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Community News

FREE!
PLEASE TAKE ONE

May 2007

The monthly newsletter of
the Moscow Food Co-op



What's Cookin'! ...Co-op Sponsors Cooking Classes

By Jennifer Whitney, co-op class coordinator

The Co-op is sponsoring a series of three cooking classes this month. Each class will include a one-hour cooking demonstration, followed by sampling and discussion. Recipe cards will be provided for all the recipes used.

The series of three classes will be held on May 9, 16, and 23, at 5:30pm in the basement kitchen area at the Unitarian Universalist Church of the Palouse, 420 E. 2nd St., Moscow.

The class on May 9th is entitled "Adding non-meat alternatives to your family diet: Cooking with Tofu," and will be taught by Co-op newsletter columnist Hope Von Stengel. The class on May 16th is entitled "Adding non-meat alternatives to your family diet: Cooking with Tempeh," and will be taught by Co-op Deli supervisor James Agenbroad. MaryJane Butters, our well-known organic pioneer, will teach a class on May 23rd is entitled "Buying organic on a budget; preparing quick organic meals."

reservations are required (tickets are available from any Co-op cashier). You can attend any one class, or all three. The cost is \$18 per class.

In these classes, our goal is to offer information to those transitioning to a healthier, more wholesome diet for their families or to those seeking foods that are grown in a way that increases the planet's overall health.

After this initial series of three classes this month, we hope to begin again this fall with more classes that would focus on the history, benefits and preparation of specific foods like tofu, or would focus on using raw foods or specific ethnic cooking options. In addition we hope to offer classes on health-related diets (gluten-free or diabetic, for example).

Enrollment is limited to 30 per class and

For more information, read my more



Illustration by Elizabeth Carney Sowards

detailed article inside this newsletter or contact me with your questions at jen-whitney@gmail.com or 882-1942.

Community News

Published by

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



More About Bike Racks

By Kenna S. Eaton, General Manager; Photo by David Hall

Hopefully by now you've seen the pictures and read the news about our lovely new bike racks. Made by local bike enthusiasts and manufacturers, Emmett Breedlovestrout and Isaak Strout (online at bicyclebrothers.com), the newest bike racks are shaped like sunflowers, using rebar for the stem and leaves and sprockets for the flowers. Painted bright yellow and green, they are definitely eye-catching as well as useful. And while our eye was being caught by the dazzling display, we also noticed that several bikes had been there much longer than necessary (it was the dirt-encrusted seats that gave them away). Anyway, we realized that some folks have taken advantage of our generosity and left their bikes in our racks sort of as long-term parking. Well, cyclists you can no longer do that!

Starting April 15, we began a program of chalk-marking tires (think Moscow parking enforcement style) and liberating the offending bikes. After freeing the poor bikes from their bondage, we are donating them to Village Bike Project. Think we took yours by mistake? E-mail Dave Peckam at ghanabikes@yahoo.com—he might let you have it back for a small donation.



Emmett Breedlovestrout and Isaak Strout pose with their beautiful bike rack creation.



Wine Favorites From Our Last Community Dinner

By Josh Rafkind, Co-op Beer and Wine Buyer

April's Community dinner, prepared by chefs Mike Bowersox and Emily Melina, was a true Italian feast. During the dinner, participants had the opportunity to taste six different wines; and of those six, three rose to the top: Zardetto-Prosecco, Di Majo Norante-Sangiovese & Sylvan Ridge-Early Moscat.

Prosecco is Italy's version of a sparkling white wine. Zardetto's Prosecco (\$9.99) is a blend of two types of grapes: 95% Prosecco and 5% Chardonnay, all grown in the agricultural fields surrounding Venice. When having a

multi-course meal in Italy, Prosecco, because of its crispness, light acidity and carbonation, is most commonly served with the "anti-pasto" to begin the meal.

During the main course, our favorite red wine was Di Majo Norante's Sangiovese. An Italian family with wine heritage reaching back into the early 1800s is responsible for producing this wine. Sangiovese, although it may not be familiar to us by name, has been tasted by most of us because it is the largest component of Chianti wines from Tuscany. The Di Majo Norante

Sangiovese is a medium-bodied, well-balanced wine with subtle oak highlights accompanying smooth, ripe berry fruit flavors. Priced under \$9, this wine is a great value.

To end the meal, we tasted a desert wine from Oregon: Sylvan Ridge Early Muscat (\$14.99). If you are a fan of dessert wines or looking for an introduction to this sweeter style of wine, try this Early Muscat. Hailing from near Eugene, Oregon, this wine is full of rich pear and peach aromas and flavors. Enjoy this wine served cold, accompanied by fresh fruit and cream.



Co-Operations

New Advertising Manager for Co-op Newsletter

By Jyotsna "Jo" Sreenivasan, Newsletter Volunteer

I want to introduce myself as the new advertising manager of the Co-op newsletter. (You might recognize me as the former author of the "Meals Kids Might Eat" column, which is now being written by Judy Sobeloff.) I'm taking over the ad manager job from Aly Bean, who has done wonderful work for the past four years. Thanks, Aly!

Advertising in the Co-op newsletter is a terrific deal: You can get a small ad for just \$12 per month! And you get discounts for placing your ad in three or more months! See the complete ad rates and sizes on the web site: www.moscowfood.coop/local/coopadrates04.pdf. The Moscow Food Co-op Community News prints 2,500 copies each month, which are distributed throughout Moscow, Pullman and Lewiston-Clarkston.

If you need help preparing your ad, our designer, Megan Prusynski, can create an eye-catching ad for you. She charges \$25 per hour to design an ad, and she says most ads don't take more than an hour. You can contact her at: design@moscowfood.coop.

We are thinking of starting a classified ads section for things like help wanted, for sale, and maybe even personals. Look for that in the future.

If you'd like to place an ad, or if you have questions, please contact me at 208-892-0730, or send e-mail to: ads@moscowfood.coop. I look forward to hearing from you!



The Volunteer Program

By Annie Hubble, Volunteer Coordinator

There are finally positions opening up in the volunteer world. This will be a temporary situation as students leave for the summer, so now is the time to apply. Application forms are at the back of the store to the right of the meat department. Fill one out, put it in the envelope, and I will be in touch as soon as possible. If you

applied a long time ago, please fill out another application.

And a big thank you for everyone who has volunteered. It makes our daily work so much easier.

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.bebebella.com, amamaswork@yahoo.com.
- Copy Court:** 10% discount, memb. card laminated, Michael Alperin, 428 West 3rd St, Moscow, 882-5680
- Culligan:** Free Auto softener install up to 10 ft. of pipe and culligan water softener (Moscow only) & 10 free gallons of water to new delivery customer, Owen Vassell, 310 N Jackson, Moscow, 882-1351
- Carolyn Doe, Massage Therapist:** First 2 1-hr massages \$35 each, 106 East 3rd St, Ste. 5-B, Moscow, 310-6936
- Clearwater Colonic Therapy:** Please call for details: Susann Clark, 208-743-5476, 412 Park Ave, Lewiston
- Ecostructure Financial:** Free 1 yr. subscription to "Matchmaker" Internet Database and Service, Mark Winstein, www.ecostructure.us, 116 E 3rd St, Ste. 212, Moscow
- EcoWater Systems:** \$100 off softener-reverse osmosis combo & free install up to 2.5 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, drmoffat@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@buildmindgardens.com, 220 NW Tingly St., Pullman, 509-595-4444
- Moscow Feldenkrais:** First individual lesson 40% off, and first group lesson free, Elisabeth Berlinger-883-4395 & Tom Bode-892-3400, 112 W 4th St, Moscow
- Moscow Yoga Center:** 10% off classes-new students, Jeri Stewart, 525 S Main, Moscow, 882-8315
- Motherwise Midwifery:** Free supply of pregnancy tea thru pregnancy, Nancy Draznin, 1281 Sprenger Rd, Genesee, 224-6965
- The Natural Abode:** 10% off of Natural Fertilizers, David & Nancy Wilder, 517 S Main St, Moscow, www.TheNaturalAbode.com, 883-1040.
- Now & Then Antiques:** 10% off any furniture, antique, collectible or gift item in the store (excludes vendor & consignment items). Jeff & Michelle Marks, nowandthen@moscow.com, 321 E Palouse River Dr, Moscow, 882-7886.
- Palouse Discovery Science Center:** 10% off on all items in the Curiosity Shop, Mark Goddard, 2371 NE Hopkins Ct, Pullman, 332-6869
- Pam's Van:** \$10 off first Reflexology treatment & free sauna or Wisdom Eye Massage, Pam Hoover, 1115 S Logan St, Moscow, 596-5858
- Dr. Ann Raymer, DC:** \$10 off initial visit including a patient history, physical, and spinal examination, 1246 West A St., Moscow, 882-3723
- Shady Grove Farm:** \$10 off initial English riding lesson or horse training session, Ashley Fiedler, 1080 Sumner Rd, Troy, 835-5036
- Sid's Professional Pharmacy:** 10% discount off Medela breast pumps and supplies, Sid Pierson-owner, Pullman Care Community, 825 Bishop Blvd, Pullman
- Susan Simonds, PhD, Clinical Psychologist:** 20% off initial life coaching session, 892-0452
- SkyLines Farm Sheep & Wool:** 10% off organically raised lamb, handspinning fleeces & prepared roving, Melissa Lines, 4551 HWY 6, Harvard, ID 83834, 208-875-8747, Sharon Sullivan, RN Herbalist & Holistic Health Educator, 10% off health consultations, reiki, custom formulas and bulk herbs, 106 East 3rd St Ste. 5-B, 883-8089
- Sweet Peas & Sage:** 10% off any purchase in floral or gifts, Kathy Gessler, 122 W 4th St, Moscow, 892-0222
- Tye Dye Everything:** 10% off any purchase, Arlene Falcon, tyedye@moscow.com, 527 S Main St, Moscow, 883-4779
- Whitney & Whitney, LLP:** Reduced rate for initial consultations, 604 S Washington St Ste.#1, 882-6872
- Wild Women Traders:** 10% off clothing and jewelry, 210 S Main St, Moscow, 883-5596



Farm Bill 2007

By Kenna S. Eaton, General Manager

While I am a rather passive kind of activist (it's part of my daily work), I am surely not an agricultural specialist (or any other kind of specialist for that matter); however, even I have noticed an increase in information about the 2007 Farm Bill coming up for re-authorization this mid-year and wanted to draw your attention to it.

Briefly, the Farm Bill determines what crops the government will support and regulates the production of meat, which, in turn, keeps prices low for those products. Contained within the Farm Bill are 10 areas, including the commodities program, wetlands conservation, food stamp programs and the school lunch program, as well as crop subsidies. The Farm Bill keeps the prices of many crops artificially low, encouraging over-production rather than supporting prices, which, in turn, would help the farmers directly. Over-production of a variety of crops over the past 10 years, such as corn and soy, have led manufacturers and producers to create new and creative, although not sustainable, ways in which to use up these crops. Now one can find corn in almost every manufactured item that we ingest (meat, bread, snacks, fast food, soda etc.) not to mention alternative fuel sources such as ethanol. Unfortunately, the problem of too much production also ends up having other far-reaching results,

such as encouraging low-income shoppers to buy foods that tie into poor health (such as diabetes and obesity) as opposed to maintaining good nutrition, like carrots and broccoli.

Despite its scope, the Farm Bill does not address regional differences nor does it address the diverse needs of America's farmers and producers. Slow Food USA has a web site (see below) where they offer suggestions for how the Farm Bill might become a "Food Bill" by increasing opportunities for new and beginning farmers, by encouraging local production and by providing incentives for more environmentally friendly farming systems — none of which is addressed in the current bill.

If you are concerned about the lack of support for "specialty crops" (their words, not mine!) such as fruits, vegetables, nuts, etc., and interested in alternatives, then it's time to educate yourself about the Farm Bill and the effect it has on your choices at the grocery store and elsewhere. For more information try these sources:

- "Omnivores Dilemma" by Michael Pollan
- www.cnie.org for the Congressional Research Service report
- www.slowfoodusa.org for more information on alternative bills
- rivercare@blackfoot.net (Jill Davies,

tional article about the reasons why neither paper nor plastic are good choices, with some ensuing facts (printed below), that so shocked me that I felt I had to do something in my department in the Co-op.

We are now offering a 10-cent refund on any permanent shopping bag. This includes backpacks, bike paniers, string bags, cloth bags, and anything else that is a permanent form. While we respect those who bring in recycled paper and plastic bags, we are offering the refund on permanent bags only, in an effort to encourage habits that will help us get out of the cycle of using non-renewable sources. We will also continue to offer a 10-cent refund to those who bring their own cup in for their coffee or tea. This is a very small step towards a solution, but hopefully it will give shoppers

The Front End News

By Annie Hubble, Front-End Manager

When I was a child, we all automatically gathered shopping bags before we went shopping. We would have looked silly not doing so, as shops did not offer bags. While Britain has now taken on new habits and offers the usual paper or plastic choice to shoppers, it is still a habit of mine to put my proudly owned purple Co-op shopping bag on my shoulders as I leave the house. This bag will probably last the rest of my life and save no end of temporary bags.

Many of you probably receive "Talking Trash," the informational newsletter put out by the Waste Reduction Education Program. In the most recent edition, the front-page article asks, "Paper or Plastic? How about Reusable?"

There follows a succinct and informa-



Art at The Co-op

By Annie Hubble, Art at The Co-op coordinator

Carolyn Doe will be showing her most recent watercolours at the Co-op from Friday, May 11 through Wednesday, June 20.

Carolyn makes Moscow her home, but has traveled widely, and some of you might have noticed her at a vendor's booth promoting her images of Alaska. She is talented in many mediums, as those of you who have attended her various art show around town and here at the Co-op can testify, but watercolours are her passion right now. Of the process she writes, "I've been doing watercolours for over a year now and am endlessly fascinated by what hap-

pens when I mix color with water."

There will be themes within the show, including "Song birds of my garden," "Chickens," and "Images of the Palouse."

Come and see her newest works, and maybe walk home with one! Many homes in Moscow are graced by her art. (I have two of her watercolours that I enjoy daily!)

Meet the artist from 5.30 p.m.-7 p.m. on Friday May 11.

"The Farm Bill keeps the prices of many crops artificially low, encouraging over-production rather than supporting prices, which, in turn, would help the farmers directly."

Director of Western Sustainable Agriculture Working group {WSAWG}) for news and information regarding the farm bill as well as timely Action alerts.

And don't forget that policy and legislation aren't the only ways you can make a difference; you can also effect change every time you shop. By buying those "specialty foods" such as carrots and broccoli from your local grower or Co-op, your dollars speak louder than your words. Hey, we're listening!

Thanks to our friends at Community Food Co-op in Bellingham, WA, Slow Food USA and WSAWG for their help in writing this article.

PAPER AND PLASTIC BAG USAGE FACTS

(reprinted from "Talking Trash," original source, Reusablebags.com)

- ✦ According to the EPA, over 380 billion plastic bags, sacks and wraps are used in the USA each year
- ✦ According to The Wall Street Journal, the U.S. uses 100 billion plastic shopping bags annually (Cost = \$4 billion)
- ✦ According to the American Forest and Paper Association, the U.S. uses 10 billion paper grocery bags, requiring 14 million trees to be cut down.
- ✦ Hundreds of thousands of sea turtles, whales and other marine mammals die each year from eating discarded plastic bags mistaken for food.
- ✦ Plastic bags don't biodegrade; they photodegrade, breaking down into smaller and smaller toxic bits, eventually entering the food web.
- ✦ Because plastic bags have little value to recyclers, there is a growing trend to ship them to third-world countries, where they are cheaply incinerated under lax environmental laws.

an incentive to pause a moment before leaving the house, and grab a reusable coffee mug, a basket or a bag.

By the way the "Talking Trash" newsletter describes how Ireland has reduced consumption of plastic bags by a whopping 90 percent, and saved 18 million

liters of oil per year by introducing a plastic bag consumption tax in 2002. Now that is a great idea ... anyone listening out there?

Vision and Values and Lighting

By Kathleen Ryan, Co-op Board of Directors

There has been much discussion about the Co-op's mission and values as we gather to talk about our vision for the Co-op in the future. Sustainability fits into the overall value system of the Co-op. Sustainable could use definition because the terms seem to be used everywhere, for many things. The Merriam-Webster dictionary defines sustainable as: of, relating to, or being a method of harvesting or using a resource so that the resource is not depleted or permanently damaged or relating to a lifestyle involving the use of sustainable methods. Our committee mission statement reads: "The Sustainability Committee will act as a resource for the Moscow Food Co-op board, staff and

contractors as the Co-op progresses. We will identify potential environmental impacts related to growth at the Co-op and provide sustainable solutions to these issues in support of the Co-op's mission."

We put sustainability into practice on many levels. The Sustainability Committee has been working since 2005 when the decision was made to move to our current home. Over the course of the design, planning and establishing ourselves in this building, the committee has worked to find technologies, practices and materials to use that have a reduced environmental impact in manufacturing and end-use. We have tried to balance these decisions

with the principles of sustainability and the realities of operating a sales floor.

Lighting plays a large role in both energy use and product display. Initially, we opted for a combination of energy-efficient fixtures (the long T5 fluorescent lamps) with higher energy use display fixtures (the halogen lamps in gimbel rings interspersed throughout the store). Since these fixtures were installed, there have been improvements in fluorescent lamps that now enable display lighting to be much more energy-efficient. To that end, we are planning on replacing the halogen lamps with fluorescent, but we have 180 gimbel ring fixtures that can't be adapted to energy-efficient lamps, and must also

be replaced. In the end, we will reduce daily energy use, yet contribute to manufacturing in excess with the redistribution of inefficient light fixtures. A series of calculations will demonstrate that replacement is the best option, but those calculations don't factor in the continued use of the original inefficient product in another installation. There are tradeoffs in sustainability, and we try to keep in mind that our local decisions contribute to the global whole.

Have you been able to attend any of the Visioning events? Check the calendar for the next get-together. Or join us at a sustainability meeting where we meet monthly to forge our way through the maze of trade-offs.



Tuesday Tunes

By Joseph Erhard-Hudson, Co-op Concert Coordinator

The days are growing longer, and I'm eager to move outside for our summer concerts in June. Mark your calendars for Tuesday, June 5, when the music moves outside and our summer Growers' Market commences.

Meanwhile, we have a great group of musicians for our concerts this May. Be sure and catch them each Tuesday night at 6 p.m. The Co-op Deli always makes a special low-cost entree for our concerts. It's a night of free music and good food that makes it worth coming inside even on a sunny evening.

A special tip of the hat this month to Lanny Messinger, who has served as soundman for the Tuesday concerts for much of the past year. His dedicated work was appreciated by musicians and audience alike. We wish him the best of luck in his future endeavors.

Leading off on May 1 we have Ocho, a traveling musician with ties to the Palouse in the form of his sister

Maureen, who cashiers here at the Co-op. Of himself, Ocho says, "I'm a singer/songwriter. I live in my van. I write and perform in order to share the joy, pain, laughter, and weirdness that I have experienced and seen in my 28 years on this planet." He's led an interesting musical life, which you can read about at his web page <http://myspace.com/ocho>.

On May 8, Mark Holt rejoins us. Working out of Weippe, Mark plays "1970s retro acoustic classic country and bluegrass" all over the Northwest and beyond, and packs a mean banjo. Some musicians would make a joke about banjos at this point, but Mark's just too nice a guy. Besides, that banjo looks like it might deliver a nasty wallop. Mark has a website too: www.markandkimberlee.com.

On May 14, Beargrass will come down from Potlatch, Idaho. Beargrass has roots that go all the way back to 1979, when Shayne Watkins and his parents, Delvin and Julie, formed The

Mountain Men and Julie. In 1990, Alane joined the band, which has been known as Beargrass ever since. Shayne and Alane Delvin later married, and now play as a duo most of the time. They just recorded a new CD titled "Three Chords and a Capo." Beargrass has a full repertoire of standard country cover tunes, new country, and some original tunes. It seems like nearly every musical act has a web page these days, and Beargrass's is at www.beargrass-band.com.

