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# Community News

**FREE!**  
PLEASE TAKE ONE

**November 2007**

The monthly newsletter of  
the Moscow Food Co-op



## Tasteful Thursdays

By Kenna S. Eaton, General Manager

One of the fun perks of my job is not only thinking up cool new events for the Co-op, but also coming up with some fun names. This season, our newest addition is "Tasteful Thursdays." when not only will you get a taste of our awesome food and drinks, you'll walk away feeling full - what a nice thing to have happen on a cold, chilly, Fall night, right?

It all started with our new wine buyer, Josh. If you haven't met him yet, come on down next Thursday from 5-7 p.m. and find him in the wine aisles sampling some of his favorite wines. Josh is pretty down to earth and so are his wine choices. We're not focusing on fancy wines, but ones we think you will enjoy and want to buy time and time again. Josh is great at answering all your questions, helping you find a wine to suit your taste and your budget and if by chance you do stump him he'll get back to you next week with an answer!

Once we decided we wanted to share our great food, the ball started rolling and all our departments wanted to join in. So Josh will be sampling a different cheese every week in between those sips of wine. In the Produce Department, Jessica is sampling glorious fruits and veggies (like pomegranate seeds), while Martin, the produce stocker, plays his cello (very cool). The Kkitchen is getting into the program with samples of their yummy baked goods, salads, treats and specials at the coffee bar. Finally, the Grocery Department is planning to cook hot entrees made from ingredients in the



Illustration by Elizabeth Carney-Sowards.

inner aisles. Good food, good, good music and good company - what more could you ask for? And, of course, it's free.

Look for Tasteful Thursdays to happen 5-7 p.m. every week into the New Year.



# Community News

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(208) 882-8537

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



## Holidaze....

By Kenna S. Eaton, General Manager

The holidays are fast coming upon us - and every year they seem to creep up faster still. Remember when you were a little kid and it took forever for your birthday or Christmas day to come? Well, then you know how we feel! Of course, we advocate that the best gift you can give is one that comes from the heart, but if you're feeling challenged and want some help, come to the Co-op and check out our fun new items, as well as some classics that you'll be happy to find again. Most of our mercantile items are either fairly traded or bought direct from the maker like the Guatemalan bags, wallets, hacky-sacks and accoutrements you'll find here. Kelly (our new wonderful mercantile buyer) bought them directly from a Guatemalan friend of hers whose family sewed and crochet the items for him to sell. World of Good is sending us a fresh new shipment of fair-trade items from around the world. And while we don't know for sure exactly what we'll get, we've gotten some glorious things in the past made from recycled products like plastic bags and then turned into works of art.

Bee House is a new-to-us manufacturer of Japanese kitchenware like teapots and noodle bowls. The clean, simple lines of these items make a great addition to any home or kitchen. More bowls and kitchenware from Down to Earth, a distributor from Eugene, OR, focus on quality and usability. In fact, I bought one of their noodle bowls 20 years ago and we still use it in my house and it still hasn't chipped or cracked!

Big Dipper Candles from Seattle, a regional manufacturer, has an awesome line of beeswax candles including Hanukah candles. Natural Elements is gift paper made from mulberry bark, and Iota is a fun new line of cards (boxed sets) as well as journals and notepads.

For the kids at your house, we have re-usable sticker gift sets featuring fairies, farms and animals that will inspire them to hours of quiet fun.

What else? Calendars of course! We've got quite the selection, but shop early since this is all we'll be ordering. And let's not forget the Alpaca hats, gloves and scarves to keep warm; Potting Shed's creations, a local company that makes great gifts for the gardener on your list; journals made by Brian Burke of Pullman from recycled floppy discs; CD's from your favorite local artists; and the list goes on.

Now let's talk practical: tote bags - everybody needs 'em and they make a great gift for anyone, including your-



Illustration by Elizabeth Carney-Sowards.

self. This fall, our selection will expand to include fun, new designs such as re-usable bags from Yanz of New York. Their bags are tough and easy to clean (for when the maple syrup doesn't quite make it home), as well as being stylish. We'll have Enviro-Tote bags made here in the USA from recycled pop bottles, string bags, cotton tote bags, and the list goes on.

Whether locally made, recycled, fair-traded or simply cool, we've got a great selection of mercantile to choose from. See you in the aisles!

Hopefully, Nancy will forgive us and continue her column in future issues.

Bill London edits this newsletter and is now keeping contact with his daughter and ever-adorable granddaughter through the wonder of two-way, real-time, interactive webcam conversation.

## Correction

By Bill London, Newsletter Volunteer Editor

Our apologies to Nancy Wilder. Nancy began her new series on activities for children, entitled "Mama, Can We Make....?" with a great piece on carving apple people. That article appeared on page 19 of the October issue.

Unfortunately, due to some bizarre error, Nancy's article was bylined Sarajoy von Boven.

Sarajoy did write her "Wild and Free" column on page 16, but Nancy was the author of the article on page 19.



# Co-Operations



## The Front End News

By Annie Hubble, Front End Manager

First, I would like to welcome our new cashiers, Beth Schultz and Karen Oleson. I am sure they will provide the excellent customer service that the Front End always strives for.

The Front End is the department that promotes membership and signs up new members. As most of you know, there are some very wonderful benefits that come with membership: our business partner program, whereby on presenting your Co-op card, you get discounts at various businesses around the area; a 10% discount on bulk special orders; a bread discount card; a vote for board members in the annual elections and the possibility to run for the board; eligibility to apply for a volunteer position; special monthly sale prices on many products in the store; and much, much more. But I thought it might be interesting for you to know where the membership dollars go. This money is not used to get more groceries on the shelves or to pay wages. It is used for the upkeep of the store. Two and a half years ago, it made the move to our new location possible. Nowadays, it is used buy essential equipment

and fix faulty equipment, pay plumbing bills, and in all ways keep the physical part of the store up and running. By paying your dues, you are in a very literal sense supporting the Co-op!

If you are already a member of the Co-op, thank you. If you shop here all the time, but just haven't got around to joining, please do consider it. It takes only a few minutes of your time. Talk to any cashier.

Annual fees are only \$10 a year for one or two household members, and \$5 a year for one or two seniors of the same household. Lifetime membership is \$150. Once your annual fees add up to this amount, you never have to pay again!

And as always, we appreciate your presence at the Co-op in whatever form it takes.

### Save a Dime, Every Time!

The Co-op will give you ten cents every time you use a sturdy cloth bag or backpack or similar reusable carrier at the Co-op.

This discount does not apply to plastic or paper grocery bags.

Use Your Reusable Bag!



### Join the Moscow Food Co-op and Save!

#### Members Save:

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

#### Any cashier can help you join, just ask!

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

Open Daily 7:30 am - 9:00 pm



### Co-op Business Partners

**A Choir of Angels Massage Center:** 10% off all Gift Certificates, Patricia Rutter, CMT, choiramc@clearwire.net, Almon Plaza Bldg., 200 S. Almon, Ste. 212, Moscow, c. 208.413.4773. Also by mail.

**Adventure Learning Inc.:** 10% off base cost of any trip, Donal Wilkinson, 310-3010, adventure-learningcamps.com

**Alchymia Life Coaching:** 1 free session & \$25 off initial intake session, Katrina Mikia, 882-1198

**Anatek Labs, Inc.:** Drinking water Bacteria Test for \$10 & Comprehensive well water test for \$90, Mike Pearson, anateklabs.com, 1282 Alturas Dr, Moscow, 883-2839

**Anna Banks, Equine Massage Practitioner:** \$15 off Initial Equine Massage or Reiki Session, Moon Hill Ranch, 1255 Queener Rd, Moscow, 208-875-0109.

**Appaloosa Museum:** 10% off in the museum gift shop, Sherry Caisley-Wilkinson, museum@appaloosa.com, 2720 W Pullman Road, Moscow, 882-5578

**Ball & Cross Books:** 10% off Used Book Purchases, Mark Beauchamp, 203 1/2 S Main St. Moscow, 892-0684.

**Bebe Bella:** A Free Pair of French Terry Fleece Nursing Pads with your first purchase, Rebekka Boysen-Taylor, 208-882-1353, www.bebabella.com, amamaswork@yahoo.com.

**Body Song:** Free yoga class or \$10 off first massage, Sara Kate Foster, 106 E. 3rd st, Suite 2A, Moscow 301-0372

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

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

**Clearwater Colonic Therapy:** Please call for details: Susann Clark, 208-743-5476, 412 Park Ave, Lewiston

**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:** First Initial Consultation Fifty Percent Off, Dr. Tina VonMoltke, PhD, 619 S Washington St. Ste 301, Moscow, 669-0522

**The Healing Center:** Save \$10 off on first exam or phone consultation, Dr. Denice Moffat, drmfat@NaturalHealthTechniques.com, 413 East 8th St, Moscow, 882-3993

**Healing Point Chinese Medicine Clinic:** \$10 off initial and second treatments, Lauri McKean, LAc & Meggan Baumgartner, LAc, www.healingpt.com, PO Box 9381, Moscow ID, 669-2287

**Healing Wisdom:** 10% off Initial Consultation, Please call for appointment, Candace Magnuson, Clinical Ayurvedic Specialist, 208-699-3812

**Hodgins Drug & Hobby:** 10% off all purchases excluding prescriptions, Pam Hays, 307 S Main St, Moscow, 882-5536

**Inland Cellular:** \$10 off purchase of any phone or accessory, Kelly Gill, 672 W Pullman Rd, Moscow, 882-4994

**Integrative Mindworks:** Free 30-min. consultation for new clients, April Rubino, integrativemindworks.com, 3400 Robinson Park Rd, Moscow, 882-8159, april@integrativemindworks.com

**Inspire Communications:** 10% off All Services, Jo Sreenivasan, www.WritingHelp.us, 892-0730

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

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

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

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

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

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

**Mark Winstein-Financial & Leadership training:** Free one hour session, Mark Winstein, www.ecostructure.us, 1904 Lexington, 208-596-6500

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

**Andre Masom, Clinical Counselor:** Free Wellness evaluation, amasom@hotmail.com, 106 E. 3rd st, Moscow, 882-1289

**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, Victoria Scalise, 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.

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

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

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

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





## Art at the Co-op

By Annie Hubble, Art at the Co-op Coordinator

November's Co-op artist is photographer Richard Walker. You will have the chance to meet the artist at the opening on Friday, November 9, from 5.30-7 p.m., and the show will run until Wednesday December 12.

Born in Colorado and raised in Oklahoma, Idaho's wilderness, back-country and people have been a focal point in Walker's photographic work since being discharged from the U.S. Navy in 1960. He received his first camera, an Argus C-3, from his parents, and slowly built his craft from taking self-named "snapshots" to the point when he could start calling the results true photographs. His master's thesis, "Photography as an Aid to Wilderness Resource, Inventory and Analysis," and his work with the

U.S. Forest Service in Wilderness and Wild River management in Idaho and Montana have provided him with endless opportunities to observe, enjoy and photograph amazing views. He has logged in over 4,600 hours flying over the country in his 1952 Cessus 170-B aircraft, so his photography includes a number of aerial shots. He now lives east of Peck, Idaho, in a passive-solar timber-frame house, off the grid, with gravity-fed water running from a spring.

Of his art, he talks about the moment when he began to "tune into" the subjects of his photography, be they "petroglyphs, bears breaking hibernation, salmon returning to spawn, ski trips, or the Lionel Hampton Jazz festival." He explains that the intense involvement is what it took for his

"snapshots" to become photography. "That's what I love about photography," he writes. "It constantly presents a challenge and now and then rewards the shutter cruncher with a memorable image."

He has had work published in *The Naturalist*, *Western Wildlands*, *Pacific*

*Search*, *Nez Perce Fisheries publications*, *Backpacker*, and *Field and Stream*.

He hopes you will enjoy his show. I hope you will all come and welcome Richard Walker as November Co-op artist.



The Co-op's featured artist in October, Tim Nowell-Smith, at art opening October 12. The show, consisting of functional yet beautiful scale model houses, will run until Wednesday November 7.



## Tuesday Means Live Music, Food, and Fun

By Joseph Erhard-Hudson, Co-op Music Coordinator

The Moscow Food Co-op's Tuesday Night Music Series concerts are held every Tuesday from 6 - 8 p.m. The free, live music performances coincide with Tuesday Night Tacos at our hot deli bar; fish, beef, and vegetarian options are available.

Please join us for these November concerts:

### November 6

Jay Glick. A recent transplant from the East Coast to Moscow, Idaho, Jay is

a singer-songwriter with a gentle smile and a gentle voice.

### November 13

Beargrass. Beargrass, from Deary, is a country/bluegrass group playing around the Northwestern US. Often performing as a family band, Beargrass delivers a mix of country, bluegrass, and folk tunes to delight dancers and listeners of all ages. Formerly The Mountain Men and Julie, Beargrass was formed in 2000 when Alane Watkins joined the band. Shayne, Delvin and Julie Watkins

had played together since 1979; when Alane joined the band and later married Shayne, the name was changed to Beargrass. Shayne and Alane play as a duo most of the time and just finished recording their second CD *Three Chords and a Capo*. Beargrass has a full repertoire of standard country cover tunes, new country, and some original tunes.

### November 20

John Elwood and Sally Burkhart. Hailing from the folk arts mecca of

Elberton, Washington, John and Sally have played traditional American and British Isles songs together for over 20 years. John is a respected luthier, specializing in Appalachian dulcimers and other traditional folk instruments. Their concerts are always intimate and engaging.

### November 27

Spencer Batt. Moscow musician and University of Idaho student Spencer Batt will be playing his first Co-op concert.



## Meats By Brennus

By Brennus Moody, Co-op Meat Manager

Well, it's that time of year — the fall colors are in, and soon there will be little ghosts and goblins everywhere. Yes, fall is here, and with it comes the start of the holiday season. In the meat department, we have started to gear up for the upcoming event that is one of my favorites: Thanksgiving. Thanksgiving, the oft times four-day weekend that brings out the football fans and memories of grandmother's

steaming apple pies. But what do we need to enjoy this holiday? We need tryptophan. Otherwise, the food induced coma, which one of my coworkers enjoys on this long weekend while watching his precious Dallas Cowboys, is hard to come by (yes, I know, I don't get the Dallas Cowboys thing, either). Turkey is an excellent source of this amino acid, and while not the only choice for Thanksgiving dinner, it does have a rather command-

ing lead. Now, for the bad news about this year's turkeys ...

I have preordered turkeys, which will be here on or around the 14th of November. However, we will not be reserving turkeys for customers; this will be first come, first served. Unfortunately, this is how it must be, since my supplier cannot guarantee the quantities and size of the turkeys I am receiving, I cannot reserve sizes for customers. Last year, we were shorted 30 turkeys out of 87 ordered, just in the 14-16 pound size. Hopefully, this will not happen this year, but I guess I will be giving thanks for the turkeys I receive, not hoping for the ones I ordered. We will have organic and natural turkeys; they will not have been

frozen, other than a protective frost on the outside of the birds. They are guaranteed good by the supplier up to November 23.

For those of us who want a different fowl, we will also have on hand ducks and geese. Or as in the case of one of my friends, whose mother called from Cincinnati to order her roast, we will have standing rib roasts on hand. We can cut and tie them for you. If there are any other needs for your Thanksgiving holiday meal that the meat department can provide, stop by for a chat, and we will get you set for this holiday.



## Co-op Board of Directors Annual Election – Invest Yourself

By Joe Thompson, Co-op Board of Directors

The mission of our Co-op, in part, is to build community with good food and cooperative principles. One of those principles is Open and Voluntary Membership – anyone can join, everyone can shop. Another one is Democratic Control – members elect members to sit on the Board of Directors.

The upcoming election is not until early March of next year, but it's not too early to start thinking about it, especially if you are considering a run for the Board. It would be good too, for the entire membership to take the election to heart, get to know the candidates and to exercise the power of your vote.

We are looking for pool of candidates who have a passion for and an understanding of our community and its needs and are willing to commit their time, energy and brilliant ideas to the Board. Did I mention: team player, good listener, thoughtful in considering issues? That would be good too.

If you would like to give it a shot or are not sure but considering it, think about the types of skills and perspectives you have that might be useful to the Co-op, then pick up a candidacy packet from Kenna at the Co-op or contact Joe Thompson at josewales@gmail.com and I will send you one. It will have all the information you'll need to help you make that decision and get the process started. If you know of some-

one who you think would be a great board member, give them this article, a cup of coffee and serve them up a little encouragement.

So this is how it's all going to fall down my friends. Pick up a candi packet now and check it out. On December 15, 2007, at 1 p.m. at the Co-op upstairs meeting room, there will be an orientation meeting for everyone who is thinking about running. Following that meeting, if you're still interested, you can submit your declaration form, a photo and related info to me up until January 10, 2008. Your picture and candidacy statement will appear on 2/1/08 in the February newsletter. Everyone will read the newsletter and sometime later in February (to be

announced) there will be a "meet the candidates" party at the Co-op where voting members can hone their decisions about who they want on the Board. In early March (days to be announced) the election will happen, there will be a massive turnout and a new board member will be democratically elected.

The Dabolt touch-screen voting machines were found to be unreliable and too easily hacked, and so were returned. We will have to get by with paper ballots this year.

*Note: The November Board meeting will be on the 13th at 6 p.m., upstairs.*

## Vendor Tour: Craven's Coffee

By Derek S. Johnson, Service Manager

Craven's Coffee has been owned and operated by Simon Craven-Thompson and his wife Becky in Spokane, Washington, since 1992. They strive to bring you the best coffee that is available in the world and they have been successfully achieving this for the last 15 years. But like a lot of success stories, the beginning of this journey was not always a clear one.

It started when Simon was a manager of a downtown restaurant in Los Angeles in the late 1980s. A friend who worked with him at the restaurant left for the Pacific Northwest and

began working for Seattle's Best Coffee. Interested in pursuing the booming coffee industry, Simon left Los Angeles and joined his friend in Seattle. After a few years, he and his wife Becky decided to open their own coffee business; not only were they excited to own their own business, but they wanted to make a living at something they loved doing.

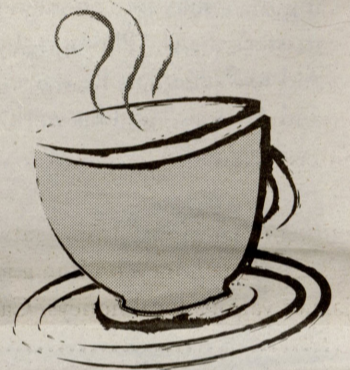
That dream started off with just a handful of employees and a facility that was approximately 4,000 sq ft. Since that humble beginning, they have moved to a second 23,000 sq ft location and currently employ 33 people, 27 in Spokane and six in Missoula,

Montana. Simon often travels to South America and Africa looking for the finest quality beans. In fact, the first week of November, he is departing for the "Mesa del la Santos" in Columbia. He believes in buying coffee beans that are grown by local grower co-ops that emphasize fair trade and bolster the interests of the local economy and surrounding communities. Even though they only buy from nine countries, they have 74 varietals for you to choose from.

Once the selections of beans are made, they are shipped to the port in Oakland, California, and then trucked to the facility in Spokane. This is where the beans are roasted in a 100-pound, double-walled drum roaster. The beans are straight roasted, meaning no blends, for about 12 to 14 minutes. After roasting the beans, they are cooled down in seven minutes or less and then blended in what used to be a nut mixer. The coffee is then hand packaged and vacuum-sealed using a nitrogen flush, which drives out the remaining oxygen. A green bag of Craven's Coffee means it

is organic and a red bag indicates that it is conventional. The average shelf life of a bag is six months.

The Co-op sells a wide variety of Craven's Coffee, including their number one blend, "Earth and Sky," in bulk and pre-packaged bags of whole and ground beans. We also offer at our barista bar the Nicaragua Segovia blend, which is light roasted and has a lively body with a clean, crisp finish. With a half million pounds of coffee sold per year, Craven's Coffee is making its mark in the very competitive coffee industry. If you have any questions concerning this article, please e-mail them to [coffee@moscowfood.coop](mailto:coffee@moscowfood.coop) or call 882-8537 and ask for Derek Johnson. To reach Craven's, please call 1-800-214-BEAN.



### Bookpeople's Litany of Literary Events November through December

**Jess Walter at UI – Thursday, November 1, 7:30 p.m.** at the Teaching and Learning Center on campus. Author will give a reading and sign his books. Walter is the author of the novel "The Zero" and "Citizen Vince," as well as a nonfiction piece about Ruby Ridge, "Every Knee Shall Bow."

**Readers and Writers Roundtable – Saturday, November 3, 5 to 7 p.m.** at the 1912 Center. Come have some wine and take part in an informal panel discussion with local authors about how to get the most out of your reading experience. Featured writers are Joan Opyr, Daniel Orozco, Kim Barnes and Peter Chilson. Will be an exciting, lively event!

