most is watching the cycles of nature on the land. This beautiful land looked to be very much in harmony with its use.

Holly Barnes is in her element right now, as she plans, and plants, new perennial beds in her backyard.

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Nature in the City: What's All the Fluff About?

by Sarah Walker, Newsletter Volunteer

During a few mild dry days each spring in Moscow, bits of mysterious white fluff float on the warm air, swirl and skitter down the streets to form drifts against the curbs. White fluff carpets green lawns and shines like motes of white dust against blue spring skies.

This "summer snow" is the springtime dispersal of millions of tiny seeds from poplars, cottonwoods, and tree willows—all members of the willow family.

Poplars are the first to release their seeds, then willows, a week or two later (there aren't many seed-producing cottonwoods in Moscow). Seed-producing female flowers are on separate trees from pollen-producing male flowers. Numerous tiny seeds with their fluff ripen inside capsules, clustered on green catkins that dangle like tassels from the outer branches. When the seeds are ripe, the capsules burst and the fluffy seeds take to the air, making the airborne journey away from the mother plant. The fluffy seeds need warm dry days for floating and wafting, and damp bare soil for sprouting. Poplars, cottonwoods, and willows produce copious amounts of short-lived, minute seeds, very few of which typically sprout.

Silver poplars are scattered through a few Moscow neighborhoods. They look a little like beefy aspen trees. Their bark is dark and rough near the ground but smooth and pale on the upper trunk

and branches. Their leaves are blocky and lobed, white and felty underneath. In May, I watched the poplars along Blaine, Almon, and Mabelle as their seeds ripen and the packed capsules explode their fluff—my visual for how the software program Stuffit Expander works.

The species of tree willow that emits lots of fluff in Moscow, European willow (*Salix rubens*), grows along Paradise Creek at the south edge of town and in Berman Park. They appear to all be female trees. Their bark is dark gray and rough, new twigs brownish-green (not golden), and their leaves are long, narrow and bright shiny green.

People who suffer from allergic reactions to pollen sometimes blame seed-fluff. But the fluff is not pollen. Pollen is related to blooming flowers; fluff is related to seed production, as entertainingly presented in a book about avoiding allergenic plants called *Safe Sex in the Garden* by Thomas Ogren (at the Moscow Library).

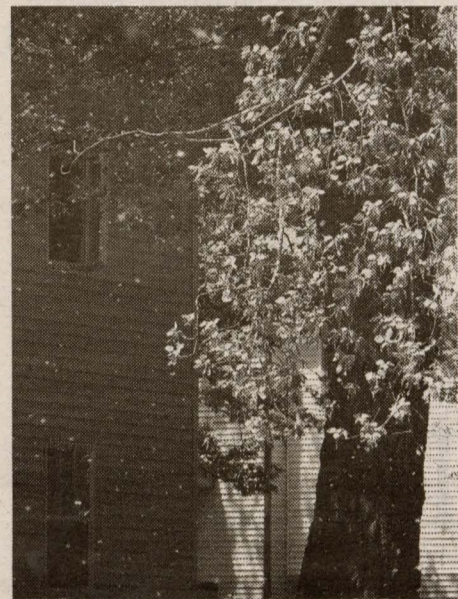
There are years when seed-fluff piles up pretty deep, clogging drains and air vents. It comes inside my friend Sally's house on her clothes, her feet, her dog, or through her windows and doors. In Pullman, Fire Department Captain Van Ness told me he's had to put out wildfires started by people being careless with cigarette butts or matches around cottonwood fluff!

The trees that produce our fluff are unpopular in other ways. Widely spreading roots sneak inside broken pipes requiring rescue by Roto-Rooter. Root sprouts might pop up in neighbors' yards uninvited. Mowing them down year after year leaves a mat of wood where lawn used to be.

Outside of town, European willows grow all around the Palouse, probably planted by farmers to stabilize stream banks. Silver poplars, which are native to Europe, are planted in North America for fast-growing shade. Willows and poplars can reach eight feet in their first year and 30 feet in just a few years. They make good wind-breaks. Potlatch Corporation raises hybrid poplars used for pulp in a small plantation along the Clearwater River near Cherrylane.

"Idaho Hybrid Poplar" is grown and sold at University of Idaho Forestry Nursery. It's a fast-growing lovely shade tree, and doesn't produce any fluff.

One June afternoon in 1860, Henry David Thoreau watched fluff in Concord Massachusetts: "... I noticed the air as high as the roofs full of some kind of down, which at first I mistook for feathers or lint. ... It rose and fell just like a flight of ephemerae, or like huge white dancing motes, from time to time coming to the earth. Next, I supposed it to be some gauzy, light-winged insect. It was driven by a slight current of air between and over the



Bits of white fluff float away from a Silver poplar tree (*Populus alba*) on a warm sunny day in May. Each bit of fluff is attached to one tiny seed. Photo by Sarah Walker.

buildings and went flying in a stream all along the street. . . . This was white-willow down. . ."

People are still taken by surprise when the air fills with summer snow during a perfect fluff week in May or June.

Sarah Walker notices how seeds travel and has observed whirling maple helicopters, wafting willow fluff, tumbling tumbleweeds, and coconuts bobbing on the high seas. She thanks Roger Blanchard, Sally Chang, Fred Johnson, Dave Rauk and Captain Van Ness for their insights and experiences with tree fluff.

Co-op Crossword

by Craig Joyner, Newsletter Volunteer

ACROSS

- 1 May's profiled employee first name, second is 2 down
5 Pet's foot
8 Concerning
9 Small town between Moscow and Orofino
11 Often before a vowel
12 Bike rack creators' web page 1st half, 2nd half is 42 across dotcom
13 Live
14 Friendly scrubbing powder Bon ____
16 Yes in Spanish or Italian
17 Clip
18 May's profiled volunteers' last name, 1st are 32 down & 48 across
21 Plurality
22 Bond classic, Dr. ____
23 Traditional Medicine's Tea variety, Eater's ____
26 Before college, abbreviation
28 Brain membrane or the fake log for your fireplace that goes with flame
29 MFC offers classes to improve this art
31 The newsletter's new advertising manager, __ Sreenivasan

32 Dogfish Head Brewing comes from Milton, ____

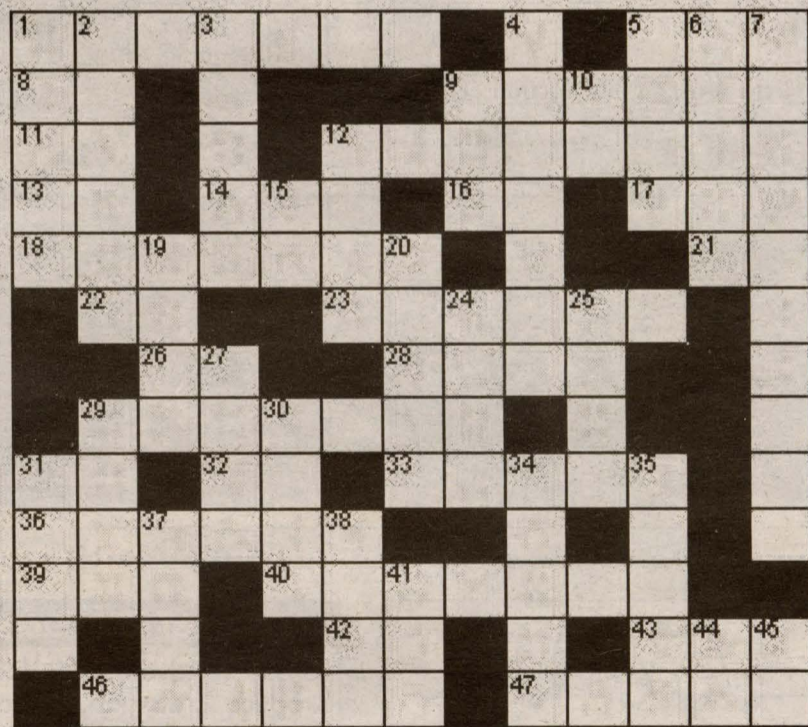
- 33 Potato or turnip
36 Commence
39 Rock band named after WWII UFO's, __ Fighters
40 Bike rack creators' web page 2nd half, 1st half is 12 across dotcom
42 Doctor's degree, abbreviation
43 The Trill on Star Trek: Deep Space 9 or a French city
46 One of May's profiled volunteer, first name, last is 18 across
47 A neti pot can help clear this passage

DOWN

- 1 Crossword creator, first name
2 May's profiled employee last name, 1st is 1 across
3 May's profiled business partner 2nd name, 1st is 39 down, last is Photography
4 Asian grass that scents Pacifica's Tibetan Mountain Temple candles
5 You might find one in The New Yorker

6 One of the very first organic farms, ____ head Mills

- 7 "Songs to Get You from Here to There" musician profiled in May's newsletter
9 Band __ Lobos
10 "Live Free or Die" is this state's motto, abbreviation
12 Chicken or turkey
15 This state's name means "a large hill place," abbreviation
19 London or NYC district
20 Billy Joel song "We ____ Start the Fire"
24 Ethiopian mountain range or baby's babbling
25 Bringers of bread The ____ Baking Co.
27 Knudsen or Dry
29 Italian alpine lake or singer Perry
30 British spelling of curb
31 One of May's profiled volunteers 1st name, 2nd is 18 across
34 You can buy this by the slice in the meat department
35 Their name is synonymous with ginger
37 Gaucho's weapon
38 May's profiled business



- partner 1st name, 2nd is 3 down, last is Photography
41 Coeur d'Alene, abbreviation
44 Two year college degree, abbreviation
45 Bigger than big, 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.