On May 22, Brian Gill and Emily Poor play and sing their lovely duo music. Brian and Emily are well-known faces in the Moscow music scene. Emily is a former member of Accoustic Wave Machine. I miss Emily's trombone in that band, but her voice is delightful too. Brian's musical experience is quite deep and impressive. Read about his career at www.briangillmusic.com.

On May 29, we welcome back Parallax. Parallax is an Indie-Experimental duo comprised of Brendan Littlefield (Piano, Vocals, Mandolin) and Martin Watkinson (Cello, Vocals, Mandolin). They say their influences include "Kieth Jarret, Unwritten Law, Eighth Blackbird, and The Glorious Life We

The concerts in a nutshell:

- May 1:** Ocho
- May 8:** Mark Holt
- May 14:** Beargrass
- May 22:** Brian Gill and Emily Poor
- May 29:** Parallax
- June 5:** Sesitshaya Marimba Ensemble

Live (not a band)". Learn more about them at www.myspace.com/parallaximprov.

Finally, on June 5 we have an especially fun concert to start off our summer season. Sesitshaya Marimba Ensemble will fill the parking lot with their rockin' Zimbabwean rhythms. If you can stay still in the presence of their music, you need to see a doctor. Summer concerts run an hour earlier than our regular season events, from 5-7 p.m. The Deli will have their grill set up, and the Growers' Market will have your spring greens ready and waiting. Until then, we'll see you at 6 p.m. inside.

Joseph Erhard-Hudson has lived, worked and made a little music himself on the Palouse since 1992.

Local Products

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

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

Clearwater Resource Conservation & Development Council, Inc.



Animal Care Center P.A.

328 N. Main, Moscow, Idaho 83843
8:00 a.m.-5:30 p.m. Mon.-Fri.
(Tues. & Thurs. until 7 p.m.)
(208) 883-4349

Certified Acupuncturist
Nancy Maxeiner, D.V.M.

A new initiative of the Backyard Harvest | PCEI



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

Call 669.2259 or visit www.backyardharvest.org for information and to register your trees.

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The Grocery Zone: Growing Strong Bodies

By Joan McDougall, Grocery Manager

I have the privilege of collecting my two grandchildren, Henry, 6, and Dora, 3, from the WSU Children's Center at the end of my day at the Co-op. It's a delight to see their happy faces and to absorb some of their inexhaustible energy when mine is waning. After the buckling-into-car-seat ritual, they have come to expect a yummy snack. Choosing that snack provides me with a great opportunity to test new products on these little people who can be trusted to give me their flat-out honest opinions ... quickly, with no sugar coating.

The traditional lines of Annie's Bunny Grahams and Barbara's Snackimals draw mild enthusiasm from my grandchildren. When I offer them the Heaven Scent Eco-Planet cookie boxes that come in vanilla and cinnamon, I get an enthusiastic response and the boxes are always emptied. Perhaps the individual boxes add an element of fun to the snack. I found the cookies to be

quite tasty. Both flavors are now available on the Co-op shelves.

With the current national emphasis on children's nutrition, a lot of new products are being marketed for children, and we saw many at the Natural Products Expo West in Anaheim. There appeared to be an abundance of flavored-water offerings; unfortunately the flavoring ingredient too often turns out to be sugar. My grandchildren quickly lost interest in the samples I brought back, and when I tried them myself I understood why — they tasted too much like colored water. Disappointing.

Our broker brought samples of the new Snikiddy line that caught our eye at the show. We have brought both Chocolate Chipper and Banana Nibbles cookies, as well as the Grilled Cheese and Rockin Ranch snack puffs, into the Co-op. The Chocolate Chipper cookies were a hit with our staff; they never

made it to my grandchildren. I did take the kids the Snikiddy Grilled Cheese Puffs, and the bag was emptied by the time we were pulling into the driveway. The great graphics of children on the packaging is as appealing as the product inside.

Of course, children need to eat more than snacks to thrive. The new frozen Jolie Cheese Ravioli are formed into fun shapes to spark a child's imagination and sense of fun. The raviolis keep their shape through cooking, and the taste is interesting enough for adults yet calm enough for a child's palate. Earth's Best has expanded their line of Sesame Street products to include frozen mini ravioli and individual pizza. Their mini waffles are surprisingly tasty and easy enough for even the smallest of hands. The friendly furry critters on the packages in our freezer case are recognizable to most children and adults.

For special diets, we now carry the

Gluten Freeda line of individually frozen gluten-free cookies in a tub, ready for baking all at once or one at a time. Their two flavors, Chocolate Minty Python and Chip Chip Hooray, are available in tubs of a dozen cookies. This is a fine product for special diets and a wonderful way to introduce impatient children to the rewards of baking.

In an era where we see so many convenience foods available for adults, we are also seeing the expansion of prepared products marketed to children. It has grown far more sophisticated than the staple box of mac and cheese we have at the ready in our cupboards. I will continue testing new products on my unsuspecting grandchildren, but I will also continue offering them those fresh fruits and vegetables that generally require little or no prep time and are so beneficial for growing strong bodies.

Co-op Gears Up for Bikes with an Array of Racks

By Carol Price Spurling, Newsletter Volunteer; Photo by David Hall

The latest additions to the exterior of the Co-op look like art, act like art, and indeed, they are art, but they are also completely functional bike racks. So go ahead, park there. The Co-op loves bicycles, and the people who ride them.

Those beautiful and functional sunflower racks on either end of the long line of more traditional-looking racks were designed and built by Moscow's own Bicycle Brothers, Emmett Breedlovestrout and Isaak Strout, who have devoted most of their lives to "all things bicycle related." They both have day jobs, but the rest of the time they do bicycle repairs, and they also work together to design and build custom bike trailers.

"We're doing what we both love best—solving mechanical problems—while promoting bicycles as effective alternative forms of transportation," Isaak says on their website, bicyclebrothers.com.

"To me cycling is a way of life; cars are completely out of the question," says Emmett. He frequently takes long bike trips and while earning his degree in Entrepreneurship, commuted 20 miles by bike each day.

Emmett and Isaak want you to use the new sunflower racks, too; so much so that once a month, they'll award free bicycle repair to a bike hitched to one of them.

Bike parking has been high on the Co-op's Sustainability Committee agenda from the beginning, while the new store was still in its planning stages.

"Several people met with the committee in July of 2005 to guide us in rack style selection and location," said Kathleen Ryan, a committee member. "The committee planned the locations for the racks, keeping in mind an overall parking plan to include more green area."

Those less familiar with bicycling might think a bike rack is just a bike rack, but that is not the case. Even the standard A-frame bike rack got an upgrade thanks to input from cyclists before the Bicycle Brothers built them.

"Hodge and Associates provided the initial drawings for the A-frame racks, and Isaak and

Emmett modified them with recycled bike parts and rebar," Ryan said.

Co-op shoppers provided the funds for the racks through a campaign called "Round-Up for Bikes."

Next time you bike downtown and hitch your two-wheeled pony to its rack at the Co-op, you can take a closer look at the ten plus racks (count 'em!)

and appreciate just how much our Co-op bike parking area is beginning to look like its counterparts in Germany, the Netherlands, and university towns such as Oxford and Cambridge, where so many people commute by bike it's hardly considered "alternative" anymore. Thanks to all the folks who made it happen here!



The Bicycle Brothers designed and built the Co-op's new functioning art bike racks.

Co-Operations

What's Cookin'! ... A Close Look at the Co-op Cooking Classes

By Jennifer Whitney, Co-op Class Coordinator

The Co-op is sponsoring a series of three cooking classes this month. Each class will include a one-hour cooking demonstration, followed by sampling and discussion. Recipe cards will be provided for all the recipes used.

The series of three classes will be held on May 9, 16 and 23, at 5:30 p.m. in the basement kitchen area at the Unitarian Universalist Church of the Palouse, 420 E. 2nd St., Moscow. Enrollment is limited to 30 per class and reservations are required (tickets are available from any Co-op cashier). You can attend any one class, or all three. The cost is \$18 per class.

The class on May 9 is entitled "Adding Non-meat Alternatives to Your Family Diet: Cooking with Tofu," and will be taught by Hope Von Stengel. Hope's passion for vegetarian cooking is active

inside and outside of her kitchen. She has taught several classes in Pullman and Moscow and currently writes the "Vegan Bites" column for the Co-op newsletter every month. Hope's class will focus on several ways to prepare different kinds of tofu. A food tasting and discussion will follow the cooking demonstration. She will prepare Banana Honey Pudding and a Chinese Style Tofu Sauté with rice.

The class on May 16 is entitled "Adding Non-meat Alternatives to Your Family Diet: Cooking with Tempeh," and will be taught by Co-op Deli Supervisor James Agenbrood.

James has worked at the Moscow Food Co-op since June of 2004. In July of 2006 he was promoted to Deli Supervisor. (He still makes the Co-op's famous Friday night pizzas, which he has been doing since he was hired.)

James will demonstrate cooking with tempeh. Tempeh is a soybean-based fiber-rich food, which has a variety of uses in cooking, and serves as a nice alternative to tofu. It appeals to vegans, vegetarians and carnivores alike! James will make a unique pasta salad (Gingered Tempeh Pasta Salad), will provide other tempeh recipes to try at home (including Barbecued Tempeh and Sweet and Sour Tempeh), and will also provide a historical and nutritional overview of tempeh.

MaryJane Butters, Moscow's well-known organic pioneer, will teach a class on May 23 entitled "Buying Organic on a Budget; Preparing Quick Organic Meals." MaryJane began marketing her organic falafel mix in 1990 and now sells more than 60 prepared foods, as well as housewares, magazines and books, from her websites and in retail stores nationwide. MaryJane will

explain how anyone can buy organic, even on a budget. She will explain how to shop for organic food and will provide examples of easy preparation of fresh organic ingredients. She says, "Eating the MaryJane way will more than double the amount of vegetables in your daily diet."

MaryJane promises to demonstrate how to cook meals without using recipes. Her meals can be prepared in 20 minutes or less, using fresh organic ingredients that can be bought at a farmers' market, harvested from gardens, or purchased by shopping the perimeter of a grocery store (avoiding the middle section, where all the expensive, denatured foods exist).

I hope you are interested in one or more of these classes. If you have any questions, please contact me at jenwhitney@gmail.com or 882-1942.

Tuesday Growers' Market – Opening May 8

By Carrie and Nate Lowe, Newsletter Volunteers



Organics, Pinecrest Organic Gardens, University of Idaho Soil Stewards, and Washington State University Organic Farm represented at the Growers' Market throughout the season.

Though we haven't seen the local farmers for a little while, they have been busy since we last saw them in the fall. The off-season provides time for farmers to read books, peruse seed catalogs, sift through cookbooks, mull over visions for the future, and hopefully find some relaxation and replenishment. But by the time tulips bloom and wheat fields green, the soil

has long been tugging at farmers to use the lessons learned from the previous season and return to the honorable work of growing food.

Greenhouses have been busy since January, and some farmers have gotten seedlings in the ground under the cover of a hoophouse in March. Because Palouse springs are often cold and wet, it is a challenge to have a variety of food available by the first Growers' Market. Nevertheless, we all will be excited to see the harvest grow throughout the season, and appreciate the rewards of the farmers' early season work.

I'll bet Nate and I are not alone in our cravings for fresh, locally grown produce carefully tended by our farming neighbors. With the return of some (almost) warm sunny days and lack of fresh chlorophyll, our bodies are impatient for fresh vegetables grown with Palouse sunlight.

Luckily every Tuesday starting May 8 and lasting through October from 4:30–6:30 p.m., local growers are invited to sell their seasonal bounty in the Co-op parking lot with accompanying barbeque and live music by local artists.

Plan to see growers from Affinity Farm, Living Soil Microfarms, Moffett's

Expect to see a lot of lettuce at the market during the month of May—but not just any lettuce. The lettuce you get at the Growers' Market is much more nutritious than its iceberg counterpart, with vitamin C, beta-carotene, folate, and some calcium. The greener and fresher the lettuce, the more nutritious. So get ready to eat some salad! Your body will thank you.

You are also likely to see some rhubarb this month at the market, one of my favorites. Rhubarb, a perennial vegetable—yes, it is a vegetable—is originally from Asia and has been harvested for medicinal digestive relief for thousands of years. Not until recently was it used for culinary reasons. So get out your favorite rhubarb pie recipe, add a lot of sweetener, and enjoy the goodness that rhubarb has to offer.

Other farm-fresh vegetables you will see at the market in May are chard, spinach, kale, radishes, green onions,

green garlic, bok choy, Nappa cabbage, and turnips. Not only will you find food, but look for fresh cut flowers and young tomato and pepper plants to tend in your own garden this month.

Gear up folks to reap the reward of the farmers' work, who fill our minds and bodies with the nourishment of eating within a sustainable food system on the Palouse. Come by to chat with the growers about produce and farm life, the smell of grilled food and the sound of live music permeating the air.

Nate is a writer, teacher, and cabinet maker, and Carrie is an entomology graduate student and student farmer for the UI. They've been Moscow residents over a four-year span, with a brief nine-month stint in western Washington, and Co-op members since the first week they arrived to Moscow from the Midwest. They're excited to be promoting the Co-op's Growers' Market and sustainable food systems, and hope to bump into you one of these Tuesday nights.

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A Very Brief History of Cheese . . . and humble recommendation for a scrumptious snack

By BethAnn Q. Applegate, Co-op Cheese Buyer

Legend has it that cheese was 'discovered' by an Arab nomad. It is said he filled a saddlebag with milk, the contents of which he hoped would sustain him on a journey across the desert by horse. Upon opening the bag after many hours of riding, he found the milk had separated into an opaque watery liquid and solid white clumps.

Due to the fact of the saddlebag's origin (it was made from the stomach of a young animal and as such contained a coagulating enzyme known as rennin) the milk had been effectively separated into curds and whey by the combina-

tion of the rennin, the warmth of the sun and the galloping motions of the horse. The nomad, interested only in sating his hunger and thirst, found the whey drinkable and the curds edible; he presumably consumed them without any subsequent misfortune.

Cheese was known to the ancient Sumerians four thousand years before the birth of Christ; it is mentioned in the Old Testament.

In the Roman era, cheesemaking was attended to with skill and knowledge subsequently reaching a high standard. The ripening process was developed

and it had been discovered that various treatments and storage conditions resulted in varied flavors and characteristics.

During the Middle Ages, monks became innovators and developers in many aspects of culture; it is to them we owe many of the classic varieties of cheese marketed today.

Chimay Grand Cru is an interesting washed-rind cow's milk cheese made by Belgian Trappist monks. If the name sounds familiar it may be due to the fact the same monks create a number of beers by the same name.

The Grand Cru version is a raw-milk cheese that is semi-firm and has a bit more flavor than the classic version. This cheese melts quite nicely, though I prefer to celebrate it eaten with bread and washed down with our Chimay ale. The Co-op currently has this cheese and usually stocks Chimay beer. The beer bottle is a generous 25 ounces and so it, too, is very easily shared. I heartily recommend this combination for a brief meal on a blustery Idaho afternoon.



From the Suggestion Box

Please look into ordering Pleasant Valley pickles. They are a new company from Washington State and they carry organic sauerkraut. Thanks! Amanda

Our distributor has not picked up that brand yet. I will make inquiries and be looking out for it in the future—Joan McDougall, Grocery Manager

Please consider carrying radiatore pasta that is not whole wheat or vegetable. It does come boxed. Thanks, Chris

Our supplier lists one brand of wheat radiatore pasta but the manufacturer is out so supplies are limited. The product is not available currently. Please call in a week or two and if it is available we will be glad to special order you a case—Joan

Could you give a 10-cent refund for each cloth bag that a customer uses? Selena

Great suggestion. This has been implemented. Every permanent bag used by a Co-op shopper earns a 10-cent deduction from their total—Joan

Gluten-Free Pantry coffee cake. Soooooo good. Please get it. Karin

I have looked for this product but it is currently not available from our distributor. I'm disappointed too—Joan

Please stock Heartland granola cereal. Chad

This product is not available from our supplier—Joan

Can you carry natural hard candies that are translucent and not opaque? Jyotsna

We are looking for sources for a delicious version of this sweet. Thanks—Joan

Weetabix cereal. This is so good. I would like to see this product stocked in the Co-op. B.

We would be delighted to special order a case of this cereal for you. Just call the grocery office—Joan

Instead of devoting half the shelves to olive oil, it would be great to see more of other kinds of oils, especially organic and unrefined. Heather

We do offer a large selection of oils from almond to pumpkin, but olive is the variety with the highest demand so it receives the most space—Joan

Please stock Iron Horse by the 6-pack and label it "local." This beer from Ellensburg is awesome! I recommend the Brown Ale to all beer connoisseurs. Noah

We stock the entire line from the Iron Horse Brewery and are glad you enjoy their product. You

can build a 6-pack with the singles in the cooler. We always have this product in stock—Josh, Wine and Beer Buyer

Please Please Please! Try to order the following hard-to-find beers: Watneys and Old Peculiar. I promise I will buy them! Doug

Unfortunately Watneys is not distributed on the west coast. Old Peculiar is not available from our distributor at this time—Josh

Would you please carry Sun Ridge Farms "honey mints" (chocolate honey mints)? They are a bulk item. Thank you. Anne

At the present time we have no space for an additional sweet in the bulk department, but we will consider this request when the opportunity arises.—Kelly, Bulk Buyer

Kashi grain to cook like rice. It has high protein for weight lifters and no taste. Great to add to yogurt or almost anything.

We carry kashi in the bulk department. It is a roasted buckwheat—Kelly

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Staff Profile: Chelsie Henson

By Sharman Gill, Newsletter Volunteer

Chelsie Henson, a Co-op server, has an unforgettable smile. I welcomed this at a recent visit to the Co-op when, after being turned down several times for staff interviews, I was beginning to wonder if I looked daunting with my entourage of babies, shopping bags slung all over the stroller, and a preschooler at my heels. At the deli, Chelsie gladly boxed up my salad of choice—wild rice and walnuts—and kept right on smiling when I asked her for an interview. She admitted that when she was first hired she didn't like the idea of being in the spotlight, "but after two years at the Co-op ... I figure it's about my turn."

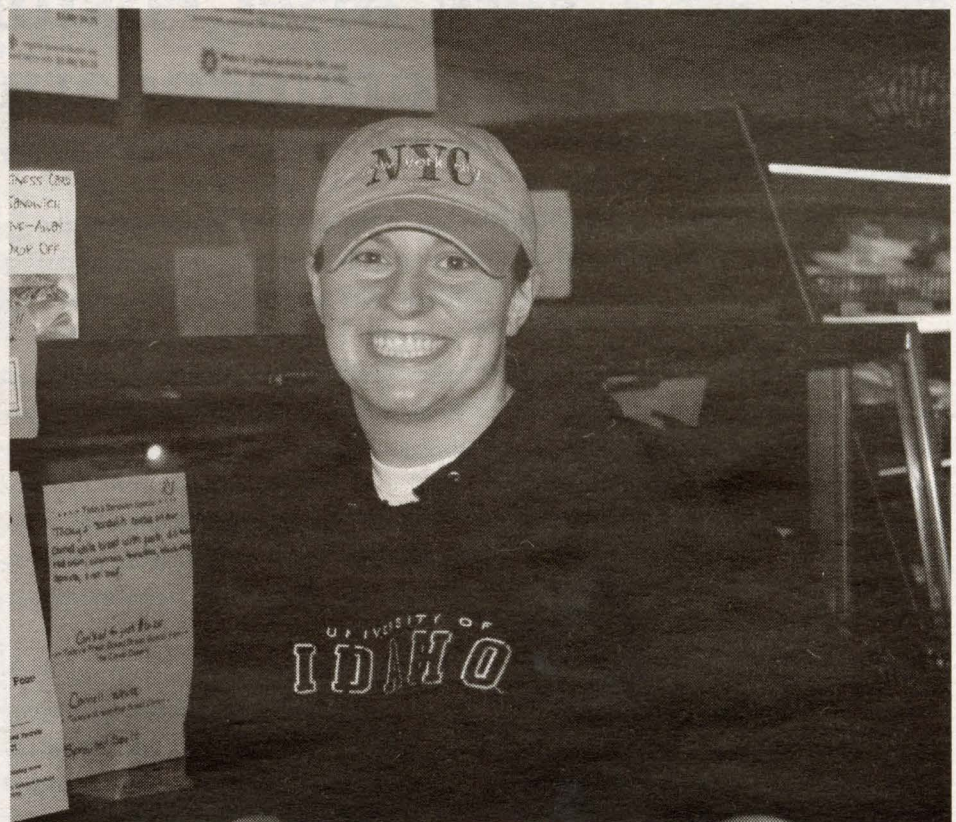
For 24-year-old Chelsie, two years at the Co-op is a "long time." She remembers her first visit to the store as she dropped off her application: "It was bright, cheery, busy, and kind of cramped" (being in the former location). Also, "it seemed like a fun place to work." She likes helping the customers, stocking the salad bar, and building sandwiches, but her favorite part of the job is being around co-workers. She characterizes a shift together, "They crack me up ... We have so much fun with our drama and singing ... I admit that we are kind of nerdy." I don't recall any "nerdy" behavior in the deli area (maybe they reserve such entertain-

ment for the slow times), but I quickly agree that the deli is a cheery nook of the store.

