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# Community News

**FREE!**  
PLEASE TAKE ONE

**October 2007**

The monthly newsletter of  
the Moscow Food Co-op



## Buy Local Moscow

by Kenna S. Eaton, General Manager

**T**he Moscow Food Co-op is one of the 25 founding members of Buy Local Moscow, a new organization created to represent and creatively market the services and products available at Moscow's locally owned, independent businesses. Some of the other members include Tri-State, MaryJanesFarm, BookPeople, One World, Wild Women Traders, Natural Abode, Hyperspud, Mikey's, and Cowgirl Chocolates.

Check out our website ([www.buylocalmoscow.com](http://www.buylocalmoscow.com)), and if you own a local business, please consider joining with us. And we would like to encourage everyone to support Moscow's locally owned, independent businesses.

Why do we want you to buy locally? To support the independent businesses that make Moscow a unique and vibrant community. Independent businesses are the foundation of our local economy. And perhaps more importantly, independent businesses are the foundation of our

community's character.

In the future, Buy Local Moscow will be sponsoring a "Buy Local for the Holidays" party in November, creating an associate membership category for local franchise businesses, printing a brochure that lists all member businesses, and planning other marketing events to showcase our members' products and services. Stay tuned.

**CELEBRATE MOSCOW**  
[www.buylocalmoscow.org](http://www.buylocalmoscow.org)

# Community News

## Published by

Moscow Food Co-op  
121 East Fifth Street  
Moscow, ID 83843  
(208) 882-8537

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



## October is Co-op Month

by Kenna S. Eaton, General Manager

Lots of businesses talk about growing their communities, but for cooperatives it's not just talk; it's what we're all about. Co-ops across the country are owned by over 130 million Americans and include 86 million who own their credit union such as Latah Federal Credit Union; 37 million who own their electric co-op, like Clearwater Power; and 3,000 different Farmers co-ops just like Primeland Cooperative. And co-ops employ a lot of Americans, more than half a million; in fact their payrolls exceed \$15 billion annually. And co-ops contribute to their communities in many different ways helping build thriving local economies. When it comes to making economic and charitable contributions to their communities, the nation's cooperative businesses are industry

leaders, setting the bar high for other types of business.

Co-ops commitment to their communities comes from their organizational structure. As member owned and member controlled businesses, it is our business to listen to our owners and to reflect their wishes. From product selection to services, we are always listening. Being owned by the people who live and work in this community gives us a different perspective from a business owned by distant investors. That's one of the reasons why we can focus on locally produced and organically grown products. Our triple bottom line (people, place, and profit) means we give back to our community in many different ways: from being a caring employer to being a good partner in purchasing

relationships.

And on top of all of this, you the owner have the ultimate say through your vote. Co-op members vote for their Board of Directors allowing them a voice at the very spot where vision and values meet. At the Moscow Food Co-op our board, comprised of seven volunteers, is responsible for setting the tone of this business, for reporting to the owners and for choosing and supervising the manager. What other business not only allows you, but even encourages you, to be that involved? Nominations for the Moscow Food Co-op Board of Directors open this month and if you like to nominate a friend or even yourself please contact then at [Boardmembers@moscowfood.coop](mailto:Boardmembers@moscowfood.coop) or call me (Kenna) 882-8537.



## Art at the Co-op

by Annie Hubble, Art at the Co-op coordinator

The Co-op's featured artist in October is Tim Nowell-Smith. You can meet Tim at the opening from 5:30 - 7p.m., Friday October 12. The show will run until Wednesday November 7.

Tim is an architect, but an architect with an amazingly artistic flair. Once I had the chance to see models of his houses, I wanted to feature them somehow in a show at the Co-op. Functional yet beautiful, I think these scale model houses will impress you as much as they impressed me.

Tim hails originally from my hometown, Oxford, England. He arrived in Moscow in 2003.