**Steve Arno's "Northwest Trees" – Saturday, November 10, 3 to 5 p.m.** at BookPeople. Author Steve Arno will sign and present a slide show from his newest offering, the exquisite Northwest Trees.

**Gregg Olsen's "The Deep Dark" – Sunday, November 11** at 1912 Center, and Tuesday, November 13 at Kenworthy Theatre, 4 to 5:30 p.m. Author Gregg Olsen will give a reading and sign his latest book. The New York Times bestselling author's latest work about the 1972 Kellogg, Idaho mining disaster is described as "a vividly detailed, heartbreaking tale" by the Seattle Times.

**Judy Sobeloff and the Moscow Community Creative Writing Workshop – Monday, November 12, 7 p.m.** at BookPeople. The members of the Moscow Community Creative Writing Workshop will read from their own material.

**Writer Patricia Hampl – Wednesday, November 14, 7:30 p.m.** at UI. Author of "Blue Arabesque" will give a reading on UI campus.

**Writer Pat Peek – December 1.** Idaho writer Pat Peek, author of "Cougar Dave" and "One Winter In Wilderness," will give a reading at BookPeople

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## The Grocery Zone

By Joan McDougall, Grocery Manager

**M**y German grandma arrived at every family gathering with a babuska on her head and bags of groceries in her arms. "Everyone has to eat," she'd remind us in her endearing accent while passing out full packs of Juicy Fruit gum to her eight grandchildren. Immigrating through Ellis Island at the start of the Great Depression, she valued many of the common things in life that can often go unappreciated.

As an adult, I have always lived far from that family, so I adopted my grandma's custom and have been sending gifts of local food products that serve as a connection over distances in addition to being practical because "Everyone has to eat." With that in mind, I offer you some gifting suggestions available in our grocery department as we enter this holiday season.

Mountain Star Honey from Harvard offers a unique honeycomb in addition to jars of various local honeys. Caruso's

Honey, Pomeroy Washington, has a 4-pack of glass vials with a different honey variety in each. My engineer brother was enamored with these vials, so they will soon be heading to him in Dallas. Caruso's also has flavored creamed honey, lovely glass honey bottles and gourmet honey mustard; all products that look great in a basket. Wildbeary Products in Coeur d'Alene offers huckleberry honey in those classic little bears as well as huckleberry jam, syrup and salad dressing. Yummy - and so representative of our area.

Also in Coeur d'Alene, Doma Coffee keeps us supplied with bags of fresh roasted beans, while Cravens in Spokane is here weekly replenishing their coffees. Landgrove Coffee in Troy offers several roasts in the bulk bins. Not a coffee drinker? Market Spice Tea in Seattle makes a great treat. For more comfort try either Dagoba or Cowgirl cocoa mixes; both companies make three varieties. Moscow's Cowgirl Chocolates also makes a won-

derful array of attractively packaged sweets from peanut brittle to spicy caramels and chocolate bars. Dagoba Chocolate, Ashland Oregon, also offers an interesting variety of chocolate bars. Bloomsberry, though they are from New Zealand, has great presentation for their chocolate bars. Look for the fun packages again this season. We will offer beautiful Advent calendars from Divine Chocolates this year and gift bags of those buttery Bequet Caramels from Montana. Special diets can enjoy gluten-free vegan Bumble Bars made in Spokane. Healthy and delicious, gourmet blue popcorn from Heritage Popcorn in Caldwell is new on our shelves.

For your baking friends, MaryJanesFarm has packaged their Budget Mixes in stylin' retro boxes. Moscow's own Virginia's salsa and handmade tortillas in the cooler are Co-op classics. Camas Winery has a large selection of great local wines that are created right on Main Street.

*"My grandma would be dazzled by the diverse local products our Co-op offers. Our grocery department is eager to help you locate the special foods to make your holidays magical and memorable."*

Regional wines abound. Ask our wine buyer, Josh, for recommendations.

My grandma would be dazzled by the diverse local products our Co-op offers. If you still need a few more fabulous items though, expand geographically and include Shady Maple Stroopwafel Cookies, which are extraordinary, as are the maple sugar candies we bring in for the season. Equal Exchange domestic fair trade has attractive packages of pecans, almonds or cranberries that are beyond good. Or try the exotic Sahalee snack mixes that will make any event special. "Everyone has to eat!" Our grocery department is eager to help you locate the special foods to make your holidays magical and memorable.

## Bunzel Farm Tours

By Derek S. Johnson, Service Manager

**T**hroughout the summer, the Co-op sponsored tours to Ken & Betta Bunzel's farms in Genesee and Moscow. The tour groups included members of our bakery, cook and service staff from the kitchen department. We completed five tours that visited first the Genesee farm and then the Moscow farm on Lynn St. The idea was to give our staff a better understanding of where some of our local produce comes from, how it is produced and to meet the producers.

The Bunzel's first farm started in 2000 near the town of Genesee. In the beginning, the farm was only approximately 500 square feet, which is considered a micro-farm. The majority of their growing space was dedicated to garlic, but they also grew chard, tomatoes and peppers. In fact because of their large garlic production they became known as the "Garlic People." Their farm is considered "certified naturally grown," which is a status only bestowed upon local growers by other local growers.

Ken's love of gardening began when he was 12 years old in a suburb of Milwaukee, Wisconsin. His older brother asked their parents if they could have a garden and they agreed.

Two years later, Ken's brother left home and he took over all of the gardening chores. Ken maintained this garden, which he says was about the size of the Co-op parking lot, throughout college until he was 25. At this time he achieved his degree in conservation biology and decided to go to the University of California, Santa Cruz, to work in a conservation apprenticeship.

During his apprenticeship, Ken learned a growing system called the "Raised Bed Style." This system was used in French market gardening in the 1800s and it is also the traditional form found in China. He believes that it is a "way to solve hunger worldwide" throughout the third world. This system allows the grower to grow a lot in a small space, save on water and save on weeding. It emphasizes the use of mulch and in some cases layers of cardboard. This helps protect the soil and prevent organic matter from burning up into the atmosphere to quickly. It also constantly adds nitrogen to the soil, which keeps free-living nitrogen organisms fed.

As of last summer, Ken and Betta have another micro-farm on Lynn St. in Moscow. Just like in Genesee, they are

*"Ken's advice for the avid gardener who wants to begin selling their product to the public is to start out small. You should diversify your crop and the market that you plan to sell it to. Don't put a lot of investment in large tools right away and find other part-time work."*

growing a wide variety of vegetables. With production now coming from two locations, they are able to sell to the Co-op kitchen and produce department, the Tuesday Evening Grower's Market in the Co-op parking lot, and supply three CSA (community supported agriculture) families. They also attend the farmer's market at Friendship Square in Moscow at least a few times a year.

Finally, Ken's advice for the avid gardener who wants to begin selling their product to the public is to start out small. You should diversify your crop and the market that you plan to sell it to. Don't put a lot of investment in large tools, like a rotor-tiller, right away and find other part-time work, because the soil usually takes a few years before production is at its best.

If you have any questions about the Co-op farm tours, please send your queries to [coffee@moscowfood.coop](mailto:coffee@moscowfood.coop) or call 882-8537 and ask for Derek Johnson.

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## Buy Local Moscow Kickoff Party

By Amy Richard, Kitchen Manager

The big Kickoff Party for Buy Local Moscow will be on Friday, November 16, from 5:30p.m. until 8:30 p.m. at the 1912 Center on Third Street in Moscow. Everyone is invited to enjoy the free food, free live music, free admission and free fun. And there will be a raffle of gifts and prizes from locally owned Moscow businesses, with winners selected every 15 minutes. Beer and wine will be available.

The party is jumpstarting our new organization, Buy Local Moscow, which exists to support and showcase the wonderful locally-owned independent businesses here in Moscow. The Co-op

is one of more than 30 businesses that have joined together to try to convince shoppers to buy local (for more info, check out [www.buylocalmoscow.com](http://www.buylocalmoscow.com)).

We hope shoppers remember that the owners of these local businesses have chosen to live in our community, and that Moscow has settled in their hearts. Moscow continues to be a vibrant community because these businesses reinvest their profits locally, donate consistently to local programs, maintain diverse product choices, and strengthen Moscow's unique character.

The purpose of the party is to provide visibility to the group and to the indi-

vidual businesses. We will fill the 1912 Center with displays of the products and services our member businesses offer. You'll be able to sample food from a dozen locally owned independent caterers and restaurants. You'll be able to visit with owners of thirty local businesses and see what's available locally for holiday giving. And best of all, you'll support the independent businesses that make Moscow a unique and vibrant community.



**CELEBRATE MOSCOW**  
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See you at the party!



## Notes from the Wine Department: Our Favorites This Month

By Josh Rafkind, Wine Buyer

It has been fun seeing many of you during our Thursday wine tasting. For those who haven't heard yet, the Co-op is offering free wine tasting for members and guests on Thursday evenings from 5 to 7 p.m. Please come join us and bring any questions or comments you might have for the wine/beer department.

Looking ahead to Thanksgiving, I have some wine recommendations for your holiday table. Segura Viudas "Brut

Reserva," \$6.99, is a great sparkling wine from Spain. Crisp and refreshing, this is a great way to begin a large, multi-course meal, and although I suggest it for an aperitif, it would be great throughout the meal.

Depending your wine preference when the turkey/Tofurky is served, there are two bottles, a red and a white wine, I suggest. Cougar Crest "Vivace," \$20.99, from Walla Walla, Washington, is a blend of Viognier and Chardonnay.

Produced by a couple who graduated from WSU, this white blend is well balanced with a soft mouth feel and long finish.

Red wine drinkers should try a Merlot. This varietal, with its soft tannins, goes great with the meal's main course. A Merlot I like is Hawks Crest Merlot, \$14.29. This 2nd label from Stag's Leap Winery consistently produces great wine at a price more affordable than their Flagship label. Wonderful dark

fruit and balanced tannins, this Merlot is a great match for turkey.

For dessert, try Silvan Ridge "Early Muscat," \$14.99. From Oregon, this slightly sparkling sweet wine is rich in aroma and flavors. With amazing pear and peach highlights, it has been unanimously loved at the past few Co-op community dinners. Serve it slightly chilled and enjoy it with your warm apple or pumpkin pie.

## The Conscious Consumer

By Bill London, Newsletter Volunteer Editor

Sharman Gill has, for the last few months, been writing about the "local versus organic" controversy in this newsletter. She began with an assessment of the Co-op's decision to use local flour instead of organic flour in the bakery. Her article about corporate organics appeared in the October issue. She will be continuing this series; however, following the death of her mother and the need for her to aid her father following his surgery, her articles will appear less consistently.

Her next article, scheduled for the December issue, will focus on globalization and food imports, including an interview with WSU nutrition profes-

sor who researches the Chinese food industry.

For the February issue, she will discuss what local groups, individuals and university programs are now doing to encourage more organic growers here on the Palouse.



## Fun with the Co-op Softball Team

By Melissa Culton, Co-op Kitchen Buyer, and Emily Melina, Co-op Deli Manager

Recently, the Co-op's softball team wrapped up its second year, and while we did not come home with the awesome trophy like we did last year, we still had a fun time.

The team was started a year ago when a group of co-workers got together and decided we wanted to play. Carrie Corson from the HABA department selflessly volunteered to be our manager. The Co-op generously paid the team fee and off to the fields we went.

We had such a wonderful time last year that we decided we should do it again. Unfortunately, Carrie left us for the Oregon coast (can't really blame her!) and we took over the management of the team. Most of the people on the team either work here, have worked

here or are some how related to someone in the Co-op. No strict rules to be a member of the team, just a willingness to play your best and have a great time.

The season didn't actually start until the first week of September, but we practiced all summer. We were scheduled to play twice a week for about 5 weeks. Although we came in last, we had a wonderful time and many, many laughs. We had a perfect season: 0-10! During the season we learned a lot of things, one of the most important aspects was getting to know employees who work in other departments as well as our few non-employee teammates. Although this season just ended, we are already thinking about next year and how to improve. See you on the field!





## Earth Tub Raffle Winners

By Aven Krempel, Bakery Manager.

**D**uring September, the Co-op sold raffle tickets (\$1 each) to help fund the installation of our Earth Tub Composter. The winning tickets were drawn in October.

Congratulations to our raffle winners. John Hasko won the Schwinn Bike and accessories. We remembered to take photos of the other winners, Margaret and Gabrielle (pictured with her son Sam), who took home the two gift baskets.

The raffle raised nearly \$700, which is almost 25% of the cost of the Earth Tub installation. Thanks to everyone who purchased a ticket.



Gabrielle, here with Sam, who this gift basket.



Margaret won this gift basket in the Earth Tub raffle.

## Share the Community Dinner

By Emily Melina, Deli Manager

**N**ovember's Community Dinner will be Thanksgiving-themed. The Co-op will be hosting this feast on Thursday, November 15, at 6:30 p.m. Emily Melina and Melissa Culton will prepare the dinner, accompanied by wine tasting from beer and wine expert Josh Raskind. Tickets (\$28) are required and available from any Co-op cashier. Come celebrate Thanksgiving with us at the Co-op!

- ✦ *Mixed Greens with Goat Cheese and Candied Almonds*
- ✦ *Roasted Turkey with Pomegranate Sauce*
- ✦ *Wild Rice and Goat Cheese Stuffing*
- ✦ *Sweet Potato Wedges with Saffron Aioli*
- ✦ *Cranberry Tangerine Relish*
- ✦ *Milk Chocolate Mousse with Cranberry and Candied-Orange Chutney*



Joshua Greene of Pullman is the proud winner of the puffin we raffled in August. Barbara's Bakery had Puffin Cereals on sale and sent us a puffin, and we decided to give it away, through a raffle. Anyone who bought a box of cereal was eligible to enter to win the toy.

Joshua's mom, Joanne Greene, took this photo for the newsletter. Congratulations Joshua.

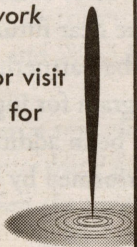
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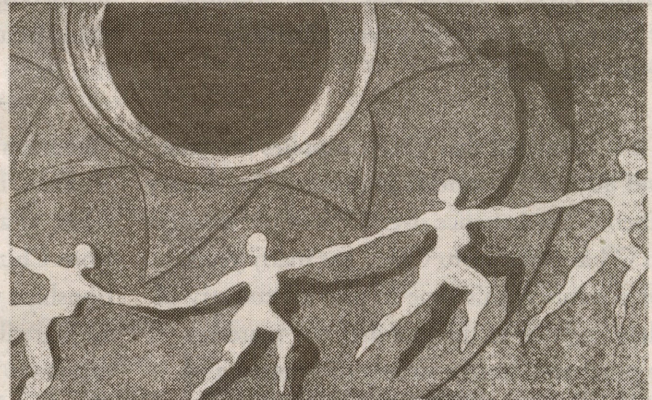
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# Co-Operations

## Growers' Market: Springsong Farm

By Carrie Lowe with the help of her trusty long distance editor, Nate Lowe, Newsletter Volunteers

The Tuesday Co-op Growers' Market has gone to bed for the season. Growers have commented that this year was possibly the most successful Growers' Market yet. The Co-op thanks you for supporting our local growers and supporting an event that encourages shrinking food miles on the Palouse. Though you may not be able to get local tomatoes now that it's November, there are still opportunities to support local growers.

For instance, Janice Willard and Eric Nilsson, along with their kids, Robin and Ethan of Springsong Farm, continue to have whole or half goat or lamb, along with some select individual cuts of lamb for sale, just in time for the holidays. They sold Springsong meats at the Growers' Market this season, and sell during the winter months at their farm. Their meats are not sold at the Co-op meat department.

On Springsong Farm, Paradise Creek prepares to take its circuitous trip through town. The farm's namesake bubbles out of the ground nearby and creates a cattail-filled wetland. Sheep, goats, llamas, horses, miniature horses, chickens and geese all feed in nearby pastures. Cats who think themselves goats loiter within the herd/flock. And a very sweet dog stands within an arm's reach in case he can steal a scratch behind the ear.

Because lamb and goats are the primary product grown at Springsong Farm, we naturally began our tour by heading down to the pasture where the goats



Springsong goats and sheep heading up to the barn to settle in for the evening.

and sheep were grazing. While Janice explained how they rotate animals through various pastures to prevent parasite contamination and overgrazing, the sheep decided they were done feeding. It was as if a bell rang and the students were expected to line up and head inside after recess. The sheep moved in a mass line toward the barn. After the sheep got a head start, the goats soon followed. The scene was a natural progression at the end of the day at the farm, but I was naively fascinated and amused by the animals' self-herding capability.

While Janice and I talked, it quickly became apparent that animals are Janice's passion. Especially Springsong's animals. She treats her animals as "living, breathing, thinking beings." That's why she goes to great lengths to see to it that her animals have a good life from beginning to end. For example, if an animal dies of unknown reasons, she

has an animal autopsy completed to be sure she knows how to prevent another animal from dying in the same manner. For the animals' quality of life, she may vaccinate and/or give antibiotics if the need presents itself. Her motto is "test, don't guess." In other words, she doesn't want to guess what is wrong with a sick animal. She will test and then treat the animal or the entire herd/flock accordingly and appropriately. So it's kind of like finding out your kid has strep throat and then giving her antibiotics to get rid of the sickness.

Janice and Eric raise Boer goats and Corriedale sheep for meat and a few Nubian goats for milk. Being raised with the notion that meat comes in three varieties (pork, beef, and chicken), I was really curious to know more about goat and lamb meat. I understand both meats are especially tender when braised or pot-roasted. Goat, in particular, is very healthy with fewer

calories, less fat, and less cholesterol than chicken, beef and pork. Not to mention that across the globe, more people eat goat than any other kind of meat. In fact, American goat producers could raise twice what they do now and still not reach the demand for goat meat in this country. Springsong goat and lamb are grass-fed too. That means Springsong meat has more omega-3 fatty acids, omega-6 fatty acids, and conjugated linoleic acid (a cancer-fighting compound) than grain-fed meats.

Not only are they nutritious, but goats are also utilized to help control noxious weeds. Goats have been effective at suppressing kudzu, leafy spurge, multiflora rose and knapweed. Need a fire break around your timbered property? Goats have also been used to browse foliage for fire breaks in Utah and Colorado. So in summary, goats are firefighters, weed suppression specialists, self-herders and all the while good for you. What more could you ask of your livestock?

Clearly, there are many reasons to support Springsong Farm, but most importantly Janice and Eric are our neighbors. To try some of Springsong's lamb or goat, contact Janice at 208-892-2270.

Carrie and Nate are former corn-fed farm kids who like to write about and eat local, sustainable products grown by neighbors. Contact Carrie at [carriecasetonlowe@gmail.com](mailto:carriecasetonlowe@gmail.com) if you want a list of sources used for this article.

## From the Suggestion Box

*Can we have country of origin info on the Moscow Food Co-op brand of vitamins (and ingredients) please? Thank you. Some vitamins sold at the Co-op are from China (Evening Primrose Oil) - scary.*

In fact it is estimated that China supplies between 50% and 80% of the world's ingredients for dietary supplements. For instance over 85% of the world's vitamin C has come from China for many years. It is not possible at this time to provide country of origin labeling due to the fact that raw materials may be purchased from a variety of sources, and different batches would not necessarily be obtained from the same location. For instance, a multi-vitamin might have over 30 ingredients. Each of which may have more than one supplier. It is just not possible to compile a list of each ingredient for each batch of supplements, much less each label for each bottle. Our private label manufacturer is currently doing everything they can to insure that

the raw materials that they obtain from China and elsewhere are safe. The following is information released by Vitamer Laboratories (our private label manufacturer) in response to concerns regarding this issue:

### **Vitamer's commitment to quality:**

Vitamer, like many dietary supplement companies, relies on a number of raw material ingredients from China. Vitamer has had long-standing relationships with our raw material suppliers. Before an ingredient is shipped to us, we stipulate specifications to our suppliers and require them to complete our Supplier Qualification Form developed by our Quality Control department. We maintain our stringent set of specifications required for each dietary ingredient, which can include supplier verification; assays for potency, purity, identity, and adherence to standard plate count (yeast, mold, etc.) specifications, and shelf life. After the product has been received at our facility, it is once

again tested against the supplier's analysis to act as a "double check" for the ingredients' potency, purity, and/or identification. As a Natural Products Association GMP (Good Manufacturing Practices) certified company, we are required to test the identity of all incoming raw materials.

The distributors of our Chinese raw materials perform inspections and audit the manufacturing facilities in China. As the FDA adjusts its stipulations, we will adjust how we purchase, manufacture and distribute our dietary supplements. Because we operate as a fully licensed, FDA-registered pharmaceutical manufacturing facility, we are more than prepared to meet additional demands should they occur. In the near future the Natural Products Association will be partnering with USP to create a testing program for ingredients from China. This testing will be in addition to all of the testing currently performed by Vitamer Laboratories.

