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Community News

FREE!
PLEASE TAKE ONE

March 2007

The monthly newsletter of
the Moscow Food Co-op

Shepherd's Grain Farm Day

By Amy Richard, Kitchen Manager, and Aven Krempel, Bakery Supervisor

Come on down to the Co-op on Saturday, March 24 from 11-3 to help us celebrate Farm Day featuring Shepherd's Grain! We will be offering free samples of breads, hummus, cookies and more made with local Shepherd's Grain flours and legumes. Farmers from the Shepherd's Grain alliance will be here to talk about their farming methods and answer any questions you might have. Local bluegrass band, Forgotten Freight, will be here playing great music.

Children are encouraged to attend Farm Day. We will offer face-painting, a fun lentil sensory table, coloring contest and short lesson on how wheat grown all around us here on the Palouse gets from the field to the cookie (or bread).

The Bakery will be giving away mini cakes made with local flour as door prizes every half hour. Just drop your name in the box at the door.

Hustle on down to Farm Day if you would like to learn more about Shepherd's Grain and why we are so excited about switching to their local products or if you just like to listen to music, eat free samples and take your kids somewhere fun. All are welcome!

Here's a little bit of background for you until then: Shepherd's Grain is a group of farmers working right in our own backyard to grow wheat and other crops sustainably and we would like to support them and in return support the whole community. They have been certified by Food Alliance, a non-profit that supports sustainable agriculture. The main difference between the Shepherd's Grain farmers and others in the Palouse is the practice of no-till or direct-seed farming.

This means that they do not till the soil after harvesting or before the next seeding. This creates less erosion, healthier soil structure, less need for pesticides and herbicides, and less exhaust from farm equipment being released into the atmosphere. For more information, check out the following web sites: www.shepherds-grain.com and www.foodalliance.org, or just come to the Co-op on Farm Day!

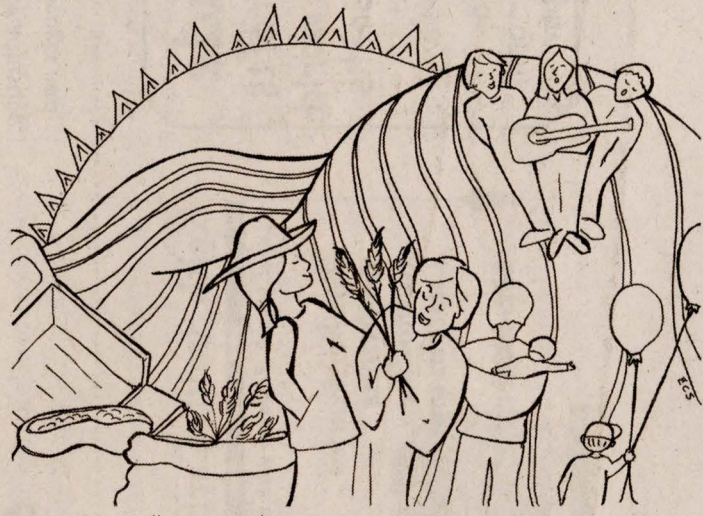


Illustration by Elizabeth Carney Sowards

Community News

Published by

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



Membership Appreciation Day

By Kenna S. Eaton, General Manager

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

On this day, members receive discounts on every purchase: the more they spend, the bigger discount they receive. What a sweet way to fill the cupboards with the good food the Co-op sells and save money at the same time! This spring we're offering a MADay on Thursday, March 15 (yes, the Ides of March). On this day, if a member buys up to \$25 worth of product, they receive a 5% discount; for purchases up to \$75, it's a 7% discount; and for

purchases over that amount, they receive a 10% discount. Discounts are stackable, so if an item is on sale, you can add the MADay discount onto the sale price. As I said, it's a great way to save and stock up on your favorite whole foods. This discount applies to all products in the store (except beer and wine and special orders), including the deli and meat department

Not yet a member? No problem. You can join anytime, even on MADay. All it takes is \$10 (\$5 if you are a senior),



Illustration by Elizabeth Carney Sowards

a few moments of your time and you're good to go. It's as simple as that.



Produce Happenings

By Scott Metzger

This is the time of year when prices for organic produce start climbing a little higher, though I do try to always have several items on sale each week. The sale items can be located by looking for the florescent-colored sale signs near the display. The high prices are mainly due to limited supplies out of California and Mexico, increased shipping costs, and increased demand for domestic organic produce. While most of the produce is from North America, we are starting to see some items from abroad, such as the red plums and blueberries from New Zealand, and mangos from Peru.

The availability of apples and pears from the Northwest is decreasing and soon they will be coming from South America. The frost damage to the California orange and grapefruit

crops was less extensive than was originally thought and as a result harvesting has started up again and the prices are declining. Unfortunately, the California lemon crop was mostly lost and it looks like prices will be high throughout the rest of the season. Texas Grapefruits are in great supply and the quality and flavor is unmatched.

We are starting to see some spring crops from California, and more will be available soon. Items such as asparagus, spinach, radishes, parsley, lettuce, chards, kales and peas will all be gracing our shelves more regularly as the weather warms up.

Locally, we are still carrying red and yellow potatoes, beets, and carrots, as well as “regional” shitake mushrooms. Look for these items marked with the

“buy fresh, buy local” signs in the produce department.

I would like to thank everyone who participated in our first annual Tropical Week celebration in the produce department. We had fun bringing in exotic fruits and vegetables, listening to reggae, and ignoring winter. I appreciate all the feedback about Cherimoyas, Lotus, and the many other unusual items we stocked for that week, and I am already looking forward to next year. Some of the items we will be keeping in stock, such as the organic Thai Ginger, due to its popularity.

And finally, if you haven't done so yet, now is the time to plan your home garden and order seeds. We have a wide selection of organic seeds available in the front of the produce department.

Co-Operations



The Front End News

By Annie Hubble, Front End Manager

I want to take this opportunity to welcome our new cashier Belinda Rhodes. I can tell already that she will be a wonderful addition to the front end team. We have a great team in the front end. It is a complex job. A cashier has to be outgoing and friendly, be able to give excellent customer service and yet also be able to cope with

all the detail work required in the keeping of good records. It is work that requires both sides of the brain. I feel very lucky with my crew. Thank you cashiers for all the hard work, your smiles and sense of fun, and last but not least, that essential attention to detail! You are awesome!

The Vendor Booth Program

By Annie Hubble, Vendor Booth Coordinator

We have had a sprinkling of vendor booths running through February. They add colour to the Co-op, and the vendors seem to enjoy themselves. This is a great opportunity for local craftspeople to sell their wares with very little overhead. We charge a mere \$5 a half day and \$10 a whole day for Co-

op members, and a little more for non-members. We provide the space; the vendor provides everything else. I love the whole idea. It is fun to see the various products of our very talented local craftspeople and artists.

Application forms for this program can be obtained from any cashier.

Art at the Co-op

By Annie Hubble, Art at the Co-op Coordinator

We have a very lovely art show to look forward to in March. On Friday, March 9, there will be an art opening for quilters Alicia Cunningham and Kristin Jones. Local residents, these two women love everything there is to love in the process of quilting. Part of a local quilters' group, they also work individually, creating their own patterns. You can expect to see some wonderful and colourful pieces.

Come in from 5.30 p.m.-7 p.m. on Friday, March 9, and meet the artists!

March Art Opening

Quilters Alicia Cunningham and Kristin Jones will be showing their quilting work.

Friday, March 9, 5:30 - 7 p.m.

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, adventurelearningcamps.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.bebbella.com, amamaswork@yahoo.com.
- Copy Court:** 10% discount, memb. card laminated, Michael Alperin, 428 West 3rd St, Moscow, 882-5680
- Culligan:** Free Auto softener install up to 10 ft. of pipe and culligan water softener (Moscow only) & 10 free gallons of water to new delivery customer, Owen Vassell, 310 N Jackson, Moscow, 882-1351
- Carolyn Doe, Massage Therapist:** First 2 1-hr massages \$35 each, 106 East 3rd St, Ste. 5-B, Moscow, 310-6936
- Clearwater Colonic Therapy:** Please call for details: Susann Clark, 208-743-5476, 412 Park Ave, Lewiston
- Ecostructure Financial:** Free 1 yr. subscription to "Matchmaker" Internet Database and Service, Mark Winstein, www.ecostructure.us, 116 E 3rd St, Ste. 212, Moscow
- EcoWater Systems:** \$100 off softener-reverse osmosis combo & free install up to 2.5 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, dr Moffat@NaturalHealthTechniques.com, 413 East 8th St, Moscow, 882-3993
- Healing Point Chinese Medicine Clinic:** \$10 off initial and second treatments, Lauri McKean & Meggan Baumbartner, 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, http://members.aol.com/write-book64, 892-0730
- Kaleidoscope Framing:** 10% off gallery items, Darryl Kastl, 208 S Main St #11, Moscow, 882-1343
- Kelly Kingsland, LMT:** First 2 Massages \$40 each, 892-9000
- Kimi Lucas Photography:** 25% off initial photo session, 15% off on photo session, instruction or products & free third pet photo session, Kimi Lucas, PO Box 3432, 310-1064
- Dr. Linda Kingsbury, Professional Herbalist:** 10% off Customized Aromatherapy, Spa Treatments, Holistic Health & Nutrition Consultation, spiritherbs.com, 883-9933
- Mabbutt & Mumford, Attorneys:** Free initial consult., Mark Mumford, Cathy Mabbutt, 883-4744
- Maria Maggi, Intuitive Astrology & Gardener:** \$5 off astrological & flower essence consultations, 882-8360
- Marketime Drug:** 10% off gift items, Joanne Westberg Milot, 209 E 3rd St, Moscow, 882-7541
- Mindgardens:** Free initial consultation & 10% discount on services, Erik Tamez-Hrabovsky, erik@build-mindgardens.com, 220 NW Tingly St., Pullman, 509-595-4444
- Moscow Feldenkrais:** First individual lesson 40% off, and first group lesson free, Elisabeth Berlinger-883-4395 & Tom Bode-892-3400, 112 W 4th St, Moscow
- Moscow Yoga Center:** 10% off classes-new students, Jeri Stewart, 525 S Main, Moscow, 882-8315
- Motherwise Midwifery:** Free supply of pregnancy tea thru pregnancy, Nancy Draznin, 1281 Sprenger Rd, Genesee, 224-6965
- The Natural Abode:** 10% off of Natural Fertilizers, David & Nancy Wilder, 517 S Main St, Moscow, www.TheNaturalAbode.com, 883-1040.
- Now & Then Antiques:** 10% off any furniture, antique, collectible or gift item in the store (excludes vendor & consignment items). Jeff & Michelle Marks, nowandthen@moscow.com, 321 E Palouse River Dr, Moscow, 882-7886.
- Palouse Discovery Science Center:** 10% off on all items in the Curiosity Shop, Mark Goddard, 2371 NE Hopkins Ct, Pullman, 332-6869
- Pam's Van:** \$10 off first Reflexology treatment & free sauna or Wisdom Eye Massage, Pam Hoover, 1115 S Logan St, Moscow, 596-5858
- Dr. Ann Raymer, DC:** \$10 off initial visit including a patient history, physical, and spinal examination, 1246 West A St., Moscow, 882-3723
- Shady Grove Farm:** \$10 off initial English riding lesson or horse training session, Ashley Fiedler, 1080 Sumner Rd, Troy, 835-5036
- Sid's Professional Pharmacy:** 10% discount off Medela breast pumps and supplies, Sid Pierson-owner, Pullman Care Community, 825 Bishop Blvd, Pullman
- Susan Simonds, PhD, Clinical Psychologist:** 20% off initial life coaching session, 892-0452
- SkyLines Farm Sheep & Wool:** 10% off organically raised lamb, handspinning fleeces & prepared roving, Melissa Lines, 4551 HWY 6, Harvard, ID 83834, 208-875-8747, Sharon Sullivan, RN Herbalist & Holistic Health Educator, 10% off health consultations, reiki, custom formulas and bulk herbs, 106 East 3rd St Ste. 5-B, 883-8089
- Sweet Peas & Sage:** 10% off any purchase in floral or gifts, Kathy Gessler, 122 W 4th St, Moscow, 892-0222
- Tye Dye Everything:** 10% off any purchase, Arlene Falcon, tyedy@moscow.com, 527 S Main St, Moscow, 883-4779
- Whitney & Whitney, LLP:** Reduced rate for initial consultations, 604 S Washington St Ste.#1, 882-6872
- Wild Women Traders:** 10% off clothing and jewelry, 210 S Main St, Moscow, 883-5596

Seeking a New Advertising Manager

By Bill London

Aly Bean, who has done a great job as our newsletter ad manager, has a few other things on her mind these days. She's got a new job at PCEI and she's getting married. She's looking for a graceful way to end her ad manager job. So, we are looking for a motivated and enthusiastic replacement.

The newsletter ad manager position will be an actual job that pays actual money in addition to a 18% Co-op volunteer discount. This is a self-employed contractor position, not a Co-op employee slot. Pay will be \$100 monthly for about 10 hours work, with increases in pay for increased ad sales.

We expect the ad manager to have the

excellent people skills to keep all our advertisers happy, the motivation to increase the number of advertisers, and the computer savvy to manage a database and talk the computer lingo with our newsletter designer.

If you are interested in this position, please e-mail your resume and a cover letter explaining your interest in the position to newsletter editor Bill London at london@moscow.com

Bill London waits expectantly for the springtime arrival of his daughter, Willow, and granddaughter, Leyna Grace, to bring joy to his own private mudville.



Community Dinner

By Amy Richard, Kitchen Manager

This month we will be hosting a Community Dinner on Wednesday, March 21, at 6:30 p.m. The chef will be Mike Bowersox



Illustration by Elizabeth Carney Sowards

March Community Dinner

Wednesday, March 21, 6:30 p.m.

The theme for the dinner is Indian food, prepared by Mike Bowersox.

and an as-yet unannounced assistant. The theme will be Indian food, one of Mike's specialties! We will again offer wine tasting with dinner at no additional cost. Watch the cash register counter for the entire menu and sign up with your friendly cashier. Cost is \$24 per person. Come enjoy dinner with friends old and new!



That Vision Thing; Creating a Future for the Co-op

By Kenna S. Eaton, General Manager

Twenty-five years ago when I first started working for the Co-op, we were focused on what might happen next week or even next month. Our business was small and we really couldn't afford to think further out than meeting the next payroll. But as the decades passed, our thoughts pushed further out into the future: what would we, the Co-op, be doing one year from now, or even three? And when we did envision the future, it always seemed to include being in a larger store. Finally in 2005, that dream came true and we moved to our current (and may I say final?) home here on 5th Street.

And now, curiously, I find myself in a position of saying "Now what?" Not that I don't have my hands full with daily operations, keeping the facility running, the staff happy and the shoppers shopping—believe me, I do. But I also find myself wondering what the Co-op might be doing in three to five years. Or even 10 years! As a business, we need to be thinking towards the future, ensuring that any new projects we take on, or services we offer, are in accordance with a greater plan. I liken it to getting in the car and driving. As first, just the thought of getting out of town is enough; but then you need to know in which direction you are going. And then, if you don't have a lot of gas money, you want to know exactly where we are going. And then how we

are going to get there. And that's the point that I see the Co-op at: where are we going and how are we going to get there?

Last year I was lucky enough to find Jessica Bearman (well, really, she found me) who eagerly volunteered to help me find out. Together we worked out a plan for finding an answer to those questions. Our plan involves at least three stages. The first stage is the grand one: creating a vision by brainstorming where we might be in 10 years. Then a small working group (more about them later) will help refine and prioritize the information we gather into a strategic plan with 3-5 long-range goals. After reviewing and revising those goals, we'll turn towards thinking about what they actually mean for the next 3-5 years. Again the group—along with staff—will refine those plans into specific, concrete 1-3 year plans.

So, where will we get this 10-year vision? Why, from you! Our plan includes three different visioning sessions—opportunities to think big and share your dreams for the Co-op's future. The first will be with the Board of Directors during their spring retreat. The second will seek input from staff, and the third will gather the insights and brilliant ideas of our members. In addition to these formal meetings, there will be several opportunities for all three groups to add to our visioning

process. For instance, if members can't attend the visioning workshop, we plan to host a weekly round-table in the seating area where you can drop by and tell us your dreams. You can also look for Vision Boxes (like a comment box) in several locations in the store.

The small working group will then meet and refine and prioritize this information. The group consists of two staff members, two board members, two members at large, Jessica and myself. Jessica has assured me that at the end of this process we will have

something concrete ('cos we need that) yet flexible (to accommodate changes in the community and industry).

So consider yourself invited to our visioning workshop, March 21 (Equinox! How apt is that?), 7-9pm in the Unitarian Church basement (Van Buren and 2nd Street). Jessica will be our facilitator, and the Co-op will provide some refreshments, since visioning can be thirsty work. We promise a thought-provoking and fun evening. Please join us.

Help your Co-op plan for the future

Co-op members are invited to help us create a vision for the next 10 years.

March 21, 7 to 9pm at the Unitarian Church basement
(corner of N. Van Buren and 2nd)

The Co-op will provide refreshments. Please bring your ideas and enthusiasm!

Co-Operations

Co-op Newsletter Needs a New Issue Editor

By Carol Price Spurling

Five years ago I started my Co-op newsletter career writing staff profiles. For the past couple years, I've been one of two "issue editors." Every month, one issue editor (we take turns) goes through every single word submitted by our volunteer writers to make sure that the newsletter is readable, accurate, and not liable to get the Co-op or its writers sued. The issue editor works closely with the head honcho editor, Bill London, who makes all the decisions regarding the newsletter's content, and believe me, working with Bill is always fun.

"Issue editors get to read all the newsletter articles two weeks before anybody else, and it's a great way to hone your editing skills."

The job is an enjoyable one, if you're a detail-oriented, deadline-focused perfectionist like I am. Issue editors get to read all the newsletter articles two weeks before anybody else, and it's a great way to hone your editing skills. The issue editor prepares all the newsletter text for the graphic designer, who

takes it from there.

I wouldn't even consider giving up this position if I wasn't going on a long sabbatical with my family

to Europe, starting in August. But, I can't edit the newsletter from overseas, so the June issue will be my last, at least for a while. I will be available to work with the new issue editor on the June issue, and available to answer questions when the new editor does the August issue on his or her own.

If you're interested in the position, please send Bill London an e-mail at london@moscow.com.