Chelsie is dressed comfortably with a New York City cap and a University of Idaho sweatshirt,

reflecting both outward intentions and homeward ties. A recent graduate in psychology, she plans to take off another year before going to graduate school in forensic psychology, a competitive field that leads to work with the criminal justice system. Graduate school could take Chelsie across the country, but she quickly explains that the NYC cap is borrowed from a friend. "I'm not a big city person ... I've never actually been east of Nebraska," she confesses. She likes visiting her cousins in Las Vegas and Seattle, but Chelsie's comfort zone is locally with friends and family.

Chelsie's family is central to her life. She grew up about 23 miles from Moscow in the lovely river valley community of Julietta, population 630. Her father designs roads for the Idaho Department of Transportation, her



Chelsie Henson is a server at the Co-op who always greets customers with a smile.

mother "has babysat half the town" and her grandparents were all relatively nearby while she was growing up. As the third generation, Chelsie and her four siblings are close-knit and have settled nearby in Genesee, Moscow, Deary and Kennewick. I admire this modern-day anomaly—the multigenerational attachment to a specific place and the ability to actually live there as well.

Chelsie appreciates having weekends off and the flexibility this allows for family gatherings. She anticipates the Easter celebration when they will meet in Julietta, including 5 nephews and 2 nieces, and the aging family cat. "I'll still get my own Easter basket!" She laughs. There isn't quite as much room for running as her childhood football/baseball field is now a gigantic garden. With humor she has accused her parents of becoming hippies, but does appreciate all the extra tomatoes she gets to take home with her.

I ask Chelsie if she enjoys gardening. She quickly replies, "Oh no, I kill things. I have a black thumb and can't even keep home plants, they die." Chelsie is more of a people person and spends much of her free time with friends and family. She admits, "I take care of people, I take care of my friends ... I'm the mothering type, though sometimes I'm accused of being too nice." Too nice is just fine, I think. Visit the deli on a weekday and you'll have a good chance of catching Chelsie's smile. If you're new to the sandwiches, you could go for her favorite (and mine), the southwest turkey, though she suggests switching out the pepperjack for spiced mozzarella.

Chelsie's smile brightened my day. It is one more thing that I will look forward to at the Co-op.

Sharman Gill, a six-year resident of Pullman, loves to see her yard blooming with spring.

"Chelsie's family is central to her life. She grew up about 23 miles from Moscow in the lovely river valley community of Julietta."



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Volunteer Profile: Jeff and Marcia Gossard

By Sarah McCord, Newsletter Volunteer

It isn't every day that I begin an interview only to find that after five minutes my subjects are far more efficient than I am. Marcia and Jeff Gossard learned all about me before I had even gotten one question out. "Did you know you were sitting down with two social scientists?"

Jeff asks me, with a grin. Marcia's undergraduate degree is in psychology, and she finished her doctorate in environmental sociology at WSU two years ago. Jeff's undergraduate is in sociology, and he completed a master's in geography at the University of Idaho. They are both adept interviewers, and genuinely interested in people. Our lively conversation touched on science writing, bookstore management, yoga, parenting, climate policy, and, oh yes, volunteering at the Co-op.

Fourteen years ago, Marcia and Jeff rolled into Moscow in a 1971 VW bus, for a quick visit with Marcia's parents before setting out on a cross-country road trip they had planned after their graduation from the University of Washington. "The transmission died, and we didn't have the money to fix it!" Marcia tells me. "It was fourteen years ago today, April first, kind of like a joke!" Jeff notes.

They lived with Marcia's parents for seven months before moving into an apartment, and thought at the time they would stay in the region for a few years at most. Jeff took the recycling volunteer position in the spring of 1994, and has been a continuous (if largely behind the scenes) presence at the Co-op for the past 13 years.

"Recycling seemed perfect," he tells me, "and with our bus there was lots of room. Erika Cunningham taught me how to do the job, and at the beginning when the Co-op was in the old KFC building it was just three or four bins, once a week. I was the only recy-



Marcia and Jeff Gossard wound up in Moscow when their 1971 VW Bus broke down here. They've been in Moscow ever since.

cler." Marcia adds, "It's a dirty job, and very much behind the scenes. This is the first time Jeff has been profiled, because no one ever sees him!" We talk more about how recycling has changed in the intervening years, and Jeff says "It used to be just newspaper and glass separated by color, then #1 PETE and #2 HDPE plastic. Now there are more kinds of plastics, and the glass doesn't need to be separated. Even though I'm not the only recycler, I can fill the car up two or three times each week." Jeff also notes that "there are non-recyclable things that people will try to 'sneak' into the recycling because they feel better doing that than throwing them away." Jeff ends up going through the bins and throwing these materials into the trash. "It just makes it so someone else has to throw it away." After 13 years of constant service, Jeff will be training his replacement to take over in May. "I feel like my work is done," he tells me.

Also in May, Marcia will be starting her training as one of the two issue editors for the Co-op Newsletter. She will replace Carol Price Spurling, who is planning to spend time with her family in Europe. As a freelance science writer who says she loves editing even more than writing, Marcia appreciates another venue in which to work with words. "I saw the ad, and it seemed like the perfect volunteer opportunity, because I live in Pullman and we have a small child (Julian, age two). I can get some experience and help the Co-op at the same time. It was a more rigorous application process than I expected," she adds. "I really, really wanted it and I am really excited to begin!"

When they aren't serving the Co-op

in myriad ways, Marcia and Jeff have a very full life. Jeff is the manager of the Bookie Too in Pullman, and until recently Marcia taught yoga at the Moscow Yoga Center. Kid-type fun with Julian tops the list of leisure activities, but they also spend time in their garden and at Marcia's parents' place in Sandpoint. As our conversation comes to a close, I think how lucky for all of us their

VW broke down here on April 1, 1993. No fooling!

Sarah McCord, aspiring friendship yenta, thinks the Moscow-based Clark-Caudill family should meet the Pullman-based Gossard family, and is going to do something about that very soon.

“Jeff took the recycling volunteer position in the spring of 1994, and has been a continuous (if largely behind the scenes) presence at the Co-op for the past 13 years.”

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Business Partner Profile: Kimi Lucas Photography

By Joshua Cilley, Newsletter Volunteer

A Kimi Lucas wants to take your portrait. The catch is she won't do it unless you have a four-legged (or no-legged) pet with you for the photograph. In fact, I think she'd be just as happy to take the pictures if the frames included only your pet. Sorry, nothing personal. Pet owners like me will understand.

Kimi is far from just a portrait photographer, however. She thinks of herself as an "environmental photojournalist" and explains her art as "not just pretty pictures on the wall." In her nature and wildlife photography, she wants to bring across a "co-existing perspective." Kimi has 15 years of professional experience as a photographer and several more before that as a hobbyist. Having looked over many of her photographs, both on her website and in a book published in 2005 entitled *Captivating Wildlife*, in which Kimi is named as one of the "top ten emerging wildlife photographers," my untrained eye quickly saw the mix of the artist and the philosopher. Her photographs blend together motion with stillness,

vivid colors or a surprising achromatic richness, and always with her eye on the subject and its surroundings.

Like many self-taught artists, Kimi has other interests. She



Kimi Lucas is a portrait, nature, and wildlife photographer who has lived in Moscow for the past nine years.

is currently the Director for Business Operations-Auxiliary Services at UI and teaches photography classes in the Moscow and Pullman community education programs. Kimi holds a B.S. in Industrial Technology from Western Washington University, but explains that the degree should really have been called a Renaissance Technology degree. The artist surely was emerging even then. Not long after that, while working at a non-profit environmental education organization in Alberta, Kimi was asked to take some nature photographs for a publication, and this is where she claims to have really developed a practical desire to become a nature photographer.

Kimi moved to Moscow nine years ago with her husband when he took a faculty position at UI. She considers her background something of an amalgamation of the West, having lived in many locales, urban and rural. She is well aware of the endless opportunities the Palouse and surrounding areas provides for her art. In fact, if you share with Kimi a subject for a photograph that inspires her, she'll give you a free

print of the photograph.

Other than the animal requirement, Kimi Lucas Photography is a very flexible studio. She will work beforehand with you to plan out the session and do whatever she can to use the location of your choice. Her printing is reasonably priced, and she doesn't horde the proofs, either. A CD with the best of the images is yours to take at no extra charge.

There's more: she offers small-group classes and workshops in a variety of photography-related subject matters. She'll help you understand all the bells and whistles of your new digital camera or show you how to take self-inspired photos while bypassing the fancy functions, if you so choose. You'll leave workshop with your own proofs and new skills to apply later. Prices run by the day or by the hour.

Co-op members get 25% off the initial session and after that 15% off sessions, instructions or products. The third pet session is free. Referencing this profile will get you an additional 10% off. Check out her stylish website at www.kimilucas.com. E-mail her at kimilucas@moscow.com or call 208-310-1064 to set an appointment.

.....
Joshua Cilley is a graduate student in creative writing at UI. His wife and their two dogs wish that he'd have more time to go fishing instead of just talking about it.

“She thinks of herself as an “environmental photojournalist” and explains her art as not just pretty pictures on the wall.”



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Kalamata Olives Pack a Lot of Punch

By Jordy Byrd, Newsletter Volunteer

Hello there. My name is Jordy Byrd, and I'm a sophomore at Washington State University. As an aspiring journalist, I've been given the opportunity to take over this column from Judy Sobeloff, and plan to continue these articles in a series.

Instead of jumping right into the goods, I have one confession: I burn, spill, break and practically destroy anything in my path when inside the kitchen. My friends and family, who have braved my cooking, would call me "quite the beginner." Nonetheless, I am terribly excited to learn and grow with you in this series.

In college, one grows quite fond and accustomed to the microwave. Moreover, as a student I've learned that food is no longer a primary source of survival, but is rather a luxury.

Although I'm ready to wean myself off the microwave, I'm still a bit intimidated with the kitchen. Due to this, for my first cooking adventure, I went home to Mom and Kalamata olives.

The collection and the use of olives date back to Prehistoric Greece. The olive is one of the earliest plants cited in recorded literature, making its way into Homer's *Odyssey* and the *Bible*.

The Kalamata olive originates from the city of Kalamata in Southern Peloponnese, and is found exclusively in Greece. Kalamata olives are a dark eggplant color and have an almond shape. The olives range from approximately 1/2 to 1 inch large and are harvested fully ripe. They are then pickled in either wine vinegar or olive oil, giving the olive a meaty flesh and rich flavor.

My first dish was "Pasta with Kalamata Olives and Lemon." The first mistake I made was buying olives with a pit still inside. Those slippery little buggers were hard to pit. Note to self: learn to follow a recipe. I decided to try one of olives straight from the jar. That too was a mistake. From the very moment the olive touched my lips, my face squinted and my eyes started watering. I could do nothing but spit it out and curse (much to my mom's offense). These olives are salty!

Meanwhile, my noodles were overflowing. And I thought boiling water was the easy part! I didn't realize how difficult it was to multitask in the kitchen.

Finally my pasta was mixed and all



Jordy is quite thrilled about her success with these Kalamata Olive recipes!

I need to do was zest the lemon. Unfortunately, WSU does not offer a course titled "cooking utensils 101." I had an intense dialogue with my mom questioning, "Is that a zester or a cheese grater?" But more importantly, "Do these things come with directions?" As it turns out, I was using a peeler.

Despite a few obstacles, the dish turned out great and the olives blended wonderfully with the pasta. My boyfriend Steve said, "It tasted kinda healthy." My mom said she was proud, but told me that boiling noodles and chopping a few vegetables was just the beginning.

The second dish I prepared was "Kalamata Olive Bread." Surprisingly enough, I found the preparation process manageable, but I would have been lost without my mother's mixer. Perhaps it's time I invest in kitchen appliances.

I forgot to score my loaves of bread before baking them, but thankfully they turned out lovely. The bread has a deep brown color with a delightfully moist interior. A subtle but ever-present taste of olives fills each bite.

My boyfriend Steve toasted the bread and added a thin spread of butter. He approved. My mother said, "She was proud and I knew she could do it the whole time." I beamed with confidence.

The whole atmosphere was like a cliché movie scene with Mom handing down her wooden spoons and aprons. However, next time I'm on my own. Let the adventures begin!

References

About: Home Cooking, "Olives and Olive Oil." April, 2007. <<http://home-cooking.about.com/library/weekly/aa042897.htm>>

Pasta With Kalamata Olives and Lemon

(Recipe Box Web site)

- ✦ 1 pound dried orecchiette or similarly sized pasta
- ✦ 2/3 cup kalamata olives, pitted and halved
- ✦ 1/2 cup extra virgin olive oil
- ✦ Zest from 1 lemon
- ✦ 3 Tbsp. fresh lemon juice
- ✦ Salt and freshly ground black pepper
- ✦ 1 lb. Roma tomatoes
- ✦ 4 tablespoons finely chopped red onion
- ✦ 1/4 cup basil or parsley
- ✦ Parmesan, feta or goat cheese

1. Bring 3 quarts water to boil in large saucepan. Stir in rapini greens and salt and cook until wilted and tender, about 2-1/2 minutes. Drain and set aside.

2. Cool empty saucepan by rinsing under cold running water. Fill cooled saucepan with cold water and submerge greens to stop the cooking process. Drain again. Squeeze well to dry and proceed with the following recipe.

Kalamata Olive Bread

(Panera Bread Web site)

Starter:

- ✦ 1 cup warm water
- ✦ 2 teaspoons fresh yeast
- ✦ 1 cup all-purpose flour

Dough:

- ✦ 2/3 cup warm water
- ✦ 3 Tbsp. honey
- ✦ 4 tsp. fresh yeast
- ✦ 1/4 cup + 1 tsp. vegetable shortening
- ✦ 4 3/4 cup all-purpose flour
- ✦ 1 Tbsp. salt
- ✦ 1 3/4 cups kalamata olives, pitted

Starter: combine water and yeast in mixing bowl. Stir to dissolve yeast fully. Add the flour to bowl and stir until the ingredients are fully incorporated. Cover with a cloth and ferment at room temperature for 30 minutes.

Dough: combine water, honey, and yeast in bowl of standard mixer. Stir to dissolve yeast fully. Add shortening, flour, salt, starter and olives. Mix on low speed until dough is fully developed. Remove from mixing bowl and divide into two pieces. Roll each piece of dough into smooth balls. Cover balls with warm, damp cloth and let sit at room temperature for 30 minutes. Preheat oven to 400° F.

Form the dough into two loaves, cover with warm damp cloth and let sit at room temperature for 30 minutes. Score loaves, spray with water and bake for 30 to 40 minutes. Let cool.

Panera Bread, "Kalamata Olive Bread." April, 2007. <<http://www.panera.com/recipes/recipe.php?category=2&id=18>>

Recipe Box, "Pasta With Kalamata Olives and Lemon." April, 2007. <<http://info.detnews.com/recipes/details.cfm?id=2782>>



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Much Ado About Tofu: "Merry Month of May"

By Terri Schmidt, Newsletter Volunteer; Illustration also by Terri Schmidt

It's May, time for spring flowers, May Day, Renaissance Fair, and college graduation—all joyful occurrences. It's also the time of year set aside to remember our mothers.

If you live with or near your Mom, take this opportunity to show appreciation for all she does for you. Tenneva Jordan said, "A mother is a person who seeing there are only four pieces of pie for five people, promptly announces she never did care for pie." There is something about the maternal instinct that brings out the protective nature of mothers.

It is often Mom who introduces tofu to the family diet. The first time tofu lands on the table, some family members may feel they are being penalized rather than protected. The Foxtrot cartoon even made a running joke of the mother, Andy, who served unique health food, including lima bean cobbler, tofu curry, and beet loaf. We may not be thrilled as children to be introduced to such foreign meals, but overall, it is a lucky family who has a health-conscious mother around.

Young children enjoy serving Mom

breakfast in bed on Mother's Day. For a change from eggs, try the tofu scramble. Older children can make it themselves; younger ones will need some help. It is a simple recipe. To keep the texture more like eggs, use firm or extra firm tofu, press out the excess moisture, and crumble it into the pan. Don't crush the tofu while it's cooking. If you want to jazz the recipe up a little, add some chopped tomatoes, avocados, mushrooms, shredded cheese, pumpkin seeds, and/or a dash of hot sauce. The scrambled tofu can also be wrapped in a tortilla with extra cheese to make a breakfast burrito.

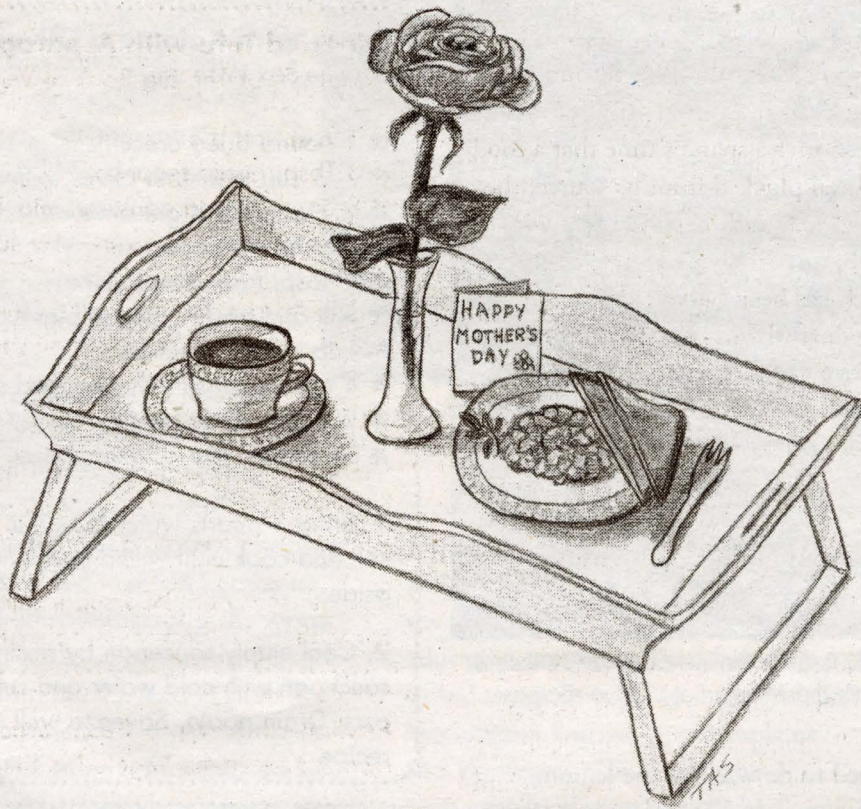
In honor of the imaginary but delight-

ful Andy Fox, I am offering a tofu curry dish this month. It is vegan friendly and easy to prepare. The mild curry flavor gets absorbed into the tofu and blends well with the rich coconut

flavor. Add hot peppers or more curry powder if you like your curry spicier. Jasmine rice is a good compliment to curries. You can serve this curry recipe over rice and add a salad to make a complete meal. This would be a tasty dish to make for mom on her special day. A break from cooking and a homemade meal is a lovely treat for overworked mothers. Whatever your cooking talents, Mom will appreciate the thought.