— Carrie





## From the Suggestion Box

**Would like to see all of Kevin Trudeau's books sold here. "Natural Cures They Don't Want You to Know About," "The Weight Loss Cure They Don't Want You to Know About."**

These are not books that we are planning to carry. While we certainly support the use of alternative therapies including dietary supplements, homeopathic and herbal remedies, we feel that there are better-qualified individuals, who better represent the proper use of these remedies than Mr. Trudeau. —Carrie

**Hurray for Sushi for anyone who hasn't tried any yet. Do. It comes recommended. Thanks Co-op for having it!** —Kelly

I will pass your thanks on to Paul and Joseph, our wonderful sushi chefs! —Emily Melina, Deli Manager

**Bake quiche in water bath and lower rack on oven to prevent charred broccoli.** —Lori

We will try to lower the temperature when baking the quiche as well as monitor it more accurately while it is cooking. Additionally, we are trying to chop the broccoli slightly smaller so it won't stick out of the egg mixture as much. Unfortunately, using a water bath isn't always an option as we have limited oven space and share with the bakery. But, we will continue to look towards ways to improve our quiche! —Emily

**Can we get organic relish?**

Cascadian Farms stopped making their pickle products and we have been waiting for Woodstock Farms to start distribution. Woodstock Farms 95% organic relish should be on the shelf as you read this. We also carry Bubbies dill relish in the cooler. —Marie, Grocery Buyer

**Do you no longer carry Hansen's diet soda? I couldn't find a single one on the shelf or in the cooler today and hope you have not discontinued them.**

**There used to be a selection of Hansen's sugar free soda. Can we get them back? I also really liked the reduced sugar Knudsen spritzers.**

**Thank you!**

We have taken Hansen's diet sodas off our shelves because they contain Splenda, a brand name for sucralose, a chlorinated sucrose derivative. Pre-approval testing indicated potential toxicity and the product has not undergone independent human testing nor has it been demonstrated to be safe with long-term use. We are now carrying Zevia diet sodas that are sweetened with stevia and erythritol. —Joan, Grocery Manager

**Could we carry Terminal Gravity IPA? It's hop-diddly-icious! (I promise to buy a 12 pack a month.)**

We have talked to the brewmaster and unfortunately they have no distributors in the Moscow area. —Josh, Beer and Wine Buyer

**In every newsletter it says that board meetings are open to everyone but I have never seen a posting telling when the meetings are and where.**

**PLEASE TELL US!!**

Thanks for your request and our apologies for not communicating that as well as we could have. Board meetings are held monthly upstairs in the Co-op's meeting room at the back of the store. Any member is welcome to attend. The first 15 minutes are reserved for member feedback. If you have something to say the board will listen to you, but your concerns will not be part of that month's agenda. In fact those items go to the Membership committee for consideration before the board responds to the concern.

That being said, the meetings are posted on the "Community Board" in the back end of the store next to the meat dept. We usually post the schedule for the following three months. The next meeting is November 13th and the following will be December 11th. The meetings usually begin @ 6pm and run 2-3 hours, so bring a cold drink! —Kenna, General Manager

**Please clean the top of the light fixtures—they are very dusty, particularly above register #2. Thanks You :}**

Thanks for the "heads up", pun intended. We do try to clean those darn things regularly but it looks like that one got overlooked. —Kenna

**How come the Salted French bread gets all soggy after a few days? Otherwise I love it. I can't eat spaghetti without it!**

The Salted French bread is an artisan style bread and is best eaten within two days. The best way to store artisan breads is in a paper bag within a plastic bag. Kept directly in a plastic bag the moisture from the interior of the loaf will make the crust soggy. To "freshen" bread before serving, place it directly on the rack of your oven at 350 for 10-15 minutes. If you can't eat the whole loaf in a few days you can freeze it for up to two weeks. Slice the whole loaf, place it in a paper bag then in plastic bag securely sealed. When taking the bread out of the freezer, let it thaw at room temperature inside the bags. Then place bread in the oven as mentioned above. —Aven, Bakery Supervisor

**You seem to have stopped carrying Quilts brand of crackers. Their dark rye and low sodium whole wheat crackers were our favorites. Can you start carrying them again?**

When Good Health discontinued some of their Quilts varieties we brought in Suzie's brand which are selling better. You can special order a case of either the low sodium or original Quilts by calling the grocery office. —Joan

**I think you should put the Naked fruit smoothies on sale. Also put the Paul Newman's peanut butter cups on sale too. Also have more free samples. Newman's chocolate bars go on sale from time to time and we put out sample tables nearly every day in the grocery department. However Naked Juice does not go on sale to us so unfortunately there are no savings we can pass along.** —Marie

**Why are the croissants getting smaller?**

The croissants have always been the same size. If they seem larger or smaller on a particular day it means they have risen/proofed for a longer or shorter amount of time. Also, the temperature in the bakery can make a big difference in the final size of products that rise. —Aven

**Get more Walnut Bread – It's often sold out.**

We were adjusting our Sage bread supply from summer to winter needs. There should now be an ample supply of Walnut Bread on the Thursday delivery. —Joan

**Please order more plain/original Finn Crisp crackers – shelf empty the last two times I shopped. Thanks.**

Finn Crisp crackers were out of stock at the manufacturer level briefly in September and a sign was placed on the shelf indicating this. They are now back on our shelf. Out of stocks frustrate us too. —Marie

**Please repaint the arrows in the parking lot so people will know which way to go in and out.**

I agree that its time to repaint the parking lot. At this time we are waiting on City approval to make some improvements in the flow of the traffic before we take on that task. Our projected date of improvement is early December. —Kenna

**Could you please, please, please bring your gluten-free cookies back! They were my favorite, since I can't eat wheat, plus you can't even tell they are gluten-free. They taste just as good, if not better. I love the gluten-free chocolate chip cookie and Anna's tea cookies. Please at least sell them every once in a while! Thanks!**

**Please, please, please make more gluten-free choices at the bakery! You're almost always out and I miss buying them in bulk. It was so nice this summer!**

Again, I apologize to all our gluten-free customers. The production of gluten-free items has been quite problematic for us this fall. As I write this (mid-October) we are making the following "Pretty Darn Gluten-Free" items daily: scones, cupcakes and brownies.

The cookies are being produced on a more irregular basis. If you would like to special order cookies by the dozen we would be happy to bake them for you.

Also, we are still making many wheat-free products daily. Look for Oaties, Tapioca, Ganache Cake, Heidi's Hikers, Cinnamon Chocolate Spelt Cookies and Lemon Poppyseed Spelt cookies in the bakery display cases. —Aven

**We would like to see you carry the Original Rice Dream Brand Rice Milk in a ½ gallon (64 oz) container (non-enriched). Thanks!**

We currently don't have the space to stock that product on our shelves, but it can be special ordered. That item comes 8 to a case. —Marie

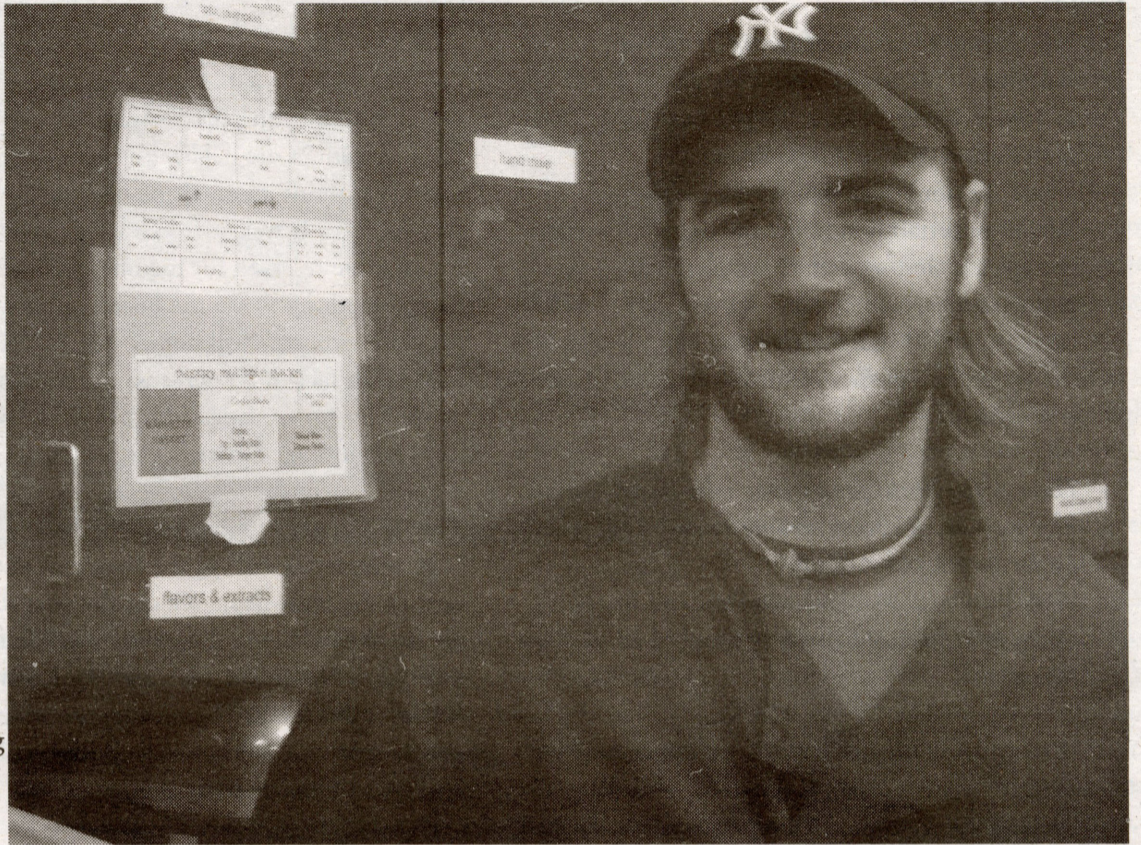


## Staff Profile: Jordan Springfield

By Katy Farrell, Newsletter Volunteer

**T**hese days, the bakery at the Co-op is full of new employees, all with a story of their own. Jordan Springfield's story began in Moscow, where he was born and lived until he was four years old. After being raised in the Boise area, he has returned to his hometown to continue his studies. His interest in cooking and baking is what drew him to the Co-op, but the advantages of the job keep him happy.

As a Prep Baker, Jordan proves himself indispensable to the bakers: shaping and measuring dough; helping display pastries; mixing large batches of various batters; and preparing the bakery for the next hectic morning. He really likes working in the department. As someone with a lifelong fascination of learning how things work, the bakery's various processes and ingredients give him the chance to learn more about the intricacies of cooking.



Jordan is a new Prep Baker at the Co-op.

He also enjoys working for the Co-op as a whole. The other employees are what keep the job most interesting; people of diverse backgrounds and experiences that all are joined by a connection to the community and the common goals of sustainability and organic living.

Along with his job at the Co-op, Jordan is pursuing a Mechanical Engineering Degree at the University of Idaho. Before coming to Moscow to study, Jordan spent three years at Albertson College of Idaho in Caldwell. There he worked toward his degree, but also concentrated on music, in which he has earned a Minor. His love for music propelled him to

form an all-male singing quintet while at Albertson. With these students, he performed a cappella and doo-wop songs. Though singing is his passion, playing piano is reminiscent of lovely childhood memories and he also plays guitar.

days of leisure are a rarity. Luckily, he is the type of person that prefers busy days to lazy ones.

Katy Farrell got a Peruvian tapestry masterpiece this week from her new in-laws.

**“In between semesters, Jordan has spent five summers as a Wildland Firefighter with the U.S. Forest Service. Based in Island Park, Idaho, he traveled all over the northwest to protect the woods. Jordan views the job as an ideal. Not only could he figure out how to stop a natural force much more powerful than himself, but all the while he was camping and living in the mountains.”**

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In between semesters, Jordan has spent five summers as a Wildland Firefighter with the U.S. Forest Service. Based in Island Park, Idaho, he traveled all over the northwest to protect the woods. His desire to put himself in danger continually sounds a bit wacky to me, someone who gets nervous just reading headlines about raging fires. Jordan views the job as an ideal though. Not only could he figure out how to tactically stop a natural force much more powerful than himself, but all the while he was camping and living in the mountains.

These mountains provide all sorts of recreational opportunities. Jordan spends free time mountain biking, hiking, camping and fly fishing throughout the region.

Both Engineering and Music provide the framework for Jordan's days. Having to choose just one to focus on however, he opted for the former. Perhaps it was his interest in cars, planes and bridges, and the role that they play in shaping the future. Particularly intrigued by the automotive industry, Jordan hopes that hybrids and other opportunities provide growth for the health of American industry. All in all, Jordan is delighted to be back in the area, and is looking forward to exploring more of it. With a second job at the University of Idaho cafeteria, however,

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## Business Member Profile: Body Song

By Joshua Cilley, Newsletter Volunteer

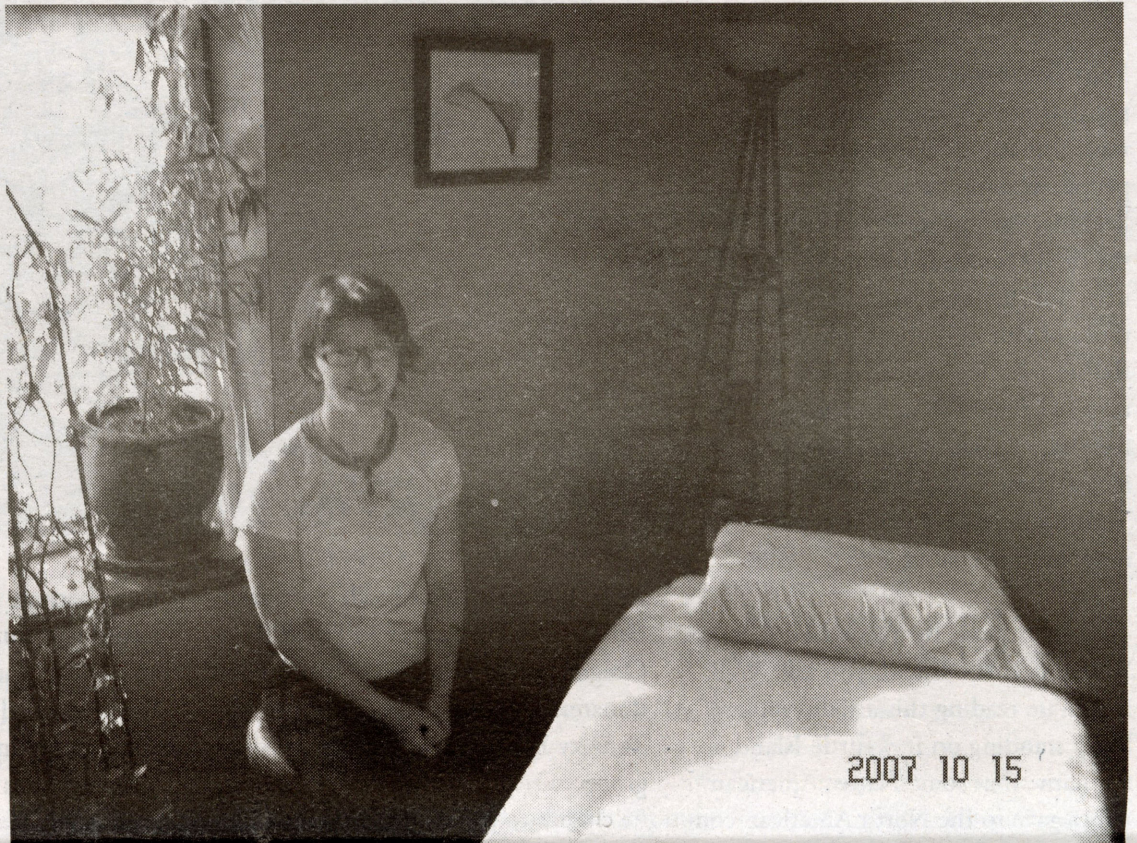
I find Sara Kate Foster's working philosophy to be as logical as it is practical. The Body Song owner believes, in this world of tension and worry and negativity, hurry and stress, that you should take the time to do something for yourself. I like that.

Sara grew up around Denver, Colorado, and found her way to the Palouse via WSU and a master's degree in Botany. During her course of study, she did field work helping with a farm-history survey studying the eradication efforts of noxious weeds threatening wheat crops. As she learned more and more, she came to realize that what interested her most with the work was not the material she was gathering, but rather the people who she was interviewing. After she graduated in 2003, she gave herself a graduation present in the form of an extended trip to Ecuador. While there, her newfound passion for people continued to grow despite a partial language barrier. Upon returning to the States, Sara missed the Palouse and so took a job in Moscow at a non-profit, sustainable farming education firm called "Rural Roots." There she continued to nurture her interest in people while also working at the Co-op as baker and cashier from December 2003 to April 2005. Already a yoga enthusiast, Sara wanted to expand an idea into a reality and so enrolled in the Moscow School of Massage. She completed her training and quickly opened Body Song.

With as much work as Sara now does, her dedication and passion are beyond question. "Yoga and massage, aside from the spiritual aspects ... just allow you to relax. If I can do my part to help people feel more supported, I'm excited about that." Sara is certified to practice preg-

nancy massage techniques and skilled in a number of others: craniosacral, myofascial stretching, and deep tissue massage. She sees clients in her office, at the UI Rec Center, and at Gritman Medical Center, all by appointment. To see Sara at the hospital, make sure your insurance carrier will offer coverage,

the website, currently under reconstruction, at [www.bodysongstudio.com](http://www.bodysongstudio.com). E-mail Sara at [sarakate@bodysongstudio.com](mailto:sarakate@bodysongstudio.com) or call 208-301-0372 to set up an appointment. Her office is located in Moscow at 106 E. 3rd St. Suite 2A. Co-op customers get a free yoga class or \$10 off first massage.



Sara Kate Foster offers various yoga classes and massage therapy at Body Song.

which many currently do, but Sara is also in the process of becoming a preferred provider.


Sara has also been teaching yoga classes for two years with four years of teacher training behind her. She offers a number of classes in a variety of locations around the Palouse: 3 classes in Moscow at Feldenkrais Studio (MW 12:30-1:20 and Sunday 5-6 p.m.), in Palouse at the Federated Church on Bridge Street (Tuesday 5:20-6:20), in Potlatch at the 4th St. Presbyterian Church (Tuesday 7-8 p.m.), in Uniontown at Dahmen Barn (Thursday 6:30-7:30), and in Genesee at the Senior Center (Thursday 4:30-5:30). All skill levels are welcome, but Sara specializes in beginner training. "It's really fun to teach beginners, people learning about the body for the first time." All ages are welcome, but Sara also stresses that age doesn't matter, and the aches and pains of aging can be eased through many low-impact yoga techniques.

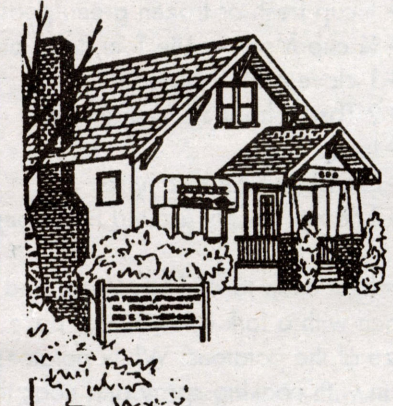
Also think about signing up for the upcoming beginners' yoga retreat at Palouse Divide Lodge, December 1-2, taught by Sara and others. \$100 early enrollment and \$120 at the door.

To learn more about Body Song, go to

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

**“Already a yoga enthusiast, Sara wanted to expand an idea into a reality and so enrolled in the Moscow School of Massage. She completed her training and quickly opened Body Song.”**

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## Much Ado About Tofu: Tofurky

By Terri Schmidt, Newsletter Volunteer; Illustration also by Terri

It's the month when most Americans celebrate their ancestor's arrival on the eastern shores by filling plates with mounds of turkey. If you are vegetarian or trying to cut back on cholesterol, you might want to try filling your plate with Tofurky roast instead this year.

Years ago, my children informed me that not all vegetarians want meat imitations. But many people who have changed to healthier eating habits still have the desire for meat-like products. Tofurky may work well for those of you in that category. Rather than having the softer texture of plain tofu, Tofurky feels meatier when you chew it. For those who are new to Tofurky, here are a few facts you may find interesting.