He writes that he "first became interested in trapezoidal forms in 1996, while trying to formulate a way to frame housing with less material." He was looking for a way "to be not complicated," but to use a form that was "strong,

long lasting and less expensive." He wanted "good quality affordable green housing, based on a frame you can prepare and assemble yourself which is recyclable and reusable."

Three things that excite him most about the designs are: the non box like feel of the living space, the performance possibilities of the structure for energy and water issues, and the modular scalability possible from a small start.

Tim's work answers my dreams of beauty and practicality combining to please the eye while serving a true need.



Coop customers enjoy September's art opening. Photo by David Hall.

I urge you to come during the opening and meet the artist. You will be sure of an interesting conversation. If our world contained more examples of such balance of form, we would be most blessed.

If you want more information about Tim's work, visit [www.pihouse.org](http://www.pihouse.org).

# Co-Operations



## The Front End News

by Annie Hubble, Front End Manager

I am writing these words while on vacation in Colorado. Having been gone for almost two weeks, I cannot tell you what is happening in the Moscow Food Co-op, but I can tell you how I realize more than ever, how lucky we are to have such a place in our community. At the moment I am in Boulder visiting my son, and I must admit I have had delicious eating experiences in the larger chain health food stores here, but they are not co-ops. There is not the same sense of camaraderie and community that we feel in our Co-op. So cherish your Co-op! It is a unique and wonderful place.

By time you read this, I will be back at work, much rested and ready for work. I look forward to seeing you all. Fall and winter are times when I feel the Co-op shines...such a warm and comfortable place to do your shopping, meet your friends, and enjoy that delicious hot drink from the deli. See you soon!

### 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.bebebella.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. Denise Moffat, drmfat@NaturalHealthTechniques.com, 413 East 8th St, Moscow, 882-3993

**Healing Point Chinese Medicine Clinic:** \$10 off initial and second treatments, Lauri McKean, LAc & Meggan 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@build-mindgardens.com, 220 NW Tingly St., Pullman, 509-595-4444

**Moscow Feldenkrais:** First individual lesson 40% off, and first group lesson free, Elisabeth Berlinger-883-4395 & Tom Bode-892-3400, 112 W 4th St, Moscow

**Moscow Yoga Center:** 10% off classes-new students, Jeri Stewart, 525 S Main, Moscow, 882-8315

**Motherwise Midwifery:** Free supply of pregnancy tea thru pregnancy, Nancy Draznin, 1281 Sprenger Rd, Genesee, 224-6965

**The Natural Abode:** 10% off of Natural Fertilizers, David & Nancy Wilder, 517 S Main St, Moscow, www.TheNaturalAbode.com, 883-1040.

**Now & Then Antiques:** 10% off any furniture, antique, collectible or gift item in the store (excludes vendor & consignment items). Jeff & Michelle Marks, nowandthen@moscow.com, 321 E Palouse River Dr, Moscow, 882-7886.

**Palouse Discovery Science Center:** 10% off on all items in the Curiosity Shop, 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



## Notes from the Wine Department: Tasting Time

by Josh Rafkind, Wine Buyer

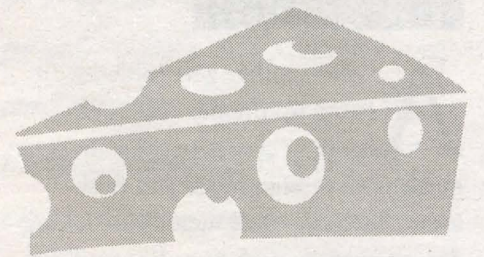
This month the Wine Department will begin offering wine and cheese tasting on Thursdays from 5 - 7 p.m. Each week Co-op customers will have the opportunity to sample different selections of our department's favorite wine. Our aim is to familiarize shoppers with our wine selection as well as the greater world of wine. So please stop into the store for this weekly tasting and bring

any questions you may have for the Wine and Beer Department.