Wild & Free: Daylily

by Sarajoy Van Boven, Newsletter Volunteer

“Life is but a day;
A fragile dew-drop on its
perilous way

From a tree’s summit.”

—John Keats Sleep and
Poetry

“The poetry of the earth is
never dead.”

—John Keats On the
Grasshopper and the
Cricket

If you had one day to live, what would you do? It’s a cliché “Youth Group” question, yes. But what would you do? Not that you should live every day like that, especially if you want to make it to 90, healthy and wealthy. Yet the question intrigues.

Would you settle yourself down among tall grassy leaves? Would the clump be in your garden, or along the way-side, an emancipated feral? In the new morning, would you rise up from the center of the lush 1-2’ tall, sword-shaped leaves? And like a butterfly from its chrysalis, would you crack open your green shell, letting the light soar in? Would you unfurl your magnificent six tepals—three petals and three sepals (wikipedia.com)—and your six burgeoning stamens? What fantastic color would your tepals be? Would you be lemon yellow, vanilla, saffron, peach, or merlot? With tepals arched back, would you offer yourself to the brilliant generosity of the sun, to the seduction of the

humming bee, to the play of a Palouse breeze, to the cleansing shimmer of rain, and to the joys and sorrows of being? Would you offer yourself to the magic of a day? Yes?

Then, you and I, and the daylily are kindred spirits. Daylily, the most popular, adaptable, hybridized, hardy perennial in America? Yes! And it’s edible!

The young green leaves can be eaten, raw or cooked. They are inoffensively mild and tasty. Be sure that you know it’s a daylily, as green grassy shoots of everything look alike. If you planted it and have seen it bloom, you’re probably in the clear, but don’t quote me on your deathbed.

Apparently, if you have too many day-lilies (!) and are beyond desperate for food, you can eat the long, teardrop shaped tubers: raw, steamed or boiled (www.survivaliq.com). I have no experience in the matter. Even if I and the rest of this beloved planet had but one day left, I would not prey upon the bulbs, on the off chance that the world went on for one more day.

And the flowers, yes, the fleeting moment of their lives ends in just one day. That is why I like to eat them for dinner, at the end of the day. Whereas eating the roots translates to No More Daylily Ever, eating the flower merely deprives you of one flower for the rest of the day. Some recommend steaming the flower buds for 10 minutes, then frying (www.indiansummerherbs.com), however that would also deprive everyone from beauty of the flowers.



The flowers seem to vary in flavor by color, perhaps only by subliminal suggestion. The white might taste of vanilla. Some yellow daylilies are actually called lemon lilies, both for color and flavor, I’m sure.

Daylily fritters and sautés seem popular, as does a bleu cheese daylily recipe floating around the world wide web. I have never wanted to put much labor into my daylily consumption. I simply pick a flower, remove any earwigs (perhaps they are edible too, I don’t care),

and toss the tepals in my salad. The richest kings and queens have never eaten a salad more enchanting than one with daylilies.

Originally from China and Japan, day-lilies contribute to Chinese cooking and are rumored to be of medicinal value, though no one specifies what that means. Sold as “Golden Needles,” they appear in Hot and Sour Soup and Buddha’s Delight (I don’t know what that is either, but I’ll take it!) (Wikipedia).

The Latin genus for daylily is *Hemerocallis*, based perfectly on the Greek for “day” and “beauty.” Daylilies are not true lilies, not members of the *Lilium* genus. It will be important, if you want to live longer than a day, that you not eat *Liliums*. Make sure your daylily’s long grass-like leaves grow straight from the ground, Not along a stem, and that the daylily on your lips doesn’t have spots. And if you want tomorrow to be free from diarrhea, don’t gorge on the daylilies.

Sarajoy recently welcomed another day-lily into her yard and hopes it tastes of white chocolate with a hint of raspber-ries.



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Book Review: *Science Experiments You Can Eat*

by Judy Sobeloff, Newsletter Volunteer

Since my Meals Kids Might Eat (Meals Parents Might Cook) debut last month, I've been amazed by the number of times newsletter readers have engaged me in the following conversation:

Other person: So what *do* kids eat besides macaroni and cheese?

Me (stumped): I don't know. That's what I'm hoping to find out.

Other person: Oh yeah. They also eat grilled cheese.

This month in our search for Food Beyond Cheese, we turn to science. Or, more specifically, to *Science Experiments You Can Eat* by Vicki "Science Power" Cobb.

I admit I stacked the deck, inviting over one scientist friend and marrying another. But don't worry, as this book could be used successfully by anyone who enjoys doing projects with kids. While it seems geared toward elementary school students, I think it would work well with kids of any age. With my deadline fast approaching, rather than wait a few years, I chose to work with the four preschool-aged kids we had on hand.

Initially some of the junior scientists were not eager to participate ("There's no toys in the kitchen!") but all of them quickly came around, especially after I dropped a bowl, with everyone noting in the most scientific way how cleanly it split apart.

The book contains a variety of recipes, including those that can be done quickly and those that take weeks (rock candy). The foods involved range from Kool Aid and hard candy to spinach and squash. While not a cookbook per se, most of the experiments can be converted into dishes designed to be eaten. Given my nutritious intentions, I steered clear of the sugar bombs and headed for the vegetables. My experimental question: Will investigating food in this way make it more palatable for kids?

First, we made Red Cabbage Indicator, which immediately got the kids interested in "tasting purple" ("It's sweet."

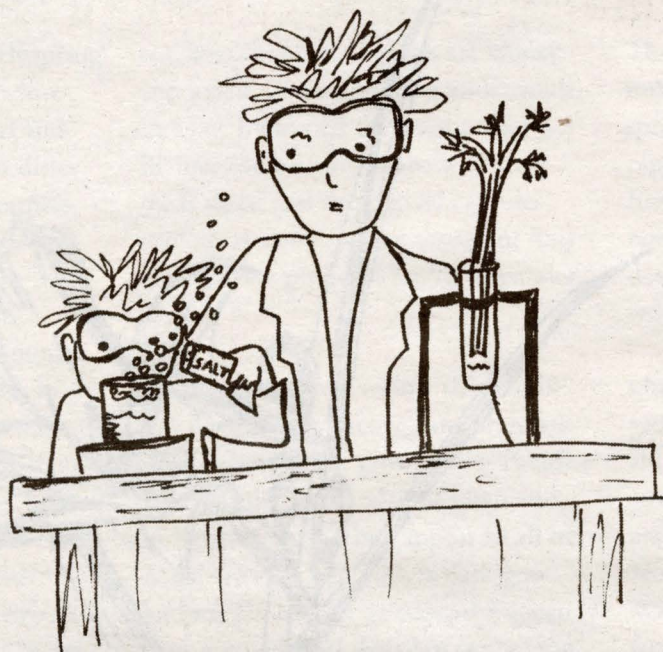


Illustration by Elizabeth Carney Sowards

"It's zingy." "No!") Fred got into the spirit, too, as the kids poured water over the cabbage they had grated: "Come play with it! Come feel it!"

We tested several items on hand, including lemon juice, baking soda, and vinegar to see whether they turned the indicator red (as do acids) or blue (as do bases). Then we mixed acids and bases together and watched the carbon dioxide created fizz.