Tofurky is made by Turtle Island Foods. Where is Turtle Island, you ask? Well, if you are reading this article, you are likely standing on it. "Turtle Island is the name that some Native American tribes gave to the North American continent. They believed that the earth was once all water and Turtle volunteered his shell as a home for the land animals. Thus, if you live in North America, you live on "Turtle Island". ([www.tofurky.com](http://www.tofurky.com))

The company's production facilities are actually located in Hood River, Oregon. Every year Turtle Island Foods donates a portion of its sales from its Tofurky Feast to a worthy non-profit group.

Tofurky roast is made with tofu, wheat gluten, white and garbanzo beans and other natural ingredients. It has less calories and fat than real turkey and no saturated fat or cholesterol. It is convenient because it comes pre-stuffed with a wild rice stuffing and cooks in about an hour. If you purchase the Tofurky Feast, you'll also get some cranberry apple dumplings, gravy, and tofurky jurky wishstix - all vegan.

A Food Network TV show did an episode on the top five things that tasted like chicken. "Tofurky was given second place with the first place going to, of course, chicken." ([www.wikipedia.com](http://www.wikipedia.com))

The Turtle Island people have a good

sense of humor. They realize the idea of Tofurky can be pretty funny. If you visit their website you can see photos of people holding their Tofurky boxes in places all around the world to document their Tofurky adventures. TV shows have also found the humor in Tofurky, which has been joked about on Conan, the Jay Leno show, and the Ellen Degeneres show. It has also been the topic of conversation on episodes of OC, Jeopardy, Just Shoot Me, and the X-Files. ([www.tofurky.com](http://www.tofurky.com))

Mashed potatoes and cornbread are two other traditional foods found at many Thanksgiving meals. The recipes on this page offer a

tofu twist to the traditional fare. The potatoes are not only mashed, but also spiced up and stuffed back into the potato skins. Akasha Richmond created the recipe after watching a chef in Mumbai, India make a potato curry wrap. The cornbread is almost a meal in itself. The addition of tofu, soy cheese, and corn make it nutritious and hearty.

Terri Schmidt wishes you a Thanksgiving table filled with fun, family and friends

### Spicy Mumbai Potato

"The Art of Tofu" 2001, Akasha Richmond

- ✦ 4 large Idaho or russet potatoes or 12 small ones
- ✦ 1 tsp. ground coriander
- ✦ 1/8 tsp. turmeric
- ✦ 2 tsp. canola oil or olive oil
- ✦ 1/2 tsp. ground cumin
- ✦ 1 cup finely minced leeks
- ✦ 4 Tbsp. water
- ✦ 1 Tbsp. peeled and finely grated ginger
- ✦ 1 cup fresh or frozen green peas
- ✦ 3/4 cup Mori-Nu Lite Tofu (firm) puréed
- ✦ 1 clove garlic, pressed
- ✦ 2 Tbsp. chopped fresh cilantro
- ✦ 1/2 tsp. salt
- ✦ Canola oil cooking spray
- ✦ 1/8 tsp. freshly ground black pepper

Preheat oven to 425\* F. Wash and scrub each potato well. Dry and prick each with a fork a few times. Bake for 40-60 minutes, depending on the size of the potatoes. While potatoes are baking, lightly coat a heavy sauté pan with cooking spray and cook the leeks, ginger, garlic and salt with canola oil for 6-8 minutes. Add black pepper, coriander, turmeric and cook 2 minutes longer. Add peas and water and cook until peas are tender. Reserve. When potatoes are done, remove from oven, cut them in half lengthwise and scoop out the potato. Mash potatoes with the tofu purée and mix in remaining ingredients. Stuff potato shells with filling. Bake 10-05 minutes in a 350 degrees F oven before serving. Garnish with chopped cilantro.

Nutritional information: calories 306, protein 10.2, carbohydrates 61g, fat 3.3g, cholesterol 0g

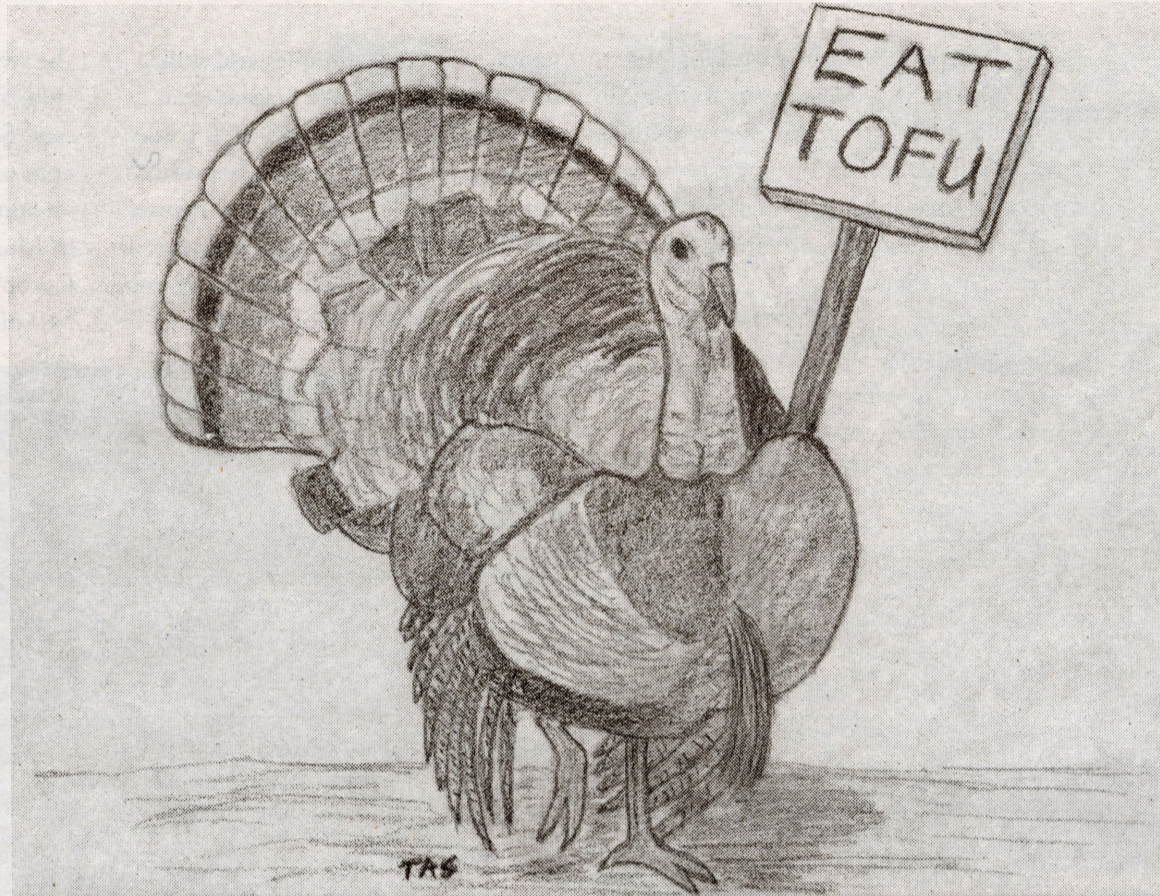
### New Soul Food Cornbread

"The Art of Tofu" 2001, Akasha Richmond

- ✦ Muffin tin or 8 inch X 8 inch square cake pan
- ✦ 3/4 cup Mori-Nu Lite Tofu (firm) puréed
- ✦ Canola oil cooking spray
- ✦ 2 Tbsp. maple syrup
- ✦ 1 cup unbleached flour
- ✦ 1/3 cup maple syrup
- ✦ 1 cup cornmeal
- ✦ 1 Tbsp. unrefined cane sugar
- ✦ 1 1/4 tsp. baking powder
- ✦ 1/2 cup jalapeno soy cheese, grated
- ✦ 1 tsp. baking soda
- ✦ 1/2 cup fresh or frozen corn kernels
- ✦ 1/2 tsp. salt
- ✦ 1/4 cup scallions, chopped
- ✦ 1 1/4 cups water

Position a rack in the center of the oven and preheat to 375 degrees F. Coat the tin or baking pan with cooking spray. Mix flour, cornmeal, baking powder, baking soda and salt in a large bowl. In a separate bowl, whisk together water, tofu, maple syrup, oil and sugar. Fold in cheese, corn, and scallions. Make a well shape in the bowl of dry ingredients and pour in wet ingredients. With a few light strokes, mix ingredients together until just blended. Don't worry about any lumps. If you are making the muffins, fill each cup 2/3 of the way with the batter. Bake for 20-30 minutes or until brown on the top and an inserted cake tester comes out clean.

Nutritional information: calories 177, protein 4g, carbohydrates 23g, fat 7.5g, cholesterol 0g.





## Desserts for Everyone!

By Sarah McCord, Newsletter Volunteer

**F**ood allergies affect millions of people. It is estimated that approximately 4% to 8% of children and 2% of adults are allergic to one or more foods. (1) Eight foods (cow's milk; egg; peanuts; tree nuts such as walnuts, pecans, almonds, and cashews; fish; shellfish; soybeans; and wheat or gluten) are responsible for nearly 90% of reported allergies in the United States. (2) (3)

All these statistics are interesting in the abstract, but at holiday tables across the country they have very personal, immediate significance to many of our friends and relatives. Exposure to the smallest amount of any of these foods can cause people with allergies to develop hives or a rash, experience tingling in the mouth or swelling in the tongue and throat, develop severe abdominal cramps, vomiting, or diarrhea, experience difficulty breathing, or even cause a loss of consciousness and death. (4) At least 150 deaths every year are attributed to food allergies, as well as 2,000 hospitalizations and 30,000 cases of anaphylaxis that usually require a trip to the emergency room. (3) And, what's even worse, milk, eggs, nuts, and wheat are found in many common recipes for dessert!

Because few things are as distressing to a hostess as the prospect of poisoning one's guests, I've developed a number of dessert recipes that appeal to the taste buds of both those with dietary restrictions and those without. The simplest is this: slice oranges and sprinkle with cinnamon. Arrange on plates and serve. For more complex recipes, a few tips bear mentioning when cooking for loved ones with food sensitivities. The smallest amount of an allergen really can hurt them, so make sure to read labels of any prepared ingredients you are using. Gluten, in particular, hides in all kinds of places you wouldn't expect, like baking powder. Also, wash all surfaces well (including measuring cups and spoons) before preparing allergen-free recipes. This means, if you've just used that spoon to mix bread made with wheat flour, milk, and eggs, don't "brush it off and call it good"—wash it well before moving on to the allergen-free recipe.

Some of these recipes call for unusual ingredients—at least, unusual to those of us without food allergies. I've found everything I need at the Co-op, and (even better), most of it is in the bulk aisle, so if you just want to make one batch, you can get a small amount. The time you put into making these goodies

will be richly rewarded. Just recently, I sat down to a meal where there were people with a variety of dietary restrictions (including: no dairy, no eggs, no wheat, no soybeans, no refined sugar, no nuts). I won't ever forget the looks of delight when everyone realized they could eat BOTH desserts—Apple Tart and Chocolate Pear Mousse! My favorite quote of the evening? "I feel like this is an oasis in the taste desert I've been in!" A final note: though neither recipe contains refined sugar, both contain plenty of carbohydrates and fruit sugars. Before serving either to your diabetic loved ones, share the recipe and ask if it will work for them. They may be able to enjoy a smaller serving without worry of a spike in their blood glucose. Bon Appetit!

1. National Center for Chronic Disease Prevention and Health Promotion, Division of Adolescent and School Health. Healthy Youth Health Topics. Food Allergies. Available online at <http://www.cdc.gov/HealthyYouth/foodallergies/index.htm>. Accessed October 14, 2007.

2. CDC. Allergic conditions among children: US, 2000-2005 (Source: NHIS) Available online at <http://209.217.72.34/HDAA/TableViewer/tableView.aspx?ReportId=205>. Accessed October 14, 2007.

3. Report on the Expert Panel on Food Allergy Research, June 30 and July 1, 2003, National Institute of Allergy and Infectious Diseases, National Institutes of Health. Available online at [http://www3.niaid.nih.gov/about/organization/dait/PDF/june30\\_2003.pdf](http://www3.niaid.nih.gov/about/organization/dait/PDF/june30_2003.pdf) [PDF 190K]. Accessed October 14, 2007.

4. US Food and Drug Administration. Food Allergies: What you need to know. Available online at <http://www.cfsan.fda.gov/~dms/ffalrgn.html>. Accessed October 14, 2007.

.....  
Sarah McCord likes to feed people and see them smile.



### Vegan Sugar-Free Very Grownup Chocolate Pear Mousse

12 small or 8 large servings

- ✦ 2 very ripe medium pears
- ✦ 275 g chopped unsweetened chocolate (eg. one 9.7 ounce Scharffen Berger 99% Cacao Unsweetened Home Baking Bar, which is gluten-free)
- ✦ 900 ml rice milk (just about a whole box of Enriched Original Rice Dream)
- ✦ 2 1/2 tsp. white stevia powder (or more, to taste, if needed—use the white powder, not the green stuff!)
- ✦ 3 1/2 tsp. agar agar powder
- ✦ 3/4 tsp. vanilla extract

This rich-tasting dessert has a deep chocolate flavor that may be too strong for some children. If sugar-free is not important to you, you may substitute the 62% Cacao Semisweet or 70% Cacao Bittersweet Scharffen Berger bars for the 99% Cacao Unsweetened, and replace the stevia with 2 tsp. white sugar. (Don't just replace the stevia with sugar in the original recipe. The result will not be sweet enough to be edible!)

Cut pears in half and core. Dice 1 1/2 of the pears, and put in the bottom of the mousse glasses that you will use. Peel the remaining 1/2 pear, and puree. Put chocolate, rice milk, stevia, and agar agar in a large saucepan over medium heat. Stir constantly until chocolate melts, then add pureed pear. Bring to simmer and remove from heat. Let cool for a few minutes, then add the vanilla. Pour into prepared glasses, making sure to cover the pears (or dunk them under if they float). Refrigerate 2 hours until set.

This also works with oranges (with the fruit removed from section membranes and using 1/2 cup of juice and a bit more agar agar instead of the pureed pear) or berries (again with juice or puree for extra sweetening, thickened with additional agar agar if necessary).

### Edible for Everybody Apple Tart

Makes two tarts in 8-inch pie plates.

#### Filling:

- ✦ 6-8 medium apples, peeled, cored, and sliced
- ✦ 1/2 tsp. white stevia powder
- ✦ 1 Tbsp. cinnamon
- ✦ 1/8-1/4 tsp. ground nutmeg, to taste
- ✦ 2 Tbsp. lemon juice
- ✦ 2 Tbsp. potato starch

Mix apples, cinnamon, nutmeg, and lemon juice in large bowl. Mix stevia and potato starch, then sprinkle over apples.

#### Allergen- and sugar-free tart crust:

- ✦ 1 cup white rice flour
- ✦ 1/2 cup sorghum flour
- ✦ 1/2 cup potato starch
- ✦ 3 Tbsp. tapioca starch
- ✦ 1/8 tsp. white stevia powder (not the green stuff!)
- ✦ 1/4 tsp. salt
- ✦ 1 tsp. cinnamon
- ✦ 8 Tbsp. cold shortening
- ✦ 2 tsp. guar gum
- ✦ 1/2 tsp. lecithin granules
- ✦ 2 Tbsp. apple cider vinegar
- ✦ 1/4-1/2 cup ice water

Preheat oven to 425°F. Mix dry ingredients. Make a well in the center and add the vinegar, stir it in, and then add ice water by the tablespoon until the crust holds together. Roll out slightly between wax or parchment paper and then pat into pie plate. Fill crust with tart filling and bake for 15 minutes before lowering heat to 350°F and continuing to bake until done, 30-50 additional minutes depending on the juiciness of filling. Because there isn't added sugar, this will not bubble over in the oven. When it's done, the apples will be soft, but not very brown. For an extra treat for those who can eat sugar, serve with a scoop of vanilla Rice Dream, which is vegan as well as gluten- nut- and soy-free!



# Holiday Eating: It's What You Want

By Melynda Huskey, Newsletter Volunteer

When I was studying folklore, I knew a woman who could tell you what state you were from—in some cases, even what county—by listening to your complete Thanksgiving menu. People are pretty conservative when it comes to holiday eating. Gourmet can publish all the fancy-schmancy menus in the world for a Cubano-Asian fusion Thanksgiving, and only two kinds of people will cook them: people temporarily too hip for their parents, and people who learned to cook watching Papí and Bá Ngoai in the kitchen together.

In our family, we make Thanksgiving green beans with a strip of bacon, some chopped onions, and a healthy splash of vinegar. They're called Grandma Green Beans, and it wasn't till I was in my 20s that I realized that the Grandma in question wasn't mine, but my mother's: the one who canned her own garden beans with vinegar to reduce the risk of botulism. A couple of generations down the line, we put the vinegar on frozen green beans from France just because we think beans ought to taste that way.

Another non-negotiable Thanksgiving dish is canned yams and canned crushed pineapple topped with marshmallows and baked. Clearly it's inde-

fensible from any culinary standpoint. I can only say that it's not Thanksgiving without it, and while I wouldn't eat any one of those ingredients by itself on any other day in the year, I can't live without them on one Thursday in November. In fact, I stand at the side of the oven and pull off a toasty, pineapple-sodden marshmallow as soon as it's puffy and brown.

I know people in North Carolina who eat macaroni and cheese as a side dish on Thanksgiving. I can't even count the number of people I know who furtively drive across town to that-other-grocery-store-where-no-one-knows-you to buy a can of Durkee's French Fried Onions and a can of Campbell's Cream of Mushroom soup for green bean casserole. And don't get me started on the cranberry sauce, especially if you're one of those scary make-your-own people. It's the corrugated cylinder or nothing.

The point is, on certain days, we require certain foods, sick and wrong as they may be. Kool-Aid pickles, which I am so going to make one of these days, custard pie, mashed winter squash with green chiles, dirty rice—for some, these are necessary adjuncts to the holiday table, and who am I to point the finger? Everyone should have what they crave

## Mormon Potato Casserole (aka Funeral Potatoes)

From Paola Gelli of Italy, translated by Karla Kapler

- ✦ 2 cups crushed cornflakes
- ✦ 2 T. melted butter
- ✦ 1 24-ounce bag frozen shredded (not diced!) hash brown potatoes, thawed
- ✦ 2 cans cream of chicken soup
- ✦ 2 cups full-fat sour cream (do not substitute reduced-fat!)
- ✦ 1 cup grated cheddar
- ✦ 1/2 cup melted butter (not margarine!)
- ✦ Salt and pepper to taste

In a small bowl, combine 2 T. melted butter and cornflakes. Set aside. In a large mixing bowl, combine remaining ingredients. Blend well. Pour potato mixture into a 13" x 9" Pyrex or roasting pan. Sprinkle crushed cornflake mixture on top and bake at 350 degrees for 30 minutes. Stand back and watch it disappear.

in their souls to sustain them through what is at best a complicated season.

And if you, like me, expect 24 or so of your relatives, friends, and neighbors for Thanksgiving, take my advice, and make a big old pan of this, which will not make your reputation as a bec fin, but will make many, many people happier than you can imagine. It's got no excuse at all for being as good as it is. You are undoubtedly turning up your nose right now—but I'm telling you, try it. Try it. You won't regret it.

Melynda Huskey will not be deep-frying a turkey this year, no matter what anyone says. She blogs food, craft, and words at [www.melyndahuskey.wordpress.com](http://www.melyndahuskey.wordpress.com), and she'd love to know if you made Mormon Potato Casserole for your family.



# Giving Thanks for Good Food!

MOSCOW FOOD CO-OP

Let the Co-op take care of all your Thanksgiving needs this season. Pick up your turkey, side dishes, desserts, wine and centerpieces in one easy stop at the Co-op!

### Or we'll help you cook it yourself!

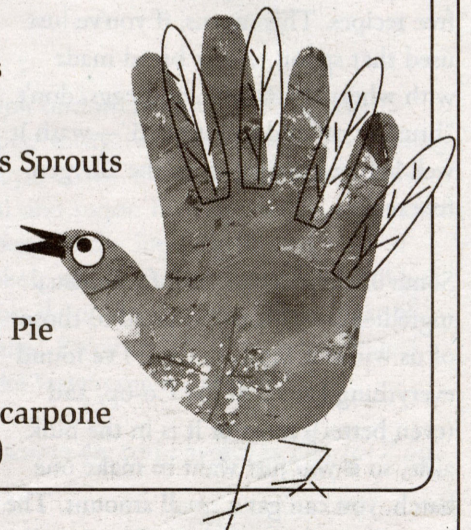
Pick up a card for one of these delicious recipes around the store and grab all the ingredients here at the Co-op. It's easy as pie!

- Baked Pumpkin Puddings in the Shell
- Stuffed Yams
- Sausage Fennel Stuffing
- Cranberry and Dried Cherry Sauce
- Green Beans with Roasted Red Onions
- Acorn Squash Stuffed with Wild Rice
- Hazelnuts and Cranberries
- Butternut Squash Pie
- Liqueur Frosted Almonds

### Let us help you cook!

All you have to cook is the turkey. You can special order these holiday specials from the Deli and Bakery. Place your order by November 19th and pick it up on the 21st.