I hope you indulge in all the joys of May—smell a flower, watch a friend graduate, go eat and dance at Renaissance Fair, and most of all, show your mom some love.

Terri Schmidt was blessed to have a mother who loved her and fed her many a strange but healthy concoction, a tradition she finds pleasure in continuing with her own children.



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Scrambled Tofu

Tofu Cookery, Hagler, 1991

Sauté until tender:

- 1 Tbsp. oil
- 1/2 cup onion

Add to the pan:

- 1 lb. tofu, crumbled
- 1 tsp. basil or cilantro
- 1 Tbsp. soy sauce
- 1/4 tsp. garlic powder
- 1 Tbsp. nutritional yeast (optional)
- 1/4 tsp. black pepper

Stir fry until tofu starts to brown. Serve hot with toast or other grain.

Per serving Calories: 100, Protein: 8 gm., Fat: 7gm. Carbohydrates: 4 gm.

Coconut and Tofu Curry Recipe

<http://vegetarian.about.com>

- 1/2 tsp. fresh ginger (about 2 slices)
- 5 cloves garlic
- 1 onion
- 2 stalks fresh lemongrass (optional)
- 3 Tbsp. olive oil
- Dash red pepper flakes
- 1 block tofu, drained and sliced into approx 1 inch squares
- 1 1/2 Tbsp. curry powder
- 14 oz. coconut milk
- 1 cup water

In a blender or food processor, process the ginger, garlic, onion and lemongrass until smooth, adding a bit of olive oil if needed. Heat the olive oil in a large skillet over medium-high heat and add the blended garlic mixture. Sauté this mixture for 1-3 minutes, then add the tofu and red pepper flakes, stirring gently to mix the tofu with the garlic mixture for another 3-5 minutes, adding more olive oil if needed. Reduce heat to medium low and add coconut, water, and curry, stirring well to combine. Cover the skillet and allow to simmer for 20 minutes, stirring occasionally.

Vegan Bites: Think Green

By Hope Von Stengel, Newsletter Volunteer

The warm weather is nearly upon us. Already we've had quite a few gorgeous days here and there, which I have thoroughly enjoyed. As the days grow longer and the extended sunlight puts more spring in everyone's step, plants and trees are looking livelier these days too. Rolling fields of boring brown have given way to vibrant green. Soon luscious flowers and golden grains will be waving at us from neighbors' yards and every surrounding field.

This is every veggie lover's favorite time of year, because fresh, local produce is finally finding a way into our daily diets. Being a summer traveler, I haven't had a chance to do any gardening in quite a while, although I do look forward to the time in my life when I'm able to settle down and grow my own food. However, every Spring I have the good fortune of being able to support local farmers' freshly picked bounty every Tuesday at the Co-op's Growers' Market.

Last year I enjoyed a weekly CSA box from WSU's organic farm and I was astounded by the wide variety of garden delights this area has to offer, even with the Palouse's limited growing season. Getting farm-fresh food picked that very day is the second best thing to growing your own. The Co-op also offers a greater variety of local produce as soon as the area farmers' crops yield — hooray — calling for much restraint when filling my grocery cart. Much, much preferred than anything sitting on a grocery-store shelf for several days after being shipped 1,000 or so miles.

Two of the biggest advantages of tasty

spring produce also directly and indirectly influence our physical well-being. The shorter a span of time that a food has been plucked from its source, the greater its health benefits. The spinach you buy at Tuesday's Farmer's Market which has been harvested that day is more loaded with vitamins and minerals than California spinach that was picked over a week ago. Spring produce also means more local produce, as carbon emissions transporting our favorite veggies and fruits inadvertently impose a strain on our health by creating air pollution.

The message of spring is: Think Green. Earth Day celebrates "green" or eco-friendly living. Luminous green leaves shoot lushly from sturdy branches and mighty green stems support a gorgeous array of flowers. This time of year also boasts a vast array of green produce: lettuces and spring greens, leeks, spinach, kale, asparagus, herbs, broccoli and garlic scapes. Salads replace grains and root vegetables as the great staple of this season.

As much as my family and I love a fresh salad, spring cuisine has so much more to offer. Just like everyone else, I get caught in a rut, too and find myself wondering what else I can do with unique vegetables like kale or garlic scapes. Although most of us in the Palouse associate kale with kale slaw, kale is also a wonderful addition to soups and stews. Garlic scapes add a wonderfully fresh, last minute flavor to stir-fries. Leeks are not just for omelets either. Add them instead of onions to casseroles, grain-based salads, or lasagna.

Stir-Fried Tofu with Asparagus

Adapted from *The Big Book of Vegetarian* by Kathy Farrell-Kingsley

- ✦ 1 Tbsp. olive oil
- ✦ 3 Tbsp. garlic scapes
- ✦ 8 oz. thin asparagus, cut into 1/2 inch pieces
- ✦ 1 small fresh red or green chile pepper, seeded and minced (wear rubber gloves)
- ✦ 1 lb. extra-firm tofu, well drained and cut into 1-inch cubes
- ✦ 1 Tbsp. reduced-sodium soy sauce
- ✦ 1 tsp. brown sugar
- ✦ 1/2 cup chopped fresh basil

Heat a wok or large, deep skillet over high heat. Add the oil and, when hot, add the garlic scapes, asparagus, and chile peppers and stir-fry for 2-3 minutes. Add the tofu and stir-fry for 2 minutes.

Add the soy sauce and sugar and cook, stirring often, for 1 to 2 minutes. Stir in the basil and serve right away.

Radish and White Bean Salad

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

- ✦ 2-3 bunches radishes (about 1 lb., trimmed and thinly sliced)
- ✦ 2 15-oz. cans white beans, rinsed and drained
- ✦ 15 grape or cherry tomatoes, halved
- ✦ 1 Tbsp. drained capers
- ✦ 8 Kalamata olives, pitted and chopped
- ✦ 2 Tbsp. minced fresh mint or parsley leaves
- ✦ 3 Tbsp. extra-virgin olive oil
- ✦ 2 Tbsp. fresh lemon juice
- ✦ Salt
- ✦ 8 cups packed mixed baby greens and/or lettuces

Stir the radishes, beans, tomatoes, olives, capers, and mint together in a medium sized bowl. Drizzle the oil and lemon juice over the salad and toss to combine. Add salt to taste. The radish salad can be covered and set aside for an hour or so.

Divide the greens among four large plates. Spoon some of the radish salad over each portion of greens and serve.

The best way to get out of a cooking rut is visiting a library, local bookstore, or online for more inspired cooking ideas. Search for seasonal recipes and cookbooks. There are quite a few seasonally based cookbooks. One of my favorite new discoveries came from the

Neill Public Library in Pullman titled, *A Year in the Vegetarian Kitchen* by Jack Bishop. This fantastic resource with tons of stunning recipes currently sits beside my couch, stuffed with various bookmarks. Hopefully the Tuesday Growers' Market will open soon or I'll have to renew!



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Hope Von Stengel will be teaching two vegetarian cooking classes this May, one for the Moscow Food Co-op in Moscow and one through Pullman Parks and Recreation. She can be reached at storehope@yahoo.com.

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Four Wedding Cakes and a Funeral Hot Dish

By Melynda Huskey, Newsletter Volunteer

I made my first wedding cake in 1982. I don't remember what kind it was, although I can tell you that the bride had words with her father at the door and stomped up the aisle alone, and that the recessional was the Rebel Fanfare from Star Wars. The cake just couldn't compete.

Since then I've made at least a dozen—mainly for friends with small budgets and relaxed sensibilities. I know my limits: no mini Taj Mahals and only real butter in the frosting. Nevertheless,

there have been secret disasters.

My sister-in-law still does not know that Joan's dog Angus took a big old bite out of the side of her four-tier chiffon cake with meringue buttercream. It was midnight on the day before the wedding, and I was scheduled to leave town at 6 a.m. for a conference. I had just that minute fallen in love with Joan, and hoped vaguely to endear myself through a free wedding cake to what I already thought of as my future in-laws.

ery dill sprigs and branches of rosemary, miniature ivy, gilded tiny strawberries, violets, dianthus. The brides had tears of joy in their eyes when I delivered it, four hours before the reception.

Ten minutes after I left, the caterer moved the cake out of the refrigerator to make room for the seafood salad. For four hours, my cake sat in the un-airconditioned kitchen of the Moscow Community Center on a Saturday in late July. It began as the "Tres Riche Heures" of the Duc du Berry, and went out to the guests as Hieronymus Bosch's "Hell".

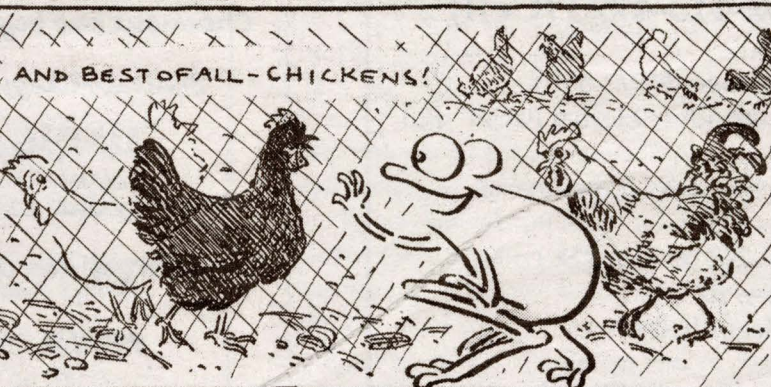
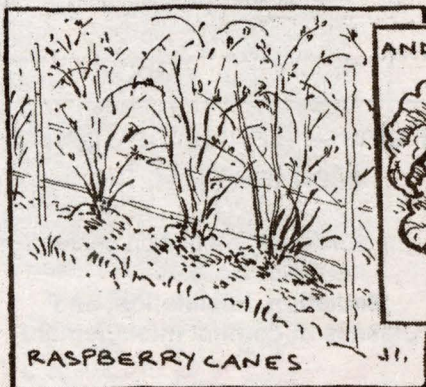
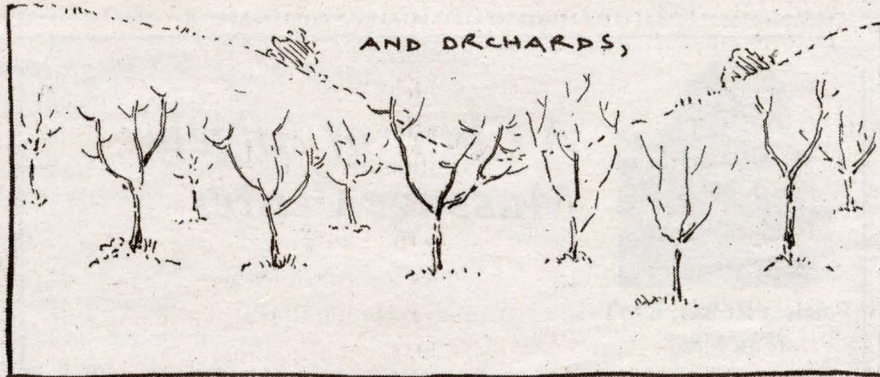
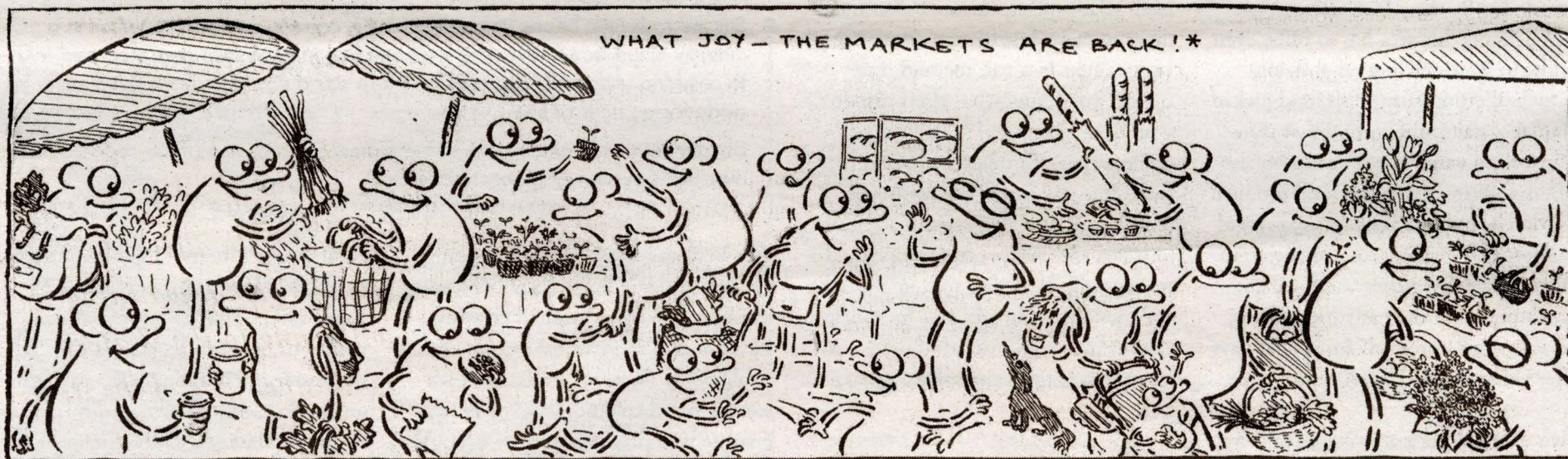
After three tries at a lemon cake that would suit a particularly finicky North Carolina bride, I borrowed a church fundraiser cookbook from my neighbor, and made the cake of the bride's dreams: Duncan Hines Golden Pudding Cake with two boxes of lemon jello. I'm not proud of this. But the bride's mother told me it was absolutely

“For four hours, my cake sat in the un-airconditioned kitchen of the Moscow Community Center on a Saturday in late July. It began as the “Tres Riche Heures” of the Duc du Berry, and went out to the guests as Hieronymus Bosch’s “Hell”.”

So I trimmed the bitten part and blobbed a whole bunch of frosting over it. No guest complained, to my knowledge.

Once I made a cake in the style of a medieval mille-fleur tapestry. I festooned it with feath-

PALOUSE REPORT: To Market



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*THE SATURDAY FARMERS' MARKET IS AT FRIENDSHIP SQUARE AND THE TUESDAY GROWERS' MARKET IS AT THE CO-OP.

perfect, honey.

I can't exactly say that I prefer cooking for funerals, but making a casserole, some rolls, a peach cobbler—of course they don't help, but then nothing can. And one use for food in a bereaved home is filling mouths that might otherwise be saying painful, unhelpful things, which is a genuine service.

In my rebellious twenties, I joined the Lutheran church, which has had four hundred years to hone its ministry of feeding the bereaved, new parents, and the temporarily disabled. While preparing for Confirmation, I plumbed the esoterica of the dinner roster (so that everyone doesn't make lasagna), the meal captain (who handles deliveries for minimal intrusion), and the permanent assignment of certain dishes—Helen's Chicken Broccoli Bake, Margaret's Tamale Pie, and, eventually, my Macaroni and Cheese.

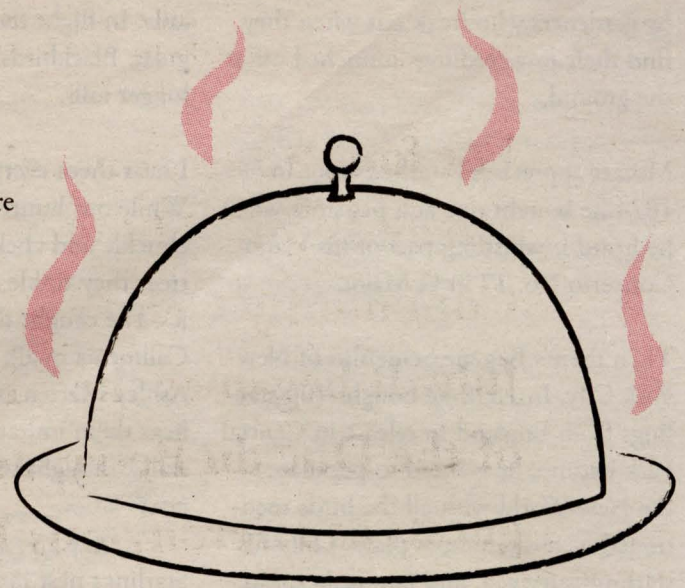
Macaroni and Cheese is an excellent funeral dish. Eaters of all ages mostly like it; it's undemanding, and incredibly filling. Grate about 3 cups of medium

cheddar, plus a little bit of extra-sharp white cheddar—maybe another $\frac{3}{4}$ cup. Cook a bag of elbow macaroni (this is not the time for funny pasta), drain, and rinse with cold water. Meanwhile, melt half a stick of butter in a medium saucepan, and add $\frac{1}{4}$ cup of flour, $\frac{1}{2}$ teaspoon of English dry mustard, and some pepper. Stir with a whisk over medium heat till it's well-blended and just barely golden and then pour in four cups of milk, stirring vigorously. Heat, stirring constantly, till the sauce is thick. If it gets too thick, add some more milk. Add the cheese and whisk until smooth. Add the drained macaroni, stir well, and pour into a disposable foil pan. Cover with aluminum foil when cool, and deliver to your meal captain with instructions to heat in a 350 oven until bubbling and golden brown on top.

Of course, you don't have to wait for someone to die, or get married, or have a baby, to make Macaroni and

“Of course, you don't have to wait for someone to die, or get married, or have a baby, to make Macaroni and Cheese. Our commonplace sorrows and mysteries—bad day at the office, another ear infection, snow on the daffodils—are also more intelligible over a plate of something hot and simple and easy to eat.”

Cheese. Our commonplace sorrows and mysteries—bad day at the office, another ear infection, snow on the daffodils—are also more intelligible over a plate of something hot and simple and easy to eat.



Letter from the Land: Watching Change

By Suvia Judd, Newsletter Volunteer

I like to watch change. I relish the turning seasons, and look for the small details in nature that differ from week to week.

One March day, when the round yellow buds of our cornelian cherry (*Cornus mas*) had just appeared, I went up on the mountain. On the old snow I saw a cluster of tiny bright sulphur-colored insects hopping. Later, at home, I found clumps of mercury-silver insects skittering on the puddles on the hay tarp. I enjoyed these signs of the earth tilting towards the sun.

And last week on my mountain walk I was rewarded with swaths of glacier lilies, two kinds of yellow violets, and the first unfurling trilliums, with their delicate Easter lily scent. I even saw a wood anemone, just opening its lavender-backed white petals.

April 12, at a meeting of the Idaho Native Plant Society, I heard Jerry Rehfeldt, recently retired from the local Forest Service Experiment Station, talk about the changes global warming will bring to the Western landscape. Dr. Rehfeldt combined several dozen variables describing climate (of which the balance between rainfall and temperature appears to be the most important) and developed a model which predicts with less than 10 percent error the present day 25 vegetation communities

of the western United States. He then took the most widely accepted predictions of the change in climate over all the regions of the West, if global warming continues uncorrected, and projected the changes in plant communities for the decades of 2030, 2060 and 2090. One of the striking things he found was that in 80 years, almost 50 percent of the land area of the West will be occupied by associations of plants not seen in the West today.

When used to predict current distributions of individual tree species, Dr. Rehfeldt's model had an error rate of less than 5 percent. This indicates the confidence we may have in what he found when he used the model to look into the future at where the climate zones for individual tree species would move. He found that, for example, by 2090, the northernmost climatic limits for saguaro cactus shift to north of Las Vegas. The lower Columbia Basin would have the climate zone of the current Mojave Desert: if Joshua trees had any way to get there, their habitat could be waiting. Chihuahua pine, a Mexican native, would be suited to the conditions on the Camas Prairie, along with the now rare wildflower McFarlane's four o'clock, which could migrate up from the canyon floor and become invasive.

Western larch, lodgepole pine, subal-

pine fir, aspen and white pine would disappear to Canada, except for some tiny refugia, the model predicts. Around Moscow, ponderosa pine habitat would shrink drastically, and the area suitable for western red cedar would expand, but it would be suitable for coastal red cedar.