There is good news to report in that our special purchase of Bordeaux wines have arrived. This is a large, single delivery of wines; once it's gone will not be available again. Because our Importer sent these wines directly from the producers in France to us, many extra fees such as warehousing and

extra shipping have been avoided. This means great prices and values on some special bottles of wine.

An excellent Rosé in the store right now came in with the Bordeaux special purchase. Bergerac Rosé, produced by Seigneurs De Bergerac, is light and fresh with a nice balance of fruit and acidity. If you are not a Rosé fan, Seigneurs De Bergerac may win a place



on your table. Try it as an aperitif, slightly chilled, with light appetizers on a warm, sunny early fall day and enjoy how good a Rosé can taste.



## Tuesday Means Live Music, Food, and Fun

by Joseph Erhard-Hudson, Co-op Music Coordinator

Beginning in October our Tuesday Night Music Series moves inside for the short days and cold evenings. Our musicians will play from 6 - 8 p.m. "Hot off the Grill" dinners also come to an end with our last concert of September. However, Tuesday Night Tacos return in October at our hot deli bar, and now will include a fish option as well as beef and vegetarian choices.

Please join us for these October con-

certs:

**October 2 The Usual Suspects.** This new local acoustic folk rock duo has played a few times at our open mike nights, and now they're ready for their own gig. We look forward to hearing their talents for a full show.

**October 9 TBA**

**October 16 Mark Holt.** Hailing from Orofino, Mark Holt can't be pegged

into just any musical category. His eclectic style encompasses Bluegrass, Country, Folk, Acoustic Rock, Lounge, and a little bit of Cowboy Yodeling for good measure. Mark Holt is a genre unto himself.

**October 23 Dan Maher.** Well known to public radio fans throughout the Pacific Northwest as the host of Inland Folk, Dan Maher is a folk singer of wide repertoire and wild energy. Dan lives in Pullman but has traveled sing-

ing and gathering songs through much of the English-speaking world.

**October 30 Daniel Mark Faller.** Daniel lives and works his day job in Lewiston, but his heart is obviously in his music. With his guitar and virtual backup band the "NoSeeUms" he croons classic country and blues-influenced rock. He is a member of several other bands but enjoys his solo gigs at the Co-op tremendously—and so do we.

## Co-operative Values and Principles in our Co-op

by Bill Beck, Co-op Board Vice president

There are many things that distinguish our Co-op from other businesses and organizations. We have become an important part of the Palouse region for many reasons. We are not only a place to purchase good healthy food and other products; we are also a center for art, music, and ideas. We work together cooperatively to provide these things for our community.

We are a part of a cooperative movement with a long history. The International Cooperative Alliance (ICA) was formed in 1895. There are over 700 million individual co-op members from over 70 countries worldwide. The ICA has helped define the cooperative identity. In my experience, I think the values and principles as outlined by the ICA are especially evident in how we govern ourselves through our democratically elected Board of Directors.

The International Cooperative Alliance

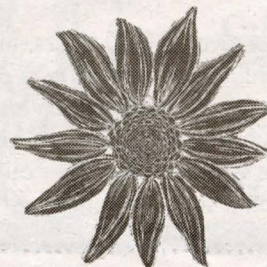
"Statement of Cooperative Identity" reads: "Cooperatives are based on the values of self-help, self-responsibility, democracy, equality, equity and solidarity. In the tradition of their founders, cooperative members believe in the ethical values of honesty, openness, social responsibility and caring for others." The ICA "Statement of Cooperative Identity" lists seven cooperative principles as guidelines by which cooperatives put their values into practice. These seven principles are:

- 1) *Voluntary and open membership*
- 2) *Democratic member control*
- 3) *Member economic control*
- 4) *Autonomy and independence*
- 5) *Education, training, and information*
- 6) *Cooperation among cooperatives*
- 7) *Concern for the community*

People support our Co-op values and principles in many different ways. Many shop at the Co-op, enjoy deli prepared food while visiting with

friends, listen to live music on Tuesdays and enjoy our art exhibits. Participating in our Board of Directors elections is another important way that members support and practice the values and principles that defines our Co-op and differentiates us from many other businesses and organizations.