- Lemon-Roasted Green Beans with Almonds
- Harvest Wild Rice Salad
- Autumn Succotash • Roasted Roots • Roasted Brussels Sprouts
- Dinner rolls (choose from: Daily Wheat, Challah, Country White, Honey-Butter-Oat or Norwegian Farm)
- Pumpkin Pie • Sweet Potato Pie • Maple Pecan Pie
- Apple Pie
- Carrot Cake • Chocolate Fudge Cake • Walnut Mascarpone Cake (all cakes available in 6" or 9" rounds)





# Veganesque: Celebration Season

By Caitlin Cole, Newsletter Volunteer

**O**n a recent stroll down Third Street, my children and I stopped and stood beneath a beautiful oak tree pondering the yellow and orange leaves. The afternoon autumn sun caught the color of the leaves casting a glow all around us. My son said it was like being in a forest; I felt ethereal warmth from within. The colors of autumn in Moscow are so beautiful, from the brilliant colors of the oaks and maples to the abundance of orange pumpkins gourds and squashes spilling out of huge bins around town.

After the colors are gone and the absence of leaves opens up the sky to a pale clear winter light, our family will be spending more time seeking comfort inside our home. To me comfort means candlelight, cozy pillows and blankets, select jazz cd's and, of course, food! The experience of food becomes so fun for me during the colder seasons, I am looking for the comfort factor when designing recipes, hoping to find a favorite dish that can become a new

tradition in our family and community celebrations. And I want it to be hearty, which is a word I don't usually don't associate with vegan food. The heartiness of the following recipe surprised me since there is very little fat. It's a flexible recipe as well, local veggies taste best but if they are not available frozen veggies can be used. My kids loved it!

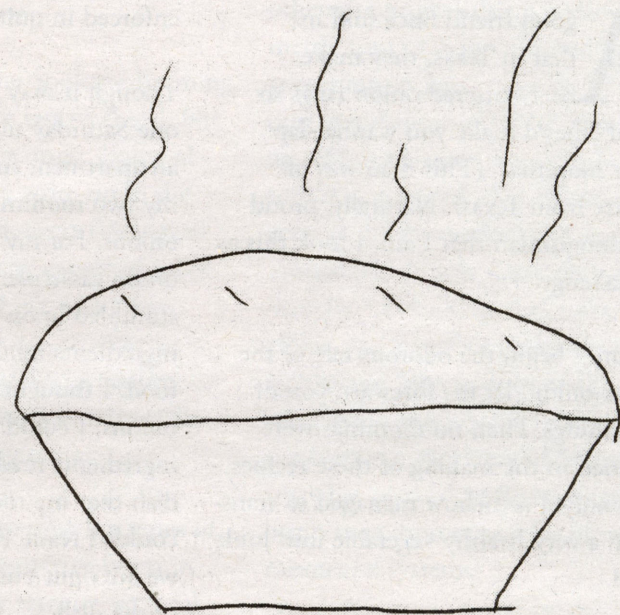
While I enjoy the coziness and comfort of being in my home with my family I also am looking forward to Moscow's celebration season! Recently I attended "Squash Off," a fundraising event to benefit the community garden. It was family friendly with free music, wonderful food and goodwill, they served the best squash soups I have ever tasted. This was a true community event, hopefully to become a tradition, one in which everyone was welcome and everyone was fed. I am also looking forward to Buy Local Moscow's kick off party on November 16. It will be a chance for us to leave our comfortable homes to join the comfort of our special community to enjoy free music,

free food and prizes and to meet and support our local merchants. I am grateful for the opportunity to live my values by supporting our community through buying from our local merchants. I also like how the movement is for something (buying locally) and not against something (no big box stores).

This time of year also can be a struggle for my family to redesign traditions that I enjoyed as a child, such as massive amounts of candy (Halloween) lots of meat eating (Thanksgiving) and many presents (Christmas). We are finding new ways to enjoy the holiday season while setting an example to our children that reflects our love of the earth and all of her inhabitants. How do we do this? I don't always know the

answer to these questions but I know where to look for them — in the comfort of Moscow's community celebrations.

As the colors change and the snow comes, Caitlin will be walking down slushy downtown sidewalks carrying a pot pie on her way to a celebration.



## Celebration Pot Pie

### **Crust:**

- 1 3/4 cups unbleached flour
- 2 tsp. baking powder
- 1/2 tsp. baking soda
- 2 Tbsp. Spectrum or soy margarine of choice
- 3/4 cup plain soy milk
- 2 tsp. honey

Sift together dry ingredients, add margarine and work into a mixture that resembles corn meal with fingers. In a measuring cup or small bowl, add honey to soy milk. Add liquids to dry mixture and stir with a fork to make a stiff dough, adding more soy milk if necessary. Knead dough in the bowl until no longer sticky. Turn onto lightly floured surface and roll in shape of the pan.

### **Filling:**

- 1/4 cup vegetable stock
- 1 sweet onion chopped
- 3/4 cup thinly sliced carrot
- 1 cup peas fresh or frozen
- 1 cup broccoli chopped
- 1 cup corn
- 1/3 cup whole wheat flour
- 1 cup plain soy milk
- 2 cups vegetable stock
- 2 Tbsp. chopped fresh herb of choice
- 1 tsp. soy sauce
- 1/2 tsp. dried sage
- 1/2 tsp. dried thyme
- 1/2 tsp. cayenne pepper (optional)

Preheat oven to 400. Grease a 2-qt. casserole dish with Spectrum. In a saucepan simmer vegetable stock then add onion, cook for 5 minutes. Add the rest of the veggies and cook for 5 minutes more. Add more stock as needed if sauce begins to dry. Lower the heat and add flour to veggie mixture, cook for 2 minutes. Combine the soy milk and 2 cups veggie stock in a small bowl, slowly whisk into veggie mixture. The sauce will start to thicken. Add herbs and soy sauce. Cook, stirring constantly for about 5 minutes until sauce has thickened. Remove from heat and pour into casserole dish. Cover with crust and make a few cuts with a sharp knife to allow steam to escape. Bake about 30 minutes, until crust is golden and filling is bubbling.



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## Oh the Sweet Onion

By Jordy Byrd, Newsletter Volunteer

A good friend once told me that in Texas, they make beer-battered onion rings so good “they’d make you wanna slap your momma.” (This man was of course from Texas). Naturally, proud Washingtonian that I am, I took this as a challenge.

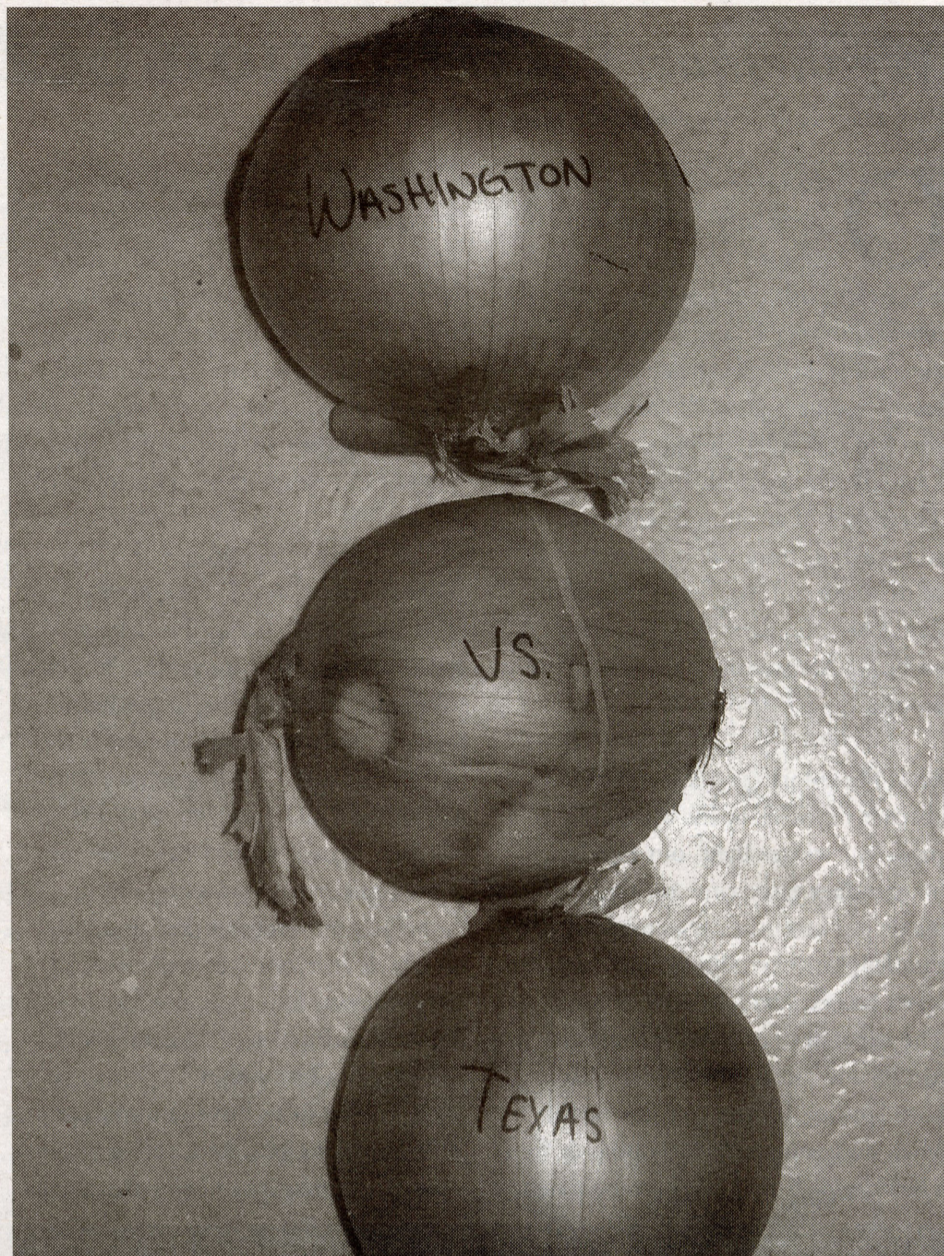
Before I begin the odorous tale of the sweet onion, let me forewarn you of two things. First, no mommas were harmed in the making of these recipes. Secondly, I somehow managed to transform a very healthy vegetable into junk food.

The onion is a member of the pungent Allium genus of the lily family, which also includes garlic, leeks, shallots, scallions, and chives. It has long been a symbol of eternity due to its structural composition of layers within layers, which form a sphere. Interestingly enough, the onion has been the focus of some mighty strange legislation. For example, in Nacogdoches, Texas, it’s against the law for “young women” to indulge in any raw onions after 6 p.m. (Texans and their onions, eh?). However, the law has failed to be

enforced in quite some time.

Though it may be illegal in Texas, on one Saturday night this month, I had an apartment full of “young women,” my two roommates and I, indulging in onions. For my first recipe, I made an onion casserole. I was surprised when I stumbled upon the recipe because the ingredients reminded me of comfort food. I thought, cheese, potato chips, onions, I could do that. The simple ingredients made such a tasty, bubbly dish that my roommate Kelsey and I couldn’t resist. Armed with two forks, we ate right out of the oven, right out of the dish.

My second piece, onion ring beer batter, appeared to be incredibly promising...but unfortunately it was a swing and a miss for me. For whatever reason, I couldn’t get the batter to stick to the rings. Instead, the batter fried and floated to the top. In reflection, I don’t think I had the oil hot enough. This is probably due to a horrific event my mother warned me about. Grease fires. Thankfully, I managed not to start any fires. But in the process, my boyfriend and I suffered the little bombs of pop-



ping oil all along our unclothed forearms.

Even though my apartment reeked of onions for two days and my kitchen floor was slippery with grease; and even though my roommate Kelsey watched in horror as I consciously burnt myself, the onion rings, and crispy but detached fried batter, was good.

Because I’ve never been to Texas and tasted their famous rings, I have to claim for dignity’s sake, that my onion

rings from Washington are better. Because it may be bigger, but it’s not always better, in Texas.

Jordy cannot wait to step out of the kitchen and go home for her mother’s Thanksgiving dinner.

### Onion Ring Beer Batter

From: Cooks.com

- ✦ 1/2 cup dark beer
- ✦ 1/2 cup seltzer water or club soda
- ✦ 1 Tbsp. oil
- ✦ 1 egg white
- ✦ 1/2 tsp. cayenne pepper
- ✦ 1 tsp. sea salt
- ✦ 1 cup pastry flour
- ✦ 1/4 tsp. mustard powder
- ✦ 1/2 tsp. onion powder
- ✦ 4 large sweet onions

Pour beer and seltzer water into a blender. Sprinkle in pepper, mustard, salt and onion powder and oil. Pulse until combined. Add flour last, and process only until mixed. Batter may be lumpy. If too pasty, at a teaspoon of water at a time. Whisk egg white until frothy. Gently stir in contents of the food processor, mixing until combined. Slice large sweet onions into rings. Soak in milk for 10 minutes. Drain and lightly sprinkle with onion powder, then dip in batter. Fry small batches in hot oil (365F), turning once, gently to brown evenly. Remove and drain on paper towels. Season with salt and pepper while still hot from fryer.

### Onion casserole

From: Onion Cookery (OK, this is 50’s retro comfort food, but the Co-op does provide all these ingredients - like the Health Valley Cream of Chicken Soup - and I just put them together.)

- ✦ 4 large sliced sweet onions
- ✦ 1 bag barbecued potato chips
- ✦ 2 cups grated cheddar cheese
- ✦ 2 cans cream of chicken soup
- ✦ 1/2 cup milk

Layer the above three ingredients. Repeat layers again. Combine two cans cream of chicken soup with one-half cup milk. Pour over layers and top with crushed chips. Bake at 350 degrees F for one hour.

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## Letter from the Land: A real letter

By Suvia Judd, Newsletter Volunteer

Dear Friends,  
Aren't labor-saving devices amazing? I have spent several days wrestling with the computer to get my e-mail functioning, so what I am writing this month is a genuine ramble through my thoughts on land-related issues.

Today is a warm, sunny day in late October. I particularly love the orangey apricot color of the cherry-tree leaves, through which the sun is shining into a green glade outside my window. That mixture of blue and soft orange, along with the rich purple of autumn asters, is something I treasure and associate with these special warm fall days.

Last night it warmed up enough that I heard crickets here in our yard in Moscow. On the mountain last night, the moonlight was lovely, and two groups of coyotes were calling back and forth vociferously with a great range of sounds. A few days ago I heard a frog talking, with a low drawn out raspy call. Whatever kind it is, it lives in a woodpile on our mountain property.

The day is so soothing and lovely.

But here are some interesting things:

The Latah County Planning Commission is beginning our evaluation of whether and how much we need to rewrite the Latah County Comprehensive Land Use Plan, which is a guiding document for ordinance writing, (analogous to a constitution.) The Plan should express the collective wishes and vision of the citizens of the County for the future of land use in the

County.

We are very determined to have a really thorough and positive public participation process. We have been practicing some techniques, using ourselves and the members of the Zoning Commission as guinea pigs. At two meetings, we broke into pairs and interviewed each other, and then reported back to the group on what we heard. One question was: What is a place you like to be in the County, what do you do there, and why do you like it? (We are trying to get at what people value about Latah County, because what we all care about is what we want to make plans about.)

I was interested to see that for many of us, where we like to be is at home, putting around the yard and garden, or looking out the window. Many people had special places they liked to walk or drive or ride an ATV. Everyone spoke with special feeling about the places they liked, describing details of the landscape and their fondness for certain seasons. It was striking to me how much in common we all had, in loving the land, despite what may be great differences in ideology about planning issues. And what we love about the land is just how it is, a mixture of forest and open agricultural land and canyons and wildlife and scenery, but nothing grandiose or the stuff of what destination resorts are made. It gave me a very hopeful feeling to connect with other residents on that level.

Watch your newspaper for upcoming announcements on public participation opportunities.

I wanted to go to the Spokane Beaming Bioneers Conference last weekend, but couldn't for family reasons. Some of you may have seen a write-up in the Spokesman. The Bioneers (biological pioneers) are a creative group of people from many walks of life who meet annually somewhere in the country to talk about all sorts of issues relating to sustainability. I wanted to attend the regional Slow Food seminar.

Each year the Bioneers pick a series of cities around the country to beam in the conference to by satellite, so local organizers can participate in the national conference while discussing local issues. [www.bioneers.org](http://www.bioneers.org). and [www.sustainspokane.org](http://www.sustainspokane.org).

There was a feature article in the October 13th Science News about human beings and their use of the Earth. By and large, with a few exceptions, human activities decrease Earth's productivity, and at the same time, we consume an ever-increasing share of it. In some regions, human beings consume more than two thirds of the

biological productivity that would otherwise be available. Of the 15.92 metric tons of carbon locked up by vegetation in 2000 (already 9.6 percent less than would have been locked up without human activity), human activities removed 15.6 billion metric tons, or 23.8 percent, from the world's ecosystems. A little more than half was used for food, forage and wood. Most of the rest was lost to inefficiencies of agriculture. The authors of the study, reported in the July 31 Proceedings of the National Academy of Sciences, ask "At what point does human activity begin to compromise a lot of our environmental systems?"

I find it exciting that everywhere you turn people are using the language of sustainability. In another article, I'd like to explore "What makes something 'sustainable'?"

Suvia Judd farms and writes from Moscow.



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## In The Garden: Plant Hardiness Zones

By Holly Barnes, Newsletter Volunteer

*“Gardening is renewing and refreshing to your soul, especially when you’re doing it in a quiet rural setting. Accompanied by the nectar loving hummingbirds, bees, and butterflies, it’s easy for the gardener to slip into a restorative meditation.”*

—Author Unknown

An important factor in choosing what to plant in your garden is its hardiness zone. What this means is how cold a temperature the plant can survive in. From it you can determine what plants will ‘winter over’ in your garden and survive for years. The United States Department of Agriculture (USDA) has, since 1960, provided this information to interested citizens. The most recent map provided by the USDA was in 1990 and because of climate changes they are working on another update. The updated version will use new mapping technology and an extended set of meteorological data. There’s no information on when it might be available.

Basically the USDA Hardiness Zone Map divides North America into 11 separate zones with each zone having a 10-degree warmer (or colder) annual minimum temperature in an average winter than the adjacent zone. Some zones have been further divided into

A and B regions which represent only 5 degree differences in minimum temperature. Since 1990 both Moscow and Pullman have been in zone 5B, which is the warmer of Zone 5. Zone 5 minimum temperatures range between -20 to -10 degrees F. Zone 5B is in the upper part of that range, from -15 to -10 degrees F.

It’s being suggested that gardeners use the Arbor Day Foundation Maps until the USDA maps are ready. The Arbor Day Foundation, which inspires people to plant, nurture, and celebrate trees, felt that the climate changes were dramatic enough to make a difference in what trees people should plant in their regions. In 2006 they released a Hardiness Zone Map that divides the country into ten different temperature zones. The new map shows that many areas have become warmer since the last USDA map was published and that significant portions of many states have shifted at least one full zone. Some areas of the country have warmed two full zones. The Foundation developed the new zone map based on informa-



Holly Barnes slips into a restorative meditation about her garden and the world around her in this lovely Garden House.

tion from the National Oceanic and Atmospheric Administration’s Climatic stations across the U.S. According to the Arbor Day Foundation Press Release, “The new 2006 arbor day.org Hardiness Zone Map is consistent with the consensus of climate scientists that global warming is underway.” They go on to say that tree planting is one thing that we can do to reverse the trend.


Using the arbor day.org hardiness zone map, Moscow and Pullman are now in zones 6-7. The range of average annual minimum temperature in these 2 zones is -10 to +10 degrees F. This is very

important information for gardeners. Nearly all American references books and nursery catalogs describe plants using USDA zones. Changes of 1 to 2 zones will have important ramifications for all of us. With each zone change plant choices change. We will be able to grow species that were marginal, at best, before. Additionally, we may start seeing some of our local plants failing to thrive and even begin to struggle. And a consequence of that may be that certain native animals will no longer be able to find the food they depend on for survival.

Stay tuned for the new USDA Plant Hardiness Zone Map and until then, follow the advice of the Arbor Day Foundation and plant a tree!

Holly Barnes planted several native shrubs from PCEI this fall to do her part to stabilize our changing climate. She does her restorative meditation and mulls over weighty topics like global warming in her new Garden House, pictured here.