The amount of change that we are facing is old news in biologic history, but the speed of change is totally new. Drastic change first brings a depauperate biota; this is confirmed in the fossil record. In other words, there will be plants and animals and other living things, but a whole lot fewer kinds of them. Pioneer species, including noxious weeds, will thrive. Dr. Rehfeldt tells me that an eye-opener for him is how a change in temperature a little as two degrees (F) can have a big effect on the balance between temperature and precipitation, and thus have a profound effect on the vegetation.

We in the audience were pretty shaken. I like change, but change within familiar boundaries. I don't care for wholesale revision.

Dr. Rehfeldt hopes humans will make changes to lessen global warming, but he also thinks we should consider preparing for inevitable climate change by establishing populations of trees where their future climate zones will likely

“April 12, at a meeting of the Idaho Native Plant Society, I heard Jerry Rehfeldt, recently retired from the local Forest Service Experiment Station, talk about the changes global warming will bring to the Western landscape. One of the striking things he found was that in 80 years, almost 50 percent of the land area of the West will be occupied by associations of plants not seen in the West today.”

occur. A conifer species that takes 10 to 20 years to produce its first cone, and two or three years for each crop of cones to mature, may find tracking its receding habitat difficult, especially if it has to jump over mountain ranges. To think about. Now.

Suvia Judd lives in Moscow.



Nature in the City: Starlings

By Sarah Walker, Newsletter Volunteer

The bird I am most likely to see and hear in Moscow during Spring is the European starling—not on my feeders, but waddling across bright green lawns, usually in pairs or small groups. They're hunting invertebrates in the soil, using their "backwards jaws" to great advantage (see photo caption). Starlings consume a lot of cutworms, which is appreciated by gardeners who freak out when they find their tiny seedlings munched off at the ground.

Mozart appreciated starlings too. In 1874 he bought one at a pet store when he heard it whistling part of his Piano Concerto No. 17 in G Major.

Then there's Eugene Schiefflin of New York City. In 1890 he bought 100 starlings from England to release in Central Park because he wanted to populate the New World with all the birds mentioned in Shakespeare's plays. Only his starlings survived, and famously so: in 50 years this European bird had spread to the West Coast, thriving wherever humans put up buildings and farmed crops.

The first known occurrence of starlings in Idaho was reported by University of Idaho grad student Clarence Olsen in 1941 when he noted a single bird east of Moscow (as reported by Victor Jones in the journal *Condor*, May 1946). Today, North America is home to 200,000,000 starlings. They are despised for out-competing native birds for nesting sites, spreading disease, stealing livestock feed and soiling vast areas. None of the many inventions to get rid of them, including "Starlicide," has worked. They're here to stay, and what's to stop them from reaching 300,000,000? Then there would be one of them for every one of us.

Starlings are robin-sized. In winter their beaks are dark and their feathers are tipped with white, like tiny stars, hence their name. By spring the tips wear off revealing the purple and green colors of mating season – iridescent and a little oily-looking. Their beaks turn bright yellow.

Starlings are chunky birds with short tails. In flight their wings look triangular. Blackbirds are slimmer and have longer tails.

I hear them everywhere in Moscow. While out hunting the lawns they chuckle and click; when perched in trees they tinkle. They are clever mimics. I've caught them doing killdeer and California quail. Moscow Ornithologist Ashley Martens says she's surprised to hear them imitate red-tailed hawks, "a skill I thought was reserved for Steller's jays!"

Starlings nest in hollow trees, old woodpecker holes, nestboxes, a hole in your eaves... The trouble is they chase

"The first known occurrence of starlings in Idaho was reported by University of Idaho grad student Clarence Olsen in 1941 when he noted a single bird east of Moscow (as reported by Victor Jones in the journal Condor, May 1946)."

away other cavity nesters like bluebirds, woodpeckers, swallows or wrens. Ashley is noticing more starlings outside of town, moving toward the forest edge. In town, Moscow birder Charles Swift says starlings probably out-compete violet-green swallows for nest cavities. He's seen starlings nesting in streetlights!

When they're not breeding and raising their multiple broods, starlings switch to a grain, fruit and garbage diet. In fall and winter they gather in large flocks, like the lines of birds that cover the power lines near the mall. Charles notes very large winter flocks by the sewage treatment plant and the University barns.

Terry Tempest Williams wrote about starlings in her book, *Refuge*. She describes being at the Salt Lake City dump during a Christmas Bird Count,

sitting on a hefty bag, among swarms of gulls and starlings gorging on garbage. Starlings are like us, she despairs: aggressive, greedy, cruel, and there are lots of them. Taking over the world. And while we loathe them and invent ways to get rid of them, we simultaneously encourage them "as we systematically erase the specialized habitats of specialized birds."

When the mobs of dump starlings take flight, "The symmetry of starling flocks takes my breath away; I lose track of time and space... They wheel and turn, twist and glide, with no apparent leader." When a peregrine falcon dives at them, the flock "pulls together like a winced eye, then opens in an explosion of feathers."

Every April in Denmark tourists flock to Jutland Marsh for the Black Sun Phenomenon—over a million starlings in flight, said to cloud the sun. See the images at the EPOD website by entering "black sun denmark" in Google. I was awe-struck.

What to say about starlings? It's not PC to like them. It's preachy to belabor how their success syncs with our own habitat-taking, food-wasting, land-sprawling habits; snide to say *You can't blame them for being successful*. Terry Tempest Williams concludes, "Perhaps the only value in the multitudes of starlings we have garnished is that in some small way they allow us to comprehend what vast flocks of birds must have felt like."

Sarah Walker thanks Ashley Martens, Charles Swift, Rochelle Smith and Don Boucher for help with this article. She feels more uneasy about starlings than ever.



European starlings probing a parking lot for protein. During the spring mating and nesting season, starlings hunt for invertebrates. They jab their yellow beaks into the soil and power them open like a post-hole digger, opposite of most birds' and animals' jaw muscles, which clamp their mouths shut. Then they slide their eyes forward to peer into the dark hole for prey. Photo by Sarah Walker

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Wild & Free: Plantain

By Sarajoy Van Boven, Newsletter Volunteer

Plantain is a type of banana occasionally sold at the Co-op. Somewhere, sometime, those plantains were wild edibles, needing only to be deep-fried in coconut oil for palatability. But not in these parts. The plantain of which I speak today is related as homonym only to the above.

Latin *Plantago major* does not mean Major Plant, or even God of all Plants and does not harken from the word Plant (from the Latin *plante*, meaning plant: *Webster's Unabridged*, 1954). Rather it means "foot-sole" for its round flat leaves that hug the earth like the soles of gravity bound earthlings.

Some Native Americans referred to Plantain as White Man's Foot because it followed in the footsteps of settlers (*Growing and Using the Healing Herbs by Weiss and Weiss*). The immigrant and one-time genocide harbinger, Plantain, is also called: Waybread, Waybroad, Snakeweed, and of course #@%!!! by obsessive lawnists. Plantain overtakes a lawn in short order, which is lucky for us. If you don't have a lawn, visit your closest park. It will be there. A favorite place for plantain is the green slope at Gladish Community Center in Pullman. My six-year-old daughter has, perhaps unwisely, taught her pals to identify and devour the playground plantain at "recess". She claims it eliminates the need for packaged snacks.

You too can eliminate the need for packaged snacks by seeking out this earth-hugger. Its rosette of ribbed, green, round, papery, juicy leaves grow on the ends of fleshy stalks. Pick plantain with rounder leaves, as the kind with the narrow leaves is less tasty. From the center of the rosette, a tall thin stalk with cream-colored wispy "flowers" will eventually grow to almost 12". Hundreds of small seeds, suffused with lawn-conquering potential, will then hug the length of the stalk.

With certainty, identify this plant, far from any signs or signage indicating "this area just poisoned." Gather the young leaves before the seed stalk grows. Age causes the leaves to toughen unpleasantly and become a stringy gagging hazard, though not poisonous, per se.

The fresh spring leaves taste of mild mushrooms, though some claim a Swiss chard flavor. Use as salad greens, sandwich dressing, soup additions, and roasted sidedish. If you're hesitant about that "wild" flavor, this is your baby.

For your insignificant effort, you will



be rewarded with Vitamins A, C and K. You will devour a mild mucilaginous laxative, anti-bacterial flavonoids, allantoin (good for tissue) and mild tannins (*Edible and Medicinal Plants...*). The FDA has not examined, approved, nor disapproved of these claims, nor is it expected to.

For the tiny additional effort of drying leaves, you will gain year round access to a tea with several centuries experience is soothing sore throats, bronchitis, coughs, etc. (*Edible and Medicinal...*)

Externally, Plantain poultices have

"Latin Plantago major does not mean Major Plant, or even God of all Plants and does not harken from the word Plant. Rather it means "foot-sole" for its round flat leaves that hug the earth like the soles of gravity bound earthlings."

been used the world over for rheumatic joints, insect bites, sunburns, poison ivy, blisters, and other skin irritations. Poultice: mash fresh leaves or dip fresh leaves in hot water and place them on area of concern. In the Wild West, fresh plantain treated snakebites, if they couldn't be avoided. Ms. Weed, if that is indeed her name, recommends Plantain leaves for perineum support during labor, diaper rash, and hemorrhoid help (*Wise Woman Herbal for the Childbearing Years*).

A cousin of colon-cleanser Psyllium seeds, *Plantago major* seeds (available beginning mid-summer) similarly exfoliate the colon. Additionally, soaking the seeds in a little water produces a gelatinous salve for thrushy nipples or a natural hair gel, take your pick.

Plantain roots have been recommended for toothaches, headaches and bad gums (*Edible and Medicinal...*).

It exhausts me just to think about it all. Clearly, if you ache, Plantain wants to help. This plant offers basically everything under the sun, even its own earth-hugger energy. Although *Plantago major* does not even loosely translate into Major Plant, it should.

Plantain invites you to take off your shoes and plant your plantars in the dirt with him. Your soles easily remember how to hug the earth. In Remembrance, Take and Eat this scrumptious hugger. Plantain is the Waybread-wafer of redemption, as we return to the free gifts of this world: heaven is earth.

Sarajoy thrives in Pullman with her little family and large cat. They recently welcomed a new addition: Shimmer, the fish.

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In The Garden: Spring Gardening Events

By Holly Barnes, Newsletter Volunteer

“One generation plants the trees; another gets the shade.”

—Chinese Proverb

May means many exciting things to Palouse gardeners. Mother's Day is traditionally suggested as the day with the last possibility of a freeze (at least for those of us in town), winter is officially behind us for another year and there are some very fine, warm days to garden. The days are, at last, getting long enough to satisfy my desire for spending many hours planning, planting and digging in the garden. The Farmers' and Growers' Markets open and the plant sales begin.

The Farmers' Market will open at 8 a.m. on May 5, running weekly through the end of October. Not only a celebration for gardeners, it is also the occasion for Moscow to celebrate a most fine tradition of community. It symbolizes for our area a coming together, in the open air, once again, as well as gratefulness for the local farmers and producers who work so hard

to provide us with food for our tables. This year we celebrate the 30th year of our Farmers' Market, the oldest market in the state of Idaho.

The Growers' Market begins on Tuesday, May 8, in the parking lot of the Moscow Food Co-op. Of much more recent vintage, it is a new tradition that has already taken hold. Many Co-op shoppers now make a point of stopping on Tuesdays between 4:30 and 6:30 p.m. to supplement their Saturday market produce purchases. Imagine Wal-Mart inviting Target, K-Mart, and Shopko to set up tables outside their store so that would-be Wal-Mart shoppers can stop at each one to make their purchases before they enter the store. Ludicrous? That's what our Co-op does in inviting farmers and producers in our area to sell to Co-op customers. It's an amazing demonstration that our Co-op promotes sustainability in the community over any other consideration. Producers find the Growers' Market vital also as a convenient time and place to transfer their Community Supported Agriculture (CSA) shares. Brad Jaeckel, of WSU, says, "The Co-op Growers' Market is a great way for



A thriving home vegetable garden awaits gardeners this spring!

In The May Garden:

- ✦ Plant cold season vegetables and herbs: lettuce, radish, chives, marjoram, mint, oregano, parsley, rosemary, sage, tarragon and thyme.
- ✦ Buy seedlings (at the Grower's and Farmer's Markets) of broccoli, cabbage, chard, kale, and spinach.
- ✦ Plant bare-root cane fruits, grapes, tree fruits, and blueberries.
- ✦ Feed vegetable and flower beds with compost, if you have it, or use an organic fertilizer such as blood meal.
- ✦ Bird houses should be out, keep the bird feeders stocked.
- ✦ Research how to bring bees to the garden for pollination.

the WSU Organic Farm to connect with the Moscow community. I look forward to seeing the other growers and customers each week and having a good relationship with the Co-op." The WSU Organic Farm, and Affinity Farm will be at the Growers' Market from the very first day.

Plant Sales are a most welcome harbinger of the gardening season. The Moscow Garden Club Plant Sale is May 12 (always the day before Mother's Day), from 8 a.m. to 12 p.m. at the Fairgrounds. There is a nice assortment of annuals and perennials, vegetables, herbs, houseplants and a featured plant which last year was a special rose. Master Gardeners are on hand to answer any questions at this friendly sale. The sale is the Garden Club's annual fundraiser with the proceeds going to support community projects,

a state scholarship program and world gardening. The University of Idaho Arboretum Associates Plant sale takes place this year on June 2, from 9 a.m. to noon at the Fairgrounds Ice Rink. This sale has perennials and annuals along with trees and shrubs. There will also be hanging baskets and planted patio containers this year. Here also you'll find many experienced plants people to answer questions and give advice.

Thanks to the miracles of technology, Holly Barnes is writing this column from Cedar Key, Florida, and is having a little bit of difficulty placing herself in the middle of the Palouse gardening scene! She will be home in time for the Market openings and plant sales, of course.

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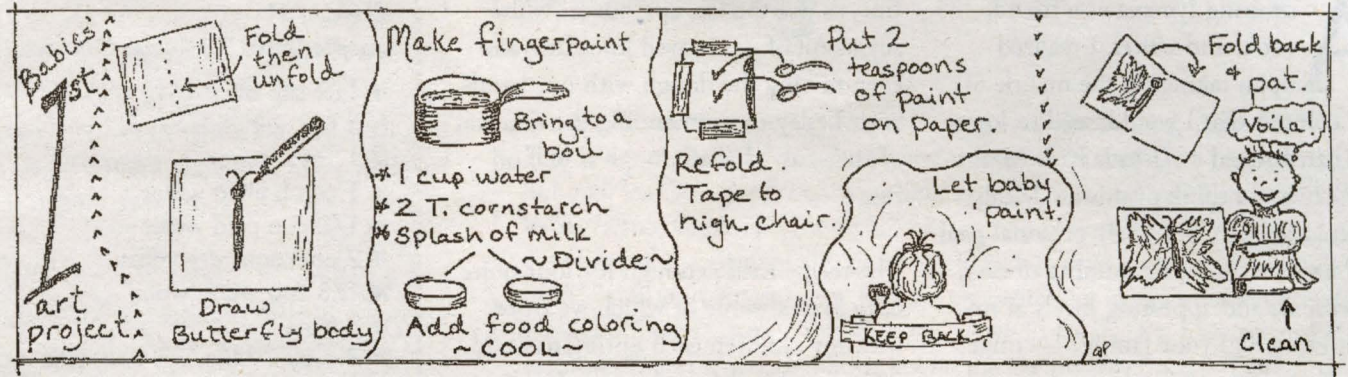
10% discount for Moscow Food Co-Op members

Earth Mother: Baby's First Art Project – Fingerpaint Butterflies

By Julia Parker, Newsletter Volunteer

We are now the proud parents of two baby girls – ages 10 ½ months and 9 ¾ months. Unlike some parents, after years of trying to adopt, we finally were able to after having our second daughter. So, now we have four very busy little hands in our house. I would like to share with you their first art project. We did this about a month ago and I guarantee you it will take you more time to read this article than it took those two babies to start and finish their art project. As a rule, babies should not linger over painting projects (which this is).

So, here's how to get started – with instructions specifically written for those of you with more than one baby. While they are napping, do the dishes,



throw in a load of laundry, plan dinner, then quickly fold a piece of sturdy paper in half – we used the blank side of a grocery sack. Unfold the paper and draw the body of a butterfly in the middle with indelible marker. After they've gotten up and been fed in some manner, clear the table, let them down, clean up the kitchen, put 1 cup of water, 2 tablespoons cornstarch, and a

splash of milk in a saucepan, stir over a low flame while they remove all the Tupperware from your drawers and bang pot lids at 8 decibels. When it thickens take it off the stove, divide into two bowls. Add two different kinds of food coloring. Let it cool while you get down on the floor, play with them and remove any dog hair, crumbs or old currants from the floor that they have put into their mouths.

Now, with one trying to learn to stand by pulling on your pants leg and the other climbing around under the table, tape the folded paper to the table in front of their highchairs (or on the highchair if you use one with a tray) so that you can only see half the butterfly body. Remove their shirts. Put them in their highchairs. Spoon two or so teaspoons of finger paint onto their paper somewhere in the vicinity of where the wings would be. Stand back. One of our daughters daintily touched the finger paint with the tips of her fingers and spread it around. Then (while I wasn't looking) put a rather large quan-

tity of green finger paint in her mouth. Our other baby daughter used her palm to smack her paint into place spraying it over me and herself and, in all fairness, nicely across the paper.

Now quickly un-tape the papers fold them in on themselves to duplicate the one wing that your baby has just made. Voila – a baby Rorschach butterfly! If they are still happily engaged in this activity, you can make some more. I'm sure they make good grandma presents. Put the pictures up to dry someplace high where they can't reach – no, higher. Wipe down the babies, put their shirts on, change your shirt, make sure there is no green fingerpaint in your eyebrows, wipe down the high chairs, do the dishes, move the laundry.

It's a whole afternoon's activity!

Julia Parker is looking forward to figuring out how to do more art projects with her 'twins.'

Co-op Kids!

Rebekka Boysen-Taylor, Co-op Kids! Volunteer

Thanks to all the little ones who came to make musical instruments with us in April! We made percussion blocks with scrap wood donated by Moscow Building Supply and noisy shakers from discarded cardboard.

On May 9 at 9 a.m. we will try our hands at wet felting wool at the Co-op (at either the picnic tables outside or in the cafe depending on the weather). This is a great chance to teach kids how raw wool can transform into felt in their hands – all ages will enjoy this activity.

On May 23 at 9 a.m. we will meet at Friendship Square for some fresh air and play on the toys. For this activity, the Co-op donates healthy snacks and it is a great time for kids and adults alike to enjoy Moscow's great downtown atmosphere.