Carol and her family are taking a year to live, work and eat with sustainable farmers in Italy, Ireland, the Netherlands, France, Spain and elsewhere. You can read about their adventures at www.gas-trosabbatical.blogspot.com.



March Co-op Music

By Joseph Erhard-Hudson

March brings that wonderful moment when you realize, "The days really are getting longer; Spring must be on its way." While we aren't ready to move the music outside just yet, we welcome the (slightly?) nicer weather. And even if it's blustery and cold, it's good to know you can catch some hot music and food at the Co-op.

Vishnu & Bob lead off another month of excellent Palouse musical talent. Hailing from Pullman, Vishnu is one of the finest young jazz musicians I've heard, and I'm sure you won't want to miss him. Next comes Mark Greene with his guitar and fine singing. On the tails of St. Patrick's Day, we have the region's finest Irish band, Potatohead.

Wrapping up the month we have Acoustic Wave Machine to play their fun

This month's line-up:

March 6th: Vishnu & Bob

March 13th: Mark Greene

March 20th: Potatohead

February 27th: Acoustic Wave Machine

and funky tunes.

Join us every Tuesday evening from 6-8 p.m. for good music, good food and good company in the Co-op dining area.



In addition to his work at the Co-op, Joseph Erhard-Hudson sings in two a cappella vocal ensembles, and wishes he had continued those piano lessons in 3rd grade.

*From Understanding to Experience...
From Problems to Solutions...
From Pain to Bliss...*

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*demystifies the timeless wisdom
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Apr 5 7-10pm	From Sounds to Silence
Apr 6 7-10pm	The Silence Within

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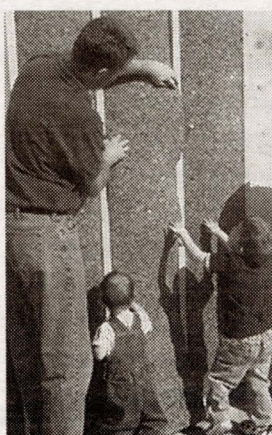
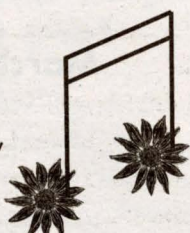
www.LifeBliss.org/Seattle
425-749-7322 seattle@lifebliss.org



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



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R-13 & R-19

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Volunteer Profile: Kent Werlin

By Sarah McCord

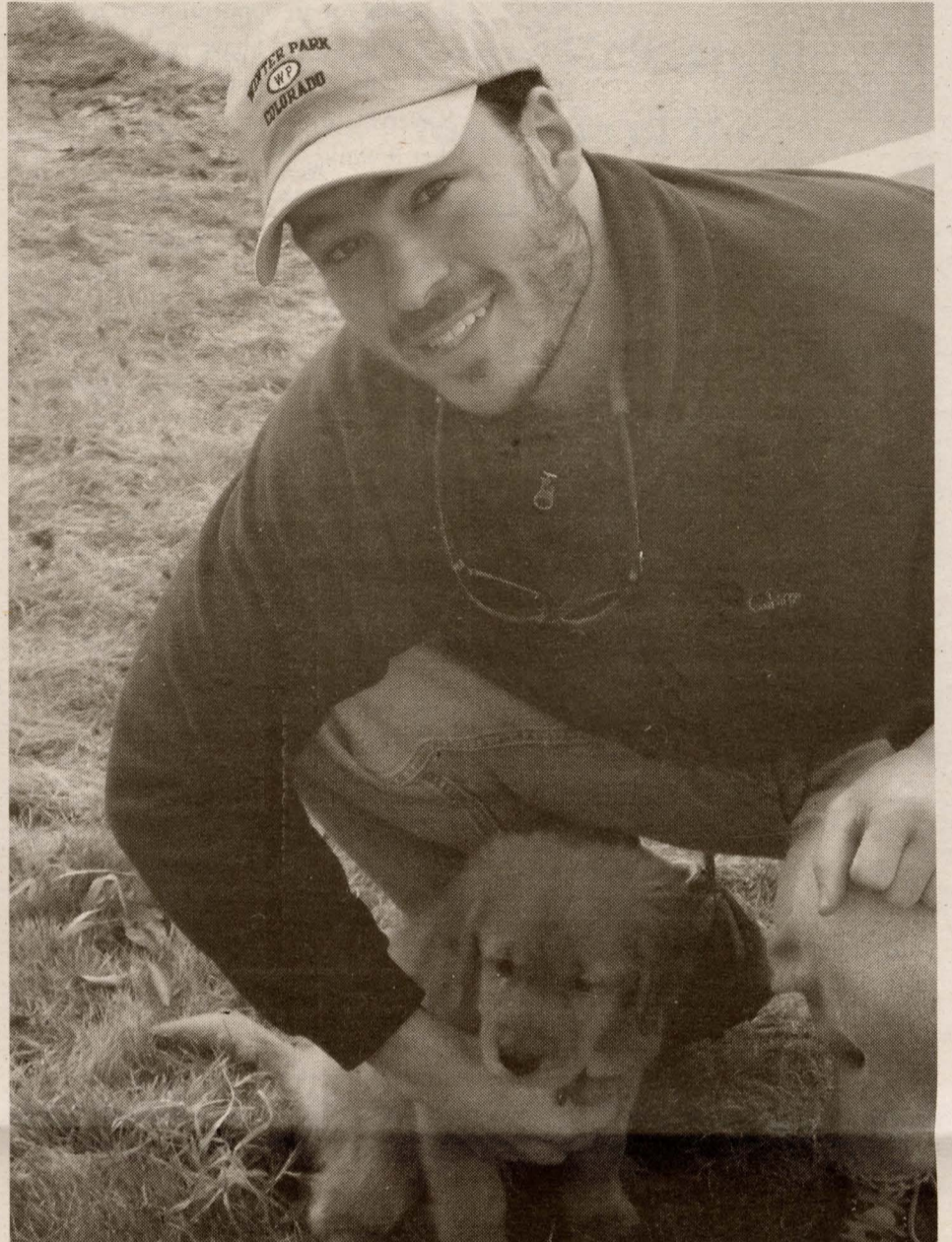
Water is something many of us take for granted, or at least don't give enough thought to. Kent Werlin knows water. He works and plays with it. He kayaks it, fishes it, hikes near it, studies it, restores it. When it freezes, he snowboards on it, skis on it, or cuts holes in it and fishes some more. I'm pretty sure that when he mountain bikes, it doesn't matter too much if some of it is falling from the sky. Our conversation took place just before Kent and his partner, Jen Farley, were going to a festival of outdoor films, and each topic we touched on somehow flowed back to the idea of water.

Kent works as a habitat restoration biologist for the Nez Perce Tribe. As a member of the Department of Fisheries Resource Management (Watershed Division), he works to restore salmon and steelhead habitat in the lower Clearwater tributaries. "It's very rewarding. I get to do social work and environmental work, with an interesting cultural perspective," he tells me, mentioning opportunities to take Nez Perce

"Kent Werlin knows water. He works and plays with it. He kayaks it, fishes it, hikes near it, studies it, restores it. When it freezes, he snowboards on it, skis on it, or cuts holes in it and fishes some more. I'm pretty sure that when he mountain bikes, it doesn't matter too much if some of it is falling from the sky."

language classes, talk with elders, and develop environmental education programs for youth. Working with teenagers provides Kent with a special sense of satisfaction, because through water quality surveys, stream bank restoration with culturally important plants, and other projects, it helps "re-initiate a sense of passion for natural resources" in the youth of the tribe. Connecting youth with water, for the health of both, sounds like a wonderful way to spend one's time.

Kent and Jen have been the Monday night store closing volunteers for a bit more than four years. "We've seen all the changes—and the employees that are still around from that time call us old-timers!" He enjoys volunteering because "the principles fit very well with my lifestyle, interests, and beliefs. This was my first experience with a co-op. Since college I've shopped at



Kent Werlin (shown with his adorable "furry child" Quinn) and his partner Jen volunteer to help close the Coop on Monday nights.

various whole foods stores, but when I found out about the Co-op, I wanted to get involved." When I ask his opinion on how "green" the new store is, Kent thinks it does pretty well from an environmental perspective, especially when compared with other buildings in Moscow. "There are so many tough issues—it's difficult balancing health and safety, food service and environmental impact."

Jen and Kent met in North Dakota when she was working for the EPA and he was completing his fieldwork for his graduate degree in Wildlife and Fisheries Sciences from South Dakota State University, Brookings. For his thesis project, he developed an index to assess the health of wetlands on floodplains. (There's that water again.) After completing his studies, Kent moved to Troy in October of 2002 to take the position with the Nez Perce Tribe. "It was a tough job market. I'd never been to Idaho, but I like mountains and wilderness, so I moved out." Finding a place to rent that would allow dogs was his first big challenge. After living in a motel for two weeks, he found a place in Troy, and Jen joined him later that December. They live there with their two "furry children," Mani ("Costa

Rican for peanut"), a 9-year-old Chesapeake Bay Retriever and Quinn, a one-year-old Golden/Lab Mix. Oh, and a few accessories for outdoor activities. "We have a whole spare bedroom dedicated to gear."

As our conversation winds to a close, we talk about the advantages of the greater Moscow-Pullman area. "I enjoy the presence of academics, intellectuals, the arts and all the places to eat in Moscow," Kent tells me. "It's a really great community, with lots of great people. We have a good group of friends." Unfortunately, although he loves his job with the tribe, with his allergy to wheat pollen, Kent and Jen may not be here forever. Jen is finishing up her master's degree in environmental science at the University of Idaho and her family is from Colorado. Kent mentions that "getting back to the mountains would be nice," but the job market will help them decide the next step. Wherever they go, I'm certain that water—in whatever form—will continue to be a major part of their lives.

Sarah McCord lives and works in Pullman and likes her water boiling hot with a teabag in it.

Staff Profile: Christie Stordahl

By Sharman Gill

Looking for an opportunity to redefine your image? Shave your head and donate your locks to the Cancer Society. Christie Stordahl can vouch that it works. "We get literally and figuratively attached to our hair. It's so much a part of our image. It was kind of cool. I actually enjoyed having a shaved head for a while." She gave up her hair at a cast party (after a bit of wine), proving her dedication to the role of Vivian Bearing, a dying English professor in the University of Idaho production of *Wit*.

I noted Christie's hair—definitely there—shoulder length curls beneath a stylish, black hat. Confident with change, she has had an array of experiences in many different cities and she looks forward to a variety of creative pursuits ahead. Nevertheless, she has been careful to shift or shelve her priorities in order to best meet the needs of her family, which include two daughters, ages twelve and seven.

A timely opportunity led Christie to the Co-op. Last summer she was deliberating about whether to continue graduate school in costume design or take a break from school to gestate on her academic passions (which include a love for performance theater) and spend more time with her children. She had been volunteering in the Co-op kitchen when a cashier position opened. She took the job and is very happy with

her decision. "I love to shop here, and it's such a friendly place to work. The people here are great ... it's one of the nicest places I've ever worked, and I've worked a lot of places."

Christie grew up in the rural mountains northeast of Los Angeles, beautiful topography but isolated and with extreme winters. She remembered that she "couldn't wait to graduate and get out of there." After a brief experience at a small-town community college, she sought more urban adventures that included performance theater, black and white



Christie Stordahl is a cashier, and says the Co-op is one of the nicest places she has ever worked!

photography with her own darkroom, and writing (In fact, after coming to Moscow she volunteered for a time as a profile writer for the *Community News*).

When Christie had her first daughter, Amelia, she was 32 years old with a wealth of experience behind her. She had lived in New York, Detroit, all over California and had even traveled throughout Europe. "I'd had plenty of time to float around and do that ... I was ready to slow down a little bit," she explained.

Moscow is where she landed, drawn in by her sister's lure that Moscow was a "nice little town." Claire, her younger daughter, was born here and Christie has appreciated raising children in a low-stress environment with attractive opportunities for her own education, as well as chances to perform in both the University and professional theaters.

While taking a break from theater, and its demanding schedule, Christie plans to make time for hobbies such as making masks (she displayed several at the December employee art show), creating collages, photography and working with kids. She looks forward to summertime, when she will once again spend many mornings in the park with her children and friends, enjoying trees, sunshine and good conversation.

Christie has gathered experiences from backcountry mountains, inner cities, and even across the Atlantic. Now a 10-year resident of the Palouse, she chooses to live in the present: "Right now I'm very happy with where my life is. For the future, you can't bang your head against the wall trying to create it. And that's what I was doing for so many years ... right now it's not hurting me to take a break." She shared her approach to balancing the pull and slack of life with, "It's all about perspective and logistics."

Sharman's windowsill daffodils have recently bloomed, making her anxious for spring.

“Last summer Christie was deliberating about whether to continue graduate school or take a break to gestate on her academic passions and spend more time with her children. She had been volunteering in the Co-op kitchen when a cashier position opened. She took the job and is very happy with her decision.”

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

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Business Partner Profile: Healing Point Chinese Medical Clinic

By Joshua Cilley

Had my eyes been closed, I would have thought that little more than a fly had landed on my hand. But how could I possibly close my eyes while the first acupuncture needle slid into my skin? Maybe that's just me, but I assure you that single demonstration will not be my last.

Practitioners Meggan Baumgartner and Lauri McKean, co-founders of the Healing Point Chinese Medical Clinic, will let you close your eyes if you want, but the essence of their practice is helping you open your own eyes. They offer expert care in “a broad range of traditional Chinese and East Asian therapeutic modalities” centered on finding balance in your Chi, your energy field. Imbalance, the source of illness or “dis-ease,” can come from an infinite number of root causes. Through their wide variety of personalized treatment options, herbology, acupressure, Shiatsu massage and many others, they seek to eliminate blockages and restore balance.

Both women are graduates of the Oregon College of Oriental Medicine, where they each earned Master's degrees in Acupuncture and Oriental Medicine. Meggan earned a B.S. in Biology in 1997 from the University of Denver and, before attending OCOM, worked as a “research associate for the California Department of Health, conducting molecular biology research for HIV resistant strains and

vaccines.” Lauri earned her B.A. in Women's Studies from UW-Madison in 1994. She has over 15 years of Tai Chi and Qigong experience and, most notably in her long list of expertise, spent several years teaching at the Tai Chi Fundamentals Program under author Tricia Yu. Both Lauri and Meggan are Licensed Acupuncturists in the State of Idaho and are nationally board certified in both acupuncture and Chinese herbology.

When I asked Meggan and Lauri why they chose Moscow to open their practice, they told me they were seeking a community with a small-town feel but also one populated with progressive-minded people. Sounds like flattery? Once you meet them, if you haven't already, it will take only a few seconds to be set at ease by their warm smiles, genuine speech, and quick-witted humor. Add in that neither of them has ever lived in a place without a natural foods co-op—and by sight alone you wouldn't know they weren't lifelong Moscovites—then I think we've all found an excellent match.

In other words, if you have reservations about trying acupuncture, their presence just might change your mind. The flexible needle (disposed of as bio-haz-

“Practitioners Meggan Baumgartner and Lauri McKean, co-founders of the Healing Point Chinese Medical Clinic, offer expert care in “a broad range of traditional Chinese and East Asian therapeutic modalities” centered on finding balance in your Chi, your energy field.”

ard) is no wider than a strand of human hair. The sensation is, among the myriad of possible descriptions, delicious. But that is only a superficial part of the process. They stress that results vary from person to person, and therefore they seek out what combination of treatments best suits the individual. They will gladly work in conjunction with your medical doctor, depending on your health issues.

The clinic is located in Moscow at 1246 West A Street, sharing space with fellow Co-op business partner Raymer Chiropractic. Services begin March 1, but the near future will also see the development of Tai Chi and Qigong classes. Free presentations are available. The clinic offers a wide variety of affordable options, including low cost group treatments. Co-op members get \$10 off the first and second individual treatments. Senior, pediatric and student discounts are also available. Consult their website at www.healingpt.com for all the details. Healing Point has weekday, weekend and evening hours, and all treatments are by appointment only. Call to set a time, 208-669-2287.

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



Meggan Baumgartner and Lauri McKean, owners of Healing Point Chinese Medical Clinic, chose to open their business in Moscow because it has a small town feel and progressive minded people.

Community Supported Agriculture

By Bill London

Consumers vote with their dollars at every purchase. When you buy locally grown organic produce at the Co-op, or from the farmers directly at the Co-op's Tuesday Growers' Market, you are supporting the families in this region who grow good food.

There is another way to show that support for local growers—by joining a CSA (community-supported agriculture). Growers offer a wide range of CSA programs, but they all have a common element. Consumers partner with growers by providing money at the beginning of the season (when growers

need it to get started) and then receiving produce in return all season long.

CSA programs are popular, which shows the high level of interest in this region in locally produced fresh organic food. Here are some examples of CSA's available here for the 2007 season.

Bunzel Organics is seeking a few CSA members this year. The cost will be \$80/month. The season will be from May 8 through October 23, 2007. Participants will receive a box of produce distributed each Tuesday at the Co-op Growers Market. A complete list of produce expected to be grown

by month will be available. For more information, contact Ken or Betta at 208-285-3656 or kbunzel@genesee-id.com.

MaryJanesFarm now offers a u-pick membership organization called MaryJanesFarm Country Club. This unique CSA provides members with access to the greenhouses, fields, orchard and chicken coop at the farm, located 8 miles southeast of Moscow, which is the home of organic

“When you buy locally grown organic produce at the Co-op, or from the farmers directly at the Co-op's Tuesday Growers' Market, you are supporting the families in this region who grow good food.”

pioneer MaryJane Butters. Members are invited to visit the farm during daylight hours any day of the week to pick their own farm produce once they've attended a training session at the farm. Members pay an annual fee of \$100 to join, and also pay for what they pick at a self-serve station at the farm. Members are also invited to bring out-of-town visitors and relax at the farm with a picnic lunch, or a snooze in the hammock, gather a bouquet of flowers, or a visit with the farm animals that are a delight for children to experience. For more information, call 208-882-6819 or see the website, www.maryjanesfarm.org.

Elizabeth Taylor of rural St. Maries (about 50 miles north of Moscow) has been selling her organic vegetables at the Farmer's Market and at the Co-op for many years, and this year is hoping to set up a CSA program. Participants would pick up their boxes at the Farmers' Market from June through October. She has not yet established a cost. Contact Elizabeth by mail at 34713 Highway 6, St. Maries, Idaho

83861.