Following a suggestion from the book, Fred mixed the kids' grated cabbage with olive oil, garlic, and salt, which all the adults and most of the kids found delicious. A bonus, since they likely would not have tried it otherwise.

Our second experiment, "Striped Celery Snack," in which a piece of celery is supposed to drink water dyed red, we deemed a failure. Perhaps we needed stronger dye. The only kid willing to taste the dyed celery rated it "not good."

Next up was nut butter. Step one: light a nut on fire. As the initial flame was not quite huge enough for Fred's taste, he improvised a pedestal by impaling a pecan on a nail, quick to explain that nuts burn better when vertical. I'm sure every family has their idiosyncrasies. Step two, which the kids loved: grind nuts in nut chopper. Though the resulting nut butter was dry, the kids ate it up.

At this point, they got into the dress-ups, and we discovered that wearing a pink wig helps with whatever you're cooking.

For the grand finale, we experimented with spinach ("Color Changes in Chlorophyll"). I predicted the kids would be enticed to eat the results, but Lisa, ever the skeptic, predicted "no way."

RED CABBAGE INDICATOR (adapted)

MATERIALS: 1 whole red cabbage, water, knife, grater, two large bowls, measuring cups and spoons, slotted spoon, strainer, clean glass jar and cover, small white dish.

1. Cut cabbage into quarters and grate each section into a large bowl. Add enough water to cover the cabbage and let stand, stirring occasionally.
2. When the water is a strong purple, remove as much of the grated cabbage as you can with slotted spoon and save it in second bowl. Pour the purple solution through the strainer into the glass jar.
3. Put about a tablespoon of your cabbage-juice indicator into a small white dish. Test for an acid by adding a substance you know to be an acid (such as lemon juice) to the cabbage juice. Notice the color it becomes in acid. Now use a fresh sample of cabbage juice and add a substance you know to be a base (baking soda). Now add acid to the base-and-indicator mixture to reverse the color change. What happens when you add base to the indicator showing the acid color?

Sample foods to test:

Cooking water from boiled vegetables; liquids from canned vegetables and fruits; cream of tartar; soda; egg whites; fruit juices; tomatoes; cottage cheese.

TO EAT THE CABBAGE: You can use the grated red cabbage raw in a salad or cole slaw, or saute with olive oil, garlic, and salt. The book also offers another experiment to do with the raw cabbage.

SPINACH (COLOR CHANGES IN CHLOROPHYLL) (adapted)

MATERIALS: milk; water; several fresh, washed spinach leaves; measuring cup; 2 saucepans; slotted spoon; white plate.

EXPLANATION: When fresh spinach is first put in boiling water, its green color brightens as gases in the cells are forced out by heating. After this, the spinach becomes grayer and grayer. Cooking releases certain acids in spinach that change the color of chlorophyll.

When chemists want to prevent a solution from becoming too acid or basic, they use a kind of solution called a buffer, which can absorb any acid or basic molecules and take them out of a solution. One substance we can eat that can act as a buffer is milk. Is it possible to preserve the color of spinach by cooking it in milk? Do this experiment to find out.

1. Put 1 cup of milk in one saucepan and 1 cup of water in the other. Warm the liquids over low heat.
2. When they begin to simmer, drop a few leaves of spinach into each pan. Keep the temperature low so that the milk simmers but doesn't boil. Cook the spinach for 4 or 5 minutes. Turn off the heat and let the spinach stay in the hot liquids for another few minutes.
3. Remove the spinach with a slotted spoon to a white plate and compare the colors of the cooked spinach leaves to each other and to a raw spinach leaf.

OBSERVATIONS: Have the colors changed after cooking? Which seems grayer, the spinach cooked in water or the spinach cooked in milk? Which tastes best to you: the spinach cooked in milk or water or raw spinach? Choose either milk or water to cook the rest of the spinach. Season with salt, pepper, and butter to serve.

I don't want to ruin the surprise of which version we universally liked better, but suffice it to say, as Lisa did, "It got my kids to eat three good bites of spinach (comparing the three varieties) and they ate it thinking about which tasted best rather than thinking 'eww, spinach.'"

Our conclusion: Getting to play with the food in an experimenting way helps kids become more familiar and comfortable with different foods, and ergo, more willing to try them. They definitely learned about various properties of foods and enjoyed doing it, and they sampled various vegetables and mostly liked them, which for me makes this book worth our while.

Vicki Cobb, *Science Experiments You Can Eat* (New York: HarperTrophy, 1994). 214 pp. \$5.99.

Judy Sobeloff thanks Betsy at BookPeople for recommending this book (and for much more.)



Co-op Kids!

by Rebekka Boysen-Taylor, Co-op Volunt

Summer in Moscow is my favorite time of year for Co-op Kids! since we get the chance to meet outside together for some fresh air and sunshine. All ages are welcome for the following activities and they are all free.

On June 13 at 9 a.m., let's welcome summer by making fabulous garden decorations out of recycled materials at the picnic tables in front of the Co-op...just bring your imagination! (If you have old CDs or DVDs that are no longer working and would like to donate them for this project let me know!).

Meet us at Friendship Square on June 27 for some outside play and bubble making at 9 a.m. We will enjoy some healthy snacks from the Co-op as well.

You can contact Rebekka via email at amamaswork@yahoo.com with any questions.

Rebekka Boysen-Taylor is the Co-op Kids! volunteer and mama of two "organically grown" little ones.



Coop kids enjoy wet felting with friends on May 9th

Earthmother: Getting Serious about Childhood Obesity and Activity

by Julia Parker, Newsletter Volunteer

Recently, I received a Girl Scouts newsletter. Thumbing through it, I noticed a picture of a dozen girls on a field trip. Their line-up in identical t-shirts didn't hide the fact that half of the girls had a significant roll of fat around her middle. Statistics on childhood obesity and all the related diseases are staggering. A 2003-2004 survey by the Centers for Disease Control (CDC) showed that in the United States 13.9 percent of children age 2-5 are obese, 18.8 percent of children between 6 and 11 are obese, and 17.4 percent of adolescents are obese. (<http://www.cdc.gov/nccdphp/dnpa/obesity/index.htm>). Obesity is defined using ratios of height and weight called the Body Mass Index (http://www.nhlbi.nih.gov/guidelines/obesity/bmi_tbl.htm). So, a person that is my height, 5'2" (almost) would have to weigh 164 pounds to qualify as being obese. Obesity and weight loss involve a few different factors including social support, nutrition, and activity. For this article, I'm going to concentrate on activity—specifically getting children active.

The CDC recommends that children and adolescents get one hour of moderate physical activity daily. I was surprised when I read this guideline. I thought of our own 7-year-old daughter and her propensity for art and reading, and wondered if she got that much activity everyday. A ten-minute ride to campus on the trail-a-bike (does she really pedal back there?); a 15-minute walk home from the bus stop (sometimes); recess at school; dance class once a week. It really wasn't adding



up to an hour a day. Without wanting to add in structured sports, I tried to increase her activity level everyday. And, occasionally I added it up in my head. So, I just became more aware of encouraging and allowing more time for physical activity. A few days ago, I wanted her to write a grocery list for me while I was doing dishes and she said, "I want to go climb trees." "Go climb trees," I said.

Here are some ways to increase your kids' activity levels. First, be a good role model. Remember that coach you had in 9th grade who drove in front of the team and smoked while they ran? He was not a good role model. Being active yourself provides kids a good example and encourages them to spend time with you being active. So, go hit a few tennis balls. Walk to work. Take a hike. Don't just send junior out to play or enroll him in sports. And, let's face it, as dismal as the statistics are on childhood obesity, the statistics on adult obesity are worse.

Incorporate exercise into your day-to-day activities. Leave the car at home and use your feet to get you to the grocery, post office and bank. Take your kids along and help them get conditioned to a health-promoting form of alternative energy. If you live out of

active each day.

Popcorn Tag

This is similar to regular tag but all players have to hop up and down on two feet instead of running. When the person who is "it" tags another player they have to hold hands and seek out others to tag and join the chain. Hopping takes lots of energy! (from Bob Gregson's Incredible Indoor Games)

Bubble Clapping

I was introduced to this game by a Headstart teacher when my oldest son was 18 months old. (He just turned 20 years old!) It's simple! Blow bubbles with a wand and let the kids see how many they can pop by clapping them between their hands. It teaches young children basic hand/eye coordination for catching and it allows older kids to smack, run, dive, and be silly.