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## Wild & Free: Microorganisms

By Sarajoy Van Boven, Newsletter Volunteer

*There are beautiful wild forces within us.))*

—St. Francis of Assisi

I am recovering from the handiwork of a microorganism quite gifted at turning me completely inside out within a matter of hours. I keep telling myself that this guy was in the minority. The majority of microorganisms wildly roaming the planet both inside and outside of my skin are good guys, right? Then a mean one hits, and you think: Eradicate! Get the Anti-bacterial Soap and scour! It's you or them, baby.

But what would be left? You *are* them! We are 10x more bacteria cells than human cells (Wikipedia with cites). Between that and being 90% water, I think I must be only .5% human... which is nice, considering the reputation.

These things we cannot see but are told exist all around, like fairies, spirits and angels of life and death, scien-

tifically called microorganisms, roam freely through us with every breath, every sip, every munch. These invisible agents transform decay into life. They metamorphose our food and drink into something more nutritious, digestible, and enjoyable than before.

The king of wild fermentation (if wild microorganisms could be said to have a king) is Sandor Ellix Katz, author of *Wild Fermentation*. His playful and edifying book recently lead me through several lively experiments with the invisible wild that apparently (obviously) roams my kitchen. Katz describes wild fermentation methods for meads, beer, sauerkraut, miso, gruels, and more. *Wild Fermentation* asserts that food gone bad is actually good. Just the sort of iconoclastic thinking that can turn us wild again, the .5% part that isn't already.

Despite the power of prior disasters and a proven incompetence at both wine and jam making, my untamed willpower overwhelmed my higher faculties

### Wild Oatmeal (a.k.a. Oat Porridge)

*paraphrased from Wild Fermentation*

- \* 1 cup coarsely ground, steel cut, or rolled oats
- \* 5 cups water
- \* Salt

Soak oats in 2 cups of water, in a bowl, covered loosely to keep out flies, for 24 hours or more. When ready to cook, bring 3 cups (or less) of water and a pinch of salt to a boil. Lower heat, add oats and their bubbly water. Stir until oats are hot and water absorbed, about 10 minutes. Don't let them stick or burn. I would try not to boil it, as that would kill the microbes, probably. Here's the tricky part: eat it. We put maple syrup on ours first and let it cool a little.

and proceeded to try my hands at Hard Cider. I used unpasteurized cider, made by our own family at Bishop's Orchard in Garfield (despite their stern orders to pasteurize). Katz doesn't specify "unpasteurized", but simply fresh without preservatives. In a sterilized and de-sterilized plastic milk jug, we set the cider on the counter, with 1-2 layers of cheesecloth rubber-banded over the lid to keep out the flies. Within 4 days, bubbles effervesced from the bottom. In five days, the cider was sweet, bubbly and only very mildly intoxicating. One woman, we'll call "Kathrine," liked it very much and sources say she was seen downing several large mugs of the stuff. The next day it was a little harder, but still pleasant, though blue mold needed to be fished from the cups as an aesthetic matter. I will transfer it to an wide-mouth jar and place it on the counter with a couple buddies for a few more weeks to make vinegar, thanks to the direction of one wild and free, Mr. Katz.

Several imbibers found the blue mold disconcerting. I recall that the world's first antibiotic, penicillin, was derived from moldy bread. Katz suggests removing the funky top layer to get to the good ferment below. He assures readers that he has never heard of food poisoning from improperly fermented foods, although that does not exclude the possibility. He elucidates that the process of fermentation, alcoholic and acidic in nature, creates a hostile workplace for the food-poisoning types.

However, he warns that if it doesn't taste good or right, don't eat it.

Wild Oatmeal (featured) is allegedly more nutritious and digestible than sober oats. Additionally, we thrilled at the creamy sauce, chewy texture and rich flavor. I ate oatmeal three times that day! I hate oatmeal!

I anticipate adventures with Katz's sauerkraut, Ginger bug soda, Ethiopian honey-wine, and anything not referencing complex ideas such as carboys, siphoning, and several years.

Like all wild and free foods, microorganisms come with an embedded philosophy. Katz attributes Pasteur's microbiology as spawning "a sort of colonial outlook toward microorganisms...they must be dominated and exploited." In a treatise to local cultures (pun intended) he bemoans the "homogenization of culture," and large, corporate, sterile brewing schemes.

Let us join Mr. Katz and resist enculturation with enculturation of the wild kind. With our .5% human selves, freer still, perhaps we will then be the organisms who ferment the culture around us with salubrious insobriety and sparkling verve.

Sarajoy insists that her current state of dyspepsia was not caused by any hooch.



Turning vinegar into cider with a little help from some friendly microorganisms.



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## “Mama Can We Make ...?”: A Solar Fruit Dryer

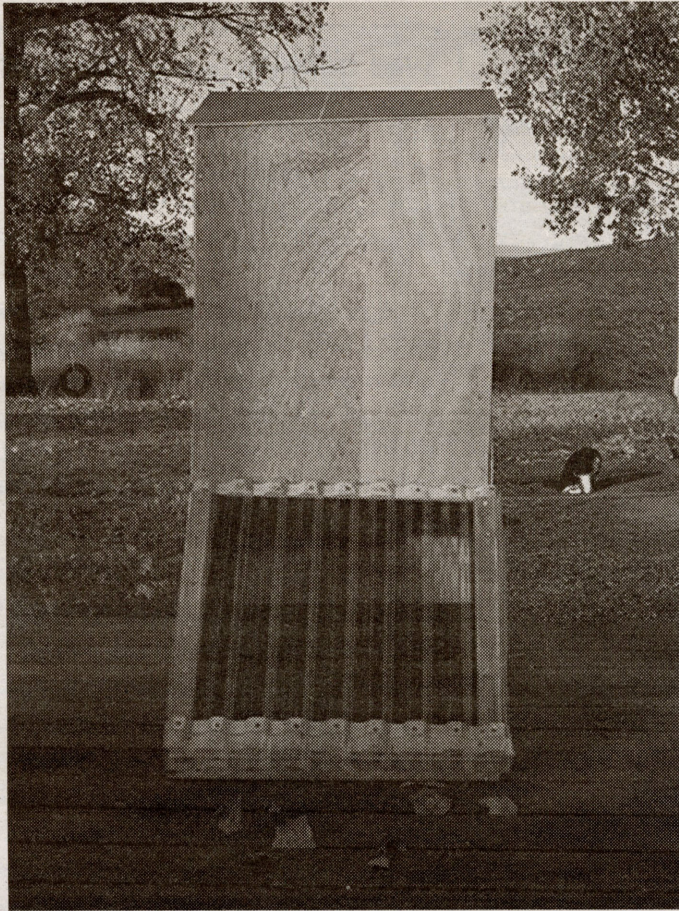
By Nancy Wilder, Newsletter Volunteer

This month, my family got ambitious with our project. It was exciting to make our own solar fruit dryer, and great to see the kids (ages 4 and 7) having fun working on this project while learning valuable skills toward self-sufficiency. It was also exceedingly rewarding to be able to make use of this year’s bumper crop of fruit (beyond the usual applesauce, pies and crisps), which might otherwise go to waste (or to our resident moose).

We were able to make almost the entire contraption with scrap materials. The kids helped pull nails out of old pallets, drill screws into the base, and then paint the fruit dryer when it was finished. Older children could also figure measurements, hammer nails, and cut Plexiglas with wire cutters, among other tasks.

This is basically a tall rectangular box covered with clear plastic with an angled black piece at the base to absorb heat, which rises and dries your bits.

To get started making your own solar dryer, you’ll need the following items: pallets or other wood source, a 2’ by 2’ wooden square for the base, 15 to 20 screws or nails, about three feet of



Solar Fruit Dryer: a fun and delicious project.

clean metal screening material, three or four feet of 3’ wide tempered glass or polycarbonate, a power saw and drill, and paint (heat-absorbing black for the inside and any colors you choose for decorating the outside). For those of you who would like a more detailed description of our materials, some

photos and the project’s process, please see [www.MamaCanWeMake.org](http://www.MamaCanWeMake.org). Once you have all your materials assembled, you’ll need about three to four hours total time for prep, assembly and painting. Once you’ve built and painted your box, you’re ready to slide in your screens covered with thin-sliced fruit or veggie pieces. We like to dry apples, pears, plums, cherries, kale and broccoli. You’ll want to check on your

dryer’s progress about every two hours or so to make sure any moisture is escaping.

November isn’t the sunniest of months here on the Palouse, but there are enough bright days to try out your solar dryer, have fun cutting up fruit and veggies with your kids, and maybe even give you a few jars of healthy sweet treats to carry your family through the winter.

Nancy and David hope their kids will trade us some of their Halloween candy for dried fruit.

## November Co-op Kids!

By Rebekka Boysen-Taylor, Co-op Kids! Newsletter Volunteer and Mama to two organically grown little ones

Co-op Kids is a twice monthly activity for families in the Moscow-Pullman area. We focus on using natural and recycled materials and all ages are welcome. These activities are always free thanks to the Co-op, and new families are encouraged to join us anytime.

November will be a great month to meet in the Co-op Cafe for cozy crafting sessions. We will use oranges and cloves to make old-fashioned pomanders on November 7 at 9 a.m. These make lovely ornaments and smell wonderful.

On November 21, we will transform simple pine cones we have collected on our walks into pine people and ornaments.

### How to Make Leaf Lanterns

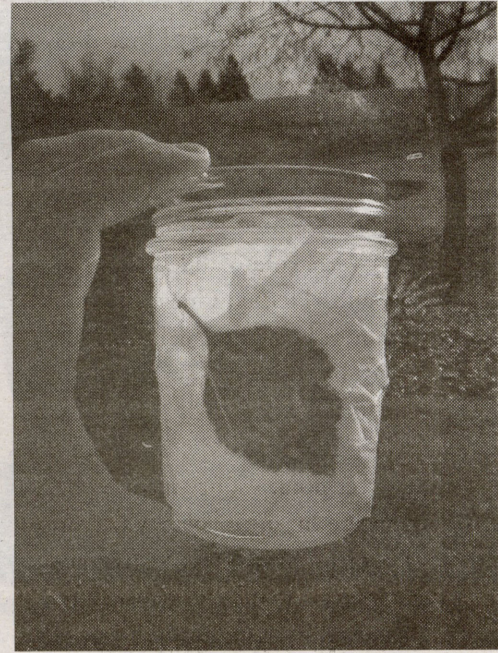
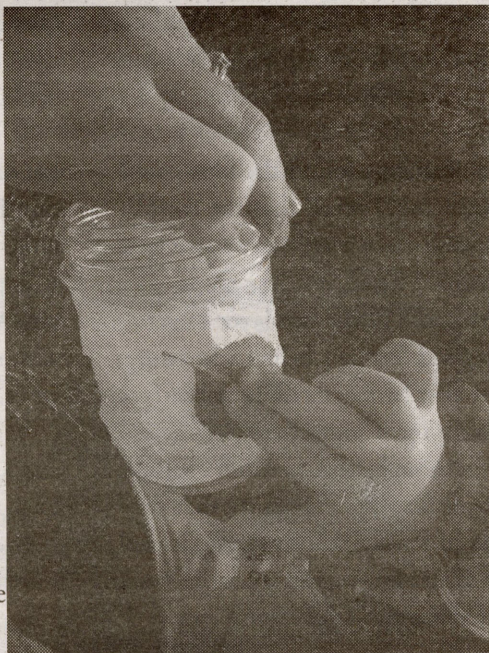
In October, we met in the Arboretum to make Leaf Lanterns. For those who were not able to make it, here are the directions for this wonderful Autumn craft. Hopefully, one blustery after-

noon, you and your child can make your own.

1. Gather up lovely leaves on a walk — the more colorful, the better.
2. Pull out some glue, a jar for your lantern, a paintbrush and some white tissue paper.
3. Water down the glue a bit in a cup and tear your tissue paper into little pieces.

4. Decoupage a thin layer of tissue paper onto your jar all the way around (but not on the bottom or on the inside).

5. Now you can place your leaf — just hold it in place, cover it with a layer of tissue, and then decoupage in onto the jar. Allow the jar to dry and you are done. Get a beeswax candle for the inside and you have a lovely lantern for your winter table.



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## Meals Kids Might Eat: Soup

By Judy Sobeloff, Newsletter Volunteer

Letters show up in my home almost daily, disguised in handwriting uncannily resembling my own, begging for answers to questions such as the following:

*Why, oh, why do my children profess undying affection for a dish at one meal, and then, when I make the same dish for them again (basking in the glow of my good parenting), they insist they can't stand it?*

*Or: Why is it that on occasion, my children claim they like a particular dish (be still, my fluttering heart), yet later I notice they've left it almost untouched?*

Frankly Reader, I, too, wonder almost constantly about matters such as these; in fact, my quest to shed light in this realm—day after day, meal after meal—drives me to crank out this column, month after month.

In the meantime... Imagine my recent surprise, upon baking yet another low-effort slab of frozen mochi (featured in last month's column on breakfast), when, upon pulling the pan from the oven, alongside the sticky rice pastry puffs I discovered the baked, twisted remains of the scissors with which I'd cut open the mochi package. Far from despairing, I felt great relief, as my children now had baked scissors to bring in for Show and Tell that week.

Parlor tricks aside, we still have to eat. And so, this month I feel incredibly lucky to have discovered soup, and particularly grateful to my friend, Nancy, for contributing the sweet potato recipe below (as well as many other recipes previously featured in this column). Both "Sweet Potato and Bean Thai Soup" and "Herbed Green Pea Soup" were not only easy to make but heartily enjoyed, believe it or not, by all family members.

The sweet potato soup, inspired by a stew recipe in one of Nancy's favorite cookbooks, Lorna Sass's Short-Cut Vegetarian, is marked "favorite" in Nancy's well-worn copy, so I knew I had a winner on my hands.

I was pleasantly surprised to find that the sweet potatoes in this soup cook fast. While Sass's recipe features complicated multi-step instructions for slicing them, requiring a food processor, Nancy says, "Just chop!"

With soup, I believe in an economy of scale: it's generally only worth making if we double or triple the recipe. Despite the large volume made, the

sweet potato soup was so good I basically could not stop eating it.

With the Green Pea Soup, tripling the recipe was the mother of invention: as we didn't have three packages of frozen peas on hand, we substituted a package of frozen sugar snap peas, which made for a delightful variation.

Despite both my children wailing "I don't like peas!", I decided to forge ahead with "Herbed Green Pea Soup" after finding it listed in the "Kid-Pleasers (Even your pickiest eater will enjoy these!)" section of Mollie Katzen's *Moosewood Restaurant Cooks at Home*. I was sure mine wouldn't, given their recent disavowal of peas, but Katzen had done well for me in the past. Besides, as the main task here—apart from opening the packages of frozen peas—was chopping the scallions, there was no way I could not give Herbed Green Pea Soup a try.

"Doesn't the nutmeg smell like pumpkin pie?" I asked the three-and-a-half-year-old in my most jolly holiday elf fashion as he stood on a stepstool helping me dump ingredients into the pot. He thought about it a moment and shook his head. "It smells like gum on the sidewalk. It smells like garbage."

Nonetheless, when the soup appeared in their bowls, both children liked it. "Yumm-ah!" proclaimed the elder.

Judy Sobeloff expects to make dinner for her family again, and so is glad for the existence of soup.



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### Sweet Potato And Bean Thai Soup

adapted from Lorna Sass's *Short-Cut Vegetarian*

- ✦ 1 1/2 cups water
- ✦ 1 Tbsp. instant vegetable stock powder, 1 aseptic box of vegetable broth, or 1 or more vegetable bouillon cubes
- ✦ Juice from 1 lemon, or 2 Tbsp. lemon juice
- ✦ approx. 1 tsp. Thai red curry paste
- ✦ 1 1/2 lbs. sweet potatoes, chopped
- ✦ 1 3/4 cups cooked red kidney or other beans or 1-15 oz. can beans, drained (rinsed if non-organic)
- ✦ salt to taste
- ✦ 1 or 2 cans coconut milk (optional)

In a large pot, combine water, vegetable stock, and curry paste, and bring to a boil. Add the sweet potatoes, cover, and cook over medium heat for 7 minutes. Stir in the beans and lemon juice and salt to taste. Continue to cook, covered, until the sweet potatoes are very soft, about 3 more minutes. Add a bit more water if the mixture becomes too dry. Add coconut milk at the very end.

### Herbed Green Pea Soup

Adapted from Mollie Katzen's *Moosewood Restaurant Cooks at Home*

- ✦ 4 scallions, chopped
- ✦ 2 Tbsp. vegetable oil
- ✦ 1 tsp. dried thyme (1 Tbsp. fresh)
- ✦ 2 tsp. dried tarragon (2 Tbsp. fresh)
- ✦ 1 pound frozen peas (about 3 cups)
- OR 2 cups frozen green peas and 1 cup frozen sugar snap peas in pods
- ✦ 1/4 tsp. nutmeg
- ✦ 1 tsp. salt
- ✦ 1/2 tsp. black pepper
- ✦ 3 cups hot water
- ✦ 1 cup milk (optional)
- ✦ chopped scallions and croutons for topping (optional)

In a soup pot, sauté the scallions in the oil for one minute. Add the thyme and tarragon, and sauté for another minute. Stir in the nutmeg, salt, pepper, hot water, and peas. (NOTE: if substituting sugar snap peas in pods for 1/3 of the green peas, put these with roughly 1/3 of the herbed hot water in a separate smaller pot.) Cover pot(s) and bring to a boil. Boil for 2 minutes, until the peas are tender but still bright green.

Set aside pot of sugar snap peas, or, if not doing that variation: use a slotted spoon to remove a cup of the green peas and set them aside. In a blender or food processor, puree the rest of the soup. Return the pureed soup to the pot, and stir in the optional milk and the reserved peas. Gently reheat, or chill for about 1 1/2 hours. Garnish with optional scallions and croutons if desired.

## November Hot Specials

Breakfast / Lunch		Dinner
<b>SUNDAY</b>		
Latkes, Hungarian Sausage, Tofu Scramble, Pancakes, Smoked Salmon Frittata	Herb-Garlic Crusted Roast, Honey Glazed Carrots, Garlic Mashed Potatoes	
<b>MONDAY</b>		
Gourmet Pizza by the Slice	Polenta Eggplant Gratin, Rosemary Roasted Chicken and, Garlic	
<b>TUESDAY</b>		
Egg Rolls, Mango Coconut Stirfry, Jasmine Rice, Peking Chicken	Taco Tuesday, Beef, Fish, Veggie, Spanish Rice	
<b>WEDNESDAY</b>		
New Orleans Red Beans and Rice-Meat or Veggie, Spicy Garlic Green Beans	Traditional Curry: Chicken or Veggie, Coconut Rice	
<b>THURSDAY</b>		
Smothered Burritos: Chicken, Veggie, Vegan, Jalapeno Poppers, Gluten Free Enchiladas	Baked Ziti-Sausage or Cheese Garlic Bread, Mean Greens	
<b>FRIDAY</b>		
Greek Bar! Beef and Lamb or Falafel, Zucchini Feta Pancakes	Gourmet Pizza by the Slice	
<b>SATURDAY</b>		
Egg or Tofu Scramble, French Toast, Homefries, Bacon or Sausage	Crispy Oven Fried Chicken, Roasted Potato Wedges, Mean Greens	
Lunch: Chicken or Tofu a la king, Rice		



## Choices in Wellness: Massage Therapy II

By Dr. Angila Jaeggli, Newsletter Volunteer

**R**elief. Relaxation. Better sleep. These are a few things most of us associate with a good massage. And while these hold true, the benefits are further reaching than one might realize. While not only being a centuries-old therapy, massage has now blossomed and evolved into many shapes and forms, specifically tailored to the many facets of our health. Many practitioners choose to combine these forms, integrating them to deliver the most effective treatment. A few of these modalities to be discussed here are myofascial release, orthopedic/sports massage and Swedish massage.

Myofascial release is a technique that works to eliminate tension, adhesions and strictures of the fascia throughout our body. Fascia is connective tissue, present over our entire body, connecting our skin to our muscles, covering our nerves, arteries and organs, linking us from head to toe. Some think of fascia as a tightly knit sweater. When one pulls or kinks one area, the rest of the sweater is affected. As our fascia is normally pliable and moves freely, it can become constricted and tight as a result of trauma or poor structural habits. Slumping, anyone? Not you, of course! But, let's say if you did slouch,

and had low back pain or headaches, myofascial release would attempt to regain your structural balance through stretching and elongating the fascia, releasing adhesions and restoring balance. Release would in theory provide improved circulation, moving in much needed nutrients to heal the area, and more importantly, release the 'pattern' of slouching or trauma. This is important, as teachers of this technique strongly believe that our bodies will hold onto the structural memory of an old injury or stress, emotional or physical. Outside of the traditional conditions one might think of for myofascial release, an interesting study in the Journal of Urology done at Stanford showed a significant difference in symptoms of urinary frequency, urgency and pain in men with chronic prostatitis and pelvic pain when treated with this technique.