The WSU Organic Farm has 100 members in their CSA, and a waiting list. They deliver member boxes at the Co-op Growers' Market on Tuesdays. Half-shares cost \$325 and full shares cost \$525. Farm manager Brad Jaeckel will accept more people for the waiting list. Contact him by e-mail at jaeckel@wsu.edu.

The Soil Stewards (a UI student organization focusing on sustainable agriculture) also has a waiting list for their 15-week season (July through October). They sell shares for \$225 (2-person size) or \$300 (family size) and offer a work-for-shares option. Participants pick up their boxes on the UI campus. For more information, call the UI office at 885-7499.

Affinity Farms of Moscow has a CSA program that is so popular that they are no longer accepting people for their waiting list.

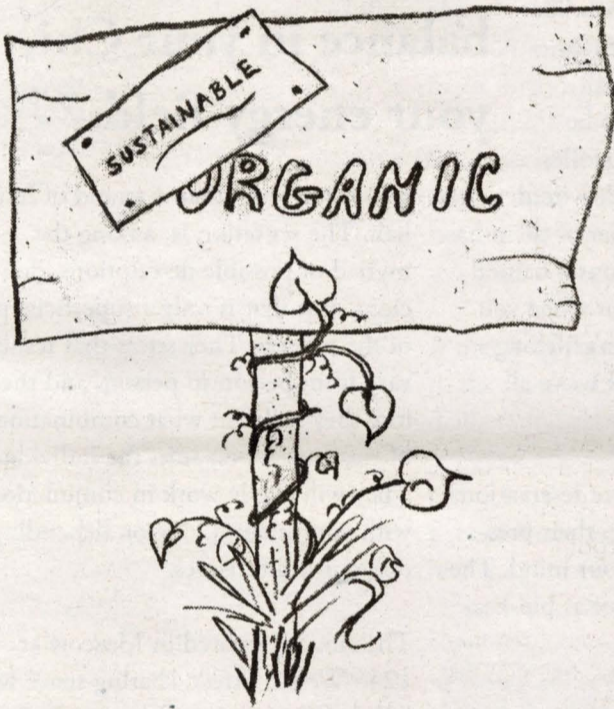


Illustration by Elizabeth Carney Sowards

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Vegan Bites: More than Falafels & Hummus

By Hope Von Stengel, illustration by Joseph Von Stengel

Several weeks ago, clicking my way through several vegetarian sites on the Net, I realized how often different types of Middle Eastern cuisine are staple vegan dishes. Falafel, baba ghanouj, hummus, tabouli and dolmas are commonly regarded as common vegan fare that omnivores find more than acceptable as well. With very little online research, one could find all sorts of authentic Middle Eastern recipes, so it's no wonder that hummus and vegetarians are synonymous.

Back when I lived in Lancaster, Pennsylvania, there was this out-of-this-world stand called Saif's Middle Eastern Food located in the city's Central Market operated by a brother and sister (he did the selling, she the cooking) less than a block from my apartment. At least once a week, as the indoor market there was open on Tuesday, Friday and Saturday, I'd purchase many delectable goodies: everything from vegetable samosas and falafel sandwiches to dolmas and baklava. Alas, if you want to try the best dolmas in the U.S., traveling 3,000 miles is necessary. Saif's stand still remains, and sometimes I'm lucky enough to fit it into my schedule during visits to the East coast.

If you are hankering for pitas and tabouli, the best place I know of in the Palouse is Mikey's Gyros. Several vegan offerings reside on the menu, which is rare for this part of the country. Their skordalia is to die for and they also have hummus, of course! It is also one of the cheapest healthy eats in this area, which has made my family repeat customers. If they would regularly keep a stout or porter on tap, we would move in.

Cooking Middle Eastern cuisine at home can range from incredibly easy to somewhat more time consuming. When looking for an extremely easy

meal to make, pick up a box of tabouli or falafel mix at the Co-op. Sometimes I double the tabouli by adding more bulgar wheat, lemon and parsley to the boxed contents. It still tastes great and my family gives it rave reviews. Making hummus and baba ghanouj from scratch is a snap and the link provided below offers several versions of each. If you want to try your hand at creating homemade dolmas, be sure to spare some time and space. The results could be well worth the effort, but I usually wimp out and purchase the pre-packaged sort.

Here are a few resources for creating a Middle Eastern feast in your own home. A Vegan Taste of the Middle East by Linda Majzlik contains over 100 recipes. A fantastic online source that lists quite a few Greek and Middle Eastern vegan dishes is www.ivu.org/recipes/greek/.

Hope Von Stengel is finding more reasons to smile as the days grow longer and warmer. She can be reached at hopevonstengel@gmail.com.



Falafel is just one of the many Middle Eastern vegan dishes waiting for you to try them. Mmmm...

Eggplant Salad

From The Higher Taste

- ✧ 2 pounds small eggplants
- ✧ 1/3 cup olive oil
- ✧ 1/4 cup chopped parsley
- ✧ 1/2 teaspoon salt
- ✧ 2 heaping teaspoons minced fresh ginger
- ✧ 2 tablespoons turbinado sugar
- ✧ 2 tablespoons lemon juice

Preheat oven to 400 degrees. Prick the eggplants with a fork and bake in oven until very tender (about 30 minutes). When they are cool enough to handle, cut in half lengthwise and remove seeds. Scoop the pulp out of the skin and place in a sieve to drain. When the eggplant is well drained put in a large bowl and mash with a wooden spoon. Add the remaining ingredients, mix well and chill for a few hours.

Serve on a lettuce leaf, surrounded by tomato wedges and olives.

Lentil Soup

Adapted from *Vegetarian Dishes From Around the World* by Rose Elliot

- ✧ 8 ounces split lentils
- ✧ 4 cups stock or water
- ✧ 1 large onion, peeled and chopped
- ✧ 2 cloves garlic, peeled and chopped
- ✧ 1 teaspoon ground cumin
- ✧ 2 tablespoons margarine
- ✧ Salt and pepper

Wash the lentils, then put them into a large saucepan with the stock or water, onion, garlic and cumin; bring to the boil and simmer gently for 15-20 minutes, until the lentils are cooked. Puree the soup until smooth, then add the margarine and seasoning to taste and reheat the soup gently. This makes a thickish soup, but you can thin it down with a little rice milk or water if you want to.



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Omnivoria: The Co-op's Own Pork Sausages

By Alice Swan

A quick Google search for “making pork sausage” turns up over one million hits, including, close to the top, one for “Why you shouldn’t buy store-made pork sausage,” from “Ask the Meatman.” The reason, according to the Meatman, is that many stores make their sausage from “pulls,” pork roasts that have been pulled from the shelf because they haven’t sold. It’s enough to start the flashbacks to 10th grade when I read Upton Sinclair’s *The Jungle* for my American History class.

Rest assured, nothing the least bit sketchy or marginal goes into the Co-op’s sausages. Scott (the Meat department manager) orders pork shoulder and picnic (a cut which constitutes partly shoulder, partly leg) from Beeler’s Natural Pork specifically for making sausage. (For more on Beeler’s Pork, see last month’s column). No old meat, no less-than-desirable trimmings, no organs. The only thing Scott adds to the meat is spices, and the results are mighty tasty.

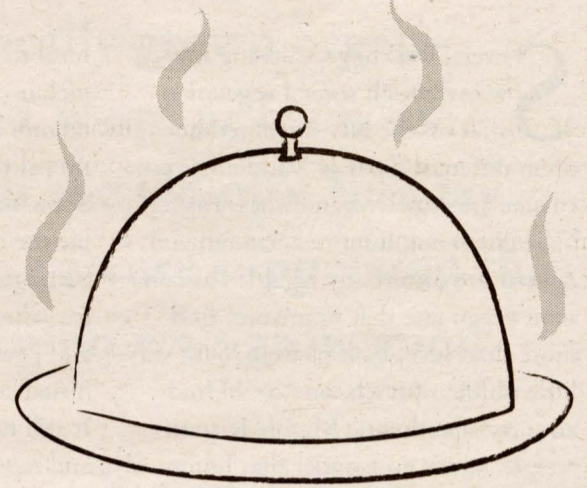
I asked Scott where he learned to make sausage, and his response ought to convince anyone that he is a master of the craft. He learned at the Sheboygan Meat Market in Sheboygan, Wisconsin, formerly the Johnsonville Market. Yes, that’s Johnsonville as in Johnsonville Brats. He told me that sometimes they would make 400 pounds of bratwurst in a day to get ready for the weekend. We Midwesterners are pretty serious about our brats, and I know just what Scott was talking about when he described people out in freezing temperatures firing up the coals to cook those brats. I’ve been there.

From Scott’s description, the sausage-making process is a pretty low-tech, old-fashioned endeavor. They have a meat grinder with a horn that feeds the ground meat and spice mixture into the casings, and once the casings are full, they twist and cut the individual links by hand. For more on this process, visit www.sausagemania.com/tutorial.html, which has a “photo tutorial” of home sausage making, complete with a kibitzer in the background.

Scott, with help from Jacob, makes a variety of different types of sausage, both bulk and links. These include hot and sweet Italian sausage, breakfast sausage, chorizo, and a variety of brats. The flavored brats are made by simply adding Scott’s signature marinades (rosemary-dijon or Jamaican jerk) to the regular bratwurst mix. Scott and Jacob don’t have a regular schedule for sausage-making, but they do try to rotate which types are available. If you are ever in need of, say, Jamaican Jerk brats on a particular day, just give them a call a few days in advance, and they’ll be happy to make some for you.

All the talk of bratwurst has given me quite a hankering to eat some, but they really don’t need much of a recipe. Boil them in beer, then toss them on the grill until they’re nice and browned, pile on the sauerkraut and mustard, and enjoy. My real intention in writing this column was to share two very simple recipes for Italian sausage. For anyone who read this column last month, Sausage and Beans was the dish my husband was making when the Italian butcher insisted that the sausages he wanted were not fresh enough, because they hadn’t been made the same day. Both of these recipes are rich and com-

forting, perfect for those last days of lingering cold, rainy weather. And the Co-op’s sausages are so fresh and flavorful (I particularly like the amount of fennel in the sweet Italian sausages) that they don’t need anything fancy to make them taste wonderful.



Alice promises not to write about pork again in April.

Torquato’s Leek and Sausage Farinata

Adapted from Red, White & Greens: The Italian Way with Vegetables by Faith Willinger

- ✦ 1 2 leeks, about 2 cups chopped
- ✦ 6 cups water
- ✦ 1-2 teaspoons salt
- ✦ 1 cup cornmeal
- ✦ 1 pound sausage (hot or sweet) without casing
- ✦ 3 Tablespoons olive oil plus more for garnish
- ✦ Freshly ground black pepper
- ✦ ½ cup grated Parmigiano-Reggiano

Clean the leeks, and cut white and light green parts into ½-inch slices.

Bring 6 cups water to a rolling boil, add 1-2 tsp salt and sprinkle the cornmeal into the water, stirring to prevent lumping. (Faith says then to place this pot in a double boiler; I just use a heavy pot over very low heat). While the polenta is cooking, sauté the sausage over high heat in a large skillet, mashing with a wooden spoon to crumble. Remove the sausage with a slotted spoon and add to the polenta.

Place the leeks in the skillet and cook (either in the sausage fat, or throw the sausage fat out and use olive oil) over low heat for 10 minutes or until soft. Add the leeks to the polenta and continue cooking until the polenta is done, 30-45 minutes total. Ladle the farinata into soup bowls and top each with a sprinkle of grated cheese, a drizzle of olive oil, and a few twists of freshly ground pepper.

Fagioli con Salsicce (Italian Sausages and Beans)

From Flavours of Italy: Tuscany by Sara Vignozzi and Gabriella Ganugi

- ✦ 8 Italian pork sausages (hot or sweet, or a combination)
- ✦ ½ cup hot water
- ✦ 5 Tablespoons olive oil
- ✦ 2 cloves garlic, finely chopped
- ✦ 4 fresh sage leaves
- ✦ 2 cups (1 pound) canned Italian tomatoes, sieved
- ✦ salt to taste
- ✦ freshly ground pepper
- ✦ 1 ½ pounds canned cannellini beans or 2 cups dried cannellini beans, soaked and precooked

Pierce the sausages in 3 or 4 places and cook in a skillet with the water over fairly high heat about 10-12 minutes, turning frequently. Pour the oil into a large skillet and add the garlic. Cook over a low heat with the sage, tomatoes, salt and pepper for 5 minutes. Increase the heat and cook for 10 minutes. Add the beans and sausages, cover and cook over a moderate heat for 15 minutes, stirring occasionally. Serve very hot with a sprinkle of freshly grated Parmigiano.

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Scientists Sample Ginger

By Judy Sobeloff

“This is fierce,” he said. It looked like urine, and when he offered it to me I declined. “It’s your duty to take a sip if you’re writing the article,” he added. I stared at him—my husband, the father of my children—and raised the steaming mug to my lips.

Whether steeped in hot water as above, whether pickled, preserved or powdered, ginger has long been valued not only for its flavor and aroma but for its therapeutic and medicinal properties. Perhaps known to you as “ginger root,” those knobby fingers are actually not the root but the rhizome, “a usually underground, horizontal stem of a plant that often sends out roots and shoots from its nodes” (Wikipedia.com).

Whether root or rhizome, ginger dates back to ancient China and India about 7,000 years ago, with the name ginger coming from the word zingiber, which means horn-shaped in Sanskrit. Ginger was apparently used in Ancient Rome, but then not used in Europe again after the fall of the Roman Empire until Marco Polo brought it back from the Far East, whereupon for centuries ginger ranked second in popularity only to pepper.

While evaluating health claims is beyond the scope of this article, I read that ginger is an antibacterial which can help with nausea, indigestion, joint pain, headaches, motion sickness and flatulence. On the other hand, I read, those allergic to ginger may experience increased flatulence, and overuse of ginger may lead to gastric irritation.

Ginger is used in Chinese medicine to treat a variety of ailments, and the ancient Greeks apparently ate ginger wrapped in bread to aid digestion—a practice which evolved into ginger being added to bread dough, which in turn led to the creation of gingerbread.

The gingerbread man, or gingerbread person, if you will, is believed to have first appeared in the court of Queen Elizabeth I, who is said to have presented courtiers with elaborately decorated

gingerbread versions of themselves.

Other less palatable uses of ginger include the practice of figging, widespread prior to World War One, whereby horses were given ginger suppositories before parades or public ceremonies because the burning sensation from the ginger caused them to hold their tails high.

Dried ginger, used primarily in baking, has such different properties from fresh ginger that one ancient Chinese herbalist believed they came from different plants (stevenfoster.com). In cooking, dried ginger does not substitute well for fresh, though fresh can be adequately substituted for dried at a ratio of 6:1.

Hoping to create a new reality show (along the lines of a Survivor spin-off), we invited three unwitting physicists, a pharmacist and five children to dinner and then put them to work cooking with ginger.

As I watched the first team of scientists set up camp with their knives and chopping boards during the construction of Carrot-Ginger-Squash soup, I wondered aloud about how to weigh the sugar, as instructed in the next recipe event: Crystallized Ginger. Though by now it was clear I would have no actual physical involvement with the cooking, one of the physicists suggested we make some kind of balance. “We just need a stick,” he said, eyeing my 5-year-old’s violin bow. Later, I saw the scientists huddled together, developing a more in-depth analysis of the weighing task. Still later I saw the results of their chosen solution (“winging it”): bowls and pans and colanders heaped with sugar lay on every available horizontal surface, including the floor.

We all liked the soup—“it grows on you as you eat it,” Fred said—though I would have preferred a milder version, perhaps with less pepper. I loved the candied ginger, hot and fiery as it was, and downed it by the handful, not only because it was a treat I associate with visiting my grandparents. One guest cook, who said it cleared her sinuses, commented that she preferred the thin-

“Whether root or rhizome, ginger dates back to ancient China and India about 7,000 years ago. Ginger was apparently used in Ancient Rome, but then not used in Europe again after the fall of the Roman Empire until Marco Polo brought it back from the Far East, whereupon for centuries ginger ranked second in popularity only to pepper.”

Carrot-ginger-squash Soup

from allrecipes.com

- ½ medium butternut squash
- 2 Tablespoons olive oil
- 1 onion, diced
- 1 pound, carrots, peeled and diced
- 3 cloves garlic, crushed or to taste
- 1 (2-inch) piece fresh ginger, peeled and thinly sliced
- 4 cups water
- Salt and pepper to taste
- 1 pinch ground cinnamon
- ¼ cup heavy cream (optional)

Preheat the oven to 350 degrees F. Scoop seeds out of the butternut squash, and place cut side down on a greased baking sheet. Bake for 30-40 minutes, or until softened. Allow to cool, then scoop the squash flesh out of the skin using a large spoon and set aside. Discard skin.

Heat olive oil in a large saucepan over medium heat. Add chopped onion and garlic, stirring until onion is translucent. Pour in the water, and add squash, carrots, and ginger. Bring to a boil, and cook for at least 20 minutes, or until carrots and ginger are tender.

Puree the mixture in a blender. Add boiling water if necessary to thin. Return soup to the pan, and heat through. Season with salt, pepper, and cinnamon. Ladle into serving bowls, and pour a thin swirl of cream over the top if desired.

Crystallized (Candied) Ginger

from homecooking.about.com

Peel and thinly slice 1 pound (500 grams) fresh ginger. Place sliced ginger in a heavy saucepan and cover with water. Cook gently until tender, about 30 minutes. Drain off water. Weigh the cooked ginger and measure an equal amount of sugar. Return ginger to saucepan. Add sugar and 3 Tablespoons of water. Bring to a boil, stirring often, and cook until ginger is transparent and liquid has almost evaporated. Reduce heat and cook, stirring constantly, until almost dry. Toss cooled ginger in sugar to coat. Store crystallized (candied) ginger in an airtight jar for up to 3 months.

ner pieces because she found them less spicy. Surface area ratio and all that, I suppose. Leave it to a physicist.

Judy Sobeloff enjoys harnessing the power of science in the kitchen.

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Much Ado About Tofu: "Wear Your Green and Drink It, Too"

By Terri Schmidt; Illustration by Terri Schmidt

My great grandmother was born and raised in Ireland. I am pleased to have some Irish genes when St. Patrick's Day rolls around. Amazingly, my grandmother, sister and nephew were all born on St. Patrick's Day, so it has always been a day of celebration in our family. We could depend on two things on March 17: that we would get to eat green birthday cake, and that we'd get pinched if we forgot to wear green.