Julia Parker is a health fanatic, but she still eats an occasional Rice Dream Cookie Sandwich at the Co-op if she walks to get it.

town, you can still come to Moscow and park it—then walk to your errands.


Play. Encourage your kids to play active games, whether it's an imaginative game of flying broomsticks or a semi-structured game of tag, hopscotch or kick-the-can. Kids can run, jump, stretch, flap, hop, spin while doing free active play outside.

Teach. If you know how to catch a baseball, kick a soccer ball, swim, ride a bike, double dutch or dance the watoosie, teach your kid. A few years ago, I read a short article on the growing business of teaching kids to ride bikes because parents didn't have time. Scary.

Finally, here are two games to play with groups of kids to keep them moving. Join in and see how long you can be



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Sustainable Food and Farms: A Survey of University of Idaho Students

by Ariel Agenbroad and Gina Baldwin, Co-op Members

In 2003, the Soil Stewards (students and faculty advisors dedicated to establishing and supporting a student-run organic vegetable farm) founded the Sustainable Community Organization at the University of Idaho. The club is open to students, faculty, staff, and community members.

On three acres of certified organic land rented from the UI, we grow one-quarter acre of vegetables, flowers, herbs and fruit, and then market the produce directly to consumers through an on-campus farm stand; sales to the university foodservice provider, Sodexo; and through a campus-based Community Supported Agriculture subscription program.

This spring, member Gina Baldwin designed a directed study project to measure student and faculty awareness of food issues and the student farm. Gina surveyed 100 students on campus.

When asked about the importance of their food's origins on a scale from 0-4 with 0 being "I've never thought about it" and 4 being "very important," more than 75 percent answered "important (2)" to "very important (4)".

At least 70 percent of students surveyed said that they were not satisfied with food choices on campus, 67 percent would like to see more local food, and 63 percent would like to see more organic food.

Of note: 46 percent of the students surveyed shopped at the Moscow Food Co-op. Of the students who shop at the Co-op, nearly half of them responded that they did not know that the University of Idaho has a student organic farm (47.8 percent).

Over the course of the summer, Gina will be analyzing these results, along with the data from a faculty survey. We will use this information to increase awareness of the farm and identify ways to integrate the farm into the lives of more UI students.

For more information about the Soil Stewards Farm, Gina's study, or to inquire about CSA shares (Yes! We have

a few left!), visit our website: <http://stuorgs.uidaho.edu/~soilstewards/index.htm> or email us at soilstewards@stuorgs.uidaho.edu.

Gina Baldwin has been a Soil Steward since last summer. She graduated in May 2007 from the University of Idaho with dual degrees in Political Science and French. Gina is one of your friendly Co-op cashiers.

Ariel Agenbroad received her MS in Plant Science in May 2007 and has been a Soil Steward since 2003. She is married to Co-op Kitchen Supervisor James Agenbroad and is a program coordinator for both the University of Idaho Sustainable Ag/Small Farms Program and Rural Roots.

Palouse Prairie School of Expeditionary Learning

by Judy Sobeloff, Co-op member

As many readers know, a group of local parents and teachers has been working to bring a new charter school to Moscow, Palouse Prairie School of Expeditionary Learning (PPSEL), intended to open as a K-6 school in fall of 2008 and to expand to K-8 shortly thereafter.

Following the lead of several fellow Co-op members who'd recently visited popular Expeditionary Learning (E.L.) schools in Spokane, Boise, and Pocatello, I sat down with Nils Peterson, PPSEL board chair, to explore the question: Why would Co-op members be interested in this school?

Expeditionary Learning is a research-based educational model that emphasizes collaborative learning in real-world situations and fosters a compassionate and inclusive school culture. Rather than pursuing subjects in discrete blocks, learning revolves around multi-disciplinary expeditions, each driven by an overarching, guiding question.

A defining principle is that students at E.L. schools consider themselves "crew, not passengers." After talking to Nils, on my own visit to Summit, a K-8 E.L. school in Spokane, I too was impressed by the morning crew meeting, where every student was greeted by name by a fellow student (no invisible kids here), and by the way students of all grade levels had such ownership of their work that they seemed to feel it was as much their business to tell visitors about their class as it would be their teacher's.

Co-op members interested in schools, Nils says, can be assured that PPSEL—like the Co-op itself—will emphasize teamwork, involvement in local community, partnership with real-world organizations, ethics and personal responsibility, and whole systems thinking rather than thinking in isolation.

Those wishing to receive the PPSEL email newsletter or to learn more about the school are invited to call Nils Peterson at 882-4680 or to email him at info@PalousePrairieSchool.org.

Artist Studio Tour of the Palouse

by Judy Sobeloff, Co-op member by Joanne Reece, Artist Studio Tour Committee Chair

The artists of the Palouse spend their creative time in diverse settings—in the historic lofts of downtown Moscow and Palouse business buildings, in the adaptive re-use of tool sheds and barns, and in a turn-of-the-century home with spectacular views of the Palouse River.

Fourteen art studios in Moscow, Pullman, and Palouse will be open to the public on Saturday, June 23, 2007, from 10 a.m. until noon for senior citizens, and from noon until 5 p.m. for the general public.

Sponsored by the Moscow Arts Commission, City of Moscow, and Heart of the Arts, Inc., and with the generous support of the Latah County Community Foundation, the Artist Studio Tour of the Palouse is a unique opportunity to visit local artists in the

spaces where they find their inspiration. A wide range of media and style can be found throughout the tour.

Participating artists include Beth Anderson, Kathleen Bodley, Jana Brubaker, Ross Coates, Lizette Fife, Jim Gale, Elaine Green, Teresa Harkins, Peder Johansen, Marilyn Lysohir, Tina Ochs, Joanne Reece, Sean & Robin Stratton, Sarah Swett, Nicole Taflinger, Rebecca Thorgaard, Bill Voxman.

Studio Tour passbooks are \$10 (\$8 for seniors) and include a description of the artwork and the studio space, directions to each studio and an overview map. Passbooks may be purchased at Moscow City Hall and Moscow's Farmer's Market, and will be available at various locations on Main Street during opening receptions for Art Walk.

For more information, please call Joanne Reece, Artist Studio Tour Committee Chair at 883-3787, or check out the website at www.moscow-arts.org.

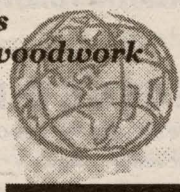


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Fly Casting and Fly Tying Classes at the Dahmen Barn

by Leslee Miller, Manager, Artisans at the Dahmen Barn

On Saturday, June 16, from 10 a.m. to noon, nationally acclaimed instructors Tony and Marilyn Vitale of KCS Flycasting School will teach a fly casting class that will be part demonstration and part practice. The class is limited to 10 students, aged 15 years and older. Participants should bring their own equipment for evaluation by these masters. The cost for the class is \$50. Go to www.kcsflycasting.com to learn more about the instructors and the other classes they teach.

will learn about the tools and what they are used for, and which ones are essential for tying flies. The class is limited to 12 students (a minimum of 6 students) aged 12 years and older. The cost for the class is \$25, which includes all materials and use of the tools.

Both these classes require advance paid registration. A registration form may be found at the bottom of the calendar page at www.ArtisanBarn.org, or by calling 509-229-3414

Artisans at the Dahmen Barn is located in the big white barn behind the magnificent wheel fence at 419 N. Park Way in Uniontown on highway 195 16 miles south of Pullman.

On that same day from 1:30 p.m. to 3:30 p.m., several instructors from the Kelly Creek Flycasters will teach a beginning fly tying class. Participants

UI Students Like the Co-op

by Bill London

BLOT is the name of the University of Idaho student magazine. This slick and colorful publication hits the streets at the end of each semester (twice per year, in other words).

The most recent issue of BLOT, spring 2007, includes a students' favorites section. They chose the top three in a dozen categories important to students (like "worst place to study" or "best bar").

The Co-op was listed in the top three in three different categories:

1. Best Lunch Place
2. Best Produce
3. Best Jobs

Thanks to the UI students who recognize that the Co-op is a great place to eat, shop, and work.

Bill London, who edits this newsletter, shared a joyful visit to the Moscow Renaissance Fair with his uber-adorable grand-daughter Leyna Grace

Holistic Healing Network

by Romney Boehm

I am looking for other people who are on a personal journey in search of holistic health. For me, the pursuit of holistic health has meant the intention to heal my whole self as best as I can, mentally, emotionally, physically, and spiritually.