Co-op Crossword

By Craig Joyner, Newsletter Volunteer

ACROSS

- 1 A big welcome to the new grocery manager _____ McDougall
- 4 Famous blues guitarist _____ Cooder
- 6 May's celebration, second word, first is 8 down
- 9 The heart of Willamette Valley and the home of Oregon State University
- 12 One of the other halves of mein
- 14 Lou Reed's and Nico's band, abbreviation
- 15 The state Toothpaste Tom hails from, abbreviation
- 16 Continental Indian flatbread flavored with the pungent asafoetida
- 18 Lizard
- 21 _____ Arbor
- 23 April's business partner, first word, second is 11 down, and third is Inc.
- 24 Great Divide Brewing Co. is located in this state, abbreviation
- 25 Tony Soprano might be seen visiting this New Jersey city
- 28 MFC business partner _____ Banks Equine Massage
- 30 Indian title of respect or the

other half of Lanka

- 32 Two in Roman numerals
- 33 Also known as broccoli rabe or broccoletti
- 36 Flee
- 37 Kitchen goods brand
- 40 One of Pullman's best _____ Grill or a wine punch
- 41 9 p.m. is when it happens at the Co-op
- 43 Deli food is a thousand times tastier than this military abbreviation
- 45 Doctor's helper, abbreviation
- 46 Annie's has several frozen versions of this savory pie
- 47 MFC employee and KRFP host of Bluegrass Botanicals, Emily _____
- 48 Buddhist, Hindu, Sikh, and Jainist belief or the Initiative on Lost
- 50 Returning Board member _____ Wilkinson
- 51 April's profiled employee last name, first is 42 down
- 52 New Board member _____ MacFarlane

DOWN

- 1 Last month's profiled volunteer _____ Parker
- 2 The Co-op's will keep you

cool during the Summer

- 3 Stars
- 4 House on wheels
- 5 Don't mistake this for a sweet potato
- 6 April's profiled band, _____ Riggins
- 7 _____ rule of thumb
- 8 May's celebration, first word shortened version, last is 6 across
- 10 SinuFix can fix this nasal symptom
- 11 Last month's business partner second word, first is 23 across, third is Inc.
- 13 Not including the Salt Lake City suburbs this is the second largest city in Utah
- 17 Philosophical puzzle or being perplexed
- 19 MFC carries many lotions that can stop these dangerous rays, abbreviation
- 20 Preposition
- 22 Maiden name after marriage
- 24 Old Stock Ale hails from this state, abbreviation
- 26 Chinese dynasty or Swaengren's Asian associate on Deadwood, Mr. _____
- 27 Returning board member,

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48				49				50			
		51							52		

- _____ Vincent
- 28 Try the Deli's new, exotic _____ pie
- 29 The only state in America where diamonds are mined, abbreviation
- 30 Sunshine _____ herbal salt scrub
- 31 One of the Beatles or our State Representative Shirley _____
- 34 Ibsen's Peer Gynt's widowed mother
- 35 Annoy
- 36 Chicken breed

- 38 Larger than large
- 39 Chinese black tea
- 42 April's profiled employee first name, second is 51 across
- 44 Howl
- 46 Friend
- 47 A Hawai'ian game using and named after bottle caps bearing the Juice brand name
- 49 Parliament member or army law enforcement officer, abbreviation

Meals Kids Might Eat: Challah and Cholent

By Judy Sobeloff, Newsletter Volunteer

Admiring Jyotsna as a friend, cook, and writer, I realized upon taking up the mantle of her column that I would need to lower the bar: Instead of "Meals Kids Might Eat," I would think of this as "Meals Parents Might Cook." My personal goal will be to increase the number of easy, nutritious, and appealing meals at my family's — and your family's — fingertips, to cook more food ourselves and rely less on the beckoning call of the frozen/canned/boxed/mac-n-cheese/pb-and-j.

While I envisioned cooking something quick and easy for my MKME/MPMC debut, what happened was far from quick. I made two traditional Jewish foods for the first time: challah, the braided bread served for Friday night Shabbat, and cholent, a slow-cooking bean-based casserole.

Making challah (Hebrew for dough) turned out to be so easy that my friend Lesley brought over her 20-month-old to show us how. The goal, Lesley explained, is to keep the yeast alive, using water warm enough to activate the yeast but not so hot that it kills it. I knew I was in the hands of a challah master when Lesley told me about her own challah-making debut, as a counselor at a Jewish summer camp where she was assigned to lead a group of kids in making weekly challah for the entire camp of 150. I was pleased to learn that the measurements did not need to be exact—Lesley sometimes adds more sugar than called for, and the amount of flour needed varies. "You don't want the dough too sticky," she explained, "but when it stops absorbing flour, don't add more." While unbleached, pre-sifted flour is ideal, the flour I got from the Co-op's bulk bins worked

fine, as did the Co-op's not-so-white sugar. All of us enjoyed kneading and even mixing the dough with our hands, with Lesley recommending the removal of rings, as "challah dough is hell on rings."

The recipe made enough for four quite tasty loaves, some of which we froze, with my children each opting to braid their own family-sized loaf rather than making smaller kid-sized knots. The results seemed well worth the effort expended, particularly as it felt like a morning playing with playdough.

On, then, to the cholent (pronounced CHIL-lent), which began innocently enough. As my daughter dumped beans and water into a pot the night before construction was to begin, little did we know that it would be days before we ate the results. Letting the soaking beans sleep in, we got a late start the following afternoon with chopping and sautéing. The first inkling of excitement came after I loaded the pan (brimming with hot water) into the oven, and water ran out beneath the closed oven door.

As Cholent One was launched, I found a recipe for Children's Cholent, which requires an additional day to cook. This second recipe calls for meat and a different kind of bean, but instead I took a short-cut, adapting the first recipe by adding sliced potatoes on top and a crust. The most important instruction: make sure your children are there when you take off the lid.

Part of cholent's appeal seems to be its science-fair-project qualities: Pour boiling water into an already full pan; watch potatoes float around; attempt to affix crust; watch it, too, float around. Foodwise, both versions of cholent met

with acceptance but not wild enthusiasm. My 3-year-old kept repeating about Cholent Two: "It's good! I want more!" before finally groaning, "I had a lot of food," but no one was interested in leftovers. Fred suggested adding more garlic and spice to Cholent Two. Lesley, who went home and made Cholent One, found it "yummy" and reported positive results on the kid front: "More! More!" (20-month-old); "MmmmMmmm" (11-year-old); and "I wouldn't want it every Shabbat, maybe only once a month" (9-year-old).

CHALLAH

adapted from *The Jewish Catalog*

- ✦ 1/2 cup oil
 - ✦ 4 tsp. salt
 - ✦ 1 Tbsp. sugar
 - ✦ 1 cup boiling water
 - ✦ 1/2 cup cold water
 - ✦ 2 packages dry yeast
 - ✦ 1/3 cup warm water
 - ✦ 3 eggs
 - ✦ 7 cups unbleached flour (you may need less)
- OPTIONAL: sesame or poppy seeds

Pour the oil, salt, and sugar into a large mixing bowl. Add 1 cup boiling water and stir; add 1/2 cup cold water. Dissolve 2 packages dry yeast in 1/3 cup warm water. Beat 3 eggs, and add to oil and water mixture, saving 1 tablespoon of beaten egg to be brushed on loaves before baking. Add dissolved yeast and stir. Add flour and mix well.

Turn out on floured board and knead until dough does not stick to board or hands. Add more flour if necessary. Return dough to bowl and cover with a clean towel. Place in oven that has been preheated for one minute and then turned off. Let dough rise in oven for one hour; it should double in bulk. If poked with finger, the hole should remain.

Turn dough out on lightly floured board and knead for about 1 minute. Cut into 4 pieces and then cut each of these into 3 pieces, kneading each piece with a little flour until it is not sticky. Grease a cookie sheet with vegetable shortening. Roll each piece of dough into a strand about 8 inches long. Make 4 braided loaves.

Place on baking sheet and let rise for 45 minutes at room temperature. Brush tops of loaves with beaten egg and sprinkle with sesame or poppy seeds. Bake in 375 oven for 25-40 minutes. Remove loaves to racks to cool.

Extra loaves may be stored in the freezer, then thawed and placed in oven for 5-10 minutes to restore their fresh flavor.

BEAN AND BARLEY CHOLENT

adapted from *The Jewish Vegetarian Year Cookbook*

- ✦ 1/2 lb. Great Northern beans
- ✦ 1/4 cup vegetable oil
- ✦ 2 large onions, chopped
- ✦ 1 large carrot, sliced thin
- ✦ 3 cloves garlic, chopped
- ✦ 1 Tbsp. sweet paprika
- ✦ 1 Tbsp. honey
- ✦ 1/2 cup pearl barley
- ✦ 5 cups boiling water
- ✦ Salt and freshly ground pepper to taste

Soak beans overnight in large covered pot or bowl, with water level 2" above beans.

Preheat oven to 350. Heat oil in large, heavy oven casserole. Add onions, sauté until golden. Stir in sliced carrot, cook 5 more minutes. Stir in garlic and cook 1 more minute.

Stir in paprika and honey. Stir in barley. Drain beans and add to pot.

Add boiling water, cover and bake for 30 minutes. Reduce heat to 250 and bake 30 minutes longer. Remove cover and season with salt and pepper.

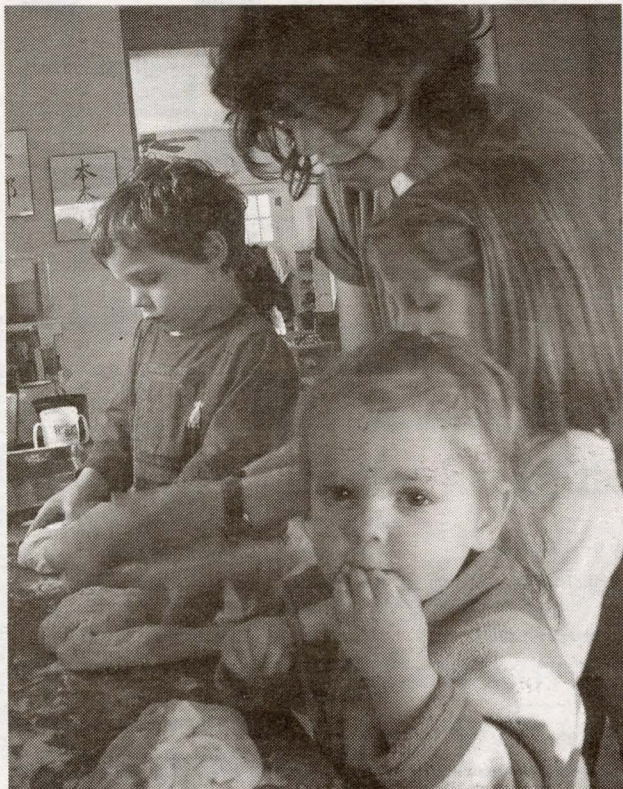
CHILDREN'S CHOLENT

inspired by and heavily adapted from *The Children's Jewish Holiday Kitchen*

Assemble Bean and Barley Cholent as described above. After adding beans and prior to adding boiling water, slice 6 medium potatoes thinly and add to top. Cover cholent with boiling water. Make a dough from 1/3 cup margarine, 1 cup self-rising flour, a dash of salt, and 2 Tbsp. ice water. (NOTE: For a wide casserole dish, you may need to double this amount of dough.) Spread the dough all around the rim of the casserole like putty, and put on the lid, sticking it to the dough to make sure no air gets in while cooking. Bake at 250 degrees for approximately 12 hours. Open and eat!

Were I not writing this article, I would never have undertaken a recipe that takes a day and a half to complete, much less one with a crust, but I was pleased to see how little effort, apart from planning ahead, this required.

Judy Sobeloff looks forward to unlocking the mysteries of meals kids might eat that parents might cook.



The challah braiding team gets to work.

Beginning Basket Weaving Class at Artisans at the Dahmen Barn

By Leslee Miller, Manager, Artisans at the Dahmen Barn

On Saturday, May 12, from 9 a.m. to noon, award-winning basket weaver Doris Howell will teach a class for beginners at Artisans at the Dahmen Barn in Uniontown. Participants will learn basic weaving techniques as well as general information about basket weaving by creating a 10" trivet made of round reed. All materials used during the class will be provided, and an extra kit will go home with each student. The cost is \$22. Howell will be offering a more advanced class in the future and will make information available on May 12 at the class.

Howell has taught classes for 10 years in Montana, Idaho and Oregon. Her creations are sold through galleries in

Montana and Arizona as well as at The Shop at the (Dahmen) Barn. Her work has been accepted for juried shows and she has won 1st place as well as Best of Category awards.

The class is limited to 12 students, and paid registrations must be received no later than May 8. Registration information may be found at www.ArtisanBarn.org at the bottom of the calendar page, or by calling 509-229-3414 during open hours Thursday through Sunday from 10 a.m. to 6 p.m.

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

Palouse Community Rowing

By Coach Arthur Ericsson

Did you know that rowing has been a part of the Palouse since 1970? That is when Cougar Crew was first started at Washington State University. But until last summer it has only been available to the WSU student body. WSU Men's Crew is once again organizing a summer rowing program for members of the community, and registration is now open. They have Junior (age 13-18) and Adult Learn To Row programs, as well as an experienced Masters Crew session. "We love this sport so much, it is only natural that we have found a way to share it with the community," says Head Coach Arthur Ericsson.

"Last summer we got started with the Adult Learn To Row, but this summer we've extended the summer season and added the Junior and the Masters groups." The Learn To Row sessions are coed, and for beginners with no experience, and adults of all ages. Practices are held at Wawawai Landing on the Snake River three times a week: two weeknights from 5:45-7:45 p.m. and Saturday mornings. The program features a summer finale fun-race regatta hosted by Coeur d'Alene Rowing Association. For complete information, please visit www.mensrowing.wsu.edu.

Hike the Ridge from MaryJanesFarm

By MaryJane Butters

This summer we are offering a special weekend for those who love native plants and who want to experience and understand the ecology of the beautiful Palouse landscape.

On Saturday, June 23, Richard Old, Ph.D., will lead a leisurely hiking tour beginning at MaryJanesFarm (8 miles southeast of Moscow) and wandering atop adjacent Paradise Ridge. Rich Old is a fifth generation resident of the area, the acknowledged expert on the flora of the Palouse and surrounding plant communities, and has been leading field classes in this region for over 30 years.

The hike, which is limited to 10 participants, will begin at 10 a.m. and end in the mid-afternoon. A picnic lunch, catered by MaryJanesFarm, is included. The total cost is only \$50 per person. Participants must wear good hiking boots and expect to walk over uneven ground and on some steep slopes.

The hike to Paradise Ridge will include study of both the Idaho forest community on the ridgetop and the steppe ecosystem of the Palouse on the surrounding prairie. This is an incredible opportunity to explore the local landscape with this passionate and articulate botanist.

We suggest including a weekend stay in one of our bed-and-breakfast wall tents to complete your immersion in this lovely landscape. For details, call us at 882-6819 or e-mail iris@maryjanesfarm.org.

Come to the MaryJanesFarm Hike!

Saturday, June 23, 10 a.m.

Begin at MaryJanesFarm (8 miles southeast of Moscow)

Cost: \$50 per person

Vibrant Relationships and Vibrant Health

By Debbie Grieb

Are you ready to create the relationships and the life you deeply desire? A free workshop on Vibrant Relationships is coming to the Palouse May 18.

- * Imagine relationships based on honesty and empathy where everyone's needs are valued.
- * Imagine enjoying interactions with your family and community members based on respect and understanding.
- * Imagine being empowered to bring your dreams to life

The workshop will be at the United Church of Moscow, 123 W. 1st Street, from 7-9 p.m. Kathleen MacFerran, Certified Trainer with the Center for Nonviolent Communication (www.cnvc.org), will introduce you to tools that can change your life.

For more support, come back Saturday, May 19, for presentations on Vibrant Relationships at Home (9 a.m. - 12 p.m.) and Vibrant Relationships in the World (1-4 p.m.). Suggested donation

for each workshop is \$30-50, with no one turned away for lack of ability to pay the requested amount. Childcare will be provided with prior registration (contact Caitlin Cole 883-3959).

Do you want to join with others working to create sustainable communities? On May 11 from 7-9 p.m., come to UUCP, 420 E. 2nd Street in Moscow. Veronica Lassen will share exciting news from the recent Great Turning Gathering, where author David Korten said only a major shift toward cooperation and away from exploitation will prevent a "Great Unraveling."

The evening will include:

- * David Korten DVD showing
- * Exploration of effective work with global warming, justice, hunger, poverty, diversity, etc., by building local networks.
- * Deconstructing Empire stories, to have the clarity we need to create Earth-community

As we turn from money to life as our defining value, and as we turn from domination to partnership, we will create the conditions necessary for vibrant health for our planet and all living things. For more information visit www.palousecc.org or call Veronica Lassen 882-2562.



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Inspiration in the Least Likely of Places

By Amy Newsome, Roots & Shoots

Early in 2004, I was in the Co-op looking for toothpaste, when I found inspiration. At the time, I didn't realize it would result in meeting the world-renowned and beloved Dr. Jane Goodall three years later.

It was actually a picture of Jane Goodall holding an orphaned chimpanzee that caught my attention on the Tom's of Maine package. Dr. Goodall was pleading for people to start "Roots & Shoots" groups in their areas.

Having been a long time admirer of Jane Goodall's work, I did some research and found that the Roots & Shoots mission is to foster respect and compassion for all living things, to promote understanding of all cultures and beliefs, and to inspire each individual to take action to make the world a better place. The task of each group was simple: to take on service learning projects that express care for people, animals and the environment. I decided to start a Roots & Shoots group right here in Moscow.

Luckily, the Co-op was then accepting applications for their 2 percent Tuesday grant. My grant was accepted and everyone that shopped on Tuesdays in December of 2004 contributed to getting this program off the ground.

With that funding, I started Moscow Roots & Shoots. Since then our group of 3rd through 6th graders have met once a week after school at Lena Whitmore. We have taken on many

service-learning projects, studied local environmental topics, had guest speakers on a variety of subjects and went on many nature observations and outings in our area.

When I heard that Jane Goodall would be speaking in Pullman on March 8 of this year, I was thrilled. Now they'd be able to see and hear Dr. Goodall in person! That would have been exciting enough, so when we were contacted to actually meet with Jane Goodall in order to share our activities and then asked to fly peace doves during her lecture, we were all thrilled!

In order to prepare, each of the members chose one project that they would like to present. Each of them wrote a short summary of the project. I created a PowerPoint so pictures would accompany the presentations. We also had giant peace doves to create. Thanks to my husband, Richard, who created the structures and to Susan Daniels, Berkley Ridenhour and Lesley Griffel, who were brave enough to sew the peace doves with their 20-foot wing spans!

On Thursday, March 8, the group members got out of school a bit early and we headed to the WSU Lewis Alumni Centre. Three other Roots & Shoots groups were also present: the WSU group, a group from Omak, and another group from Spokane.

The Moscow Roots & Shoots members did a wonderful job, each speak-



The Moscow Roots & Shoots Group with Jane Goodall on March 8.

ing about their favorite project with enthusiasm and each receiving a round of applause after speaking. After all the groups presented, Dr. Jane addressed the groups praising them for jobs well done. She spoke about other examples of Roots & Shoots efforts from around the world. There are over 8,000 Roots & Shoots groups in nearly 100 countries now.

After all the pictures were taken, Jane gravitated back to our group, the youngest children present. One of our members gave her an impromptu hug and Dr. Jane said she was pleased that we would be flying the peace doves at her evening lecture.

That evening, we all reassembled at the Beasley Coliseum. Jane spoke, first greeting the audience with a wonderful hello in chimpanzee. On their cue the children took their positions under the peace doves and "flew" them around the lower level seating area while a

beautiful song about peace played. Dr. Goodall was visibly pleased as she said, "How wonderful."

This experience will be one that the kids and I will always remember. So, thank you Moscow Food Co-op and its shoppers for giving this group the start that it needed.

Roots & Shoots will have a vendor table at the Co-op on May 12. We will be selling interesting items (travel mugs, recycled journals, and more) that would make great gifts for Moms and graduates.

Amy Newsome is a licensed Master Social Worker. She would like to encourage more adults to start Roots & Shoots groups in our area. She can be reached at ranewsome@roadrunner.com. You can check out the Roots & Shoots Web site at www.rootsandshoots.org.

Bringing the Palouse Grassland to Your Yard

By Jacie Jensen

Our farm includes more than 100 acres of native Palouse grasses and wildflowers on Paradise Ridge. This native grassland habitat is exceedingly rare today, highly diverse, and breathtakingly beautiful in the profusion of wildflowers that abound on the site. My husband Wayne and I hope to both preserve this remnant of the Palouse prairie and to provide gardeners and landscapers with the plants and seeds they need to bring this prairie plant community to their own yards. In 2004, we began gathering native seed for commercial seed and plant production. And now, for the first time, we are able to offer "Palouse Prairie in a Flat."

Palouse Prairie in a Flat is a selection of 18 individually potted native grasses and wildflowers which flourished throughout our region, from the

Rathdrum Prairie near Coeur d'Alene to the Camas Prairie near Grangeville. Planted together, they will create a native grassland habitat of about 25 square feet.

The 18 plants, each in 4-inch square pots, include six species of native wildflowers (prairie smoke, blanketflower, western aster, slender cinquefoil, tall cinquefoil, and goldenrod) and three species of native grasses (Idaho fescue, blue wild rye, and blue bunch wheatgrass). All are perennials and prefer sunny locations. After becoming established with light watering the first summer, the plants will require no irrigation. Planting instructions and a suggested design layout are included with each Palouse Prairie in a Flat.

Our goal is to bring a part of our shared heritage to the gardeners and

landscapers of this region. Anyone interested in no-irrigation, low-maintenance xeriscape planting or in the beauty of our native grasses and wildflowers will enjoy Palouse Prairie in a Flat.