Ireland is not exactly known for its promotion of tofu. But since this is the month we celebrate all things Irish, I thought I'd join in the celebration and offer a tofu twist on a traditional recipe.

Traditional Irish meals are more likely to incorporate meat. Some favorites include bangers sausage, bacon and egg pie, Irish lamb stew, and cruibini—a dish made with vegetables and salted pig trotters (pig's feet to us). For those of us who like a bit of Irish taste without all the cholesterol and saturated fat, this month's column features an untraditional recipe for tofu Irish stew. The recipe eliminates the meat, but keeps the favored Irish vegetable: potatoes. The parsley, thyme and onions are good for your immune system. A robust stew is good comfort food when the March winds are howling.

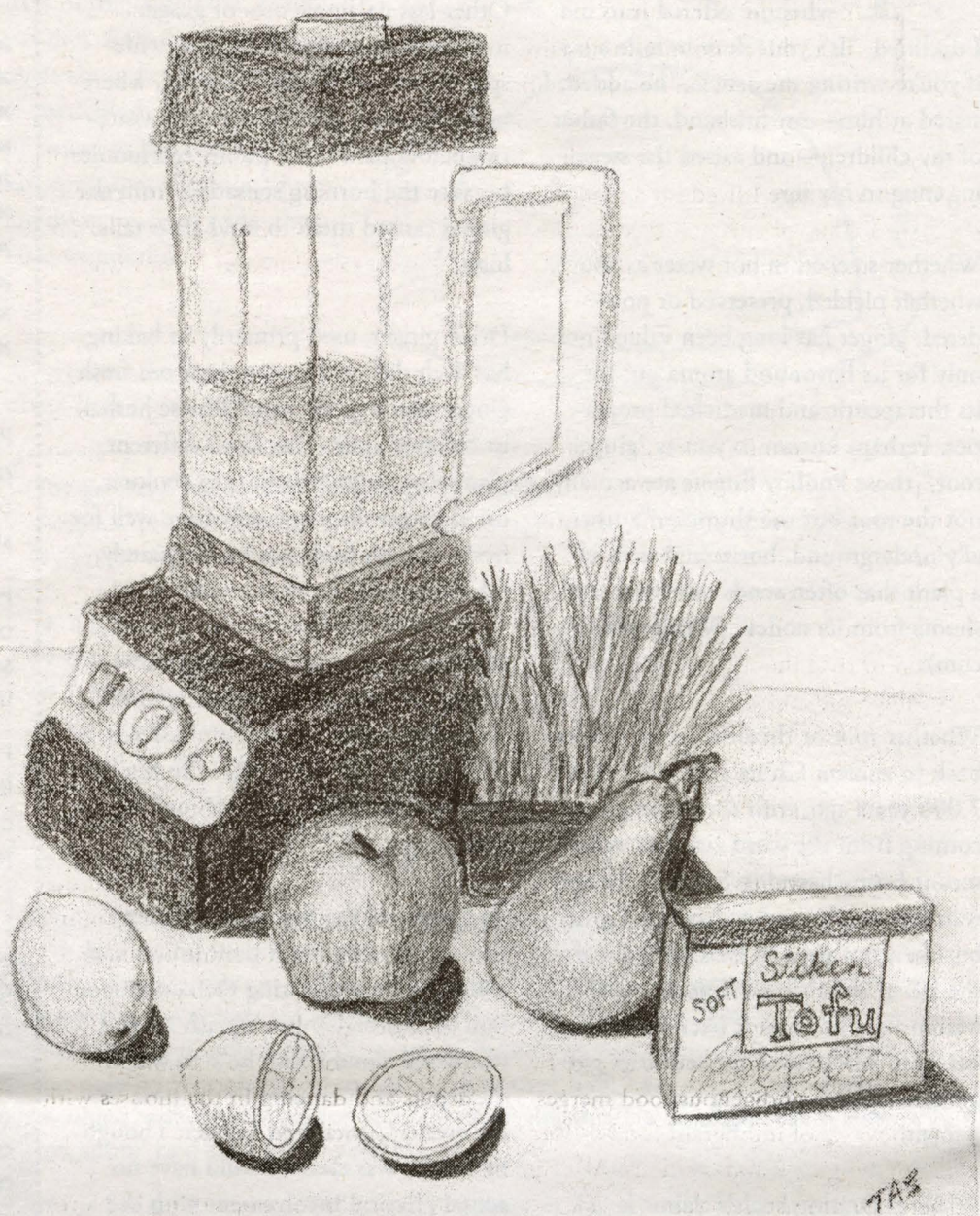
People enjoy celebrating in Ireland. They talk about an event as being a

great "craic" — a word for good times, fun and good company. The Irish love to laugh, dance and sing. They are also known for their enjoyment of drinking. The famous Guinness beer is brewed in Ireland. Bailey's Irish Cream was introduced in the 70s and is now the most popular liqueur in the world. (www.ireland-fun-facts.com) Here on the Palouse, you will find green beer being served around town on St. Patrick's Day.

Alcohol and tofu don't go especially well together, so I am featuring a different green drink, a green tofu smoothie. It may not make you the life of the party, but it is guaranteed not to cause a hangover. This smoothie recipe is loaded with healthy ingredients. Blending the fruits and greens makes it easier for your body to absorb the nutrients. Smoothies have an advantage over juice because they contain more fiber, and the tofu adds protein. You can experiment with various fruits and greens, but the smoothie will taste better if you keep a ratio of 60% fruit to 40% greens. Some optional greens include wheat grass, spinach, parsley, celery, barley grass and romaine.

Here are two Irish toasts to offer while enjoying your green drinks: "May your troubles be less, and your blessings be more, and nothing but happiness come through your door." And for your bachelor friends: "May you have nicer legs than yours under the table before the new spuds are up." Sláinte!

Terri Schmidt will be wearing green on St. Patrick's Day to show appreciation for her bit of Irish ancestry and to avoid getting pinched.



Green Tofu Smoothie

from allrecipes.com

- ✦ ½ package (6 oz.) soft tofu
- ✦ 1 pear
- ✦ 1 apple
- ✦ 2-3 leaves of kale (about 1 ½ cups torn)
- ✦ juice of ½ lemon (about 1 TBS)
- ✦ 1 ½ cups pineapple juice

Cut, core and dice the apple and pear. (Since the skin will be blended, it's healthier to use organic fruit.) Toss fruit and torn kale leaves into blender. Squeeze in juice from the lemon half. Add the pineapple juice. Blend until relatively smooth. Makes 4 servings.

Untraditional Vegetarian Irish Stew

www.earthyfamily.com

- ✦ 1 package of extra firm tofu
- ✦ approximately 4 tablespoons tamari sauce
- ✦ 3 teaspoons chopped parsley
- ✦ 1 teaspoon dried thyme
- ✦ 4 - 5 cups organic vegetable broth
- ✦ 1 ½ cups of peeled and chopped potatoes
- ✦ 1 large onions, chopped
- ✦ 1 ½ cups of chopped carrots
- ✦ 3 stalks of celery, chopped
- ✦ vegetarian gravy
- ✦ salt & pepper

Marinate the tofu in tamari sauce and olive oil for several hours or overnight. Heat vegetable oil in Dutch oven, add drained tofu (reserve the liquid). Brown the tofu, adding the drained liquid a little at a time until all used up. Remove the tofu from the pan and add all vegetables and cook for about 5-6 minutes, stirring frequently. If vegetables start to stick to bottom of pan, add a little of the vegetable broth. Transfer tofu back to pan, add vegetable broth, herbs, salt and pepper, and the vegetarian gravy. Put into 350° oven for approximately 1 ½ hours.

Vegetarian Gravy. Can use a packaged mix or heat vegetable broth in small pan, add 1-2 tablespoons cornstarch to thicken, and add water or water that potatoes or other vegetables have been cooked in. Cook, stirring constantly, till thickened.

Idaho Cuisine?

By Melynda Huskey

There is no Idaho cuisine. In fact, there's no intermountain west cuisine. California, Pacific Northwest, Southwest, yes. Idaho, Wyoming, Montana, no. In North Carolina, where I lived for a while, there are lots of cuisines: Piedmont, Low Country, mountain, barbecue. Idaho hasn't even got one.

The potato, I hear you say. But the frozen French fry is not the basis of a shared gastronomic vocabulary across the state, is it? Our wheat mostly makes ramen noodles, so forget that. Lentils? I defy anyone to create a cuisine (as opposed to a novelty act) out of lentils. There are no "holy trinities" of Idaho food to rival the squash, bean and chile of the Southwest, the celery, onion and pepper of Cajun food, even the cream of mushroom soup, French-fried onions and macaroni of the Mid-West.

Food items, we have. Huckleberries. Elk steak. Salmon. Add camas and a few other things most of us will never eat, and we've got historic Nez Perce cuisine—but that's one that most Idahoans will never have access to. In other places, indigenous food merges with waves of immigrant food to form something new and fabulous. Alas, not here. Or at least, not yet.

We're a young state. Maybe we just haven't had time to develop regional

specialties like barbecue, or chicken slick or pimento cheese.

Yes, pimento cheese, the food of the gods to a Southerner (in an H.G. Wells way to the rest of us). The first time I saw it, I couldn't believe it. To this day, I've never tasted it, and I won't wash the bowl.

If you have to know: drain a small glass jar of pimentos and drop them in a cereal bowl. Grate up a chunk of plain mild cheddar cheese and throw it on top of the pimentos. Spoon up a dollop of Best Foods mayonnaise (it really should be Duke's, but you can't buy it here), and stir the resulting mess till it's all mashed up. It's a sunny pinkish-gold, with a crumbly, sandy-looking texture. Eat it with saltines, or make a sandwich with squishy white bread. In our house, you have to buy that bread specially and hide it too. My parents like the kind of whole wheat bread that looks like you emptied the dustpan in it after sweeping the front porch, and everyone knows that giving children "store-bought" bread is the first step on a road that ends in smoking, mixed drinks and dancing in roadhouses with men in pencil mustaches.

I did learn to cook one thing in North Carolina that we should definitely appropriate for Idaho cuisine: Four Cup Salad. Everyone on earth loves

Four Cup Salad—even people who hate the elements of it find themselves loitering in front of the refrigerator with a spoon, acting like they don't know what they're doing there. It's dead easy to fix, and spectacularly, tastelessly, innocently lovely to look at, especially if you use colored mini-marshmallows. It's welcome at every church supper and potluck—from the lesbian-environmentalist throw-down where everyone else brought Burdock-Kambocha-Jerusalem Artichoke Surprise in a hand-thrown pottery casserole dish, to the "gathering in the Fellowship Hall following the service" where the cream of mushroom ninjas eye each other narrowly over six versions of Waldorf Salad.

In a large bowl, combine one cup of sour cream, 1 cup of miniature marshmallows, 1 drained small can of mandarin orange sections, and 1 small can of crushed pineapple. Mix well, and chill for as long as you can stand it—about half an hour, maybe. Stir it up well again, and enjoy straight from the serving bowl.

“The frozen French fry is not the basis of a shared gastronomic vocabulary across the state, is it? Our wheat mostly makes ramen noodles, so forget that. Lentils? I defy anyone to create a cuisine (as opposed to a novelty act) out of lentils. There are no “holy trinities” of Idaho food to rival the squash, bean and chile of the Southwest, the celery, onion and pepper of Cajun food, even the cream of mushroom soup, French-fried onions and macaroni of the Mid-West.”

And while you're eating it, let's give some thought to getting ourselves a real cuisine. Idaho cooking, known across the nation for its extraordinary regional character. Any ideas?

Melynda Huskey is an Idaho native who's traveled enough to know that in Moscow you can check out any time you like, but you can never leave.

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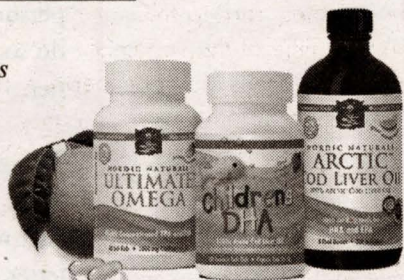
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Corporatization of Organics: Not Quite What We Had in Mind...

By Carol Price Spurling

One day late last summer, while all over the country pound after pound of fresh spinach was being tossed in dumpsters after an untraceable, deadly strain of E Coli sickened and killed people who were, ironically, trying to eat healthily, I filled up my plate with fresh spinach, drizzled some of my favorite poppy seed dressing on it, and ate it all up.

Was this some kind of Florentine roulette? Nope. My spinach, unlike the E Coli laced stuff, came from a small, local organic farm. I knew the person who had grown it. I knew how it had been grown, and whether or not the people who picked it were happy with their work. I knew that there was no chance that this – or what I like to think of as “my” spinach field had been contaminated with fecal runoff

from a cattle feedlot, which is what happened to that deadly spinach from California.

Not so long ago this immediate connection with the sources of our food was normal. Farmers in the country sold their goods to people in town through select shops and regular market days. Farmers, in turn, spent their money in the towns where their customers lived, and the economy chugged along fairly well, even if an orange in a child's Christmas stocking was the height of luxury.

But as our grocery stores have gotten bigger and more “con-

“We expect that the price of organic food reflects the true costs of producing it, whereas cheap “conventional” food is subsidized by society in the form of pollution, greenhouse gases, poor health, and mistreated people and animals.”

venient,” farms and food companies have gotten bigger and more “efficient.” Now it's a cliché that people don't truly know where their food comes from, much less who grew it and under what conditions. And the money you shell out for whatever boxed and shrink-wrapped stuff you're eating disappears into the capitalist ether, ending up in some stockholder's or CEO's pocket, far far away from where you live.

This is what corporate agriculture has wrought: calorie after faceless calorie of dubious “food” that fuels our bodies but does nothing positive for our selves, our friends and families, or our communities.

I'm not going to deny that some modern developments in food production are wonderful. As one of my favorite food historians, Rachel Laudan, likes to point out, before we had modern, processed food (think of canned tomatoes, frozen meat, grains ground by a machine instead of by hand), food was very often dangerous to eat, sometimes difficult to procure, and always labor intensive to produce. For all that I love artisan cheeses and handcrafted bread, I wouldn't want to eat like a medieval person unless I was just pretending to do so, at a modern-day Madrigal dinner.

The growing demand for organic food, too, is certainly a good thing. As I mentioned last year in this newsletter, our Co-op's shelves are full of organic choices, and suddenly, organic researchers at WSU have clout. More acres of organically grown food, using less herbicides and pesticides, is great. But now, as corporations co-opt the

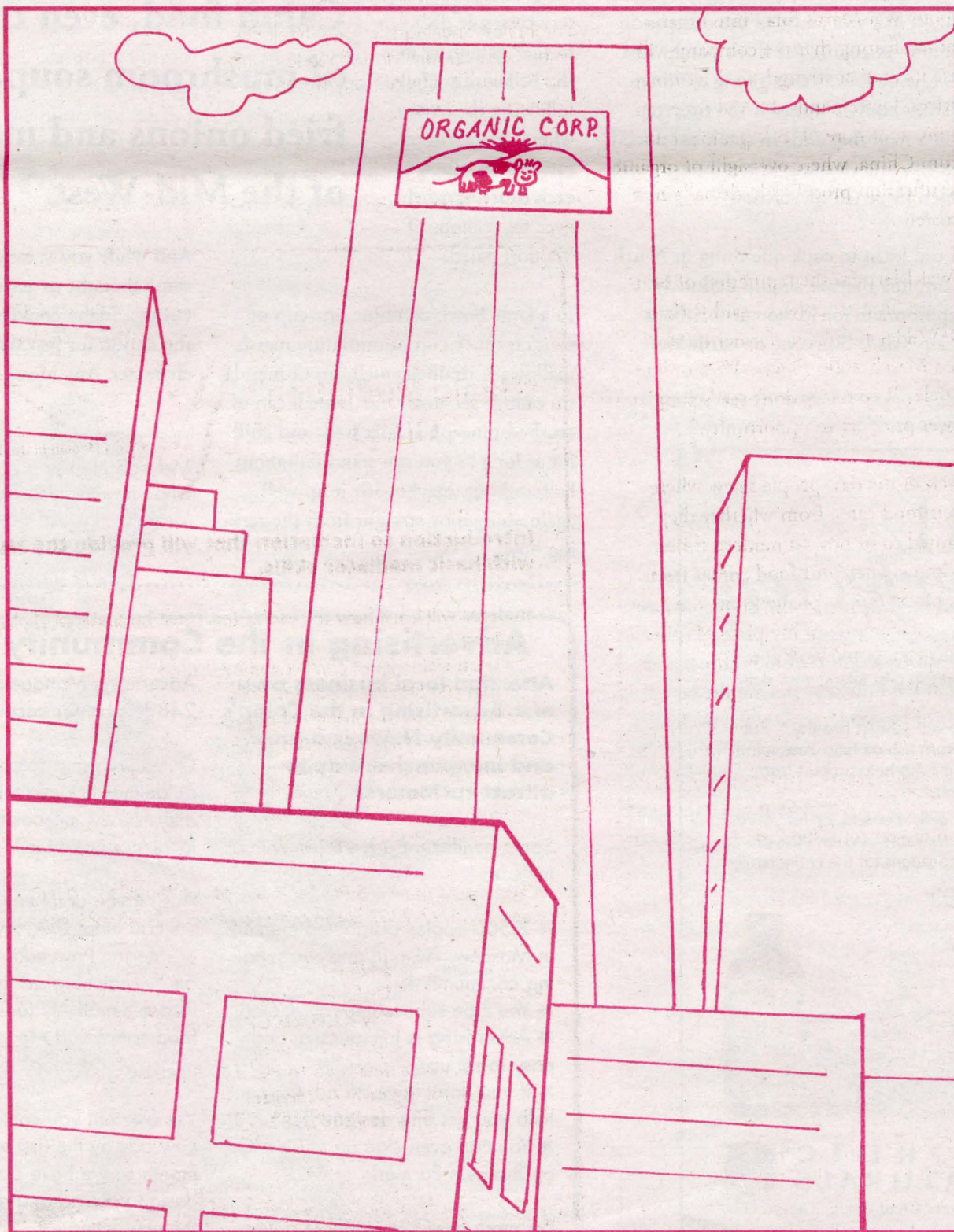


Illustration by Elizabeth Carney Sowards

organic food niche, having perhaps run out of ways of turning corn and soy into breakfast cereals and snack foods, it looks like things have gotten out of hand.