When I got very depressed many years ago, I was drawn to approaches that would help me understand and work with my thoughts, feelings, and experiences. This work has lead to a lot of

growth and insights.

Recently I found out that I have fibromyalgia, hypoglycemia, candida, low thyroid, low adrenals, and a few other physical imbalances. This has helped me to understand the physical side of some of my long-term symptoms like chronic fatigue, depression, brain fog, anxiety, being easily overwhelmed, and body aches. I hope to find approaches that will help to bring my body into more balance and help me to find some

relief from these symptoms. I have already experienced times when changing my diet has helped to clear layers of depression, brain fog, insomnia, and panic attacks.

I am hoping to find other people who are on healing journeys similar to mine. There are many things that can lead people to a path of self-healing, and I think it can be helpful to talk to other people with similar experiences. All are welcome to contact me through e-mail.

If there is enough interest, perhaps we can form a group or a regional support network. Please note that what I am hoping for here is connecting with peers who are on similar paths who can offer each other support and friendship, but who are each taking responsibility for themselves, their healing paths, and their own health. If you're interested, please contact me at: romneyann@earthlink.net. Thanks.

New at the Library

by Chris Sokol, Latah County Library District

If you have a garden and a library, you have everything you need.

—Marcus Tullius Cicero (106–43 BC)

FICTION

Flight by Sherman Alexie. Making us laugh while breaking our hearts, Alexie tells the story of a troubled foster teenage boy who is not a "legal" Indian because he was never claimed by his father.

Knots by Nuruddin Farah. A woman raised in North America returns to her homeland of Somalia, in a desperate attempt to reclaim her family's home from the warlord who has taken it.

The Last Empress by Anchee Min. A revisionist portrait of Empress Orchid's transition from a strong-willed young woman to a politically savvy leader.

The Ministry of Special Cases by Nathan Englander. An historical journey into a world of terror, set at the

start of Argentina's Dirty War

The Reluctant Fundamentalist by Mohsin Hamid. In the wake of 9/11, a Pakistani immigrant finds his position in his adopted New York City suddenly overturned, revealing his most fundamental allegiances.

NONFICTION

Lawn and Garden

All New Square Foot Gardening by Mel Bartholomew. Grow more in less space.

Big Ideas for Small Gardens by Emily Young and Dave Egbert. Size doesn't matter, from sun-soaked front yards to shady nooks and crannies.

The Complete Flower Gardener by Karan Cutler and Barbara W. Ellis. Burpee's comprehensive guide to growing flowers organically.

Compost by Ken Thompson. The natu-

ral way to make food for your garden.

How to Build Your Own Greenhouse by Roger Marshall. Designs and plans to meet your growing needs.

How Does Your Garden Grow? By Chris Beardshaw. Understand your plants to get the best out of your garden.

Indoor Gardening the Organic Way by Julie Bawden-Davis. Create a natural and sustaining environment for your houseplants.

The Organic Lawn Care Manual by Paul Tukey. A natural, low-maintenance system for a beautiful, safe lawn.

Ortho's All About Dry Climate Gardening. Water-conserving landscaping and xeriscape solutions for your yard and garden.

Rodale's Vegetable Garden Problem Solver by Fern Bradley. Stay a step ahead of trouble in the garden.

Food and Cooking

Dishrag Soup & Poverty Cake by various authors. An Idaho potluck of essays on food.

Extreme Brewing by Sam Calagione. An enthusiast's guide to brewing craft beer at home.

Holy Cows and Hog Heaven by Joel Salatin. The food buyer's guide to farm friendly food.

Tapas by Penelope Casas. An updated edition of the classic book that introduced America to the little dishes of Spain.

Social issues

Deep Economy by Bill McKibben. For the first time in human history, "more" is no longer synonymous with "better."

The Devil Came on Horseback by Brian Steidle. Bearing witness to the genocide in Darfur.

Chris Sokol is the Adult Services Librarian for the Latah County Library District.

Moscow Food Co-op's own Annie Hubble joined Dan Maher as this year's Royalty for Renaissance Fair

by Jennifer Whitney, RenFair Publicity Director

Dan Maher, host of *Inland Folk* on NPR, and Annie Hubble, the Co-op's Front End Manager, Volunteer Coordinator, and Art at the Co-op Coordinator all rolled into one, were extremely proud to be given the huge honor to serve as this year's Moscow Renaissance Fair King & Queen. They felt it was truly a story of "rags to riches."

Annie was a magnificent Queen, in her royal robes and crown, her inherent benevolence shone twice as strong with the authority to bestow titles, pardons, and riches. She spent the weekend passing out gold (chocolate) coins from the royal "treasury" (meaning her own pocket) to children and adults alike. These she decorated with a white dove, symbolizing her commitment to peace and abundance.

"It was a wonderful reign," declared King Dan, "fueled by the fact that everyone around us was smiling and ... happy." One of the Queen's royal edicts was smiles abounding, which we certainly had. How much of that was because of her edicts or the lovely weather, no one can say.

The weatherman did have the King

and Queen worried about rain for the upcoming festivities, but Queen Annie was willing to forgive him after King Dan's request of the powers above to rain themselves out before the fair was granted.

Queen Annie did disclose a close call with a band of pirates, where they were forced to first negotiate and then bribe with gold. It finally ended when King Dan used his diplomacy to issue the pirates a Letter of Mark, making



Renaissance Fair Queen Annie Hubble, King Dan Maher, Prince Joseph Melior, and Princess Chantra with Royal Dog Orient. Photo by David Hall.

piracy legal. Queen Annie summoned a very dignified "We were not amused, ... but we have recovered." They then continued on their way to a well-deserved lunch in the food court.

Once at the court, King Dan chose one of PCEI's delicious smoothies

and hopped on their "blender bike" to whip it himself. Not only that, but he even expended his own sweat to produce one for "Peasant Girl" Gina, one

of the Co-op's hard-working cashiers. They proclaimed the food to be excellent, especially the huckleberry crepes and German sausages, which received the royal Seal of Approval. Both agreed they spent too much of their own well-earned money, as they "yielded to temptation on many occasions."

During their reign, they appointed a vegan as Royal Gamekeeper, to ensure the safety of the royal animals and knighted four peasants, one of who was Dave Willard, for his late night hours on the many-legged Dragon to participate in the parade—purely as a service to the Queen.

King Dan has attended the past 25 Renaissance Fairs and he asserts that this year was, "By far the best... and not just because I'm King. The energy was really good." He said, jokingly, he would have enjoyed it even if he'd been a lowly reporter like me.

The honor is "bigger than you think it would be." Dan and Annie said they would never forget this incredible experience and offer their advice on pirates to the next King and Queen to prevent any future national dilemmas.

Our Royal Reign

by Annie Hubble, RenFair Queen

Such an honour, and such a delight to be nominated king and queen of the Renaissance Fair. Thank you so much Moscow community. And thank you Queen Lela, and Queen Leanne and King Tom, for the lending of royal garb. King Dan looked so kingly and I felt so Springlike. I was especially pleased that Princess Chantra and Prince Joseph could be present.

At first, I felt shy about being such a focus of the public eye. But on the Saturday morning of the Fair, as King Dan and I walked along the sidewalk from the car to Bookpeople to get our royal lattes, two pedestrians bowed low on seeing us and said, "Ah, the king and queen." I realised that the community would be playing along with us, and that it would in fact be great fun.

And it was fun; fun to interact and stay in character all weekend. And a thank you to everyone else who did also.

There was a large and lively infiltration of pirates in our kingdom, and we had

to bribe them with (chocolate) gold coins and grant them letters of mark, that made in effect their illegal activities legal. We created four knights, a duchess, and a dame of the Renaissance Fair Empire, for sometimes-valorous deeds, but sometimes simply because they grovelled! The parade was wondrous with peace dove, dragon, bagpipers, peace band, and colourful characters of all sorts. We hobnobbed with past monarchs, chatted with delightful members of the court, had lovely young Irish dancers circle around us, ate delicious food, sang and danced.

The sun shone, the maypole twirled, music played, and peace reigned. What better kingdom could a monarch ask for. I enjoyed every minute and am certainly still moved by the honour. This is an easy community to give to, because it gives back sevenfold. Thank you everyone, and blessings on you and yours.

Renaissance Fair Thanks Moscow!

by Jennifer Whitney, Ren Fair Publicity Director

The Moscow Renaissance Fair board and committee wish to thank the citizens of Moscow and the surrounding area for another fabulous celebration of spring at this year's fair.