Palouse Prairie in a Flat, which is available from May 1 through June 15 for \$54, can be purchased at four nurseries in this region. Those nurseries are:

- ✦ Prairie Bloom Nursery, 5602 State Route 270, Pullman, (509) 332-4425
- ✦ Fiddlers Ridge Garden, 1420 S. Blaine, Moscow, (208) 875-1003
- ✦ Westwood Gardens Nursery, 15825 N. Westwood Dr., Rathdrum, (208) 687-5952
- ✦ Blue Moon Garden &

Nursery, 1732 S. Inland Empire Way, Spokane, (509) 747-4255

More information about Palouse Prairie in a Flat, including profiles of all the plant species, planting instructions, design layout, and online purchase, is available at www.maryjanesfarm.org. For other questions, e-mail prairiescapes@starband.net.

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Remembering LeRoy Lee

By Bill London

Everyone is invited to a celebration of the life of LeRoy Lee, beginning at 3 p.m. on Saturday, May 26, at Robinson Park.

On January 17, LeRoy Lee died of an apparent heart attack at the home he shared with his partner, Elizabeth Taylor, near the town of Santa, about 60 miles north of Moscow. He was 50. We will honor his integrity, environmental activism, great humor and musicianship with a gathering, potluck meal and campfire sing-along.

WHERE: Robinson Park, about 4 miles east of Moscow, at the large pic-

nic shelter on the north side of the park

WHEN: We will gather beginning at 3 p.m. on Saturday, May 26. From 3-4:30 p.m., Dave Peckham will be videotaping those who knew LeRoy when he first arrived in Benewah County in the early 1980s, collecting those stories for a historical record. The celebration event will begin about 4:30, to be followed by a potluck dinner and campfire.

PLEASE BRING: For the potluck, please bring a dish to share. Also, Sharon Cousins is making "stone soup" at the site (actually she is preparing

three soups: meat, vegetarian, and vegan versions), so please bring cut-up vegetables or meats to add to the soups (remember to prepare the ingredients by cutting them ahead of time). Bring a chair if you wish. There is no drinking water at the site, so bring enough beverages. Most importantly, bring musical instruments for the campfire jam and stories, songs and memories of LeRoy to share at the celebration event.

DETAILS: A privy is available for use there by the picnic shelter. There are no hand-washing facilities, but antibacterial wipes will be provided. We are responsible for cleaning up the picnic shelter area, so please use the trashcans and recycling bins provided. Remember there is no drinking water available at the picnic shelter. Overnight camping is

available at Robinson Park.

DIRECTIONS: From Moscow, go to Mountain View Road and Joseph Street. Turn east on Joseph Street, continue through the roundabout, past Slurp'n'Burp, on Robinson Park Road for about 4 miles. When you get to the park, turn right onto Randall Flat Road. Continue for about one-quarter mile, then turn left at the driveway to the picnic shelter. There is a large parking lot at the shelter.

QUESTIONS: Contact Sharon at writersguildgal@moscow.com

Bill London edits this newsletter and will never forget LeRoy's right-on rendition of the Beverly Hillbillies theme song.

WSU Extends Organic Agriculture Major with New Online Course

By Brian Clark

Washington State University, home of the nation's first major in Organic Agriculture Systems, is offering its first online class in organic agriculture.

"Organic Gardening and Farming" was developed and designed by WSU Regents Professor John Reganold and doctoral student Jennifer Reeve, who will be the course instructor. The course begins May 7.

"Organic agriculture is so popular that we really needed to offer this course," said Reganold. "Faculty, staff and graduate students at Washington State University have been researching

organic and sustainable farming systems since the 1970s, so we have the experience and the people for offering such a course."

Taught in a virtual classroom, the class utilizes online technology to deliver the latest content and foster critical thinking. Streaming video will enable students to tour WSU's organic teaching farm and composting facilities, while a threaded discussion board encourages students to discuss their ideas and experiences with each other and their instructor. Students will also engage in hands-on activities such as designing their own farm or garden, creating a

taste test, conducting experiments on soil fertility and quality and interviewing organic farmers in their area.

The course introduces students to the principles and basic production practices of organic gardening and farming systems. It focuses on soil quality and fertility, crop management, food quality, weed and pest management, composting, greenhouse and hoop house gardening, organic farm planning, mixed crop/livestock systems and organic certification standards. Critical thinking is fostered through a study of the literature and the controversies that surround organic gardening and farming.

While "Organic Gardening and Farming" is the first course specifically designed for students interested in sustainable and organic agriculture, WSU's Distance Degree Program, in conjunction with faculty in the College of Agricultural, Human, and Natural Resource Sciences, offers many courses in agricultural science, including a Master of Science in Agriculture.

For more information about distance education, please visit www.distance.wsu.edu. For more information on WSU's Organic Agriculture Systems major, check out: www.afs.wsu.edu/organic.htm.

New at the Library

By Chris Sokol, Latah County Library District

"Ink runs from the corners of my mouth.

There is no happiness like mine.

I have been reading poetry."

—Mark Strand

Haiku selected and edited by Peter Washington. A compilation of 17-syllable poems and variations.

Love Poetry Out Loud edited by Robert Alden Rubin. 100 passionate poems to stir the heart.

Man and Camel by Mark Strand. A toast to life's transience and abiding beauty.

The Poems of Wilfred Owen, edited by John Stallworthy. The work of the greatest poet of the First World War is known for its understanding of human suffering and tenderness, at home and on the battlefield.

Poetry on Record: 98 Poets Read Their Work, 1888-2006. This 4-CD plus book set tells the story of the past 120 years of poetry in English, allowing listeners to understand exactly how poets intended their poems to be read aloud.

Robert and Elizabeth Barrett

Browning: Poems and Letters. The poetry of this nineteenth-century couple reflects the unique nature of their relationship.

Selected Poems by Derek Walcott. A native of the Caribbean island of St. Lucia, Walcott won the 1992 Nobel Prize for Literature.

Thirst by Mary Oliver. Forty-three new poems by a Pulitzer Prize-winner.

FICTION

All Whom I Have Loved by Aharon Appelfeld. The haunting story of a Jewish family in Eastern Europe in the pre-war 1930s.

The Double Bind by Chris Bohjalian. A college sophomore is attacked while riding her bike through Vermont's back roads, changing her life forever.

Skylark Farm by Antonia Arslan. A wrenching novel chronicling the life of a family struggling for survival during

the Armenian genocide in Turkey in 1915.

The Welsh Girl by Peter Ho Davies. A wartime love story set in the stunning landscape of North Wales during the final, harrowing months of World War II.

NONFICTION

Build Your Own Electric Guitar by Martin Oakham. Complete instructions and full-size plans.

The Complete Guide to Patios: Plan, Build and Maintain by Philip Schmidt. Plans for 15 styles, patio add-ons, and repair and maintenance.

The Home Energy Diet by Paul Scheckel. How to save money by making your house energy smart.

Chris Sokol likes haiku in the traditional 5-7-5 pattern. Library books, new Sit like treasures on the shelves Check them out? You bet.

Pass the Buck

By Kelly Kingsland of Affinity Farm

Last summer we got to meet and spend time with two of Nancy Casey's friends from Haiti: Abner Sauveur and Afelene Rosemond. During that time, I got to be a part of helping Abner fulfill a dream of his: to create a tool library in Matenwa, his village in Haiti.

It was during a conversation about growing food that Abner admitted one of the main obstacles to growing their own food in his village was access to tools. Families there are barely able to afford food (Nancy says one meal every other day is common), let alone buy tools. Abner's solution was to somehow raise enough money to buy tools and even possibly pay someone to run the library, and maintain the tools (about \$12 a month). Abner felt that \$700 in tools would be a good start, and I set out to raise enough money to get him started.

The money was easy to raise. I asked friends, and only people I could have conversations with about Haiti, Matenwa, hunger, and food security. My friends are generous people, and Moscow is an abundant place, and when Abner and Afelene headed back home to Haiti, they went with a check large enough to buy tools to start Abner's library. I can't express how

good it felt to actually make a difference; to link our passion for local food and eating here in Moscow with people in another less privileged community.

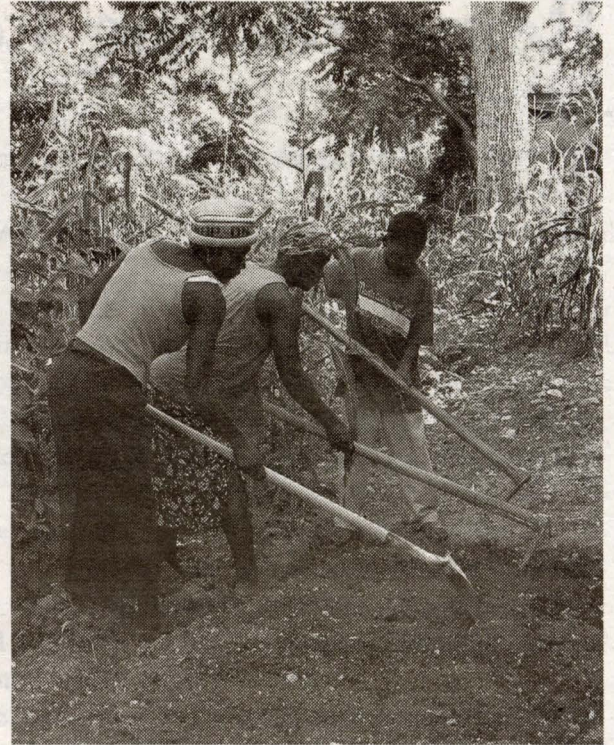
Now, eight months later, the tool library is a success. The tools and the gardens that they help create are inspiring others to garden as well. So much so in fact, that the tool library needs to grow. And so I have decided again to ask my community to help. Are you are interested in contributing enough

money to buy a specific tool for the library? Or would you like to make a general contribution to the gardening fund for Matenwa?

If you would like to be a part of this ongoing project, or if you have questions, please come by my farmers market stand on the NW corner of the New St. Andrews building. Or see me every Tuesday at the Co-op's own Growers' Market. Contributions can also be made to Nancy Casey once she is back in town, or at Bookpeople.

In Haiti there is a proverb that says "Beyond mountains there are mountains" and so I take this step now, knowing once this obstacle is removed,

there will be another, and that I will be involved in the continued effort of growing more food in Matenwa.



Some of the tools being put to use to grow food in Matenwa, Haiti.

The Things We've Learned

By Nancy Casey, Newsletter Volunteer

Delishoppers from a few years ago may well remember former server Liz Bageant, who left the Co-op and spent a year in Mozambique to work in an HIV/AIDS education program. One of her co-workers, a young woman by the name of Ali Pinschmidt began taking personal souvenir video footage and, much to her own surprise, that project mushroomed into her producing a full-length DVD which captures the range of experiences she and the other young people in the program had during their Mozambique stay.

That DVD, which Ali made entirely at her own expense, is called "The Things We've Learned," and is now available in the Moscow public library.

The video is heartwarming and heart-breaking. It captures the experience of so-called "development work" as well or better than any other video I've seen. You'll be moved by the courage and

maturity of the young people working in the program. You'll learn about Mozambican culture. You'll understand the African AIDS epidemic better.

Especially if you're a young (or not-so-young) person wondering if volunteering in an "under-developed" country is for you, you should watch this DVD. If you would like to have your very own copy of it and not wait your turn at the library, the cost is \$20 and you can order one by e-mailing alipinschmidt@yahoo.com

Moscow's own Liz Bageant is currently an exchange student in South Africa, and Ali Pinschmidt has been working in a homeless shelter and soup kitchen in Boston since her return from Mozambique.

Nancy Casey is currently in Haiti, where she has worked on an agricultural development project for several years.

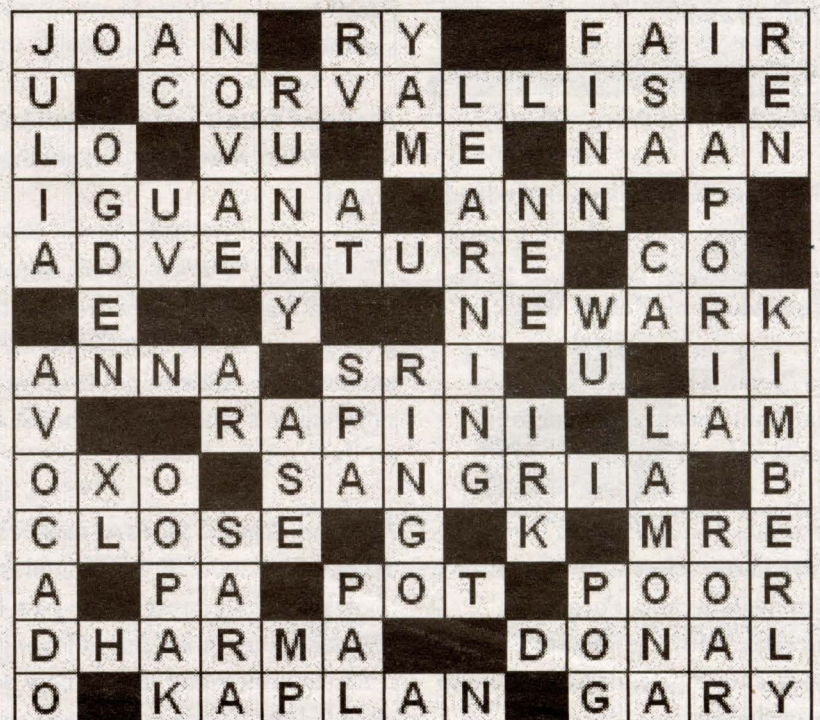



Letter to the Editor:

Dear Editor of the Moscow Food Co-op Community News,

On behalf of the Jewish Community of the Palouse, I want to thank the Moscow Food Co-op for once again providing a delicious and extensive selection of Passover Food this year. There are people who only purchase Passover Food for a few days, but there are many Jewish people who eat Passover Food for the entire eight days of the holiday. Also, many of the large grocery store chains have been cutting back on their supplies, sometimes only carrying Matzah. And that is one of the reasons why the Moscow Food Co-op is such a great place. You care about the needs of community members, and you listen to our suggestions. You are carrying a wide variety of Passover Foods - from "soup to nuts" - even though some of the products do not meet your strict standards as to natural ingredients. It is also important to note that many of your regular package products are certified Kosher, and there are several families in our area who maintain a Kosher diet. We in the Jewish community appreciate the wonderful services provided by the Moscow Food Co-op. And we want the rest of our Moscow and Pullman neighbors to know how great you are.


Myron Schreck, President
The Jewish Community of the Palouse
Moscow, Idaho





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We Are The Weather Makers

By Lahde Forbes

Tim Flannery, in his book *The Weather Makers*, points out that we have the power to adjust the earth's thermostat because over the course of human history our activities have moderated the Earth's climate. Unbeknownst to us we helped create what is called the "long summer," a time period during which human civilization thrived. Now, it is up to us to stop our Earth from overheating and keep it a hospitable place to live. As Flannery states, "you can, in a few months rather than the fifty years allowed by some governments, easily attain the 70 percent reduction in emis-

sions required to stabilize the earth's climate. All it takes are a few changes to your personal life, none of which requires serious sacrifices."

The following check list may aid you in reducing your emissions by 100 percent! This list is not completely comprehensive but it is a good starting point for most of us. You may already do many of the things listed. Now is the time to dive in and see what else you can do. See what looks doable now, in two weeks or within the next few years. For a more comprehensive resource see Guy Dauncey's book *Stormy Weather, 101 Solutions to Global Climate Change*. It is an easy read and

Your Handy Dandy Climate Change Checklist:

(percent reduction of CO2 in parentheses)

- Purchase green power from your utility (100 percent)
- Use energy efficient compact fluorescent light bulbs (up to 10 percent)
- Keep your car tires properly inflated (improves gas mileage)
- Turn off electronic devices when they are not in use
- Use less hot water by installing a low flow showerhead and washing clothes in cold or warm water (Note: The Moscow Water Department has free water reducing devices for anyone living in Moscow.)
- Install a solar hot water system for heating your domestic water (up to 30 percent)
- Install solar panels and/or a wind generator
- Purchase energy efficient appliances (up to 50 percent)
- Buy local food, lumber, etc. (reduce emissions due to transport and storage)
- When buying a new car choose one that is fuel-efficient and clean burning. The best car on the market currently is the Hybrid Electric Toyota Prius. (up to 70 percent).
- Drive less and walk, cycle, carpool or take public transit more frequently
- Take vacations closer to home and fly as little as possible
- Write to politicians about climate change
- Reduce, Reuse, Recycle (save thousands of pounds of carbon dioxide per year)
- Purchase carbon offsets and or renewable energy credits to offset the emissions you are unable to reduce (www.TripleE.com/environment, www.nativeenergy.com, and www.cleanair-coolplanet.org)

Learn more at: www.moscowclimatechange.com, www.naturalabode.com, www.backwoodsolar.com, www.fightglobalwarming.com, www.stopglobalwarming.org, www.climatecrisis.net, www.climatefriendly.com/calc.php. And <http://energy.sourceguides.com/businesses/byGeo/US/US.shtml>.

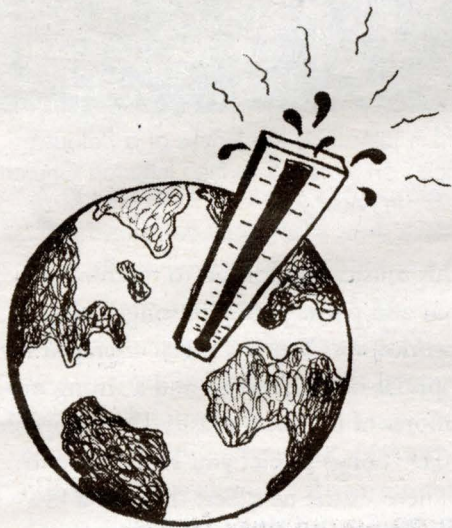


Illustration by Elizabeth Carney Sowards

chock full of good ideas.

Lahde is inspired by her 90-year-old grandmother who recycles even her toilet paper rolls.

Notes on a Lavender Graduation

By Joan Opyr, Newsletter Volunteer

Last week, I had the privilege of giving the keynote address at Washington State University's Lavender Graduation. This event, held annually since 1997, honors the graduating GLBTQA students, who have triumphed over prejudice, adversity and the other difficulties facing young college students today. What follows is an abbreviated version of that address.

You're going to hear a lot of speeches in the next few weeks about the future and what it means to be a success. Commencement speakers are addicted to talking about the future. Words of wisdom are the old folks' crystal meth. When we turn 40, we cannot seem to lay off the crack pipe of advice.

But predictions about the future have no more value than the daily horoscope. They have no more value than the weather report. If you want to know if it's raining, stick your head out the window. I don't want to talk to you about the future. What I'm going to talk about is the present.

We tend to forget about the present because we've got our eyes on some distant goal, but what you need to know is that right here, right now, you are successful. You have done it. You are gradu-

ating from college, which means that you have beaten the odds. Take some time to savor that, to bask in it.

I want you to remember this feeling; to put some of it into a mental bank so that you can make withdrawals when you start to feel beaten down or pessimistic. I admire your courage. I was born a lesbian, but I didn't come out "officially" until I was twenty-five.

Everybody knew, but it wasn't because I told them. I was too chicken to attend Gay-Soc—the Gay Society—which was just then forming at N.C. State. I really regret that. You are smarter than I was. You've stood up and declared who you are. You have fought for your freedom to be openly GLBTQA, and you have triumphed.

I know that you have felt the sting of rejection, and so perhaps this moment is bittersweet. Nothing can take that pain away, but how you choose to cope with it makes all the difference. I thought I'd share some of the rejection letters I received when I was sending my book out to agents and publishers. It's a different kind of rejection—a kind that it's safe to laugh at.

It took me seven years to write *Idaho Code* and five years to sell it. I spent a

fortune on postage and self-addressed stamped envelopes. I crossed my fingers when I mailed them out, and I cursed like a sailor when they came back with "NO" stamped across the top. This story has a happy ending because the book was eventually published, but I didn't know that when I was getting letters like this:

"Many thanks for sending along the first few pages of your novel, *Idaho Code*. Unfortunately, my cup runeth [sic] over, and it's just not my cup of tea."