We will hold elections in March for one new Board member. Candidacy packets including a declaration form, candidacy requirements, and other information about serving on the Board will be available in November. Watch for specific dates and more information about participating in our Board elections and supporting our Co-op values and principles.



Moscow Friends of the Library

### FALL BOOK SALE

Saturday Nov. 3rd, 8am - 1:30pm  
At the American Legion Log Cabin - 317 S. Howard



Public Invited

Start your Christmas shopping early!

All proceeds will purchase library materials and will support the library's summer reading program.

E.O.L. Memberships available - \$15 Individual, \$25 Family  
\*\*\*Members only presale Friday, November 2nd 6pm-8pm\*\*\*

# Co-Operations



## Announcing Ethnic Cookin', the Next Co-op Sponsored Cooking Series

by Jennifer Whitney, Class Coordinator

As the weather gets colder, we're firing up the next series of cooking classes to spice up your meals with foreign foods and fresh ideas. Each class will include a cooking demonstration, with sampling and discussion. You'll also go home with some exciting new recipe cards to add to your chef's hat.

The Co-op sponsored series of three classes will be held Wednesdays, October 17, October 24 – we'll break for the holiday on October 31 and resume our last class on Wednesday, November 7. All classes start at 5:30 p.m. and meet in the basement kitchen area of the Unitarian Universalist Church of the Palouse, 420 East 2nd Street in Moscow. Enrollment is limited to 30 people per class and reservations are required (tickets are available from any Co-op cashier); the cost is \$18 per class. You can attend any one class, or all three.

Join us on October 17 and 24 for a virtual tour around beautiful Ecuador. You'll experience flavors and traditional recipes from the area's coastal and Andes mountain regions in this two-part class taught by María Paulina Viteri. A biologist who studies bears in South America, Paulina is currently a graduate student at the University of Idaho. She will share her love of Ecuador through the joy of cooking. In true Ecuadorian custom, we will be making our cornbread, "humitas," (made from fresh corn) as a community filled with sharing, laughter and learning and then top it with a pumpkin seed chili sauce called "ají de pepa." If your taste buds aren't watering yet, see our ad for specifics on these other featured recipes: "Ceviche" (a seafood cocktail) & "Bolones de verde" (made with green plantain).

Then on November 7, meet us for a journey to the cultural crossroads of

Europe for Polish Cuisine and sample a hearty hunter's stew called Bigos. This stew is highly nutritious and perfect for our Palouse climate. Then learn the Zen way of making "Pierogi" or stuffed dumplings, which we'll try filled with boiled potatoes and farmer's cheese, cabbage and mushrooms and, for dessert, blueberries or cherries... a very versatile and creative dish for any meal. Polish Cuisine will be taught by Witold Ferens, who works in the Department of Microbiology, Molecular Biology, and Biochemistry at the University of Idaho. Witold especially likes simple dishes and those that allow a cook's creativity to flourish; both featured recipes in his class meet these criteria.

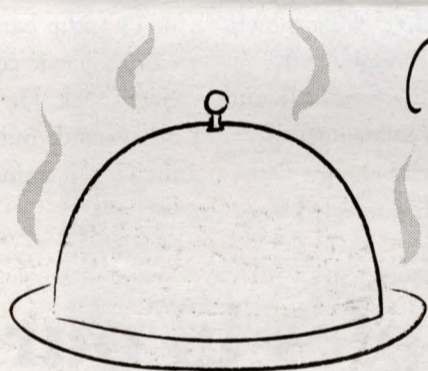
Don't forget we'll be finishing up our For Your Health series with Low Carb "Sunday" Soups on Wednesday, October 10, same time and locale as above. There are still tickets available for you to learn Donal's time-saving



Our recent gluten-free cooking classes were a hit. Photo by David Hall.