The spinach E Coli debacle – the result of insufficient oversight of an industrial-sized farm and a nearby industrial-sized feedlot – was a major wake-up call for many of us all over the U.S. For others, the entrance of Wal-Mart, the world's largest retailer, into organic food last year marked the bitter end of decades' worth of progress by small-scale organic farmers, organic food devotees, and activists.

Why do you and I care about eating organic food? There are a variety of reasons, mostly to do with not wanting to poison our bodies, the people who harvest our food, or the environment. Some of us also like the idea of supporting human-scaled agricultural endeavors, of not eating meat from animals who suffered living hells for our sake, of revitalizing our local economies and moving away from petroleum dependence.

We expect that the price of organic food reflects the true costs of producing it, whereas cheap "conventional" food is subsidized by society in the form of pollution, greenhouse gases, poor health, and mistreated people and animals.

So what is Wal-Mart's position toward organic food?

"Organic agriculture is just another method of agriculture – not better, not worse," said Bruce Peterson, head of perishable food at Wal-Mart, quoted last May in the *New York Times*. "This is like any other merchandising scheme we have, which is providing customers what they want. For those customers looking for an organic alternative in things like Rice Krispies, we now have an alternative for them."

No value judgments here, no siree. Wal-Mart is, as always, simply providing what the consumers demand. Unfortunately, the word "organic" still implies something positive, something

more than just crops grown without poison and animals not fed parts of other animals. The word connotes great expectations, even ideals, that most large corporations, backed up by weak U.S.D.A. organic standards, have no intention of meeting.

Watchdog organizations like the Cornucopia Institute doubt whether Wal-Mart even has the expertise – or, I would say, ethics – necessary to properly distinguish between "natural" and "organic" foods, as evidenced by the company's documented tendency to merchandise food products as organic that aren't actually organic.

"At this point, it seems they are attracted by the profits generated from the booming organic food sector but are not fully invested in organic integrity. Given their size, market power, and market clout, this is very troubling," said Mark Kastel of the Cornucopia Institute, in a November 2006 press release.

Most organic farmers aren't too excited about Wal-Mart's foray into organics, either, fearing that the company will use its market strength to drive down prices, lower standards, and source more and more of its organic products from China, where oversight of organic certification processes is virtually nonexistent.

"Wal-Mart has the reputation of beating up on its suppliers," said Richard DeWilde, an organic farmer quoted in a March 2006 *BusinessWeek* online article. "I certainly don't see 'selling at a lower price' as an opportunity."

Back in the day, people knew where their food came from whether they wanted to or not. In modern times, to know where our food comes from – unless you personally know the grower, as in the case of my plate of spinach – requires a conscientious effort, and given the difficulty tracing the complex web of growers, wholesalers, packagers, and shippers, it's sometimes more than one person has the patience or time to do. But what could be more important, than to feel confident and happy about what we eat?

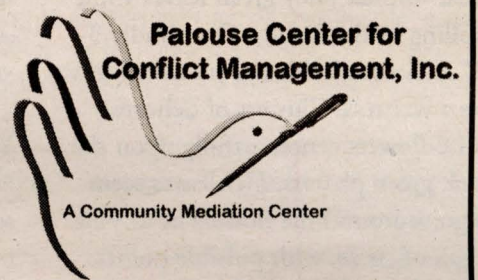
“Not so long ago this immediate connection with the sources of our food was normal. Farmers in the country sold their goods to people in town through select shops and regular market days. Farmers, in turn, spent their money in the towns where their customers lived, and the economy chugged along fairly well.”

The corporatization of organics is an opportunity, an opportunity for our Co-op to "walk the talk" of the true spirit of the organic movement, and to continue to educate us and help connect us to our food.

Carol Price Spurling is a local freelance writer. She's heading to Europe later this year to see if things are any better for organics over there.



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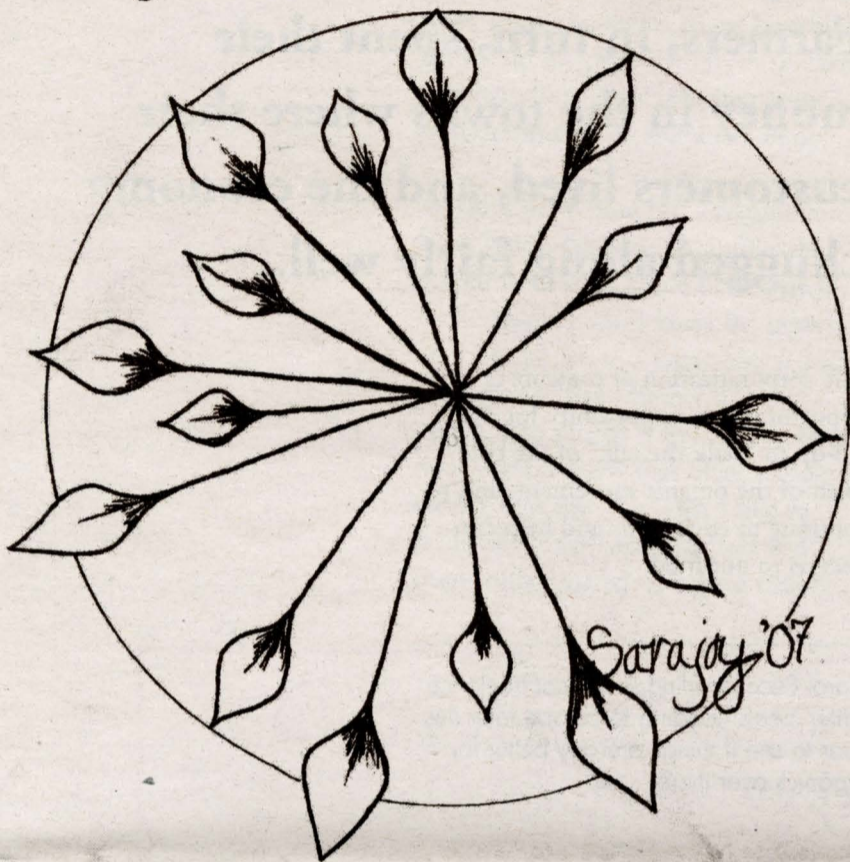
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Wild & Free: Miner's Lettuce

By Sarajoy Van Boven; Illustrations by Sarajoy Van Boven

Ye Young Miner's Lettuce



You thought you knew her. For well over a decade you munched on her juicy green leaves while strolling in the woods. On spindly 3-12" stalks she holds her succulent leaves like a waitress. Clusters of delicate, white-flowers center artfully upon the thick green platters. Her leaves seem to grow around the flowers in varying stages of circle, with possible points, like a square merging with a circle. You thought you knew her.

With an unimaginative name like Miner's Lettuce, she couldn't have been very complex, very interesting. You hear her name and the history is obvious: miner's ate it, probably 49'ers as those are the miners our imaginations stock. Why did those 49er's name this lettuce? Whether you're a miner, a sailor or some other unwashed, hairy, single male, you either get Vitamin C or scurvy, take your pick. In this purported favorite of miners, the Vitamin C is plentiful, whether fresh in a salad or boiled for a spinach "substitute". And that's it, end of story. "My darling Clementine, Miner's Lettuce is as simple as that," you say.

And then one March day East of the Cascades where annuals actually die and are born again (rather than in the moist West where everything seems to live forever), someone points to some new weed in the alley and says, "Look! The Miner's Lettuce is finally out!" And

because you are absolutely sure that you Know Miner's Lettuce and this is Not it, an argument ensues that ruins the sunny, muddy spring stroll, and leaves you angry and humiliated.

You wonder of the Miner's Lettuce, "How could she have deceived me for so long?" But the truth is that you never bothered to know the whole story, the whole plant. You made your assumptions early on and you were happy with them.

What you saw in the shady, wet alley was this: it was a flat plant, hugging the earth. The stem and leaves were brown, not the Kelly green of the Miner's Lettuce you know (but perhaps sometimes it is green when it's new, you just don't know anymore).

The stems were laid out like bike spokes, each individual one tipped with a spade shaped leaf. It looked like an ancient call to the

four directions and all parts in between. It looked like a compass to find true bearings. It looked like a fancy clock saying its time, all the time. It looked not anything like the slender late spring Miner's Lettuce, slouching beneath the Pines and Cedars, with thick square-round leaves along the stem. That's why you held your ground. That's why you refused to believe your eyes and your mentor, and everything else you take with you to make sure that you have the right plant before you eat it.

Eventually, maybe over the course of a year or a lifetime, you pry your mind open. Perhaps this is Miner's Lettuce, too. Perhaps it is possible that a plant can look so completely different in early spring than it does in late spring. You didn't know its secret name, *Claytonia* (or *Montia*) *perfoliata*, so perhaps there are other things you don't know about her. And perhaps you don't know everything.

Indeed, this flat brown March weed is Miner's Lettuce. Once the pride is swallowed and the mind accepts this new information, the delightful surprise of learning brings a thrill to your spirit. You long to know more; you want the whole story.

You want to know if maybe spinach is the real substitute. Or if there are other miners involved from years other than 1849. But the trail's gone cold now. Everyone assumed the obvious about Miner's Lettuce; you haven't been alone. Information is lost. You

"Miner's lettuce is now more mysterious than you ever dreamed and it thrills you. The alley looks fresh and carpeted with adventure. The world is new and expansive. The world holds secrets for you to uncover. Open up and come outside, again. Spring is here."

will never know who else ate this lettuce, how they ate it, and what ancient names it was called by. "Indian" lettuce is the only clue left. The simplicity of the story lulled everyone into complacency.

Miner's lettuce is now more mysterious than you ever dreamed and it thrills you. The alley looks fresh and carpeted with adventure. The world is new and expansive. The world holds secrets for you to uncover. Open up and come outside, again. Spring is here.

Sarajoy loves to have her mind blown with contradictions, shattered stereotypes, and the unexpected. Her mind, however, has its reservations about being blown away.

Ye Old Miner's Lettuce



Nature in the City: March

By Sarah Walker

March: the month that “comes in like a lion, goes out like a lamb,” the month that won’t make up its mind, unsettled and windy one day, balmy and soft the next. March is when the Northern Hemisphere starts its annual tilt toward the sun, absorbing powerful solar energy. After a long dark winter, March brings warmer temperatures and longer days to our dot on the globe. In Moscow it’s not quite Spring, but no longer Winter either.

March is tumultuous, unpredictable and unstoppable, sort of an adolescence between winter’s dim and quiet snow blanket and spring’s riot of hormone-driven birdsong and flowers.

March is too early for most plants and animals to start the nesting and birthing parade, the annual jolt of babies and seedlings each species undergoes to continue itself. It’s still too cold to nest, too windy to fly, for all but a handful of creatures and plants. There aren’t enough insects hatched out for seed-eating migrating songbirds to return here to start nesting. There aren’t enough insect pollinators for most big flowers to open their showy petals and expose female stigmas and male anthers. When that happens, it’ll be Spring, and Nature will be in our face. The population of our college town will swell with newborns. Meanwhile, March reminds us that this is yet to come.

The plants and animals that do get started during March stand out — because there are fewer of them, and the context is odd. The loud song of a Red-winged blackbird male singing from a cattail might stop us in our tracks — what was that?? — wasn’t it just yesterday that we had a snowstorm?

Red-winged blackbirds are all over Moscow’s scattered cattail marshes.

Look for these birds in Anderson Park or below the UI barns, or in any roadside ditch wet enough to grow cattails. The males are dressed for showing off, with brilliant scarlet and yellow shoulder patches. They sing like crazy. Females are quiet, brown and stripey, in camo to carry out nesting undetected.

Robins show up in Moscow any day of the year, but in March we get gangs of them in our yards, investigating warmed and softened bare ground for the promise of earthworms. This month, they’ll chase each other and dog-fight in the air. Robins wear their tomato-red breasts all year; females’ are only slightly duller. Robins sing all day and into the evening, often the last sound before dark.

House finches, which we might grow tired of after seeing them crowd feeders here all winter, adopt a surprising alter ego in March — they become concert soloists. A male House finch may perch by himself at the top of a tall fir or maple and sing a cheerful — and unending — song. In winter, I forget that they sing at all! But Moscow is full of House finch song, starting as early as February and continuing in March.

March in Moscow is too early and unsettled for most plants to set flowers except for brave bloomers like

Snowdrops and Hellebore. The flowers of spring and summer, for the most part, are still encased in buds. Flowers, and leaves, stay tightly rolled up inside their tough, waterproof covering of bud scales. During March they’ll swell, and swell, until warmer days are a sure thing.


March in Moscow; Pussy willows. Mallards quacking in flight. Crows collecting sticks for their nests. Geese

flying over in vee’s. And the greatest promise of all, the Vernal Equinox, our reward for the darkness and cold of winter. On the 21st, day and night are equal, and “Spring” officially begins.

Sarah Walker is ready for spring. She always celebrates the end of winter and thinks it takes the winds of March to sweep out the cobwebs.



“Blackbirds perch sideways on the old reeds, angling to defend their mates and their territories with noisy, gurgling calls. It is a welcome, joyous tumult to our human ear — pushy, like spring.” Joan Dunning, *Secrets of the Nest*. Red-winged blackbird silkscreen by Mary Byers, used with permission.



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In The Garden: Phenology and Planting

By Holly Barnes

All through the long winter, I dream of my garden. On the first day of spring, I dig my fingers deep into the soft earth. I can feel its energy, and my spirits soar.
—Helen Hayes



The month of the vernal equinox is finally here. Spring brings with it the hope for new beginnings, in the garden as well as in our spirits. But don't rush out to the garden too quickly. It's okay to rake leaves and move around the yard cleaning up, but digging in the garden should be avoided until the soggy soil dries out some. Too-wet soil compacts readily and is hard to break up later.

There is some planting that can occur at this time and instead of reading up

on recommended planting dates for our zone, which might be good for gardeners five or five hundred miles away, but perhaps not for us in a given year, a smart way to schedule your planting is by using phenology. Phenology is a branch of science dealing with the relations between climate and periodic biological phenomena such as bird migration and plant flowering. It is a study of events that happen in regular cycles. The life cycles of perennial plants are closely related to temperature and day length. Phenology is especially valuable for those of us in cold climates where planting times are critical. If you plant too early you risk losing tender seedlings to frost, too late and you've lost valuable growing time.

Perennial and woody plants start growing as the weather warms. If spring is cold and wet they will get a late start. Your new plantings, too, should be late as well. A reliable indicator plant common in our area is the lilac. Its annual development is regular and easily observed. When the leaves first begin to emerge from the bud scales it is safe to

In The March Garden:

- ✦ Sow seeds of cool season vegetables as mentioned above;
- ✦ Sow seeds of hardy annuals: annual phlox, California poppy, clarkia, shirley poppy, sweet alyssum; *
- ✦ Move dormant shrubs and roses;
- ✦ Prune and dormant spray fruit trees on a moderate day;
- ✦ Welcome back migrating birds with high protein snacks such as nuts.
- ✦ Clean and re-hang bird nesting houses.

*Encourage sweet alyssum to reseed, especially near plants that have suffered from aphids in the past. The flowers attract hoverflies whose larvae feed on aphids. Also, their early blooms draw bees to pollinate early blooming fruit trees.

plant seeds of cool-weather vegetables like peas (flower and edible) and lettuce, beets, carrots, radish, spinach and chards. Hardy annuals can also be planted at this time, for example, bachelor buttons, calendula and larkspur. As the spring warms up and the lilacs are in full bloom it is time to plant tender, warm-weather plants like tomatoes and basil.

With this issue I celebrate a full year of writing about gardening for the Co-op newsletter. I look back at my first column which mentioned all that was in bloom a year ago and see that precious

little is in bloom this year as compared to last. The snowdrops are all I see in mid-February as I write this, in contrast to a year ago when several plants had started to make their appearance. Using phenology to plant after such a cold winter makes so much sense.

Holly Barnes has enjoyed writing the garden column this past year and looks forward to sharing more of her gardening ideas with you. She is very anxious to get her hands in the soil and will be checking the lilac bud scales daily.

Earth Mother: Get Ready to Garden

By Julia Parker; Illustration by Julia Parker

March brings with it the hope of fresh new life. Whether wild or tame, all growing things stir with the warmer air, rains and sunlight. Whether wild or tame, our young ones need to learn first hand about this beautiful season and the life it brings. At our house, we look at seed catalogues with all the enthusiasm that fiancées read *Bride* magazine. Dog-eared page after page until they are almost all marked. Here I've compiled a few ideas and tips on early garden projects. I hope you will share these with the young ones in your life.

Big and Beautiful

Kids love plants that are over-the-top. Giant sunflowers, huge pumpkins, tall hollyhocks, extra long cucumbers can be started indoors soon. Try to keep your starts to a small number. Having six flats of pots started in the dining room window begins to get a little old and overwhelming after the first few days of excitement dissipate. If you are planting these giants, know that they will eventually take up lots of space in your garden so you probably don't want dozens of them anyway. Mark your young ones and your plants growth through a series of photos during the summer.

Follow the directions below on planting

indoors.

Grazing Garden

When my son was about four we planted a few plants in our 1' x 8' allotted space in front of student housing at Michigan State. We grew a few flowers and lots of snow peas. I don't believe any of those snow peas ever made it into our apartment. Joshua and I would find them after school and eat them as they ripened right from the plant. It's nice to be able to have vegetables or fruits that kids can graze on at their leisure. Strawberries, compact and hardy, are a wonderful plant to grow for kids. Snow peas are another good choice for little hands to pick and eat. The list of edible peas in the pod is long and you can try a few varieties. The large seeds make them easy for little hands to plant. They do well in cool weather too, but need a trellis.

Have your child try a few different tastes in your grazing garden by growing chives with edible flowers and stalks. Nasturtiums have edible flowers, but these "nose twisters" have a peppery taste. Lovage tastes like celery and its hollow stalks can be used like straws. You need to be able to trust your child not to eat at random in the yard if you grow a grazing garden and encourage eating "strange" things like flowers.