"Thank you for writing to us about *Idaho Code*. I'm sorry to report that we simply did not have enough enthusiasm for your project."

"Thank you. I like the pace of this and I wish the writing style were more compelling. The first person POV got very tiresome. Sorry and good luck."

"Joan, this is not right for us, but on a personal note, it's nice to receive queries from lesbians for a change."

I was advised by several agents to change my main character from a lesbian to a straight guy. I was told to rewrite the book in third person. I was told to make the story longer, to make it shorter, and to drop the murder mystery. One woman told me that I would have to turn my black characters into white people. She said that the inter-

racial family in the book made things too complicated, and that some people might think putting black people in the middle of white Idaho was racist. I was pretty dumbfounded by that. My partner's family is interracial, and they live in Idaho, but here was some faraway editor telling me that the life I was living wasn't possible, and that the way not to be racist was to make everyone in my book white.

I decided she was nuts. I ignored her. I was stubborn. I did it my way. And that's why *Idaho Code* took seven years to write and five years to sell.

When people tell you to be sensible, they probably mean well. When they tell you it's time to give up your dream of being a musician or a writer or a pyrotechnician and settle down in the family plumbing business, they're thinking about the future. But it isn't necessarily your future. When people offer you free advice, it's often worth exactly what you paid for it: nothing. Now I don't mean that you should close yourself off to good advice. I mean that you must learn to tell the good from the bad. Any advice that makes you feel less alive, less optimistic, less of who you are—anything that feels like settling rather than striving—that's the stuff that you absolutely must ignore.

The Coop Listener: Wes Weddell, Songs to Get You From Here to There

By Jeanne McHale, Newsletter Volunteer

In 2001, a young man from Pullman earned 15 credits toward a history degree from UW by touring his home state and translating local stories into songs reflecting the wildly diverse socio-geographical flavors of Washington. Thus began Wes Weddell's literal musical journey, which continues to wind through the Pacific Northwest engaging audiences with his songwriting skills and intricate guitar accompaniment. Wes swung through town recently to perform for the Palouse Folklore Society, and I seized the chance to sit down with him at the Co-op and ask him about his newest CD, "Songs to Get You From Here to There." Though sold out for a while, this album is again available at the Co-op, along with a bunch of other CDs that can be purchased for your listening enjoyment.

Wes is a singer-songwriter whose work honors the rich traditions of American folklore, with themes ranging over landscape, relationships and quirky current events. The road that now propels him from one gig to another, when he's not giving guitar lessons in his present hometown of Seattle, winds through many of the songs on this album. The CD features Wes on vocals, guitar, bass and mandolin, joined by a number of other musicians on organ, drums, cello, whistle, fiddle and vocals, though only a small subset of these contribute on any one cut. The result is a set of 12 colorful tunes that highlight skillful picking, poetic rhythms and really great stories.

Wes is a strong proponent of live local music. He runs a Seattle non-profit organization to promote intimate, family-friendly venues for musicians in the Puget Sound region. He enjoys personal contact with small audiences in living rooms at "House Concerts." He speaks of the immediacy of live music and the sense of community that such venues provide. (Consider the Co-op Tuesday night music series as a wonderful example of this.)

At the Unitarian Church on April 15, while many of us were poring over tax forms experiencing a different sort of immediacy, Wes joined fellow folk artist Joe Jencks to perform for a small but appreciative audience. Wes began with a tale of lost love from his CD, "You Left Me With No Choice." On the album, this tune is supported by Dave Bush on drums, and through the magic of multi-track recording, Wes' own guitar and bass. The concert version included nice harmonica work by Wes and vocal harmonies by Joe in addition to the same fine guitar solos you can experience on the recording. Wes also treated us with the first cut from his CD: "Every Now and Then a Sunset." This lovely tune is a road song about Wes' musical travels with his friend Jay ("We'd found wisdom through the ages on the region's many stages, me and Jay."). Another well-crafted song is the one that won the 2006 Tumbleweed Music Festival Songwriting Contest, "Carry On." This song relates the true experiences of a World War II bomber

pilot, who coveted the bicycles left behind by his fallen wingmen and secretly discarded his payload of bombs in the English Channel rather than on the German city for which they were intended. A much lighter song, also based on a true story, is "Happiness Fulfilled," which is a "toast" to the miraculous appearance of the Virgin Mary on a grilled cheese sandwich that netted \$28,000 on eBay. A friend had challenged Wes to write this song on the premise that, in order to write great songs, songwriters need to exercise their creativity muscles on stupid or silly subjects. Having asked Wes about his musical influences, I have to speculate if Roger Miller helped to inspire "Happiness Fulfilled." Another favorite of mine from the CD is the lively Celtic-flavored instrumental "Shtucna's Jig," which showcases Wes' virtuosity on guitar and cittern.

The love of musical performance motivates Wes Weddell to cross the Cascade curtain 40 or 50 times a year to play throughout the region that grounds



Wes Weddell (left) is joined by Joe Jencks at a Palouse Folklore Society Concert on April 15 at the Unitarian Church in Moscow.

his music. In addition to teaching guitar and participating in songwriting workshops, Wes is a music therapist for special-needs children and a strong promoter of live local music. The enjoyable CD "Songs to Get you From Here to There" is the next best thing to a live performance by Wes Weddell.

Jeanne McHale is a member of the Moscow Volunteer Peace Band, which embraces all willing participants and is founded on the premise that "Peace is More Fun."

The Radio Beat: The Palouse Peace Coalition on KRFP

By Sean Quinlan, Newsletter Volunteer

This past January, KRFP added a new program to its roster of local DJs: the Palouse Peace Coalition. The second Sunday of every month from 2 to 4 p.m. the Coalition takes the airwaves to discuss the current war and social justice.

For over five years now, the Palouse Peace Coalition has been a feature of local political life. According to its charter members, it was formed because they were frustrated with the rising militarism and close-mindedness in American society after 9/11. The vision came originally from Dean and Gretchen Stewart, and the group has persisted in the face of incalculable odds. The members started with Friday vigils and then moved to road placards, booths at the Farmers' Market, and educational programs. In the fall, they brought the Eyes Wide Open display to the university lawn. This spring, they grimly marched to commemorate the

fourth year of a war once declared over and done.

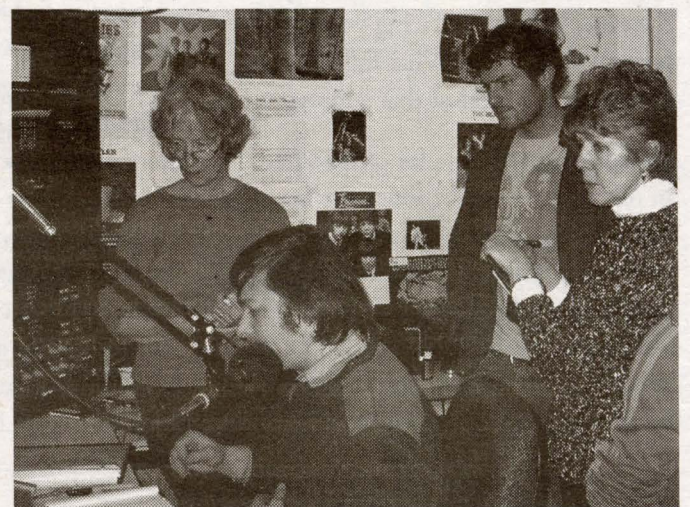
KRFP gives the Coalition another opportunity to share its message. If the Iraq War was the "war we could not stop," as antiwar activists across the globe lamented, it might be the war the peace movement could finally bring to an end. The Coalition hopes that community radio might, in some small way, change public consciousness and help bring the boys back home.

In a recent planning session at Sister's Brew coffee shop, I sit down to meet with the main actors in the Coalition. The Coalition is an impressive group of activists. The four women there—Linda Arrasmith, Jill Wagner, Miriam Kent, and Sally Perrine—are cautiously friendly but engaged. On the air, they are joined by other members like Jill Maxwell, Geoff Pritchard and Jason Wellman—all who make substantial

contributions in terms of content and style.

The members come from diverse political and social backgrounds — one is the mother of a young man in the service, another works with preschool children, another taught at Iowa State. "We're essentially a group of angry middle-aged women with too much caffeine and estrogen," laughs Miriam, looking over her glasses at me. "Basically, we got together because we were tired of watching cable news and yelling at the television," says Arrasmith.

In each broadcast, a variety of Coalition



Leigh Robertes of KRFP trains the Peace Coalition radio personalities to prepare for their show.

members cram into the KRFP booth and exchange thoughts and ideas about war and peace across the globe. The show is chatty and informal; the disarming tone balances the deathly serious topics it covers. But throughout, the participants maintain great synergy—a fact, the Coalitions insists,

Continued on the next page...

that arises from the group's basic organizational principles (both in meetings and on the air).

Most shows are grouped around a particular theme. Arrasmith is particularly proud of their show on land mines; Perrine talks about the upcoming Earth Day commemoration; Wagner plans a show on antiwar activism and "the culture of fear." They all express how moved they were with Wellman's report on his trip to the Cambodian landmine museum and the poetry he wrote in response. Each broadcast is a mix of talk and sounds. Wagner provides film reviews, Maxwell will cover current headlines, and Pritchard will do satire.

Kent brings in great songs and educational material for young children; some members will read poetry and other personal reflections.

There are prerecorded interviews, including fixtures like Noam Chomsky and Nelson Mandela, and live conversations with national and local celebrities.

The members reflect on how America's attitudes have changed about a war that is now entering its fifth year, and how their show can adapt to changing political realities. "At the start of the war, there was so much rage," says Perrine. "You could see it as people drove by and saw us at the vigils." "But now

that's changed," adds Arrasmith. "We're now in the majority. Now's there are more people who want to end the war."

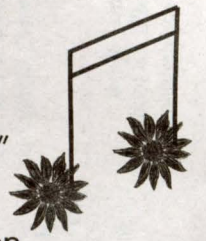
Visit the Coalition's website at www.palousepeace.org and find out more about 92.5 KRFP at [\[moscow.com\]\(http://moscow.com\) \(including streaming audio\).](http://www.radiofree-</p>
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Sean Quinlan is an historian of science.

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



The Sustainability Review : Flooring

By Mikes Forbes, Newsletter Volunteer

So we have six different floorings in our house so far, a mishmash of everything. We've done our best to keep the floors made from local and/or sustainable materials. To date, the materials include: tile, carpet, hardwood, softwood, marmoleum and cork with brick to be added this summer in the greenhouse. I'll give a brief description of each and let you know my opinion.

Tile (mudroom): It's an amazing floor, albeit cold. I'm not fond of its sustainability and local aspect. Many tiles (ours included) are made overseas in Europe from mined clay. The tile in our house is leftover from my parents' place. We had exactly enough tiles to do our mudroom (53 to be exact). I think tile is an excellent covering, especially if you can find it as surplus. Anything that is mined from the ground generally has a high-embodied energy (energy needed to make the product and deliver it to the customer).

Carpet (livingroom/bedroom): We've chosen to have carpet in two rooms of our house: the living room and our bedroom. I like floors that you can lie on and that are soft. We chose to use Nature's Carpet because it is one of the two carpets that are truly natural. It is a wool carpet with a jute backing and a natural latex rubber adhesive to hold the two together. If you smell most carpets, they have a very synthetic odor and typically have many toxic ingredients. For carpet pad, we are using an animal-hair pad instead of the common synthetic rubber pad.

Hardwood (landing): I saw some elm hardwood about a year ago at the Natural Abode. David, the owner, told me that they were distributing it through a local sawmill. The trees came from those that were removed from



The sustainable flooring is progressing in the new house.

East City Park last summer. We had a couple milled into 1x5 boards, which I later took to a friend to have planed into flooring. Elm is one of the most beautiful woods I have seen. It is also extremely difficult to work with, as it wants to "tear out" any chance it can.

Softwood (stair treads/upstairs): Our upstairs is primarily a ponderosa pine floor (we ran a little short, so our bedroom is carpet). A friend ran some pine for us from trees he gleaned from homeowners removing a tree here or there. The pine is "blued," a characteristic color that ponderosa gets when it is attacked by a fungus. A problem we ran into was that we had to fill the floor with a latex filler since the pine has many worm holes. The filler did an excellent job of making the floor look like a normal wood floor.

Marmoleum (bathrooms): This is the original linoleum from years ago, made from wood flour, linseed oil, rosin, limestone and jute. It is a product of Sweden and gaining popularity throughout the world. It is available in sheet form, glue-down tiles, or "click-lock" tiles/planks. We chose to go with the 12"x12" click tiles since they'd be



Cork (kitchen/dining/playroom): We're about halfway through the installation of these tiles. Cork is actually considered a wood floor since it is made from the bark of the cork tree, which grows in Portugal. The bark can be harvested from the tree without harming it, creating a product that is sustainable. The flooring comes in glue-down tiles, sheets, and click-lock. We opted for the glue down tiles since they are the least expensive option (\$4-5 per square foot). Installing is easy. The most difficult part is managing the stickiest glue on earth. I have consumed many pairs of latex gloves in the process, and my arms have glue on them, as do my kids' hair ...

Flooring is an essential part of the house that many times we overlook its sources and ingredients. I hope I have given you some ideas as to different options out there from less toxic to more sustainable.

Mike and his family are almost done with the house enough to live in it for summer.

May Hot Specials	
Breakfast / Lunch	Dinner
SUNDAY	
Spinach-Mushroom Frittata, Tofu Scramble, Hash Browns, Bacon	Mango-Coconut Stir-fry, Jasmine Brown Rice, Peking chicken
MONDAY	
Gourmet Pizza by the Slice	Egg Rolls, Fried Rice, Wasabi Crusted Chicken
TUESDAY	
Quesadillas: Chicken or Veggie, Tofu Verde, Spanish Rice	Chicken and Eggplant Parmesan, Roasted Vegetable Orzo
WEDNESDAY	
Lasagna: Italian Sausage & Veggie, Garlic Bread	Indian Vegetable Curry, Paneer, Indian Baked Rice
THURSDAY	
Smothered Burritos, Roasted Corn	Mustard Glazed Pork Loin, Chutney, Scalloped Potatoes
FRIDAY	
Mac & Cheese, Charred Green Beans, Hot Wings	Gourmet Pizza by the Slice
SATURDAY	
Breakfast: Egg & Tofu Scramble, Roasted Potatoes, Sausage Lunch: Lemon Herb Salmon, Mean Greens, Rosemary Potatoes	Dinner: Jambalaya: Sausage or Veggie, Buttermilk Cornbread w/Jack Cheese



Bulletin Board

Co-op Events Art at the Co-op

Friday May 11, 5:30—7pm

Reception for opening of exhibit of most recent watercolors by Carolyn Doe. The show will run until Wednesday June 20.

Co-op Kids – meet at 9am

Wed May 9—meet at the Co-op to try our hands at wet felting wool. This is a great chance to teach kids how raw wool can transform into felt in their hands—all ages will enjoy this activity.

Wed May 23—Meet at Friendship Square for some fresh air and play on the toys.
Rebekka Boysen-Taylor: amamaswork@yahoo.com

Tuesday Tunes

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

- May 1 Ocho
- May 8 Mark Holt
- May 15 Beargrass
- May 22 Brian Gill and Emily Poor
- May 29 Parallax

Co-op Growers' Market

Every Tuesday starting May 8 and lasting through October from 4:30—6:30pm. Local growers will sell their seasonal bounty in the Co-op parking lot with accompanying barbeque and live music as listed above.

What's Cookin' Cookery Classes

Wednesdays May 9, 16 & 23, 5:30pm
Sponsored by the Co-op, the classes will be held at the basement kitchen area at the Unitarian Universalist Church of the Palouse, 420 E. 2nd Street. Cooking demonstrations will be followed by sampling and discussion.
\$18 per class. Reservations can be made with any Co-op cashier. Info: Jennifer Whitney
☎ 882-1942 or jenwhitney@gmail.com

Community Events UI Women's Center

Tuesday May 1, 5pm
"Women in Radio" panel presentation with Sandi Billings, presenter of the Yin Radio program on KRFP Radio Free Moscow, and women DJs on KUOI—FM 89.3 (UI's college radio). ☎ 885-6616 for Women's Center info

34th Annual Moscow Renaissance Fair
Sat May 5/ Sun May 6, 10am—Dusk
East City Park. 130 craft booths, 20 food booths, childrens' activities, no admission charge—celebrate spring!

Moscow Community Theatre Presents "The Velveteen Rabbit"

Friday May 4, 7:30pm

Saturday May 5, 2pm & 7:30pm

At the Kenworthy Performing Arts Centre. Tickets are \$3 each, and are available in advance at BookPeople, and half an hour before performances at the box office.

Hallelujah Acres—Health Seminar

Saturday May 5, 9:30—11:30am

Testimonials of recovery from depression, chronic fatigue syndrome, ADHD and many more. 1155 NE Orchard Drive, Pullman. Contact: Pauline Pope, Health Minister on ☎ 332 4833, or www.hacres.com

Pay Dirt Farm School Class

Saturday May 19, 10:00—Noon

This session will cover marketing value-added products from your produce, body care items, water bath canning, dehydrating, and donating extras to local food banks. The cost for the class is \$25.00 and includes class materials and handouts. Contact Sunny ☎ sunny@MaryJanesFarm.org

2007 Koppel Farm

Saturday, May 12 10:00am

Located at Koppel Farm/ Pullman Garden on the corner of Derwent and Professional Mall Blvd. Garden for rent and activities include: Pullman Police & Fire Department, Gardeners, Slinky the Clown, Foundation, Ground works, and a plant sale.

Palouse Folklore Society Dances at the 1912 Center

Friday May 4, 8pm

Moscow Renaissance Fair Contra Dance – arrive at 7:30 for a fun teaching session. Join the band Potatohead and caller Joseph Erhard-Hudson. John Watkinson whistles, Lisa O'Leary plays the hammered dulcimer, and Paul Smith plays fiddle and guitar.

Saturday May 19, 8pm (7:30pm lesson)

Join the band Kilts Askew and caller Nora Scott for a wild and exciting evening! Enjoy Carla Carnegie on fiddle, accordion, and piano; Anna Carnegie Marx on percussion playing the bodhran, djembe, and shaker; Travis Finch on mandolin, guitar, and djembe; and Kevin Jones on bass and guitar.
\$4 newcomers, \$5 members, \$7 non-members.

www.palousefolklore.org

MOSCOW CO-OP

Downtown

Saturday May 5
Grangeville Bluegrass
a bluegrass concert

Saturday May
Award winning
will teach a class
\$22. The class
paid registration
May 8.

Saturday May 12, 1—4pm
Opening of "Spring into Summer" exhibit of new works by resident artisans.
www.ArtisanBarn.org or ☎ 509-229-3414

Vibrant Relationships Workshop
Friday, May 18, 7—9pm FREE introduction

Saturday May 19, 9am—Noon
Relationships at Home (\$30-50)*

Saturday May 19, 1—4pm
Relationships in the World (\$30-50)*

*(no one turned away for lack of funds)
All at United Church of Moscow, 123 W. 1st St.

Palouse Prairie Charter School

Thursday May 31, 7pm

Public Meeting for anyone interested in the school—a center for Expeditionary Learning on the Palouse. www.PalousePrairieSchool.org

1912 Center Celebration

Sunday, May 20, 2-4 p.m.

Join board members and volunteers of Heart of the Arts, Inc., for music, refreshments and tours of the building.

Meet our new executive director and share ideas for renovating the building's upper floors for arts and cultural uses. Win a free pass for you, your family or your group to use the Great Room.

☎ 208 669 2249 or www.1912center.org

Vigil

Moscow: Fridays 5:
Ongoing since Nov;
Friendship Square. R
encouragement, and

☎ 882-7600 or www.palousepoilatch.com

Pullman: Fri May 4, 12:15—12:45pm

Under the clock by

☎ 334-4000 or www.palousepoilatch.com

Moscow Food Co-op
121 East Fifth Street
Moscow ID 83843

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



Common Buckeye



Albert Einstein

Send your community announcements! Email events@moscowfood.coop