Sunday afternoon tradition for diabetic friendly soups to enjoy throughout the week. The recipes for this fun, fall soup class are vegetarian (with one vegan) as well as low in carbohydrates and sugars. Donal Wilkinson has been a type I diabetic for five years and uses low-carbohydrate meals to regulate his blood sugar.

My stomach can't wait to enjoy these new dishes and fill my own kitchen with their aromas! If you have any questions contact Jennifer Whitney at [jenwhitney@gmail.com](mailto:jenwhitney@gmail.com) or 882-1942.



## What's Cookin'!

sponsored by the Moscow Food Co-op, presents:

### Ethnic Cookin'!

#### 1 Ecuadorian Cuisine: The Coast

**Featured Recipes:** "Ceviche" (seafood cocktail) & "Bolones de verde" (plantain)

The coast of Ecuador is rich in flavors. We will be cooking the famous "ceviche", a refreshing seafood cocktail that is prepared in many countries along the coast of the Pacific Ocean. We will use shrimp for the class but we'll talk about other alternatives including vegetarian ceviches. In this class we will also make "bolones de verde" using green plantains, a very popular dish along the Ecuadorian coast. A food tasting and discussion will follow the cooking demonstration.

**Instructor:** María Paulina Viteri is an Ecuadorian student at the University of Idaho. Two of her passions are food and travel. She will combine them both in this two-part cooking class that takes an imaginary trip around Ecuador.

**Date:** Wednesday, October 17th, 5:30pm-7pm

**Location:** UU Church's basement, 420 E. 2nd St, Moscow

**Cost:** \$18; register with any Co-op cashier.

#### 2 Ecuadorian Cuisine: The Andes

**Featured Recipes:** "Humitas" (fresh corn bread) & "ají de pepa" (pumpkin seed chili sauce).

Corn has been cultivated in the Americas for over 5,000 years. In Ecuador we cook corn in many ways, but eating a "humita" with a good coffee is a true pleasure. Humitas are cooked in a corn leaf similar to "tamales"; however, humitas are made with fresh corn. This is a fun recipe that is usually made with the community. We will also prepare "ají de pepa" a mild-chili sauce with blended pumpkin seeds that is found in the

southern region of Ecuador.

**Instructor:** María Paulina Viteri is an Ecuadorian student at the University of Idaho. Two of her passions are food and travel. She will combine them both in this two-part cooking class that takes an imaginary trip around Ecuador.

**Date:** Wednesday, October 24th, 5:30pm-7pm

**Location:** UU Church's basement, 420 E. 2nd St, Moscow

**Cost:** \$18; register with any Co-op cashier.

#### 3 Polish Cuisine

**Featured Recipes:** "Bigos" (hunter's stew) & "Pierogi" (stuffed dumplings)

Learn about the cultural crossroads of Polish cuisine as you expand your traditional way of cooking. Sample bigos, a hearty stew, perfect for our Palouse cold seasons and learn the Zen way of preparing Pierogi or stuffed dumplings as a versatile and creative dish for any meal.

**Instructor:** Witold Ferens works at the University of Idaho in the Department of Microbiology, Molecular Biology, and Biochemistry. In his spare time he enjoys classical guitar, folk songs and the chemistry of cooking. In all his travels, he has yet to encounter a dish not to his liking, but his favorites are always simple ones and those that allow a cook's creativity to flourish. His specialty is the Polish stuffed dumplings, Pierogi, that he will share in this class.