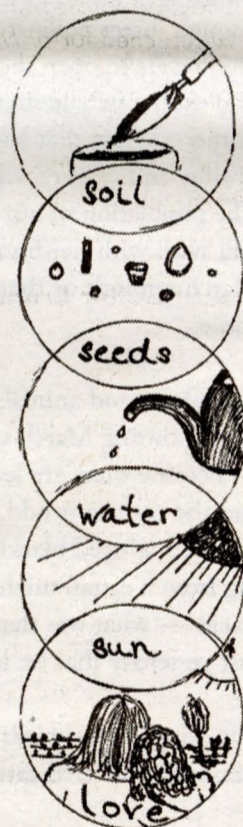
Windowsill and Container Gardens

If you're new to gardening, afraid of gardening, are mobile, or don't have a square foot of dirt to dig in take time to grow some food in your windowsill. Watching plants change from seed to cotyledon to sprout and beyond is a great experience — full of magic and wonder for both children and adults. Indoor container gardens should be placed in a sunny area of your home. Make sure the temperatures remain around 60 to 70 degrees. A blasting heating vent or a chilly, drafty window can ruin your indoor garden. Containers can be planted inside with herbs such as parsley (my personal favorite as a child), chives or chamomile. Each of these can be cut back and used as they grow over time. All you need for your indoor container garden is soil, water, seeds and sun. And, be creative in finding a container for your plants — an old tea cup with a few pebbles in the bottom for drainage, or a worn out soccer ball with a section cut out of the top will do nicely. If you really feel like a brown thumb or are just in need of an ultra-easy container garden look for the Potting Shed Creations gardens in a bag at the Co-op. These container gardens are made in locally and have everything you need on one neat package.

Outdoors, containers of all kinds make great small gardens for kids. A barrel, a box, a worn out boot, old pots, and lined laundry baskets can all serve as garden foundations. Remember that containers dry out faster than garden soil and will need to be watered more often. When seeds are first placed in any of these gardens the soil should be kept moist all the time until the plants are well established.

So, it's March. Get your seed catalogues out and ready and start growing!

Julia Parker lives in Moscow. She is still grateful that her friends Paul and Heather rototilled her garden last year as a new baby gift.



Meals Kids Might Eat: Peanut Butter Bonanza

By Jyotsna "Jo" Sreenivasan

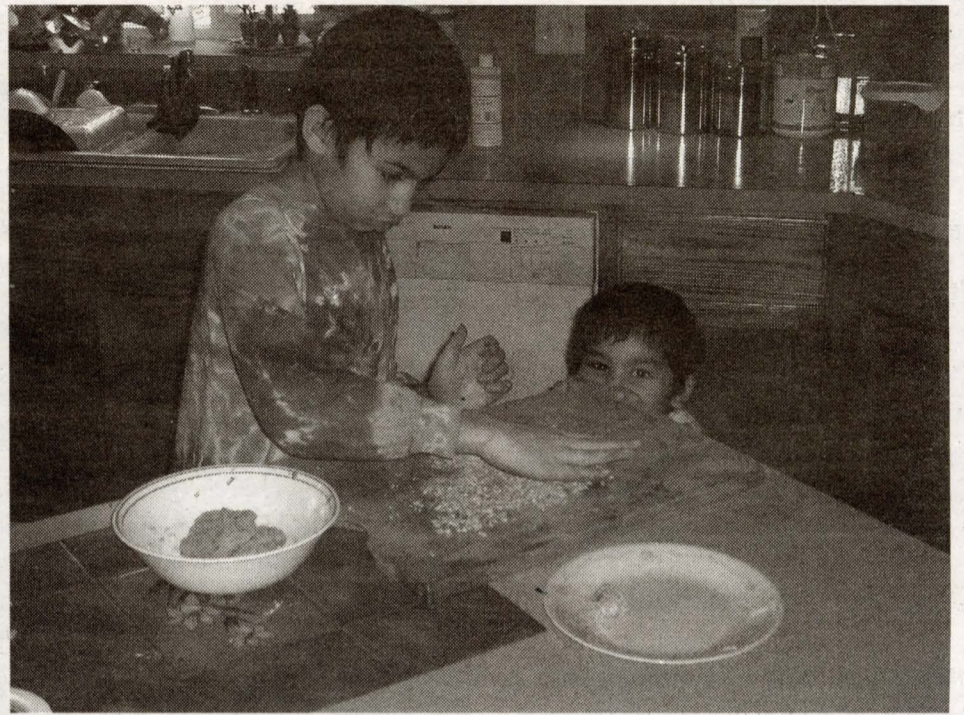
Did you know that March is National Peanut Month? Peanut butter is a favorite of many kids, which is a good thing: it's nutritious (full of protein, carbohydrates, fiber, B vitamins, Vitamin E, iron, magnesium and other minerals) and it's cheap.

A good way to celebrate National Peanut Month is to read a book about George Washington Carver, who was born as a slave and who became the nation's peanut expert, discovering more than 300 uses for peanuts. We like a book about Carver called *A Weed is a Flower* by Alikei (she does not use a last name), which is available through the ValNet system at the Moscow library.

What can you do with peanut butter besides make a sandwich out of it? You can make "Ants on a Log": cut celery into sticks, spread peanut butter into the hollows, and stick raisin "ants" to the peanut butter. You can use the yummy dried blueberries at the Co-op for very small "ants." You can make a "Peanut Butter Flower" by slicing apples into thin wedges, spreading peanut butter on one side, and arranging the wedges into a spiral flower shape.

Here are some recipes featuring peanut butter.

Jyotsna's favorite kind of peanut butter is Santa Cruz Organic's crunchy "dark roast."



Rolling the peanut butter balls in chopped peanuts.

Peanut Butter Nachos

(from The Peanut Butter Cookbook for Kids by Judy Ralph and Ray Gompf)
If you want to make a few nachos but don't want to open an entire can of refried beans, here is the answer. My husband and I thought these were delicious! Our older son took one bite and refused to eat any more. Our younger son enjoyed them.

- ✦ 12 tortilla chips
- ✦ 1 tablespoon unsweetened peanut butter
- ✦ 5 tablespoons salsa
- ✦ ¾ cup cheddar or Monterey Jack cheese, shredded

Place oven rack near center of oven. Preheat oven to 400 degrees F. Arrange tortilla chips on baking sheet. Mix peanut butter and salsa, and spread a little of this mixture on each of the chips. Sprinkle the shredded cheese over the chips. Bake the chips for four minutes.

Peanut Butter Crunch Balls

(adapted from Peanut Butter by Arlene Erlbach)
Everyone in our family thought these were really good!

- ✦ ½ cup peanut butter
- ✦ ½ cup honey
- ✦ ½ cup dry milk powder
- ✦ ¾ cup chopped peanuts

Combine the peanut butter and honey in a bowl. Add the dry milk a little at a time. Use your clean hands to mix this; it gets stiff. When the mixture is the consistency of play-dough, pinch off pieces, roll into balls and roll the balls in the chopped peanuts.

NOTE: I tried replacing the dry milk powder with unsweetened cocoa powder, but the mixture turned out sticky. I added about a tablespoon of dry milk powder and that helped. This cocoa version was very good too.

NOTE #2: You could try reducing the amount of honey. This version is quite sweet.

Barbecued Tofu with Peanut Butter Marinade

My mother-in-law got this recipe from a friend of hers. She once served it to my father-in-law and told him it was barbecued beef (because he wouldn't eat tofu). He believed her and ate it! This does not look or taste like beef, but it is good. This is a great dish to take to potlucks. You can use ready-made barbecue sauce to save time, but I must say that the homemade version is worth it.

Start this part the day before:

- ✦ 2 pounds extra-firm tofu (NOT silken tofu; buy the kind sold in little plastic tubs in the refrigerated section, or the bulk tofu in the giant bin); freeze overnight at least. The next morning, set the tofu out to thaw.

Peanut butter marinade:

- ✦ 6 tablespoons peanut butter
- ✦ 1/8 cup oil
- ✦ 1/8 cup water
- ✦ 1 tablespoon paprika
- ✦ ½ teaspoon garlic powder
- ✦ 2 teaspoons salt

BBQ Sauce:

- ✦ 1 tablespoon oil
- ✦ 1 medium onion, chopped
- ✦ 2 cloves garlic, minced
- ✦ 2 ½ cups tomato puree (one of those big 28-ounce cans)
- ✦ ½ cup brown sugar
- ✦ 1 tablespoon molasses
- ✦ 2 teaspoons mustard (the kind in a jar – not the powdered mustard)
- ✦ 1 ½ teaspoon salt
- ✦ a couple of shakes of crushed red pepper – or more, to taste

Preheat oven to 350 degrees. Squeeze as much water as you can out of the thawed tofu. Cut each tofu block into cubes.

Mix the peanut butter marinade ingredients together. If your peanut butter is stiff, you might want to add some water to make the mixture easier to spread.

Lay tofu squares in a large uniled baking pan. Pour or spread peanut butter mixture over the pieces and use your fingers to make sure every piece is covered, front and back. Bake tofu for 20 minutes. Stir, then bake again for another 20 minutes.

While tofu is baking, saute onions in oil until transparent. When onions are almost done, add garlic and stir. Add all other ingredients for sauce. Stir and simmer this mixture for several minutes to allow flavors to blend.

When tofu is done baking, pour barbecue sauce over it and bake again for another 15 minutes. Serve with rice.

It's a snap!

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Co-op Kids!

By Rebekka Boysen-Taylor

We had such great fun making valentines and snacks in February and we are really gearing up for Spring in March.

The activities this month are perfect for kids of all ages (and of course free)! We will meet at 9 a.m. in the cafe and it is a great chance to get out of the house and meet new people.

Join us on March 14 to plant seedlings for the garden and again on March 28 to make a garden-inspired spring craft.

CALLING ALL FARMERS

If you are a local farmer or neighbor with some new chicks or baby animals and would be willing to bring one or two to share with the kids please contact Rebekka Boysen-Taylor at amamas-work@yahoo.com. We would also love to visit a farm this summer for a field trip. The kids just love to learn about how things grow!



Valentine Making with friends – one of the Coop Kids February activities.

Rebekka Boysen-Taylor can't wait for Spring and is the Co-op Kids! volunteer.

Co-op Crossword Puzzle

By Craig Joyner

ACROSS

- 1 Retiring business profile writer, ____ Maxwell
- 5 February's volunteer of the month, first name, last is 9 down
- 10 Too many intoxicants
- 11 Alba Botanica Sun can block these rays
- 12 Vegan meat alternative
- 13 Futuristic movie and cartoon series set in a fascist utopia, ____ Flux
- 15 Remember to write down the PLU ____ of any bulk bin item
- 17 Menage a Troi wine originates from this California valley
- 18 Good scores on this test will help you attend UI's grad school
- 19 In the bulk bins, Lundberg Farms brown ____ rice
- 22 Last month's profiled employee, last name, first is 1 down
- 23 Yard
- 24 Jazz singer ____ Horne
- 26 Young pigeon
- 29 Homonym of sew
- 31 One might partake of this activity at the Co-op Deli
- 32 Baji's Mango Chutney or Zesty Cilantro ____
- 37 This state's name is Meicigama, "great water", in Chippewa, abbreviation
- 39 Yakshi's Lover's Moon or Cleopatra's Lover
- 40 Co-op business partner that can

analyze your water, ____ Labs

- 43 For example
- 44 Absent
- 45 A Palouse product: Virginia's fresh, homemade flour ____
- 50 MFC grocery manager Vicki Reich is relocating to this Idaho town
- 51 Moniker for a Radio Free Moscow DJ that is also a MFC board member

DOWN

- 1 Last month's profiled employee, first name, last is 22 across
- 2 Eating healthy deli food is always a good ____
- 3 Chocolate pecan pie or chai tea power bar brand
- 4 You can cover your wounds with ninjas, bacon, devil ducks, or sushi
- 5 The man from Maine famous for his toothpaste
- 6 Park or Fifth
- 7 Brand of microbrew root beer or Aeneid author
- 8 Hawkeye state, abbreviation
- 9 February's volunteer of the month, last name, first is 5 across
- 14 It's Commentary in the MFC newsletter and the ____ page in the NY Times
- 16 Grape variety that makes a sweet, golden wine
- 19 Bluesbuster or garlic
- 20 White Miso or Wakame instant soup from ____

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50							51					

- 21 Advanced degree for librarians
- 22 ____ Raw Dog Action Snacks are from the Palouse
- 25 The MFC bakery can provide you with many fresh baked examples
- 27 Seeds of Change Tomato Basil or French Herb main ingredient
- 28 Michael Apted's life long documentaries 7, 14, 21, 28, 35, 42, and 49 ____
- 29 Giovanni L.A. Hold Hair ____
- 30 Uncommon citrus
- 33 News wire service, abbreviation
- 34 A common ratio in finance or a physics term, abbreviation
- 35 You in German
- 36 MFC newsletter designer ____ Prusynski
- 38 Company that hawks third rate bands and near useless products
- 41 Director of The Ice Storm and The Hulk, ____ Lee
- 42 Thousand tonnes
- 46 Mantra or Russian river
- 47 Ancient Gaelic for king or the smallest state, abbreviation
- 48 Common contraction
- 49 Hark

11th Annual Hemp Fest

By Arlene Falcon

Plans are underway for the 11th Annual Hemp Festival located at East City Park (rain or shine) on Saturday, April 21.

We are thrilled to announce a fantastic musical lineup, including Ala Zingara and Sweatshop Band, two groups formerly of Moscow, not to mention many local favorites.

At this point we have a full musical lineup, but we have openings for 15-20 minute slots for talking/poetry or acoustic music. Please contact Bennett Barr at bbarr@nrsweb.com if you have something to offer.

We are also accepting applications for vendors. We encourage hemp-related items, but it's not necessary. We are also

encouraging non-profit organizations to set up tables for sharing info and ideas. Booths cost \$50 for the day, and non-profit groups are free. For information and applications, contact Arlene Falcon at tyedyed@mosocw.com or 883-4779 or stop by Tye-Dye Everything for an application.

And finally, we are always looking for volunteers to help out with all the different things it takes to put on an event like this. So if you'd like to help out in any way, e-mail me at tyedyed@mosocw.com.

Thanks! We're looking forward to another great Hemp Fest this year! Let's start visualizing sun and no rain now! We have two months to work on it!

FREE Meditation Workshop in Pullman

By Jyotsna "Jo" Sreenivasan

I want to let people know about a powerful meditation workshop I participated in recently. The "Life Bliss Program" was designed by Paramahansa Nithyananda, a 30-year-old enlightened Master from southern India. This program is taught in over 800 centers in 30 countries.

The class teaches simple meditation techniques designed to cleanse and energize the seven main "chakras" (energy centers) of the body. Some of the meditations are quiet, sitting-down affairs, but others are quite active and even noisy! The techniques, taken from various religions including Hinduism, Buddhism, Christianity and Sufism, are designed to help the experience of bliss to flower in each participant. I found the workshop to be exhilarating and fun. Each participant receives a take-home CD with a guided meditation to open the heart chakra.

Nithyananda says, "My techniques are

common to all, with no requirement to believe in any God; only an openness of mind is necessary." The Life Bliss Program is a prerequisite to participate in the meditation weekends conducted by Paramahansa Nithyananda. He will give talks and conduct a workshop in Seattle from April 4-9 to help people heal and blossom at all levels. His meditation techniques are specifically designed for the contemporary mind to release stress and discover the bliss within.

The next Life Bliss Program will be held on Saturday and Sunday, March 17-18, 2007, from 9 a.m. to 6 p.m. in Pullman. Anyone 12 years and over may register. The fee of \$250 has been waived so the maximum number of people in this area can benefit from the workshop. Learn more and register for these programs at: www.lifebliss.org/seattle or contact Christina James at 509-332-5020 with any questions.

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Moscow Renaissance Fair: The Unveiling

By Jennifer Whitney, Publicity Director, Moscow Ren Fair

If you've been waiting to see the results of the Renaissance Fair Poster Contest, your wait is finally over! Join us at One World Cafe, on the corner of 6th & Main in downtown Moscow, on Saturday, March 24, from 3-5 p.m., for the unveiling of this year's poster!

Not only will there be treats and other mouthwatering edibles, but we will be treated to Parallax, a local cello/piano improvisational duo, that promises to set the stage for a fantastic night.

Our contest winners will be awarded their prizes and you will have the opportunity to have your new poster personally signed by the artist. Plus, see past years' posters in their glory at the hottest cafe in town!

So, mark your calendars and plan to attend the Moscow Renaissance Fair Unveiling, where we celebrate our new poster, the start of Spring and the coming of RenFair!

Moscow Renaissance Fair: Marimbas and Pirates and Shakespeare, Oh My!!

By Jennifer Whitney and Kirsten LaPaglia, Moscow Ren Fair

The 2007 Moscow Renaissance Fair is already coming together with some fantastic new events that not only your children will love, but the child in all of us can enjoy!

The lively sound of Kwanongoma marimbas from Zimbabwe will fill the air as the Moscow Marimba band, Sesitshaya, plays both traditional and contemporary songs to start our bodies moving and dancing for this Spring celebration.

Betsy Bybell, our roving puppeteer, is digging up the pirate in all of us to participate in the Grand Treasure Hunt of East City Park.

Does this tickle your imagination or send your thoughts soaring on fantasti-

cal adventures? RenFair's Kid Village is inviting you to take us along on the adventure! If you have something you would like to perform on a stage or an activity for all to try, then we are looking for you. We want anything from bubbles to Shakespeare, dragons to pottery. The Children's Area is your stage to perform your dreams!

Contact Kirsten at sonjakirsten@gmail.com for more information and to sign up.



Rent-A-Rower

WSU Men's Crew announces their spring Rent-A-Rower event. Here is a chance to hire these hard-working student athletes to work on a variety of jobs at your home or work site. Two weekends back to back are available: Saturday and Sunday, March 3 & 4 and March 10 & 11.

The cost is still \$10/hour/rower. Past jobs have included: yard work, loading, cleaning, painting and many more. "This is our favorite fundraiser because helping people in the community get big jobs done is always very satisfying," comments Commodore Chris Seaman (Sr. Mech. Engineering). Visit www.CougarCrew.com to complete a job request form.

New at the Library

By Chris Sokol, Latah County Library District

What really knocks me out is a book that, when you're all done reading it, you wish the author that wrote it was a terrific friend of yours, and you could call him up on the phone whenever you felt like it.

—J.D. Salinger, *The Catcher in the Rye*

FICTION:

Agamemnon's Daughter by Ismail Kadare. A novella and two stories woven around the tyranny of Albanian Communism.

The Castle in the Forest by Norman Mailer. Mailer explores the evil of Adolf Hitler in his first major work of fiction in more than a decade.

Holy Week by Jerzy Andrzejewski. A novel of the Warsaw ghetto uprising, published in Poland in 1945 and only now appearing in the West.