Orthopedic massage incorporates techniques from sports and medical massage to encourage healing after injury or for rehabilitation. Orthopedic massage has three main elements: assessment, matching treatment to the injury and adaptation of treatment as healing occurs. Many athletes and performers also use orthopedic massage to prevent

injury, as well as when injury occurs. In addition to providing relaxation and relief, it also works to release adhesions and improve circulation, and thereby improve healing. However, the most important aspect to this form is that practitioners are taught to understand the mechanism, or the cause, of the injury and how to best heal that specific injury.

Swedish massage is one of the most common forms of massage offered and the form most people are familiar with. This technique was developed in Sweden in the early 1800s. Swedish massage incorporates six different techniques: petrissage – kneading movements which include rolling, lifting and compression of the skin; vibration; effleurage – long, gliding strokes; friction – circular pressure; percussion – brisk hacking or tapping; and stretching. This form utilizes long, gliding movements, typically in the direction of the heart to relax, heal and regenerate.

No matter what your choice of style of massage, always be mindful to ask your therapist where they received their training, and if they are licensed. Deb Welch, LMT, a long-time local Moscow massage therapist and teacher (208-

882-2090), states that "Idaho does not require massage therapists to undergo training or receive licensure to practice, which has shifted the responsibility to the consumer to make sure they are seeing a qualified practitioner." And considering massage is a very a powerful healing technique, it is best to know you are in skilled, trained hands.

Because there are approximately fifty massage practitioners in this area, no authoritative listing of individual practitioners is practical. For more information about choosing a massage therapist, discuss the options with your own primary care provider, ask friends for referrals, or contact the Gritman Wellness Center (208-883-6361) or the Moscow School of Massage (208-882-7867). Individual practitioners are also listed in the Moscow Food Co-op Business Partner Program and through the local Chambers of Commerce.

*Anderson, R., et al. Integration of myofascial trigger point release and paradoxical relaxation training treatment of chronic pelvic pain in men. J Urol. 2005 Jul;174(1):155-60*

Dr. Jaeggli is a naturopathic physician who practices in Pullman and specializes in integrative family medicine, 509-432-4301, [www.sagemedicineclinic.com](http://www.sagemedicineclinic.com).

## Eat Your Veggies, Part One

By Janice Willard, DVM, Newsletter Volunteer

**W**hen we lived in Japan, I was impressed with the obentos (lunch boxes) the Japanese homemakers would prepare for their children. One of the other mothers told me, "we don't balance our meals with food groups the way you Americans are taught. We balance our meals with color. We are told that, in order to be healthy, you should eat something red, something green and something yellow with every meal (Japanese doesn't have a separate word for orange and this color is included in red). (Even the traditional Japanese breakfast is full of colorful veggies).

When I was writing my book about caring for aging dogs, the toughest parts to write were the nutrition sections. This was not because there was a dearth of information, but because, since there is nothing comparable to NIH funding for pet health research, it is industry funded. The pet food industry is a 15 billion dollar industry full of competition and Madison Avenue advertising, so to find real research data, you have to dig with the tenacity of a badger.

Two research reports that I found gave me some new ideas on the best way to feed dogs and the benefits of getting them to do something that parents of finicky children often struggle with: to eat their vegetables.

Vegetables? Aren't dogs carnivores? Based on their teeth and protein quality needs, yes they are. But even the wild canids, like the wolf, have a diet that is a lot more cosmopolitan than many people realize. And recent theories about dog domestication suggest that dogs evolved as from the wolf as camp-followers—scavengers on the edges of human settlements who eventually lost their fear of people. It is not a stretch to imagine that what we, the consummate omnivore ate, so to did the dumpster diving dogs. Getting into the garbage is apparently a time-honored canine tradition.

One interesting study looked at a breed of dog that had a high prevalence of a specific type of cancer. The researchers asked owners to fill out a detailed diet profile on what they remember feeding the dog and how often the dog had eaten these foods. They compared dogs

who had developed this form of cancer with age matched dogs of the same breed that had not. (It turned that a lot of people disobeyed veterinary advice and fed table food to their dogs). And it also turned out that the dogs who were fed vegetables, particularly green leafy veggies, and to a lesser extent the orange veggies, had a lower incidence of this form of cancer. Now the caution here is that this was a retrospective study, dependant on accurate owner memory and reporting. The results, none-the-less, were intriguing.

Another lab is engaging in an ongoing series of experiments looking at the effect of diet and environment on age-related learning changes. In this study, laboratory beagles were fed with a standard diet or an enriched diet containing several antioxidant vitamins and nutrients and a portion of the corn in the diet was replaced with a vegetable-fruit mix. One group of dogs also had an enriched environment in addition to the enriched diet. The results from this series of experiments showed that older dogs fed the enriched diet showed better learning and memory

in a set of psychological learning tests (those with both enrichments did better still). Initially young dogs fed the enriched diet showed no difference from controls, but as these dogs aged, they better retained their learning and memory abilities. And while the experiments weren't designed to look at this factor, the enriched dogs also appear to be living longer.

Dogs, it appears, may also do better with some color in their diet. Of course, prepared dog foods are nutritionally balanced, but a veterinary nutritionist I spoke with said that you can replace 10% of the calories in your dog's diet with fruits and veggies (this also helps with obese dogs).

The caveat: According to the ASPCA Animal Poison Control Center, food and beverages dogs should never consume include alcoholic beverages, chocolate, coffee, fatty foods, macadamia nuts, moldy foods, raisins/grapes, onions, garlic, yeast dough and anything containing the sugar substitute xylitol.

Next month Eat Your Veggies Part Two will discuss ways of feeding veggies to dogs (even the finicky or tender stomach ones).



## New at the Library

By Chris Sokol, Latah County Library District

*"I don't like to read books; they muss up my mind."*

—Henry Ford

### NONFICTION

***The 50 Best Sights in Astronomy and How to See Them*** by Fred Schaaf. Observing eclipses, bright comets, meteor showers, and other celestial wonders.

***Brother, I'm Dying*** by Edwidge Danticat. Memoir of leaving Haiti at age 12 to make a new life in America.

***The Duke Diet*** by Howard J. Eisonson and Martin Binks. The world-renowned program for healthy and lasting weight loss.

***Eight Weeks to Optimum Health*** by Andrew Weil. New edition of the program for taking full advantage of your body's natural healing power.

***Fantasies of a Bollywood Love Thief*** by Stephen Alter. Inside the world of Indian moviemaking.

***Giving*** by Bill Clinton. How each of us can change the world.

***Hand Reflexology*** by Barbara and Kevin Kunz. Simple routines for health and relaxation.

***Inspired Fair Isle Knits*** by Fiona Ellis. Twenty creative designs inspired by the elements.

***Look Me In the Eye*** by John Elder Robison. The brother of Augusten Burroughs relates his life with Asperger's syndrome.

***The Stuff of Thought*** by Steven Pinker. Language as a window into human nature.

***The Unheard: A Memoir of Deafness and Africa*** by Josh Swiller. How a young deaf man navigated two years as a Peace Corps volunteer in Zambia.

***Welcome to the Wisdom of the World*** by Joan Chittister. Universal spiritual insights distilled from five religious traditions.

***Why Kerouac Matters*** by John Leland. The lessons of *On the Road* (celebrating 50 years since initial publication)—they're not what you think.

### Cooking:

***Morimoto*** by Masaharu Morimoto. The new art of Japanese cooking, deliciously illustrated.

***Not Your Mother's Slow Cooker***

Recipes for Two by Beth Hensperger. The wonderful potential of the smaller slow cooker.

***Twinkie Deconstructed*** by Steve Ettlinger. A journey to discover how the ingredients found in processed foods are grown, mined and manipulated into what America eats.

***Tampopo*** (Japan, 1985). A classic humorous paean to good food, told through the story of a woman's attempt to set up the perfect fast-food noodle restaurant. (DVD)

### FICTION

***Anarchy and Old Dogs*** by Colin Cotterill. Dr. Siri Paiboun, reluctant national coroner of Laos, must discover the identity of a corpse that has been delivered to the morgue in Vientiane.

***Disturbance-Loving Species*** by Peter Chilson. Moscow resident Chilson delivers a fascinating, heart-wrenching view of modern African culture, filtered through the lens of the West.

***Fire in the Blood*** by Irene Nemirovsky. The intertwined lives of an insular French village in the years before WWII.

***In Cold Pursuit*** by Sarah Andrews. A mystery from the last continent, featuring a master's student in glaciology as amateur detective.

***Jack Kerouac: Road Novels 1957-1960*** ed. by Douglas Brinkley. The landmark counter-cultural credo *On the Road* is joined with four other autobiographical works.

***Kennedy's Brain*** by Henning Mankell. A richly plotted thriller about the global AIDS crisis.

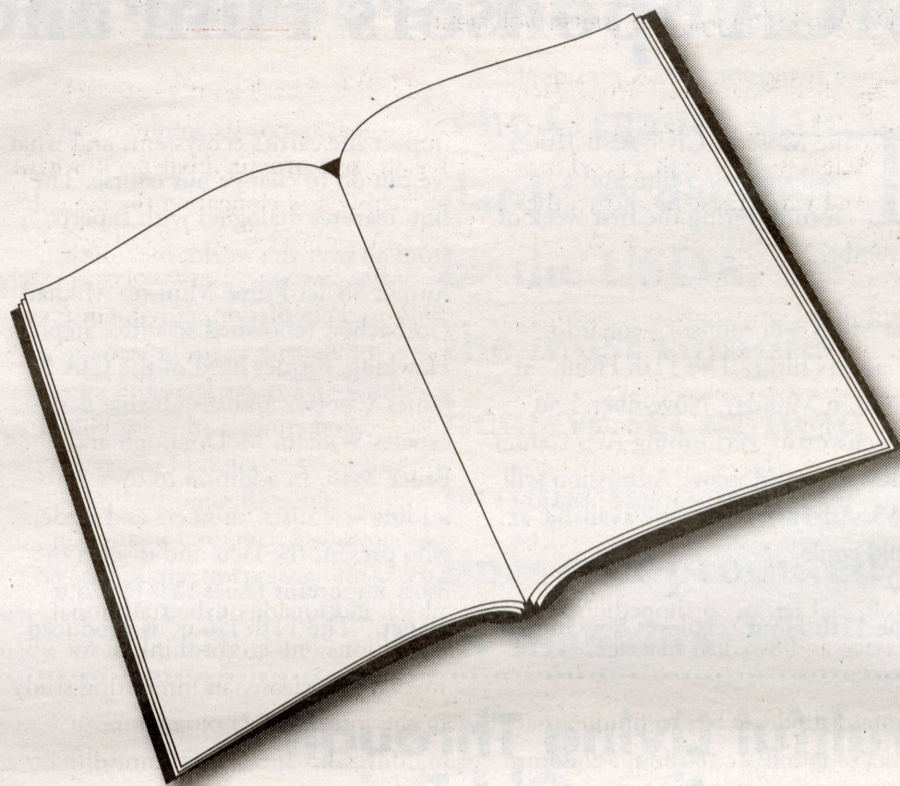
***The Last Chicken in America*** by Ellen Litman. Linked humorous stories about Russian-Jewish immigrants trying to assimilate in a new world.

***The Uncommon Reader*** by Alan Bennett. A funny novella about the Queen of England and the subversive power of reading.

***The Zookeeper's Wife*** by Diane Ackerman. How empty zoo cages helped to hide scores of doomed people in wartime Poland; based on a true story.

### DVD

***Hawaii, Oslo*** (Norway, 2004) A handful of people cross each other's



path without necessarily knowing each other, during the hottest day of the year in Oslo.

***Iraq in Fragments*** (U.S., 2006). Stories from modern day Iraq as told by Iraqis living in a time of war, occupation and ethnic tension.

***Sierra Leone's Refugee All Stars*** (U.S., 2005) Documentary about a group of courageous musicians who form a band in a West African refugee camp to keep their hope alive.

***An Unreasonable Man*** (U.S., 2006) Ralph Nader in-depth, from his groundbreaking consumer advocacy campaigns to his controversial presidential campaign.

***Viva Cuba*** (Cuba, 2006) Coming-of-age road movie from one end of the island to the other.

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

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## MCA Sponsors Film and Forum

By Bruce Livingston, MCA president

The Moscow Civic Association will sponsor a film and a forum during the first week of November.

The MCA will sponsor Leonardo DiCaprio's film, "The 11th Hour," at 7 p.m. on Monday, November 5, at the Kenworthy Performing Arts Center in downtown Moscow. Admission will be \$5. Advance tickets are available at BookPeople.

"The 11th Hour" explores how humans

impact the earth's ecosystems and what we can do to change our course. The film features dialogues with experts from all over the world, including former Soviet Prime Minister Mikhail Gorbachev, renowned scientist Stephen Hawking, former head of the CIA R. James Woolsey and sustainable design experts William McDonough and Bruce Mau, in addition to over 50 leading scientists, thinkers and leaders who present the facts and discuss the most important issues that face our planet. "The 11th Hour" is produced

by and narrated by Leonardo DiCaprio. More information about the film is available at <http://wip.warnerbros.com/11thhour/>.

The MCA will sponsor a public forum on November 7 at 7 p.m. at the 1912 Center on Third Street in Moscow. The forum will include a panel discussion with Moscow School District officials regarding support for the district's levy at the November 13 election. The title of the forum program is: "Supporting The Moscow School

District Supplemental Levy (Again): An Informative Session with School Officials."

The Moscow Civic Association is a non-profit citizen's organization that strives to improve the quality of life for Moscow residents. The mission of the Moscow Civic Association is to inform community members about important local issues and encourage civic participation. More information is available on the MCA website, [www.moscow-civic.org](http://www.moscow-civic.org).

## Fruitful Living Through Composting Old Pain: Compassionate Communication Workshop, Nov 9-10

By Veronica Lassen

Emphasizing present-moment awareness and self-acceptance, we will explore the ways Compassionate Communication (CC) supports our integrity, enlivens our lives and relationships, and enables us to be dynamic peace-makers in our families and in the world. We will investigate what blocks our experience of the present and use a variety of techniques to release old pain. Through work in small groups, demonstration and reflection, art, singing, movement, energy work

and humor, we will invite awareness, healing, and joy. The workshop is facilitated by Veronica Lassen, Registered Counselor, who has been teaching CC classes and workshops in the area for 8 years. November 9, 7-9 p.m., and November 10, 9-5 p.m. Requested gift donation of \$65 with no one turned away for lack of funds. To register, or for more information, call 882-2562, e-mail: [veronica@veronicalassen.com](mailto:veronica@veronicalassen.com), or visit [www.palousecc.org](http://www.palousecc.org).

## Remembering Ann Raymer

By Bill London, Newsletter Volunteer Editor

Ann Raymer, Moscow chiropractor and community benefactor, died on October 5. She was in Mexico undergoing cancer treatment. Her body was cremated on her 61st birthday, October 8.

Ann's beloved daughter Jessie is in Los Angeles working in the fashion industry. Her first child is due this month. After the birth, Jessie will return to Moscow for a memorial service at some time, likely next spring.

Ann was one of this community's most generous benefactors. She supported a wide variety of community organizations (from the Pritchard Gallery to PCEI) with her donations. She also regularly bought local artwork to support Palouse-area artists.

Among the organizations that benefited from her support is the Moscow Food Co-op. Ann started advertising her chiropractic office in the beginning, with the first issues of the Co-op's newsletter more than 20 years ago. Every month

since then, her ad has appeared.

I asked her once why she advertised. She said it was a good business practice, and did result in new clients, but she explained that the real reason she paid for the ads was to give money to the Co-op. Ann was also a Co-op member and shopper, and regularly suggested to clients that they consider switching to the Co-op to get better food.

Ann found true love a few years before her death. At her 40th high school reunion, she reconnected with an old classmate, Jim Groh. They were married two years ago. When I asked Jim what he remembered about Ann in high school, he got a dreamy teenager-in-love look on his face as he said: "she wore mini-skirts and had such great legs..."

Bill London edits this newsletter and enjoyed having Ann as a next-door neighbor for about 6 years.

## CO-OP POETRY DEPARTMENT

## Ode to the Two Dollar Taco

By Bill London, Newsletter Volunteer Editor

*Editor's note: Aspiring poets of all levels of competency are encouraged to send in poetry about Co-op products, services or staff for publication in this department. E-mail poems to [london@moscow.com](mailto:london@moscow.com).*

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## Commentary: Why Organic Certification is the Future

By Scott Metzger

The USDA administered Organic certification standards and process have been getting a lot of flak lately for their supposed weakness in the context of the local vs. Organic debate. I would like to point out some reasons why the National Organic Program administered by the USDA and enforced jointly by many international organizations is the best food certification system currently available to the largest number of people.

The Organic label ensures quality and standardization. The Organic standards, as detailed by the USDA, are the most comprehensive set of food production guidelines ever produced by mankind. They are also the most widely enforced. With over 100 countries growing USDA Certified Organic crops, on over 59 million acres of cropland worldwide, this is the arguably the largest effort to standardize our food production in a healthy and ecologically conscious manner. In the U.S. alone, there was approximately 4M acres of land under Organic management in 2005, on 12,000 Certified Organic farms, with California far and away the leader. Though this number sounds impressive, it is in fact only 0.5% of the



available cropland in the U.S. In 2005, only 1% of the dairy cows in the US and 0.6% of laying hens were being managed organically.

In the U.S., there are 53 independent USDA accredited certifying agencies as well as 40 internationally accredited agencies. All of these agencies are accountable to the USDA for their certifying procedures and are bound to the USDA Organic Standards.

Organic items are now available in over 20,00 grocery stores in the U.S., and consumer awareness and interest is continually growing, but it is still woefully misunderstood. According to the Organic Trade Association, only 39% of U.S. consumers use Organic products, and only 48% of U.S. consumers even understand what organic means. So while here at the Moscow Food Co-op, it may seem like we all know what Organic is and that it is time to move beyond it, I would argue that we actually need to be doing more education and advertising of the Certified Organic label in order to broaden our customer base, especially in light of the possibility of a SuperWalMart in Pullman that would be stocking Organic items, indiscriminate of their

source. The Co-op needs to remain competitive if we are to continue to succeed.

So while there is growing interest, and growing demand, there is still reluctance on the part of many farmers to convert to Organic practices. The result of this is that the U.S. imports huge amounts of organic produce. According to the USDA Economic Research Service, imports of Organic produce into the U.S. far exceed exports. We import over 1.5B in organic produce annually. What are some of the reasons farmers are slow to convert to Organic?? According to the OTA, many conventional large-scale farmers believe it is too risky because of limited customer awareness, lack of marketing, and transportation and storage infrastructure challenges for handling of organic produce.

What are some of the benefits that farmers may reap from switching to Organic agriculture?? Lower input costs in terms of chemical additives, fertilizers, and pesticides, a decreased reliance upon non-renewable natural resources, and the potential to boost farm income by selling into a currently high value, and growing market niche.

Organic agriculture has many positive affects aside from bringing wholesome healthy food to the consumer. The Organic standards prohibit irradiation,

**“The Organic standards, as detailed by the USDA, are the most comprehensive set of food production guidelines ever produced by mankind.”**

tion, sewage, antibiotics, and genetically modified organisms. Organic agriculture promotes bio diversity and does less harm to the environment by reducing chemical inputs into the soils and water, reducing erosion, and promoting responsible land stewardship, and perhaps most importantly, encouraging farmers to input nutrients back into the soil. Any systematic approach (read USDA Organic Standards) that encourages these kinds of practices on a national and international scale is a step in the right direction, and perhaps the best step we have taken toward food system sustainability since prior to the chemical “revolution” in modern industrial agriculture. History has shown that civilizations that do not take care of their soils tend towards failure.

## Book Review: The Earth-Sheltered Solar Greenhouse Book by Mike Oehler

By Bill London, Newsletter Volunteer Editor

For more than three decades, Mike Oehler has been building underground dwellings, experimenting with low-cost, earth-insulated housing at his 46-acre homestead near Bonners Ferry. He has turned his hobby into an industry, producing first a book (*The \$50 and Up Underground House Book*) and then videos and more house-making manuals, and now his latest: *The Earth-Sheltered Solar Greenhouse Book*.



Mike Oehler, author of *The Earth-Sheltered Solar Greenhouse Book*.

In his greenhouse book, Oehler shows how he has harnessed the warmth of the earth to keep tomatoes producing until December and kale and other greens going all winter long. All this in

a greenhouse that is no expensive high-tech facility. He built the original 10 foot by 27 foot structure for about \$400.

With this kind of practical experience and success, he's become an international expert on owner-built housing. His jolly full-bearded visage

has been seen on television interviews around Europe and across the US. He even finds a place at academic forums.