**Date:** Wednesday, November 7th, 5:30pm-7pm

**Location:** UU Church's basement, 420 E. 2nd St, Moscow

**Cost:** \$18; register with any Co-op cashier.



## The Grocery Zone

by Joan McDougall, Grocery Manager

**“W**hy do we stock things made in China? Is it really necessary?”

This suggestion box question gave me pause. Sounds so simple, yet the China issue is huge, with many facets. What ‘things’ was the writer referring to? We carry many items used to prepare food and health items from China that continually grow harder to source domestically. Grocery products contain ingredients from China, but without disclosure laws, they are nearly impossible to determine. We hear stories daily that rightfully concern us: substandard paint, toxic additives, and oppressive conditions.

In reading a recent report titled “A Global Briefing for CEOs” by Herb Meyer, I realized that China is addicted to manufacturing in order to employ its millions of people while Americans

are addicted to low prices. We have developed a unique economic codependency that would seriously impact both economies should either side move away from the relationship.

This economic reality is not the only reason to stock products from China at the Co-op. The Co-op staff and customers chose products with criteria beyond price and availability. Perhaps we should examine our other concerns about products from China. What is it that makes us uneasy?

Is it the safety aspect? China has no monopoly on product recalls. It was not that long ago that California spinach was killing people, as was undercooked meat. Is it easier to swallow toxicity from domestic sources?

If social justice is the issue, we need to know what we are comparing. I have

learned that there are no homeless in China; everyone is given a place to live. We do not have that security in America. With guaranteed housing, I should think we could accept lower wages; it would impact financial realities.

Perhaps it’s an issue of control. Are we upset because the goods we enjoy are manufactured by an up-and-coming superpower? Are we uneasy that another country has permeated our society so extensively that we have become dependent on that relationship?

Is energy the issue? I marvel at the idea of shipping products all the way from China that can be sold for less than the same products made locally...if we would tolerate the manufacturing plant in our backyard.

Or do we just not view the products

*“China is addicted to manufacturing in order to employ its millions of people while Americans are addicted to low prices. We have developed a unique economic codependency.”*

produced in China as being authentic? Would we feel better if we only imported Chinese fireworks, tea, and silk, leaving the golfing Santa to someone else? I have heard no dissent about cheese shipped from England or wine from Australia.

It appears to me that China and the United States are enmeshed. As a participant in national distribution networks, the Moscow Food Co-op is not exempt. So what am I missing? I realize I have barely broken open the issue with this column and I invite your opinions on the subject. Please email me at [grocerymgr@moscowfood.coop](mailto:grocerymgr@moscowfood.coop). Thanks! I’ll report back.



## Produce Happenings

by Scott Metzger, Produce Manager

**W**ith the first days of autumn upon us, now is the time to start looking for your favorite locally grown storage crops and fall vegetables. This late in the year the list of available produce is still impressive, but with the first frost lingering, it won’t be long until your craving local lettuce and zucchini again. In the meantime, you can look forward to these locally grown fall vegetables.

Garlic  
Onions  
Cabbage  
Potatoes  
Beets  
Leeks  
Shallots  
Tomatillos  
Hardy Greens: Kale, Collards, and Chard  
Winter Squash  
Pumpkins  
Apples

The fresh berry season is really coming to an end, with blueberries, strawberries, and blackberries all done for the season. Interesting fall crops out of California include pomegranates, artichokes, dates, and citrus.

Northwest grown apples are finally here!! Look for your favorite variety in the produce department soon. We are already seeing Washington grown Gala’s, Honey crisps, Braeburn’s, Fuji’s, and Golden apples. The rest of the varieties will be coming in very soon, along with pears. This usually means the stone fruit selection will be dwindling down and we will be replacing those items with bagged apples and citrus.

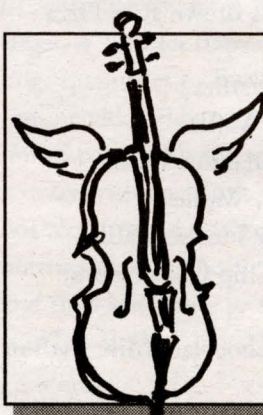
Fall is also a great time of year to buy hot peppers. Due to their long growing season, most of the hot peppers are harvested at the end of summer. We carry a wide selection of hot peppers including, Anaheim’s, Jalapenos, Lipsticks, Thai Chilies, and Hungarian Wax Peppers. The wide selection of peppers won’t last long though, and there are several other varieties we can special order. If you don’t see your favorite pepper, please ask a produce employee if it is available for special order.