The Terror by Dan Simmons. Gripping suspense based on the true story of two ice ships that disappeared in the Arctic Circle during the Sir John Franklin Expedition in 1845.

A Walk in the Dark by Gianrico Carofiglio. An anti-Mafia prosecutor in southern Italy takes on a case that no other lawyer wants to deal with.

NONFICTION:

African Queen: the Real Life of the Hottentot Venus by Rachel Holmes. Young Saartjie Baartman was taken from her native South Africa and shipped to London in 1810, where she was exhibited on stage as the "Hottentot Venus," a specimen of African beauty and sexuality.

Beatrix Potter: a Life in Nature by Linda Lear. Beyond her reputation as a children's author and illustrator, Potter strove to demonstrate the beauty and importance of nature at a time when plunder was more popular than preservation.

The God Delusion by Richard Dawkins. A preeminent scientist assesses the irrationality of belief in God and the grievous harm religion has inflicted on society.

The Haitian Vodou Handbook by

Kenaz Filan. The rudiments of Vodou and a fascinating introduction to the history and culture of Haiti.

The Heartless Stone by Tom Zoellner. The world of diamonds, deceit, and desire.

The Homeowner's Guide to Renewable Energy by Dan Chiras. Achieve energy independence through solar, wind, biomass, and hydropower.

The Intention Experiment by Lynne McTaggart. Thought generates its own palpable energy that you can use to improve your life, help others, and change the world.

Mayo Clinic Book of Alternative Medicine. The best of natural therapies and conventional medicine.

Sister Bernadette's Barking Dog by Kitty Florey. The quirky history and lost art of diagramming sentences.

World Party. The Rough Guide to the world's best festivals.

Worldchanging: a User's Guide for the 21st Century ed. by Alex Steffen. Information, resources, reviews, and ideas by leading new thinkers that give readers the tools they need to make a difference.

DVD:

A Bit of Fry and Laurie (U.K.) Stephen Fry and Hugh Laurie wrote and starred in their own clever sketch comedy series on the BBC.

Burnt by the Sun (Russia/France, 1994) The story of a Soviet revolutionary hero whose happy family is suddenly targeted by Stalin's secret police.

Buyer Be Fair: The Promise of Product Certification (U.S., 2006) How to use the market to promote social justice and environmental sustainability through product labeling, with a focus on Fair Trade coffee and Forest Stewardship Council certified wood.

The Devil Wears Prada (U.S., 2006) A naive young woman gets a job as assistant to the ruthless editor of one of New York City's biggest fashion magazines.

Gloomy Sunday (Germany/Hungary, 1999) In 1930s Budapest, Jewish restaurant owner Laszlo, his pianist, Andras, and waitress Ilona form a ménage a trois complicated by the love

of an SS officer.

John Cleese's Wine for the Confused (U.S., 2004) An entertaining and informative look at the world of wine.

The House of Sand (Brazil, 2005) In 1910 a pregnant woman moves with her insane husband to a remote desert, but he dies soon after and she spends the next 59 years of her life trying to escape.

Kandahar (Iran/France, 2001) An Afghan-born Canadian journalist returns to her homeland in a desperate attempt to help her suicidal sister.

La Moustache (France, 2005) Psychological mystery about a man who begins to doubt his sanity when he shaves off his trademark mustache and no one notices.

La Petite Jerusalem (France, 2005) A young Jewish woman living with her orthodox family in a Parisian suburb falls in love with a Muslim co-worker.

Little Miss Sunshine (U.S., 2006) A dysfunctional family drives across the country in their VW bus to enter their young daughter in the Little Miss Sunshine beauty pageant.

A Scanner Darkly (U.S., 2006) An undercover cop becomes involved with a dangerous new drug and begins to lose his own identity as a result.

Source to Sea: The Columbia River Swim. (U.S., 2006) The story of Christopher Swain's swim down the Columbia River's 1,243-mile length illustrates the river's destiny.

Why We Fight (U.S., 2005) An unflinching look at the anatomy of American war-making.

MUSIC CDS:

In the Heart of the Moon by Ali Farka Toure & Toumani Diabate. The late Toure forms an acoustic duo with kora master Toumani Diabate, drawing upon Malian and Guinean folk style from the 1950s and '60s.

Lullabies from the Axis of Evil. Calming songs of peace and safety mothers and fathers the world over might sing to their children, appealing for adults and children.

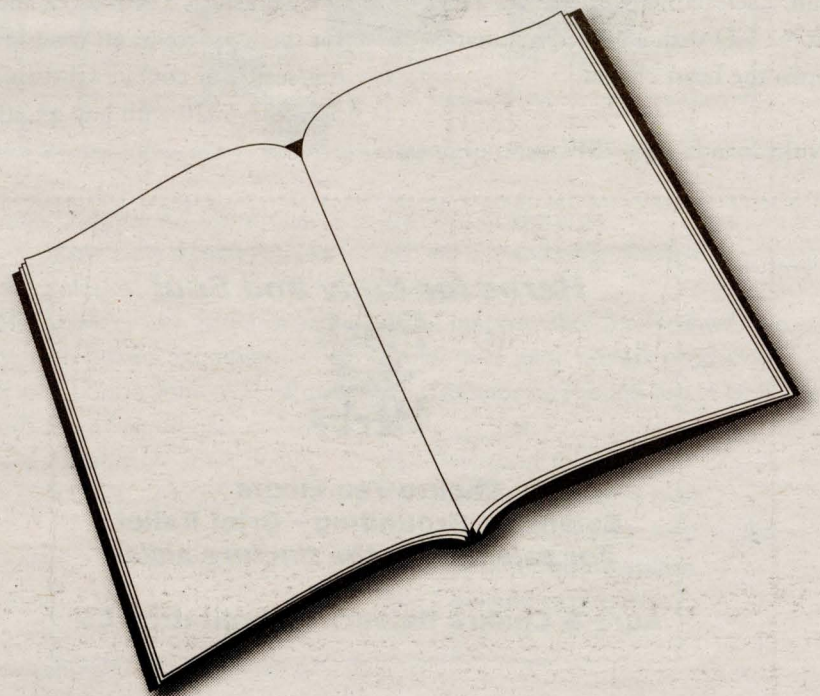
Escondida by Jolie Holland. An extension of her indie country and folk sound into the realms of old-school jazz and country blues, made modern by smart lyrics.

STAFF PICK:

Paula Winter, Bovill Library, recommends: ***Hello From Heaven!*** by Bill Guggenheim and Judy Guggenheim.

This book is full of accounts by people who have lost loved ones and have been contacted by the loved ones after death. The ADCs (After Death Communications) in this book were very intriguing and inspiring. The ADCs include types of communication in the form of smells, visions and hearing a familiar voice. The stories are reassuring and offer comfort in the thought that there is life after death. I would recommend this book to anyone dealing with the grief that comes with losing a family member or friend.

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



The Sustainability Review: Renewable Energy Credit

By Mike Forbes

I think I'm going to steer away from the house again this month and talk about something I didn't realize was available until recently: Renewable Energy Credits (RECs). Purchasing power from renewable sources (i.e. wind, solar, biomass) has become available through many utilities during the past few years. The local utility, Avista, has the "Buck a Block" program where they offer wind power to their customers for a small premium; and Clearwater Power, a local electricity co-op, participates in a biomass project. These utilities are selling RECs and there are other companies out there that sell them as well.

I'll do my best to explain an REC. When a power plant generates non-renewable electricity, it creates "generic" electricity that is fed into the grid for all customers to use. When a power plant generates renewable electricity (RE), it can approach it in two different ways. They can sell the power as renewable or they can sell it in two parts: "generic power" and an REC. The REC is the exclusive right to the green attributes of a unit of power. Once the utility sells an REC for a unit of power, no one but the purchaser can claim right to that unit as being renewable. For example, if I purchase a unit of power from the State Line Wind Farm in Walla Walla, I won't receive the power they generate at my home, but I own a credit, an REC, for the power I used being replaced by wind power. If you purchase enough credits to equal the power you use, then your power is 100% renewable.

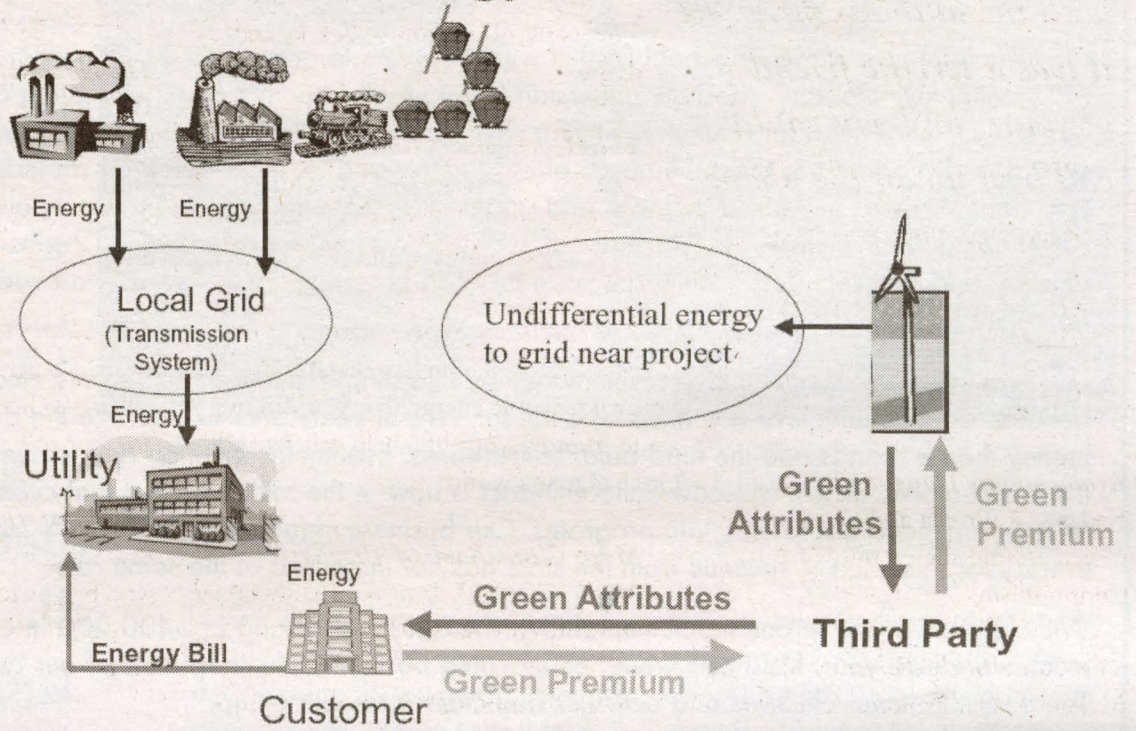
You may ask why this works and why you are guaranteed this renewable energy. Federal law requires that grid

operators purchase renewable energy if it's offered by a power plant. For every unit of power that a RE plant makes, one less unit is created by a fossil fuel source. The utility is not capable of storing power and operates on a demand basis. When consumption goes up, so does generation. If renewable energy is pumped into the grid, then that forces the fossil fuel sources to be turned down (if demand is constant) or turned up less (in the case of high demand).

Why trust your utility or a private company to spend your money on these credits? To answer the utility question, they are mandated in Washington state to prove they have a certain percentage of RE in their portfolio, and this is audited by the government. To answer the private company question, many have adopted the method of handing over your purchased credits to an independent party that handles the tracking and ensures that your credit is not sold to anyone but you. They ensure that the power plant does not sell more than they produce and track the purchases.

Why purchase an REC? By purchasing renewable energy you are contributing to domestic sources of power that are sustainable. It doesn't consume resources nor does it contribute to climate

Renewable Energy Credit Transaction



A diagram of Renewable Energy Credits from the U.S. Dept of Energy, 2001

change, in fact it can offset your CO2 emissions significantly. Your purchase can also encourage the development of new sources of renewable power.


We purchased an REC (from NativeEnergy) for our home recently to offset 100%+ of our energy use and it cost \$24 per year in addition to our regular monthly bill. This might be a titch low for most folks since our usage is pretty low, but for an average of homes I'd estimate that your bill wouldn't go up more than \$4 per month (that is for a home using 1200 kwh/month, which is a pretty large amount of electricity). Since there are many REC purchase options available, it's best to know your consumption and contact each utility or company and see

what the cost would be. I think you'll be surprised to see how little additional it is. Much less than your total power bill.

For more information:

- www.eere.energy.gov/greenpower/
- www.avistautilities.com/products/wind-power.asp
- www.clearwaterpower.com/yourchance.asp
- www.nativeenergy.com
- www.cleanair-coolplanet.org

Mike and his family are looking forward to using their wind-powered composting toilet.




Here's a gift that delivers all year long!

Give a year' subscription to the Moscow Food Co-op Community News.
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Just send a check for \$18 (made out to Moscow Food Co-op) to:
Bill London, Co-op news editor
Moscow Food Co-op
121 East 5th St.
Moscow ID 83843

Be sure to include the name and address of the new subscriber.



Commentary

Letter to the Editor:

School Levy Election, March 27

By Margaret Dibble, Vice-Chair, Moscow School Board

On March 27, the Moscow School District will ask voters to approve a \$1.97 million increase to its \$5.6 million supplemental levy. Moscow understands public education is about educating all children and recognizes society's need for educated citizens. We understand that schools need to offer a wide variety of classes and programs to meet the needs of all students and in 1992 voted for an indefinite supplemental levy. That levy was increased in 1995 and again in 2002, enabling Moscow schools to have small class sizes, many elective classes in professional/technical classes, an extensive K-12 gifted and talented curriculum, and excellent and diverse special education programs as well as a wide variety of extracurricular activities.

Our indefinite supplemental levy saves money by avoiding expensive annual levy elections. However, because an indefinite levy is a fixed amount, for several years after its passage the district takes in more money than it spends and the fund balance increases. Eventually, inflation and expenses increase and the fund balance drops. Moscow School District is now in the falling part of that cycle and a supplemental levy is needed just to maintain programs. Our business manager projects a 3% increase in expenses every year; historically, revenue from the state has not increased at the same rate.

Without an increase in our supplemental levy, the district is looking at \$400,000 in cuts this year and much more next year. Most cuts would be teaching positions and staff; 86% of our budget is salaries. There will be fewer electives and activities and class sizes will go up.

Please support Moscow schools—vote yes March 27. For more information visit the Moscow School District web site at www.sd281.id.us or call the school district office, 892-1139, or any school board member.

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Letter to the Editor:

Wolves Among Us

By Sioux Westervelt

What is it about wolves that bring on madness in men? Madness was certainly in the air as Gov. Otter stood on the capitol steps in January and declared he wanted to be the first to kill a wolf. It's getting cheaper, too. The price of a tag started at \$26.50, but has been reduced to \$9.50, which won't even cover cost of the wolf management program once endangered status is removed by the feds and the state takes over.

The wolves did not come here voluntarily; they were brought here drugged, in crates. Ever since they arrived they have been chased, trapped and darted from helicopters so they could be collared, measured, weighed, studied, re-captured, moved around or killed because they are troublesome. That they have survived well shows their spirit. These are pack animals. They develop and live by a pack structure, and they depend on each other for survival and protection. When their packs are splintered by continuous manipulation and execution, they are vulnerable. They take prey that is easiest to bring down.

There are many unanswered questions to be directed to Gov. Otter and the Idaho Dept. of Fish & Game: When will the season for killing wolves be? How will they be killed? Which wolves, and how many, will be targeted? Will hunters track and kill, or can they use leg-hold traps to catch them? Will ATVs and snowmobiles be used to run them to

exhaustion before they are shot?

The U.S. Fish & Wildlife Service officially published notice in the Federal Register to remove endangered status from Idaho wolves, which means there is a public comment period until April 8, 2007: U.S. Fish & Wildlife Service, Wolf Delisting, 585 Shepard Way, Helena, MT 59601. E-mail: NRMGrayWolf@fws.gov



Illustration by Elizabeth Carney Sowards

Sign of the Times

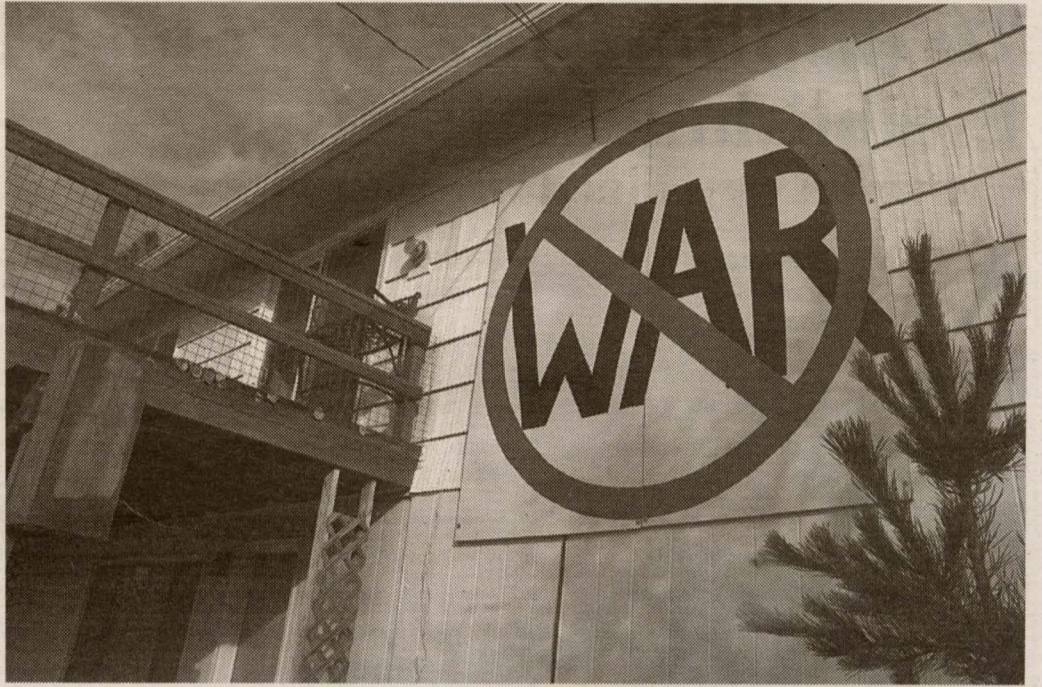
By Bill London; Photo by Erik Jacobson

Leonard Pitts, who spoke in Moscow at the celebration for Martin Luther King, Jr., reminded us that King was not just a dreamer. King was a man of action. He put his body and his beliefs on the line, repeatedly, for peace and for justice.