We especially wish to extend our sincere thanks to the City of Moscow for the use of the park and their assistance in making our fair a success; the immediate neighbors of the park for their patience and tolerance with the extra traffic, pedestrians and musical tunes which fill the area during our fair; the Lords & Ladies and Friends of the Fair who contributed financially; and the countless volunteers who go the extra mile to make our fair something Moscow can be proud of hosting.

Your support is so greatly appreciated. THANK YOU, Moscow!!

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Letter to the Editor

Dear Moscow,

It's late here in Seattle, yet sleep eludes me. I was with you this morning as you woke to the sound of gunfire and the day dawning in grief. What I witnessed I will never forget. You clearly are an interconnected community where the well-being of one depends upon the well-being of all.

I saw you hold your children close and teach them everyone's needs mattered. I saw you pass the flame of peace from one person to another, in the candles lit to honor life as well as in your eyes full of concern. I saw you stand by to offer support to your police, neighbors and friends who needed a listening ear and open heart. I saw you gather in community and pray for those who were killed in the same breath you prayed for the person wielding the weapon and his family. I saw you struggling to understand the pain behind the tragedy and vow to learn peaceful ways to address such pain to further healing rather than perpetuate harm. I'm moved by your stand to preserve and make visible our common humanity. I'm inspired by your actions chosen in congruence with your values and your steadfast hope for a compassionate, peaceful world. Please, do not underestimate the power of your actions to bring healing and to stop violence. I hold hope that choosing not to let violence linger in your hearts will lessen the lingering presence violence has in the world.

Moscow, the world needs what you have to give and holds you close during this time. I beg of you to live what you know, standing in love that is greater than hate. Guard your flame of peace even when the night winds are blowing.

In peace and gratitude,

Kathleen Macferran

Certified Trainer with the Center for Nonviolent Communication



Letter to the Editor

Co-op Deli Specials Deserve Webspace

Maybe it is just me, but I am never really sure what the hot specials will be (unless it is Tuesday taco bar or Friday pizza). This stems from two things: 1) My own inability to memorize the menu for the week while I am in line at the deli counter, 2) More often than not, there are not any menu flyers left for me to walk off with and magnetically paste to my fridge.

Could we perhaps put the weekly hot specials up on the website, either on the front page or some other easy to find spot? If we already have this on the website somewhere, I have looked all over the place and cannot seem to find it. Though posting this information in such a readily accessible place will surely ruin many a pleasant surprise (feasting one's eyes on the deli counter and at that moment discovering what is for dinner), I am sure many people



Letter to the Editor

Thanks to KRFP-FM

I am writing to express my support and thanks to KRFP 92.5fm/Radio Free Moscow for their exceptional community service during the recent sniper crisis. When our son, a University of Idaho student, called us from Moscow after midnight that night to tell us about the shooting, I was able to learn what was going on by listening to KRFP, whose volunteer DJ's stayed all night, reporting police updates about every fifteen minutes throughout the night as the event was occurring. Tonight I was able to visit KRFP's website and listen to their archived recording of today's press conference.

Radio Free Moscow has been on the air since 2004, but many people still have either not heard of the station or they're not sure where it is on their radio or what it's about. A big part of what community radio is about is the thousands of hours volunteered by local citizens to make it happen. Thousands per year. Volunteered. KRFP's efforts this weekend are a fine example of what community radio can be.

Locally grown, commercial-free radio broadcasts add up for the community in many of the same ways that locally grown food seems to make more and more sense these days. It's really fresh, produced on the Palouse by our neighbors and it supports the community in which we live.

The radio station is at 92.5 fm. Their program schedule, broadcast archives, and live internet stream are at www.radiofreemoscow.com and www.krfp.org. I strongly urge people to familiarize themselves with the radio station as a resource for times when a local and immediate source of news and information is needed. Sometimes we need to know now, not later, when the TV crews get here or the newspapers are next available. KRFP was that local resource for my family this weekend.

Thanks again to the dedicated volunteers and station manager Leigh Robartes at KRFP.

Marc Lawrence

Potlatch, Idaho

will compensate by instead salivating with excitement and anticipation even before we get to the deli counter.

Come to think of it, it may even be necessary to create a full-time mop jockey position to clean up the trail of drool that will inevitably lead from the front doors to the deli counter.

Josh Smith

EDITOR'S RESPONSE: Excellent idea. Thanks to your prodding, it's done. Every month, the hot lunch and dinner specials from the Co-op Deli will be posted on our website, www.moscowfood.coop, as well as in the newsletter (if we have the space to print it there). On the website, just click on the link there on the front page.

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

The Coop Listener: Brian Gill, Idaho Peace of Mind

by Jeanne McHale, Newsletter Volunteer

If this was a gossip column and my editor permitted gratuitous font, I would sprinkle this review with the names of Brian Gill's famous musician friends in Bold Face Type. A native son of Kankakee, Illinois, Brian has shared the stage with giants such as Pete Seeger, Phil Everly, and Joan Baez. Living in Chicago in the 1970s, he apprenticed with Steve Goodman, who wrote the song "City of New Orleans," and was befriended by mailman and singer/songwriter John Prine. After about 20 years immersed in the intensely fertile folk scene of the windy city, he moved to Moscow where he recorded "Idaho Peace of Mind" at Guitar's Friend Productions. This excellent and entertaining album is one of more than a dozen CDs for sale at the Co-op.

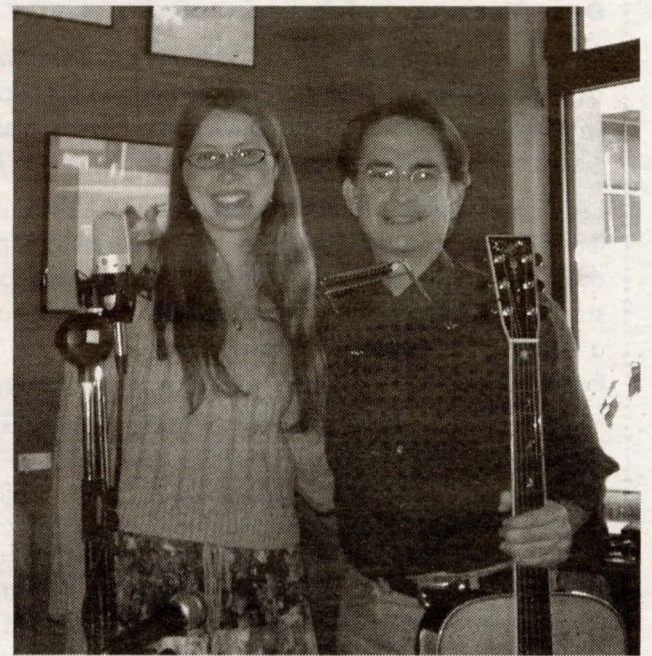
I met Brian at Guitar's Friend where he works and gives lessons, and we walked over to the Co-op to chat. He told me how he got to Chicago (hitchhiked), and eventually to Moscow (a vision that involves dental floss—long story), and how he conceived the 15 songs on his newest CD. After growing up in Kankakee, a stop for the City of New Orleans train made famous in the song recorded by Arlo Guthrie, Brian

left home at 19 intending to head for New York. Along the way he somehow ended up in Chicago where one of his first friends also happened to be the songwriter of the Guthrie hit that mentions Brian's hometown—"All along the southbound odyssey, the train pulls out of Kankakee, and rolls along past houses farms and fields," wrote Steve Goodman. Goodman became Brian's music teacher, John Prine organized open mikes, and Brian Gill honed his singer/songwriter skills in the company of Chicago's folk luminaries.

On the title track, Brian and his guitar explain how he left the smog and strain to find peace of mind where eagles fly and the sunsets are beautiful. This song has a nice relaxed feel and like all of them, Brian says, it is based on true-life experiences. The swing country tune "Grandma's Radio" was inspired from listening to the Grand Old Opry at his grandma's house. Brian says that this song came to him in its entirety, as he envisioned his Grandma singing it. "Daddy Smoked His Life Away," the song adopted by the American Cancer Society for their Great American Smoke-Out Campaign, is also, sadly, true. Following a concert where he

performed this tune, a man from the audience walked up, slapped down a pack of cigarettes, and swore it was his last. The power of music is strong.