And last but not least, Hey George’s famous, local, organic carrots are here for the season. If the past is any teacher, these will be available until mid January. If you haven’t tried any of George’s carrots, do yourself a favor and get some today. No other carrots will



Illustration by Elizabeth Carney Sowards.

ever taste as good. His bunched carrots usually run out by mid November. Enjoy the fall.



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## More Changes at the Co-op

by Kenna S. Eaton, General Manager

**M**uch to our collective chagrin, Carrie Corson decided late this summer to resign her position as Wellness manager of the Co-op. Carrie began her career at the Moscow Food Co-op in 1996 when she was hired as a cashier. Previously Carrie had had a broad range of experiences that we thought would make her a good team member—and we were right! Quickly she became the non-food / supplement buyer and over the years she took on more and more responsibilities (such as the Holiday Bazaar), finally becoming the Wellness manager in 1998. When we relocated the store in late 1999 Carrie was responsible for designing and developing the Wellness

department and her skills came to light as sales bloomed in our new, larger space. When Vicki, then our grocery manager, was injured in a car accident and was out for three months, Carrie smoothly stepped up to the plate and took on Vicki's responsibilities while still caring for her own department.

Personally, she found the challenge of learning about natural supplements and body care products to be very rewarding and over the years, her knowledge base grew to be an incredible asset to our store. Finally, Carrie helped us move to this location, putting in seemingly endless hours to ensure that everything was just right before we opened

our doors! Her co-workers at the Co-op will miss Carrie for her sense of humor, her hard work, her excellent customer service, and her commitment to our cooperative—including captaining our softball team! Good luck Carrie, wherever the trail takes ya'...

Another long time asset to the Co-op, Bob Hoffmann, volunteer webmaster extraordinaire, finally decided that managing our web site for 10 years was long enough. Citing his growing interest in volunteering at KRFP he asked us to find another Webmaster. Bob grew our fledgling web site, filling its corners with a plethora of information such as copies of all our newsletters, a broad

range of community links, our PLU list (did you know that you can cross-reference most of our bulk items on the web site?) and generally improving our web site to where it is today.

Thank you Bob (and your family!) for your years of dedication and an endless list of contributions.

If you haven't been there yet, or even lately, check us out at [www.moscow-food.coop](http://www.moscow-food.coop).

And as Bob leaves we'd like to welcome Lisa Jennings starting this month as our new volunteer Webmaster. Good luck both of you.



## Gluten-Free ... and Tasty!

by Peg Kingery, Chill and Frozen Buyer

**G**rowing up, I was one of those kids who happily chowed down whatever my mom put in front of me. I especially loved all the cheesy-buttery foods she made as part of our Slavic heritage. So I was crushed to discover in adulthood that my body could no longer digest lactose. As a Co-op buyer, I really feel for folks who live with food allergies and strive to find products that satisfy their cravings for the foods they can no longer eat. Fortunately, in the natural foods world, manufacturers are sensitive to the needs of those of us with special dietary requirements and who also demand good nutrition and good taste.

Lately I've been seeing a sharp increase in the variety of products geared towards people with sensitivities to gluten. Gluten is a protein found in wheat, barley, rye, and sometimes oats. It binds bread dough and gives the finished loaf a chewy texture. The symptoms of a gluten allergy range in severity from person to person: She might break out in hives; suffer abdominal cramps, nausea, or vomiting; or develop asthma. Severe allergies could be life threatening. Gluten intolerance, also known as Celiac Disease, is a hereditary disorder that affects the immune system. When someone with this condition eats gluten, the mucosal lining of the small intestine is damaged so that he cannot absorb needed vitamins and minerals. In both cases of gluten sensitivity, the only treatment is to remove gluten

completely from the diet.