“Don’t just dream, that is not enough. Step out from your complacent and comfortable lives and DO SOMETHING,” was the message Pitts presented.

That was the inspiration for the sign—proclaiming our disgust with the escalating death and self-defeating policies of our government’s war in Iraq—that now hangs on the wall of our house.

The sign, which measures 8 feet by 8 feet, was constructed and painted by Jim Prall and Carolyn Berman. We hung it on the wall of our home that faces the Quail Run subdivision across North



This sign hangs from Bill London’s house. It could soon hang from yours if you wish to give it a temporary home.

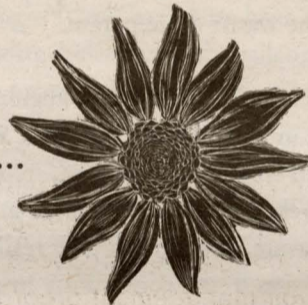
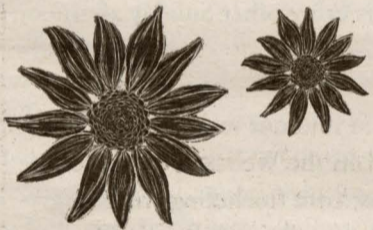
“King was not just a dreamer. King was a man of action. He put his body and his beliefs on the line, repeatedly, for peace and for justice. “Don’t just dream, that is not enough. Step out from your complacent and comfortable lives and DO SOMETHING,” was the message Pitts presented.”

Polk in Moscow.

To view the sign, go out North Polk, turn right (east) on Britton Lane, continue ahead to the cul-de-sac, then look across the field. Britton Lane is located between Quail Run and Rodeo Drive.

What if other similar signs popped up on homes around this region? What if everyone who is angered, disgusted or concerned by the immorality of this destructive war were to put up a sign?

Or what if our sign moved around town? This sign is designed to be mobile. It is constructed of two panels of masonite, each secured onto the wall with a few screws. If you want to provide a temporary home for this sign, please contact Bill London.



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Help your Co-op plan for the future

Co-op members are invited to help us create a vision for the next 10 years.

March 21, 7 to 9pm at the Unitarian Church basement
(corner of N. Van Buren and 2nd)

The Co-op will provide refreshments. Please bring your ideas and enthusiasm!

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The Radio Beat: Joan Opyr on KRFP: Don't "Dis" Auntie-Establishmentarianism

By Sean Quinlan

Moscow has many unique resources, and one of the finest is the state's only community radio station: 92.5 KRFP, "Radio Free Moscow." For many residents, Radio Free Moscow is an unmined gem, combining great local and syndicated programming. In this column, I am introducing you to the local DJs to give a sense of the station's diversity and range of programming.

In my last column, I profiled local DJ Selena Lloyd and her omniscient cat on the "Miz Moon Show." This month, I'm featuring another hilarious exercise in local commentary: the "Auntie-Establishment Show."

Auntie Establishment, of course, is none other than Moscow's resident novelist, Joan Opyr. Her Auntie Establishment column has appeared in the Co-op newsletter for several years, and will continue now on an every-other-month basis, beginning in April. On the air, she is joined by her sidekick, Brother Carl, better-known as the stalwart Carl Westberg at the University of Idaho Interlibrary Loan (we'll be talking to Brother Carl in another column).

For those tuning in, the Auntie-Establishment Show offers an astonishing mix of news, interviews, music and local commentary. You can hear anything from updates on community sectarianism called "La Kirka Nostra" (replete with the theme from *The Godfather*), to reports on conservative Internet sites called "The Blogstalker." Auntie-Establishment also plays trendy and edgy recent music, and there's a judicious sampling of Brother Carl's beloved 70s hits.

All this, of course, points to the totally eclectic, if not anarchic, nature of the show. "We try to mix it up," explains Joan. "Our slogan is 'unfair and unbalanced'. We're outnumbered ten to one on the radio. So this is our shot."

But here's the essential difference between much talk radio and Auntie Establishment. When dealing with political alienation, Joan and Carl don't go for the jugular vein; rather, they tickle your funny bone. Like Selena Lloyd's Miz Moon show, Auntie Establishment serves up her own potent brew of "humor therapy."

Joan launched the show two years ago, soon after a proposal to another local radio station was rejected. "It was called

the European Girls School," Joan recalls. "I was supposed to play the headmistress. Obviously, it failed." However, local activist Lois Blackburn persuaded Joan that she needed an outlet for her political views. So she approached KRFP.

When creating the program, Joan recruited another local talent, Carl Westberg. Though he never formally studied at a European girls' academy, he still had 15 years of professional radio experience, and had even broadcast in San Francisco.

"I met Carl at the ILL department," Joan explains, "and I pestered him for two months to do the show. At first, he had the good sense to say no. But I finally blackmailed him with pictures of him eating lutefisk."

Beyond the music and spoofs, the show's strongest moments are with the political interviews. "The best we ever did was with Jerry Brady," Joan says. "That was great, and he talked freely about his campaign. We asked Butch Otter to join, but he didn't respond. Perhaps he wasn't as desperate."

Other local politicians appear regularly, too. "Aaron Ament and Bob Stout are wonderful when they come on," reports Joan. "Every interview with them is a real treasure, and I think they really explain issues to the community in a great, direct manner."

Perhaps Joan's most consistent guests are Joan's mother-in-law, the outspoken crusader Rose Huskey, and her comrade-at-arms, Saundra Lund. Many people might find sharing the radio room with an in-law like jail time, but Joan says it isn't so.

"Rose is hilarious," she says. "In terms of commentary, she will say absolutely anything on the air, irrespective of the legal, moral, ethical or emotional consequences. There's no internal censor." As a result, Rose and Saundra provide great material for Joan and Carl to improvise with. Not all is smooth sailing, though: Joan detests Rose's taste in music. "She always plays Irish tenors, and I hate Irish tenors," she groans. "On the other hand, Saundra loves the Ramones ..."

Though the show highlights local issues and personalities, it has attracted an international audience. Thanks to the streaming audio on the KRFP website, Joan and Carl have garnered a global

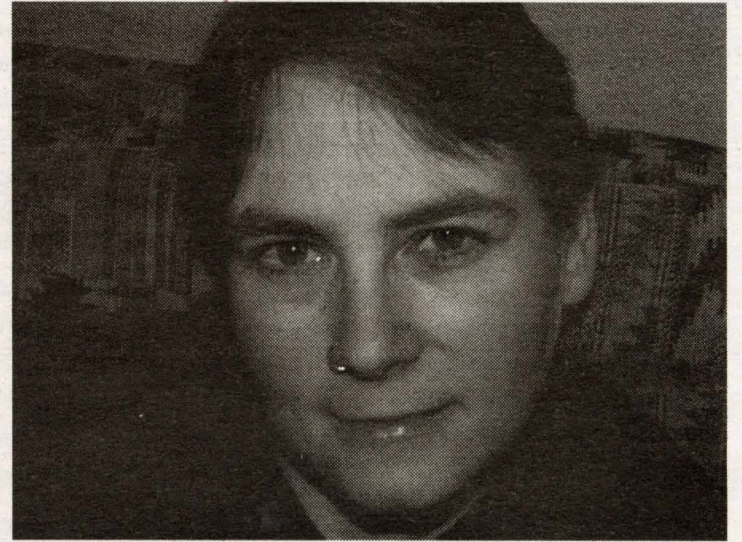
fan club, including listeners from Spain, the Czech Republic and Canada.

"There's this listener from New Zealand," Joan says, "that calls in each show and tries to tell us that Moscow isn't so isolated. She'll rattle off examples of lunacy from 'down under,' such as a New Zealand prosecutor who's become a cross-dresser named Miss Alice. It does make us feel better."

Despite the satire, Joan adamantly defends Moscow. "It's a funky little town," she says with obvious pride. After graduate school, she moved here with her partner — helping a family member with a terminal disease — and she loved it so much that she made it her home for 13 years.

"There's no other community that can keep up a tie-dye shop for twelve years. Or the Natural Abode and an independent bookstore. And the Co-op is always expanding. It's amazing." She points out that you see everyone shopping at the Goodwill. "It's not stuck-up. No one cares what you drive."

In many ways, Joan sees the Auntie-Establishment Show as an extension of her career as a writer. "I don't report on



Joan Opyr, also known as Auntie Establishment, can be heard on 92.5 KRFP, 2-4 p.m. every other Sunday.

the real Moscow, whatever that is. I talk about my Moscow. There's a difference. It's not meant to be accurate or objective. I learned in graduate school that all biography is opinion and fiction, and this is true for our show. We broadcast our views, but it's not fabulist."

Still, she wryly concludes: "Here in Moscow, sometimes truth can be stranger than fiction."

Auntie-Establishmentarianism might be catching on.

The Auntie-Establishment Show appears every other Sunday afternoon from 2-4.00 p.m.

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

Sean Quinlan is a historian of science.

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



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The Coop Listener: Review of "The Taste of Life Itself," by Sagin' Time

By Jeanne McHale

"It's Sagin' Time – come on and wiggle your behind!" This lyric neatly summarizes the musical spirit of Moscow's own Sagin' Time. This is a band that has brought a smile to many feet since 1992, inciting uninhibited dancing at the Moscow Renaissance Fair and Farmers' Market. Sagin' Time is an iconic bearer of Moscow's Freak Flag. But if you associate the band only with Grateful Dead tunes, you need to hear the original songs offered on their CD "The Taste of Life Itself." Need I say that this CD is one of more than a dozen for sale at the Co-op? Right on.

The band is centered on Co-op life members Sharon Cousins and Josh Yeidel, who have made music together for over 30 years. The story of their first encounter and their enduring love is told on "The Wave and the Shore," which weaves a song from the musical threads of their life together. Sagin' Time is literally and figuratively a musical family. The album personnel in addition to Sharon on flute, vocals and percussion, and Josh on guitar and vocals, are Liz B. Foster on drums and vocals, LuAnn Scott on bass and vocals, and Michelle Ward on guitar and vocals, with additional drumming by Josh and Sharon's son Nathaniel and granddaughter Candace. The album is a collection of 11 tunes, eight written by Josh, two by Sharon, and one (practically compulsory) Dead tune: Uncle John's Band.

Josh and Sharon kindly invited me to join them for one of the band's weekly rehearsals at their home north of Viola. I had the privilege to share pizza and conversation with the present band members, who discussed the social and political connotations of various musical genres and the challenge of defining the band's style. Nate votes for calling it rock and Liz suggests "roque" music. As Sharon explains, there is music

that deals with social justice, and music that effects social change through its influence on personal consciousness. The original tunes on this CD emphasize human potential, with songs that celebrate life, love, personal change, the wisdom of age, and long-haul trucking.

All of these tunes are highlighted by free-spirited solos on flute and guitar and are highly danceable.

The eclectic nature of Sagin' Time's music reflects the backgrounds of the musicians. Josh got his guitar education at the Chicago Old Town School of Folk Music as a teen. Sharon bought her first guitar with green stamps, and earned her musical calluses on city streets at a very young age. LuAnn played stand-up bass in college, and has tickled both real and plastic ivories all her life. Liz was exposed to drums, violin and piano as a youth, but didn't intensively pursue drumming until she stepped in to fill the band's latest in a series of recurring percussion voids. Nate is a talented drummer who obviously grew up in a music-infused environment. His daughter Candace began on a drum kit at age seven.



Members of Sagin' Time play music for "both ends of your spine" during one of their regular rehearsals.

As with any band that endures as long as Sagin' Time has, there have been personnel changes and challenges. The group has been on hiatus of late. Their last gig was at the Moose Lodge about a year ago, where they teamed up with a few other local bands to raise money for the medical expenses Liz has incurred as a result of a back injury. Longtime member Michelle Ward recently left the group for new musical endeavors, so the band is looking for another lead guitarist who can also play other instruments. Perhaps the words of one of their songs, "The Road Rolls On," are appropriate here: "Each and every hello means one more goodbye." In the basement of Josh and Sharon's country home, I got to hear the band run through this number and several others on the CD, including the endearing love song "One of a Kind." The band is obviously adjusting well to Lizzie's medical challenges and

Michelle's absence, and I hope they will continue to add their rainbow colors to the local music scene for many years, because "When love laughs the music, it's Sagin' Time."

Jeanne McHale plays music for love and lucre (mostly the former) with the Snake River Six, whose next gig as of press time will be a benefit for KRFP radio, followed by a free performance at the grand opening of Ace Hardware in Pullman on March 31.



The band is centered on Co-op life members Sharon Cousins and Josh Yeidel, who have made music together for over 30 years.

MOSCOW YOGA CENTER
525 S. Main. 208.883.8315
Current Session ends March 10, New session begins March 12 or 19 through May 12
view our schedules online at www.moscowyogacenter.com



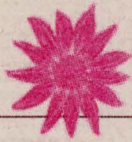
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Bulletin Board

Moscow Food Co-op
121 East Fifth
Moscow ID 83843

MOSCOV

Co-op Events

Art at the Co-op

Friday Mar 9, 5.30-7pm

First night opening – come and meet quilters Alicia Cunningham and Kristin Jones.

Member Appreciation Day

Thursday Mar 15

Extra member discounts all day in addition to other discounts.

Help your Co-op plan for the future

Wednesday Mar 21, 7–9pm

Co-op members are invited to participate in our strategic planning workshop at the Unitarian Church basement (corner of N. Van Buren and 2nd). The Co-op will provide refreshments. Please bring your ideas and enthusiasm.

Co-op Community Dinner

Wednesday Mar 21, 6.30pm.

The theme will be Indian food, one of chef Mike Bowesox's specialties! We will again offer wine tasting with dinner at no additional cost. Cost is \$24 per person.

Farm Day

Saturday Mar 24, 11–3pm

Free samples made with local Shepherd's Grain flours and legumes, free music, and for children, face-painting, a fun lentil sensory table, coloring contest and short lesson on how wheat grown all around us here on the Palouse gets from the field to the cookie (or bread).

Co-op Kids – meet 9am at the Coop

Wednesday Mar 14 planting seedlings for the garden. **Wednesday Mar 28** to make a garden-inspired spring craft.

Rebekka Boysen-Taylor: amamaswork@yahoo.com

Tuesday Tunes

Tuesday evenings 6-8pm

- Mar 6** Vishnu & Bob
- Mar 13** Mark Greene
- Mar 20** Potatohead
- Mar 27** Acoustic Wave Machine

Community Events

Radio Free Moscow

Saturday Mar 3, from 6.30pm

Mardi Gras with a Cajun Style Dinner. Dance Music by the Snake River Six. Entertainment by Fiddlin' Big Al and Silent Auction at the Unitarian Church, 420 E. 2nd Street, Moscow. This is a fundraiser for KRFP, 92.5 FM. Dinner and two drinks, beer, wine or soft drink: \$20.00. Dancing only: \$5.00.

Adrienne ☎ 877-1611. kitkat877@moscow.com

Dahmen Barn – Uniontown

Sunday Mar 4, 1–3pm

German Oom Pah Band at the Uniontown Sausage Feed.

Saturday Mar 24, 7.30–9.30pm

Swing Dance.

www.ArtisanBarn.org or ☎ 509 229 3414

Food Addicts in Recovery Anonymous

Thursdays 7pm beginning Mar 1

2nd Floor Board Room, Gritman Hospital.

Jeanne ☎ 334 5202 or www.foodaddicts.org

UI Women's Center Events

Thursday, Mar 1, 5pm

Joy Passanante, local author & UI Dept. of English faculty member, will discuss her most recent work, *Only What I See*, an essay on the writings of her aunt, who traveled alone through Europe in 1937.

Tuesday, Mar 20, 5pm

Gamma Alpha Omega S

Saturday, Mar 24, 6pm

UI Women's Center's 2nd Competition—a dynamic showcase of rhythmic music and regional multicultural dance. Showcase their stepping

Wednesday, Mar 28, 1pm

Virginia Wolf Distinguished Lecture. Join us for a banquet luncheon featuring exceptional men and women who have contributed to advancing equity on the UI campus. Our keynote speaker will be author, activist and scholar Dr. Tricia Rose.

☎ 885-6616 for all Women's Center info

Free Meditation Workshop in Pullman

Saturday/Sunday Mar 17-18, 9–6pm

Life Bliss Program. *www.lifebliss.org/seattle*
Christina James ☎ 332 5020

The Moscow Renaissance Fair Poster

Saturday Mar 24, 3–5pm

Meet the artist at the poster unveiling at One World Cafe, have your poster signed and listen to improvisational music of Parallax.

Vote!

Tuesday Mar 27

Vote on Moscow School District supplemental levy. *www.sd281.id.us*

One World Cafe

Mar 3 The Beautiful

Mar 9 Parallax

Mar 16 Lucas

Mar 23 Mark Hol

Mar 24 Joan Ale

Moscow Library

Monday Mar 29, 6.30-8pm at Moscow Library. The MLBC will meet to discuss Grisham's *The Partner*. Everyone is

Palouse Folklore Society

Saturday Mar 3, 7.30pm

Humphrey and Hartman with Michele in concert at The Attic (314 East Second Moscow). Admission by donation.

Saturday Mar 31, 7.30pm

The Muses in concert at The Attic. Admission by donation.

Saturday Mar 17, 8pm (lesson 7.30)

Contra Dance—Elinor Preston will perform at 1912 Center (412 E 3rd Street) \$4 non-members, \$5 members, \$7 non-members.

www.palousefolklore.org

10% Tuesday Funds

Beginning April 3 and each first Tuesday of each month, Hyperspod Sports will be donating 10% of it's Tuesday's sales to local non-political, secular, non-profit organizations.

☎ 883-1150, hyperspod1@yahoo.com

Moscow CommUNITY Walk

Next Month, April 28

Please join us for the first annual Moscow CommUNITY Walk, an effort to bring the community together and celebrate our unity. Gather at noon at Friendship Square, we will walk together to East City Park for a potluck, games, activities, music, and speakers.

walkingoncommonground@tcc.com

Vigil for Pe

Moscow: Fridays 5.30–6.30

Join us at this weekly public vigil ongoing since November 2001 at Friendship Square. Resources, encouragement, and opportunities for action.

☎ 882-7067, sp@pe.com

Pullman: Fri Mar 2, 12.30

Under the clock by the Pullman

☎ 334-4688



Send your community announcements! Email events@moscowfood.coop by 24th of the month.