The album samples a range of genres and features very good songwriting and appealing rhythms. "Everybody's Got a Jones" rocks out, "I Got the Blues," is a smooth ballad, and the satirical "Dead Cow Tastes Fine" is classic rhythm and blues appropriately reminiscent of T-Bone Walker. Some of the songs are spare, just Brian and guitar, some include bass and drum tracks contributed by Chicago musicians. By the magic of modern electronics, some tunes are beautifully complemented by the vocals of Brian's late musical colleague, Peg Compton. Fiddle, banjo, and mandolin are mixed into several tunes. Some of the songs are political, for example: "Somebody's Burning Our Flag" and "What's this USA Coming To?" Several tunes are romantic and



Brian Gill is joined by Emily Poor for a performance at the Coop on May 22.

lyrical, such as "Love in a Woman's Eyes," and "I See the Angel in You." "Sailin' Away" is a song about the transportation that music can provide. Many of the tunes are countrified, such as "Cadillac Nashville Bound" and "Railroad Blues." While the guitar playing is excellent, it never detracts from the fine lyrics and vocals.

Jeanne McHale wishes everyone a very Happy Summer Solstice.

The Radio Beat: I Hear America Singing, Brian Gill and the American Voice

by Sean Quinlan, Newsletter Volunteer

In the past couple of years, singer, songwriter, and guitarist Brian Gill has become a Palouse icon. You may have heard him playing around Moscow, or, if you've recently picked up a copy of folk artist Steve Goodman's new biography by Clay Eal, you may have noticed several of Brian's songs on the accompanying CD. For over six months, Brian has been working at Guitar's Friend, and has been teaching native Muscovites the art and craft of the guitar. Brian's art has filled our local landscape, and now he's taking it to the airwaves.

Every Friday afternoon on KRFP, Brian's radio program "I Hear America Singing," celebrates a distinctly American idiom. His show covers three main musical styles: folk, jazz, and the spoken word. There are folk singers like John Prine, Michael Smith, Joni Mitchell, and, naturally, Steve Goodman. There are also jazz performers like Louis Armstrong (whom Brian adores), or Chicago figures like Bobby Lewis and Blind Jim Brewer. He plays much from the late great Michael Hedges. And, last but not least, there's a whole collection of Beat Poetry and word jazz—especially Ken Nordine.

But that's not all. "Sometimes," chuckles Brian, "I like to throw listeners a curve ball." This means playing excerpts from Don Miguel Ruiz's motivational work, *The Four Agreements*, which offers ways to remove "mind parasites"—that is, blame and guilt.

"I get more calls about this than anything," Brian muses. "But then I also hear back when I play Jack Kerouac reciting poetry with Steve Allen playing piano. People say, 'I had no idea Kerouac did poetry readings like that.' But he did."

Brian's show itself is inspired by the great Midnight Special program that started on Chicago's WFMP in the 1950s, as well as Studs Terkel's famous musical interviews and Dick Buckley's classic jazz show.

"The program tries to create that scene," Brian confesses, noting that the radio turned him onto music. "I really believe in the music of that era, like Jim Dundee. I try to play it and keep it alive."

Brian was first introduced to folk when he was around nineteen. "I was just learning the guitar and wanted to play,

he explained. "I didn't come from a musical family, and so I started from scratch. I was coming from a small town south of Chicago, and planned to move to NYC. But I stopped in Chicago and didn't leave."

Once in Chicago, fate intervened. There, he met legendary performer Goodman, even before he had signed a record deal. Brian and Steve quickly bonded (Brian also happens to be from Kankakee, which famously appears in Steve's "City of New Orleans") and Steve taught Brian guitar, while Brian recorded Steve's material and has since become an archivist of his early work.

Since the 1970s, Brian's musical career has taken him across the country. When recently writing in Nashville, however, he had a cinematic-like vision of traveling across the States, unraveling a giant roll of floss from the Golden Gate Bridge to NYC. He later discussed the hallucination with his good friend, Potlatch dentist and entrepreneur Rich Bailey. Much to Brian's surprise, Rich called him back and wanted to make his dream a reality. And so, Brian moved to the Palouse, and "Floss Across America" has taken on a public

awareness campaign of its own. "The rest, as they say, is history," he says.

Brian's happy to be here on the Palouse, a sentiment reflected in his song, "Idaho Peace of Mind." "I keep playing my music. I play in the clubs. And I try to be a positive force in the community," he concludes. "Moscow is an amazing place, with so many interesting individuals with interesting life stories."

Brian Gill's "I Hear America Singing" runs every Friday between 2 and 4 p.m.

You can learn more about Brian's music at www.briangillmusic.com, or flossing, for that matter, at www.FlossAcrossAmerica.org.

You can find out more about 92.5 KRFP on the web at www.radiofreemoscov.com (including streaming audio).

Sean Quinlan is an historian of science who loves radio and jazz.

The Sustainability Review : Compact Fluorescent Lights...Again

by Mike Forbes, Newsletter Volunteer

It's been a few years since I wrote about compact fluorescent lights (CFL), six years if anyone's counting. I'm not going to write about the energy savings, payback, and all the stuff we hear about in magazines or in our monthly power bill. I thought I'd write about why I think people don't use CFL lights, maybe clarify some questions, and help you shop smarter because all CFLs are NOT created equal. It is similar to buying a car. We don't go out and by any car, we shop for specific traits and brands.

Issues:

- ☛ they take time to get bright
- ☛ they don't work with dimmers
- ☛ they flicker
- ☛ the light is a bluish cold light
- ☛ they don't fit in fixtures
- ☛ they don't work in the cold
- ☛ they are full of mercury and are a hazardous material

Let's tackle the above, one by one:

Brightness. It is true that many CFLs are not as bright when they start. It is equally true that there are CFLs that get bright quickly (a few seconds). We have lights in our house that are bright from the start. We also have lights that are horrible, you wonder if they are on then realize they are just starting up. We've had good luck with Feit Electric (Home Depot), Maxlite (Champion Electric), and Greenlite (Natural Abode).

Dimmers. There are dimmable CFLs. I own one and it sits in a box in the

shop. I hope that someday they'll make a dimmable CFL that actually works. My experience is that it dims to about 80 percent fine; below that, the color gets purplish and it starts to buzz. If anyone has had better luck, I'd love to hear it. If you have to have dimmable lights, halogen lights are better (not much though) in terms of light output per watt as are xenon. Incandescent lights are about the worst.

They flicker. They use to when ballasts were magnetic and operated at a different frequency. Now most ballasts are electronic and cycle on/off 10,000 times per second, not noticeable to the human eye. Some of the cheaper lights may still flicker because they are using poor quality ballasts and some may "plink, plink...plink" on, which is also a sign of a poor quality CFL.

Bluish light: You can get it; it's called 5000k light and also surprisingly called "daylight." If you want that warm incandescent light we are all used to, get a warm or soft white (<2700k). I always buy the warm white if possible because I use lights at night when I am not trying to mimic the outside world.

They don't fit in fixtures. It is amazing the size some lights are now. The spiral lights changed things dramatically and now spirals that have a glass or plastic globe around them are the same size as any incandescent light out there. I recently purchased a Maxlite and it is a small globe two inches in diameter. It fits in a small track light fixture and the bulb is not visible.

They don't work in the cold. Many don't but there are many that do. You need to look for ones that are made specifically for outside. GE and Philips make CFLs that work in temperatures as low as -22 and -10 degrees Fahrenheit, respectively.

Mercury. CFLs do contain mercury, which is hazardous, so you need to recycle them properly (check with the Recycling Center for current options). A fact that struck me was that, over five years of life, using a CFL puts less mercury in the environment than using incandescent bulbs. According to the EPA, four milligrams (mg) of mercury are used in a CFL and an additional 2.4 mg are released from coal-fired power plant emissions, for a total of 6.4 mg (EPA 2002). Compare that to an incandescent bulb that emits 10 mg of mercury (EPA 2002). Another thing you can do is to purchase CFLs that use recycled mercury.

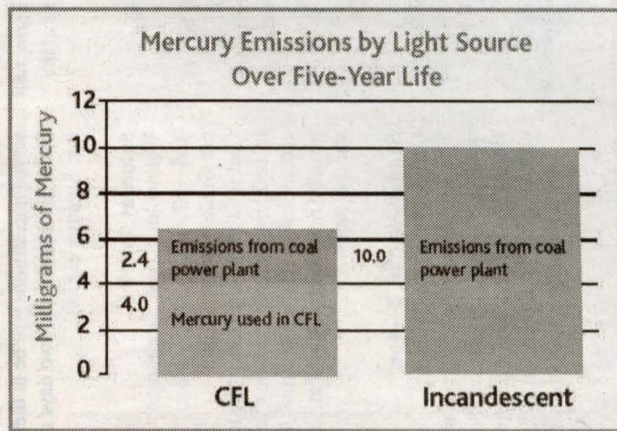
If you've tried CFLs in the past and found them to be less than desirable, I

hope you'll give them another try. Stick to reputable names, try a couple different sizes, and if you still aren't happy bring them back and try something else. There are many good lights out there.