And then, after each dose of fame, he returns to his rural homestead and continues his underground ways, burrowing into the Idaho soil like a wild potato.

Oehler's book shows how he has mastered, through decades of trial and error, using the warmth of the earth to maintain a growing temperature. He explains how and why, what worked and what didn't, and rants about his arch-nemesis, the gopher. And he includes enough drawings and photos for anyone to duplicate his design.

Part of the charm of his book is his folksy, ah-shucks writing style. He's a crusty old bachelor and proud of it. Take, for example, this suggestion (page 62) that an expired credit card serves as an appropriate tool to apply glazing compound to an old wooden window:

“..if you can't find your putty knife, which is in the kitchen utensil drawer because you've used it last to flip eggs when you couldn't find the spatula

**“After each dose of fame, he returns to his rural homestead and continues his underground ways, burrowing into the Idaho soil like a wild potato.”**

which was buried under magazines at the bedside after being used as an emergency fly swatter.”

If you want a greenhouse and you want to build it yourself, a good place to start is by visiting with Mike Oehler, [www.undergroundhousing.com](http://www.undergroundhousing.com).



## Hunting the Phantom Load

By Mike Forbes, Newsletter Volunteer

It's hunting season; I've got my deer for the year and now it's time to hunt an even more elusive creature, the phantom load. About six years ago, I wrote an article about phantom loads and have been asked questions about them recently. I thought I'd revisit this subject and hopefully spark your interest in hunting them, for they are a formidable foe....

Let's define a phantom load (PL) with an example. The clock on your VCR, microwave or stereo are all phantom loads. It's the energy used continuously, 24 hours a day, to power a portion of an appliance. Many phantom loads don't show themselves, they hide inside consuming precious electricity. It is alarming how much energy these little buggers consume since they run 24/7, 365 days a year.

Let me explain how we measure energy usage. Energy usage is measured in kilowatt-hours (kWh). A kWh is the unit of electrical energy equal to 1 kilowatt or 1,000 watts of power used for 1 hour. For example, leaving a 100W light bulb on for 10 hours would use 1 kWh or leaving my 1,000W hair dryer on for 1 hour, I would also use 1 kWh. With that, we can better understand the consumption by PLs.

I spent the day at the house measuring several different PLs. It surprised me what I found, many appliances you think are "off" are by no means "off," and vice versa, things I expected to be big consumers weren't at all. For example, my stereo when off draws 11.7W and 95 & 150W when playing

(soft/loud). On the converse of this my dvd player doesn't draw anything when off.

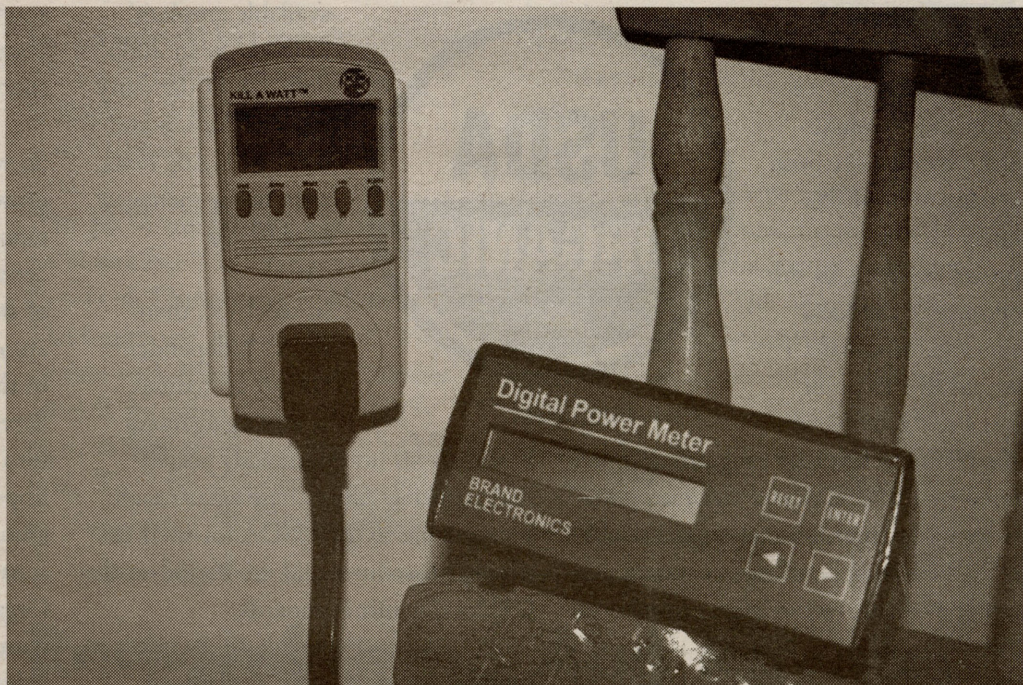
These figures may not seem significant, but running them 24/7 makes their inefficiencies shine. If I left my stereo in standby mode all year, I would consume 102 kWh (\$8.29), 1/3 of the electricity my chest freezer uses. This is for just the PL, not using the appliance.

Here are some others I measured:

Device:	Watts when "Off"
Older Sony 17" TV:	3.0
VCR:	1.8
Denon Amplifier:	0
CD/DVD Player:	0
Subwoofer:	10.8
Internet Radio Player:	4.0
First Step Wireless Internet:	4.5
Wireless Router:	5.4
Battery Recharger:	0.2
Treadle Sewing Machine:	0.0
Answering Machine:	1.6
Makita Cordless Tool Charger:	1.2
(battery in charger); 0 (with no battery)	
Laptop system (items below):	7.7 total
Inkjet Printer:	2.1
External Hard Drive:	0.9
Docking Station:	3.5

So how do you measure and find the PL? First let's tackle finding them...

Generally fancy electronics such as a stereo, computer, printer, DVD player, battery chargers, cell phone charger, washing machine, or anything with the small cube that plugs into the wall



A digital power meter can be used to measure phantom load.

("wall wart") are candidates for being a PL. If in doubt, measure it.

There are several ways to measure the item's consumption. The easiest and cheapest method is the Kill-A-Watt meter (\$25 online at various sellers). This meter plugs into the wall and you then plug a device into it. It will display the present consumption and if you leave it plugged in for a period it will display total consumption in kWh. On a side note this is handy for measuring appliances that aren't on at regular intervals such as your refrigerator. I leave my refrigerator plugged in year round to see what the total consumption for the year is. There are other meters such as the Watts Up! and the Brand Power Meter that do virtually the same thing as the Kill-A-Watt but cost more. There are other methods as well and if you are interested contact

me via e-mail and I'll assist you.

It is easy to eliminate these loads. You can simply unplug the appliance when you are done, or better yet, get a power strip to shut off the power to several appliances at a time. My suggestion is to look around your home and see how many appliances have clocks or fancy electronics and how many "wall warts" you have and see if you can unplug, switch, or eliminate them altogether to help reduce your household PL.

There is pleasure in knowing that when you turn off devices that they are truly off ...

.....  
Mike can be seen hunting phantom loads year round on the Palouse and can be reached at [biodieselmike@gmail.com](mailto:biodieselmike@gmail.com).

## Tasteful Thursdays at the Co-op



Illustration by Elizabeth Carney-Sowards.

Sample what we sell!

Every Thursday from 5pm until 7pm

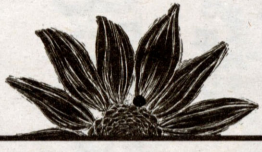
- \* free tastes of wine and cheese at the Wine Department
- \* free samples of fruits and vegetables at the Produce Department
- \* free samples of baked goods and treats at the Co-op Deli
- \* free tastes of hot entrees at the Grocery Department

Plus, live music..Martin plays his mellow cello tunes in the Produce Department

**ALL FREE, ALL FUN**

Thursdays, 5pm until 7pm at the Co-op





## Letter to the Editor

*Editor's note: This letter to the editor appeared on page 27 of the October newsletter. However, the text was garbled during the electronic transfer from layout to printing. So we are reprinting the letter, hoping that the entire text arrives this time.*

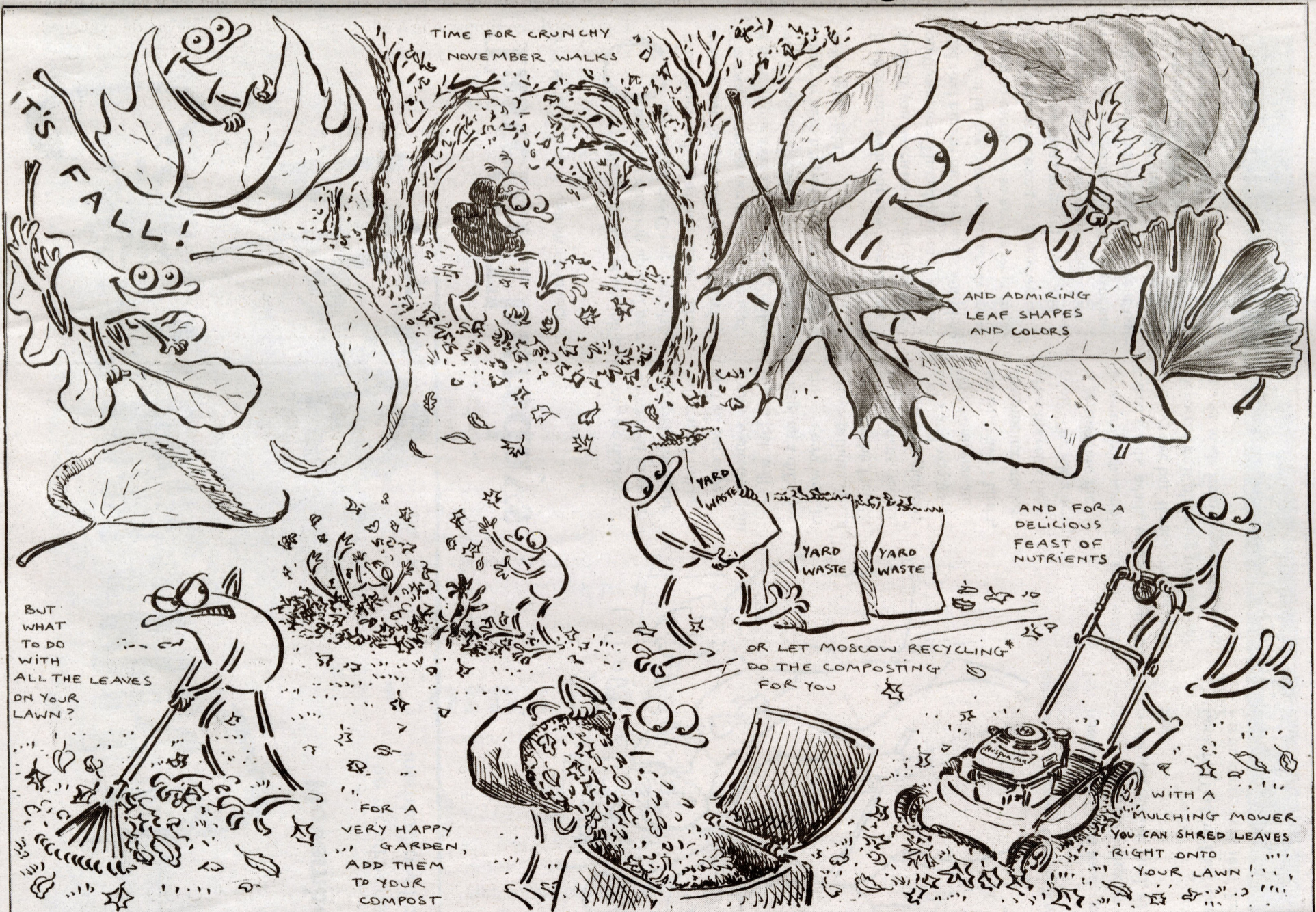
I'm writing to comment on three articles in the Sept. Community News issue, all pertaining to a change of flour use by the Deli from organic to inorganic. The article, "Are the Co-op's Visions and Values Reflected in the Store's Products and Practices?", by Gary McFarlane, engages me to learn more about aspects of the food growing, processing, and delivery chain. It stimulates questions: how really local is local, are local products possibly shipped far away for processing, what are the pros and cons of no-till farming? The author didn't offer pat answers, but extended an invitation to us all to become more informed about our food choices. He concludes, "I believe more information should be gathered, members informed and consulted, and this decision reevaluated." This puts responsibility to educate ourselves on individuals, and encourages us to investigate facts, take responsibility, and make informed choices. The article, Local versus Organic: Certified Naturally Grown, by Ken Bunzel, presents information about another label for the consumer to consider, which may span the best of both worlds, making distinctions between large-scale organic and small farm production by taking farm size and location into account. This article ends by encouraging the reader to investigate further, with "To learn more about the Certified Naturally Grown program, you can visit the website at [www.naturallygrown.org](http://www.naturallygrown.org)."

The commentary by Bill London, Organic is the Answer?, addresses the same topic. It brings up some interesting points, such as the changing nature of

the meaning of "organic," due to involvement of multinational corporations in organic products. That certainly sounds like an interesting topic to learn more about. But then, the author concludes with: "In some situations, perhaps the easiest answer is to trust the Co-op. The Co-op staff spends lots of time researching the sources, balancing the options and making the choices." This sounds familiar. The book 1984 and Big Brother come to mind. You can trust...(fill in the blank: your government, your doctor, your insurance provider, your employer, etc)...to make decisions for you; it's easier than learning about the issues for yourself. Do not worry; your...(government, doctor, insurance provider, employer, etc)... holds your best interests first and foremost, has all the facts, and knows better than you do, what's best for you. The article concludes, "I think it is a reasonable choice and I am glad I didn't have to bother weighing all the pro's and con's." I see a vision, hear a voice, from the past; a manly man, looking down into the bright clear eyes of a naive young woman, says, "Don't you worry your pretty little head none about that complicated and unpleasant business, darlin'. Just let me take care of all that for you." It doesn't matter who is telling you to rely on someone else instead of learning about an issue for yourself. No matter how trusted and respected the source is, whether a Chairman Mao or a President Bush or a personal friend, surrendering your freedom to make informed decisions is never a good idea. No one has all the answers, and we all should cherish and utilize our freedoms and responsibilities to learn, and to make choices, for ourselves. The outcome of researched choice may be the same, or not, as what someone else thought best. But it's never in the best interests of individual freedom to give the making of that choice away.

— Yvonne McGehee

## PALOUSE REPORT: Falling Leaves



\*CALL MOSCOW RECYCLING ON NOV 13TH  
FOR CURBSIDE PICKUP NOV 14TH  
[MOSCOWRECYCLING.COM](http://MOSCOWRECYCLING.COM)

[WWW.FROGBLOG-ACARTOONDIARY.BLOGSPOT.COM](http://WWW.FROGBLOG-ACARTOONDIARY.BLOGSPOT.COM)

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NOVEMBER 2007





# Bulletin Board



## Co-op Events Art at the Co-op

**Friday Nov 9, 5.30—7pm**  
Opening reception for artist-photographer Richard Walker, who will display his work in the Co-op's deli gallery. The show runs through December 12. Walker, whose work has been published in Backpacker and Field and Stream, will be showing some of his photographs of Idaho's wilderness and backcountry.

## Co-op Tasteful Thursdays

Free samples available 5pm to 7pm every Thursday: wine, produce, baked goods, hot entrees.

## Co-op Kids – meet Wednesdays, 9am

**Nov 7.** We will use oranges and cloves to make old fashioned pomanders. These make lovely ornaments and smell wonderful.  
**Nov 21.** We will transform simple pine cones we have collected on our walks into pine people and ornaments.  
Activities are fun for all ages and are free.  
[amamaswork@yahoo.com](mailto:amamaswork@yahoo.com)

## Tuesday Music

Nov 6 Jay Glick.  
Nov 13 Beargrass.  
Nov 20 John Elwood & Sally Burkhart.  
Nov 27 Spencer Batt.

## Co-op Community Dinner

**Thursday Nov 15, 6.30pm**  
Enjoy an early Thanksgiving at the Moscow Food Co-op. The Dinner will also include a wine tasting.

- Mixed Greens with Goat Cheese and Candied Almonds
- Roasted Turkey with Pomegranate Sauce
- Wild Rice and Goat Cheese Stuffing
- Sweet Potato Wedges with Saffron Aioli
- Cranberry Tangerine Relish
- Milk Chocolate Mousse with Cranberry and Candied-Orange Chutney

Tickets (\$28) are required and are available from any Co-op cashier. For more info, contact Co-op deli manager Emily Melina ☎ 882 8537.

## Community Events Moscow Charter School Benefit

**Friday Nov 9, 7—11pm**  
Steptoe, Zugunrue and Bare Wires will play at the Kenworthy. Drinks will be available for purchase and tickets are available in advance at Bookpeople or at the door.  
\$10 in advance, \$10.50 at the door.

## Fair Trade Craft Sale

**Friday/ Saturday Nov 2/3**  
Community Congregational Church in Pullman.

## Hunger Banquet

**Tuesday Nov 6, 6pm**  
This event brings hunger awareness in a form relatable to people as you will be handed a card as you walk in the door indicating whether you have been classified as lower, middle, or upper class. People will be seated according to their class. Lower class sits on cardboard, middle on chairs, and higher is seated on a clothed table with chairs. Thus, what they eat varies from just a bowl of rice and dirty water to a fully catered 3-course meal.  
Contact the Martin Institute ☎ 885 6527.

## Compassionate Communication Workshop

**Nov 9 and 10**  
Requested gift donation of \$65 with no-one turned away for lack of funds. Register or information at ☎ 882 2562 or [veronica@veronicalassen.com](mailto:veronica@veronicalassen.com)

## Heart of the Arts V

**Saturday Nov 10, 10am—**  
At the 1912 Center—come singing of Shiloh Sharrard tradition of Moscow's Farm

## Literary re

**Monday Nov 12, 7 pm**  
At BookPeople, where you of fiction, non-fiction, and instructors and members of Community Creative Writi

## Intro to Back Ma

**Tuesday Nov 13, 7—10pm**  
Learn how to help loved on indulge your interest in massage therapy.  
Moscow School of Massage at ☎ 882 7867 to register. \$10/person. FREE to Co-op members!

## Buy Local Moscow Kickoff Party

**Friday Nov 16, 5.30—8.30pm**  
1912 Center. Everyone invited to enjoy free food, live music, and fun. Includes raffle and prizes. Beer and wine will be available.  
[www.buylocalmoscow.com](http://www.buylocalmoscow.com)

## We want to hear from you!

Send us your community announcements by email to [events@moscowfood.coop](mailto:events@moscowfood.coop) by 24th of the month.  
For more events & information, visit [www.moscowfood.coop/event.html](http://www.moscowfood.coop/event.html)

MOSCO

## Moscow Public

**Monday Nov 19, 6.30**  
We will be discussing 'Sister' by Rachel Simc  
All bibliophiles are we

## Community Lab

**Friday Nov 30, 7pm**  
Group Walk. Donation t  
**Saturday Dec 1, 1—6pm**  
Sound Healing Workshop  
Join us inside at the Trini  
1300 NE Lybecker Rd, P

## Palouse Folklore Soc

Info at [www.palousefolklore.org](http://www.palousefolklore.org)  
We looking for a committee to organ  
annual Community Arts Workshop  
February 2008. If interested, contac  
Maher at ☎ 332 5047.  
**Thursday Nov 1, 7pm**  
Dan Maher in concert. At The Attic  
**Saturday Nov 10, 7.30pm**  
Bill Johnson in concert. At The Att  
**Saturday Nov 17, 7.30pm**  
Contra Dance at the 1912 Center.

## Moscow Civic Association Forum

**Monday Nov 5, 7pm**  
"The 11th Hour" at the Kenworthy. \$5.  
<http://wip.warnerbros.com/11thhour/>  
**Wednesday Nov 7, 7pm**  
Public Forum: "Supporting The Moscow School District Supplemental Levy (Again): An Informative Session with School Officials". To be held at the 1912 Center.

## Digital Fine Art/Photo Printing class at Artisans at the Dahmen Barn

**Saturday/ Sunday Nov 17/18, 12 noon—4pm**  
Presented by artist and computer specialist Jeff Mathews. The cost of \$75 includes printing materials. Enrollment is limited and registrations must be received by November 10.  
[www.ArtisanBarn.org](http://www.ArtisanBarn.org). ☎ (509) 229 3414.

## Vigil for

**Moscow: Fridays 5:30—6**  
Ongoing since November 2  
Friendship Square. Resour  
and opportunities for actio  
Dear  
☎ 882-7067, sp.

**Pullman: Friday Nov 2, 1**  
Under the clock by the Pub  
☎ 334-4688, [nancycw@pullman.com](mailto:nancycw@pullman.com)

Moscow Food Co-op  
121 East Fifth  
Moscow ID 83843

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