Resource:

EPA Fact Sheet 2002 <http://www.nema.org/lamprecycle/epafactsheet-cfl.pdf>

.....
Mike Forbes and his family are now living in their house.

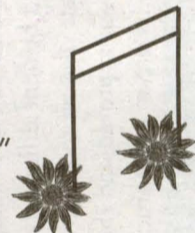


Source: US EPA, June 2002

Listen to Kenna on KRFP-FM

A fifteen minute interview with Co-op General Manager Kenna Eaton is part of the radio show "Coffee and Jazz with Adrienne Vincent" at **11 every Saturday morning**.

Kenna talks about Co-op products and Co-op events — please join her on KRFP-FM at 92.5



June Hot Specials	
Breakfast / Lunch	Dinner
SUNDAY	
Blueberry Buttermilk Pancakes, Egg & Tofu Scrambles, Hash Browns, Bacon	New Orleans Beer Battered Chicken or Tofu. Scalloped Potatoes
MONDAY	
Gourmet Pizza by the Slice	Beef or Mushroom Stroganoff Stuffed Portobellos
TUESDAY	
Cranberry Glazed Salmon w/ Braised Lentils. Rosemary Roasted potatoes, Mean Greens	BBQ Night! BBQ Chicken and Tempeh Kabobs, Dill Potato Salad
WEDNESDAY	
Calzones: Veggie or Sausage w/Portabello Marinara, Risotto, Italian Green Beans	Baked Polenta & Roasted Vegetable Ragout, Stuffed Chicken Florentine
THURSDAY	
Smothered Burritos, Roasted Corn, Tofu Verde	Mac & Cheese, Charred Green Beans
FRIDAY	
Szechwan Stir Fry W/ Local Produce, Egg Rolls w/ rice noodles, Fried Rice	Gourmet Pizza by the Slice
SATURDAY	
Breakfast: Biscuits & Morel Gravy, Egg and Tofu Scramble Roast Potatoes, Maple/Apple sausage patties.	Lunch: Shrimp or Veggie Creole, jalepeno/cheddar corn fritters, Collards Dinner: Veggie or Chicken Enchiladas, Spanish Rice

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with Equal Exchange Snacks

ASK FOR THEM AT YOUR FOOD CO-OP

FOR MORE INFORMATION VISIT www.equalexchange.coop/snacks
Equal Exchange is a worker-owned cooperative dedicated to Fair Trade






Bulletin Board

Moscow Food Co-op
121 East Fifth
Moscow ID 83843

Co-op Events

Art at the Co-op

Friday June 22, 5—7pm

Please come to the opening reception of Artwalk at the Co-op and meet Russ Wheelhouse, our Artwalk artist. Moscow Artwalk is a yearly festival of art, in which over 30 businesses and dozens of artists participate. The opening night is a big community event with people wandering around downtown and beyond, enjoying some fantastic works of art.

Co-op Kids – meet at 9am

June 13 Welcome summer by making fabulous garden decorations out of recycled materials at the picnic tables in front of the Co-op. Just bring your imagination! (If you have old CDs/DVDs that no longer work and would like to donate them for this project contact Rebekka).

June 27 Meet at Friendship Square for some outside play and bubble-making. We will enjoy some healthy snacks from the Co-op as well.
Rebekka Boysen-Taylor: amamaswork@yahoo.com

Tuesday Tunes—Hot Off The Grill

Tuesday evenings, 6-8pm, Co-op Parking Lot

- June 5 Sesithshaya Marimba Ensemble
- June 13 Milo Duke
- June 19 Joan Alexander & Marci Stephens
- June 26 Tendai Muparutsa
- July 3 Forgotten Freight

Try a Yak Burger

Saturday, June 9, 10am—2pm

Tammie Damiano, of Tamarack Yak Farm, will provide free samples of her yak burgers at the Co-op Meat Department.

Co-op Community Dinner

Wednesday June 20, 6:30pm

Melissa Culton and Emily Melina will be preparing a Thai dinner. The menu will be posted in the store in early June. Reservations are required for this 4 course meal which includes wine tasting.

Community Events

Writers Unite!

Monday June 4, 7 pm at the 1912 Center Meeting for writers of all stripes interested in joining writing groups, sponsored by the Moscow Community Creative Writing Workshop.

freewriting@turbonet.com

Pay Dirt Farm School Class

Saturday June 9, 10:00—Noon

Class will cover organic pest management practices. How to deal with the weeds, animals, insects, and diseases that might keep you from enjoying your harvest!

Location: MaryJanesFarm, Moscow;
Class fee - \$25—handouts included.
Registration: *Sunny 208-882-6819 or sunny@maryjanesfarm.org.*

Artist Studio Tour of the Palouse

Saturday, June 23, 10:00am—5:00pm

\$10 (\$8 for Seniors) at Moscow City Hall and Moscow's Farmer's Market

☎ 883-3787 www.moscow-arts.org

Palouse Folklore Society Events

Saturday, June 16, 8:00pm contra dance

Arrive at 7:30 for a fun teaching session at the old Blaine School House. (Take Highway 95 south from Moscow about 5 miles to Eid Road, then east to the crossing Roads.) \$4 newcomers members. Come enjoy live music with Crooked Joseph Erhard Hudson

Saturday June 30, 7:30
Glen Kastrinos in concert
Second Street, Moscow
donation.

Dahmen Barn

Saturday & Sunday
Grand re-opening at Art Barn to celebrate full of facility. Complimentary served and artisans will These are also the last into Summer exhibit?

Saturday June 9

Watercolor classes for children:
2nd—5th Grade: 10am—Noon
6th Grade + over: 1—3pm
Cost is \$15 which includes all materials. Taught by resident artisan Katherine Clancy, an accomplished watercolor artist. Registrations must be received by **June 4** at web or phone number below.

Sunday June 10, 2—4pm

Outdoor Marimba Concert:
The Sesithshaya Marimba Band will play an outdoor concert at Artisans at the Dahmen Barn. The concert will be a benefit for the new artisan center for a donation of \$5 per person.
www.ArtisanBarn.org or ☎ 509-229-3414

MOSCOW FOOD CO-OP

Palouse-Clearwater Ecosystem Institute—Event

Saturday June 2, 10am—4pm
Partridge Creek "Plant-This"
Partridge Creek, Elk River, ID
Come help out on our restoration project. This project will consist of site maintenance, seeding, and plant care. The goal is to restore the Partridge Creek Riparian Reservoir to protect the Drinking Water Protection Program and improve water quality of the Elk River supply. Carpool can be arranged leaving at 8am.

www.pcei.org/rod

Please remember to wear work clothes and sturdy shoes. Be prepared for both sun and cold weather. Remember sun-block, hat, water bottle, snacks, sunglasses, etc.

Saturday June 9, 10am—2pm

PCEI Native Learning Nursery Plant Sale
PCEI Rodeo Campus. Come out to stroll through the Native Learning Nursery on Saturday morning. While you're out, pick up a few native plants to landscape your yard this season! We have a wide selection of native plants that are ready to be planted into the ground.

Saturday June 16, 9am—2pm

Rose Creek Preserve Aspen and Trail Day
Rose Creek Nature Preserve. Join PCEI for a day at Rose Creek Preserve. The day will consist of aspen restoration maintenance, trail care and maintenance and weeding. Please plan on meeting us at the Preserve. Carpool can be arranged.

Courtney Rush: crush@pcei.org

Please remember to wear work clothes and sturdy shoes. Be prepared for both sun and cold weather. Remember sun-block, hat, water bottle, snacks, sunglasses, etc.

Vigil for Peace

Moscow: Fridays 5:30—6:30pm

Ongoing since November 2001. Meet at Friendship Square. Resources, encouragement, and opportunities.
Dean or Gail

☎ 882-7067, sperrine

Pullman: Fri June 1, 12:15—12:30pm

Under the clock by the Public Library
☎ 334-4688, nancy

Send your community announcements to events@moscowfoodcoop.org by the 25th of each month. For more events & info visit www.moscowfoodcoop.org

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