Co-op customers often ask me, "I (or someone in my family) can't eat gluten. Are there any frozen entrees I can buy for a quick meal?" You bet! Here is a list of the frozen meals and breads the Co-op offers that are advertised gluten-free or that are prepared using ingredients that don't contain gluten. Please always read the package nutritional information before eating a product to make sure it meets your dietary restrictions.

- Gluten-Free Frozen Foods
- Glutino Cheese Pizza
- Glutino Pizza Crusts
- Glutino Fiber Bread
- Glutino Corn Bread
- Glutino Flaxseed Bread
- Glutino Cinnamon Raisin Bread
- Glutino Plain Bagels
- Glutino Sesame Bagels
- Bueno Red Chili Tamales
- Bueno Green Chili Tamales
- Nature's Highlights Soy Cheese Pizza
- Nature's Highlights Brown Rice Pizza
- Crusts
- Van's Original Waffles
- Van's Blueberry Waffles
- Van's Apple Cinnamon Waffles
- Van's Buckwheat Waffles
- Lifestream Mesa Sunrise Waffles
- Glutenfreeda's Chip Chip Hooray Cookies
- Glutenfreeda's Chocolate Mint Python Cookies
- Ian's Fish Sticks

- Ian's Lightly Battered Fish
- Ian's Chicken Nuggets
- Sojo Spicy Thai Tuna Appetizer
- Sojo Mediterranean Shrimp Appetizer
- Sojo Fish and Chips
- Ethnic Gourmet Chicken Biryani
- Ethnic Gourmet Chicken Tandoori
- Ethnic Gourmet Shahi Paneer
- Ethnic Gourmet Chicken Korma
- Ethnic Gourmet Palak Paneer
- Ethnic Gourmet Chicken Tikka Masala
- Ethnic Gourmet Chicken with Mashed Potatoes
- Organic Bistro Ginger Chicken
- Organic Bistro Wild Salmon
- Organic Bistro Chicken Citron
- Sunshine Burgers
- Amy's Baked Ziti for Kids
- Amy's Shepherd's Pie
- Amy's Mexican Tamale Pie
- Amy's Rice Macaroni and Cheese
- Amy's Garden Vegetable Lasagna
- Amy's Tofu Scramble
- Amy's Tofu Rancheros
- Amy's Cheese Enchiladas
- Amy's Black Bean Vegetable Enchilada
- Amy's LS Black Bean Vegetable Enchilada
- Amy's Rice Combo Spinach Pizza
- Amy's Rice Crust Cheese Pizza
- Amy's Black Bean Enchilada Whole Meal
- Amy's Cheese Enchilada Whole Meal
- Amy's Indian Mattar Paneer
- Amy's Indian Palak Paneer
- Amy's Indian Mattar Tofu
- Amy's Asian Noodle Stir Fry
- Amy's Thai Stir Fry
- Amy's Santa Fe Enchilada Bowl

- Amy's Brown Rice and Vegetable Bowl
- Amy's LS Brown Rice and Vegetable Bowl
- Amy's Mexican Casserole Bowl
- Amy's Teriyaki Bowl

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## Tuesday Growers' Market: Ravencroft Organics

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

As Nick Drake once wrote, "Summer was gone when the heat died down, and Autumn reached for her golden crown. I looked behind as I heard a sigh, but this was the time of no reply."

Ahh... autumn. It is the time when we feel the need to settle into our homes and nest a bit. It is the time to squirrel-away food grown in plenty. It is the time when we enjoy soup and warm pie, both of which fill a space present only this time of year. It is the time of harvest. It really IS the time of no reply.

There's no doubt that when we think autumn, we think pumpkins, apples, winter squash, and potatoes. Perhaps it's biological. Maybe it's cultural. But whatever it is, hold tight to those thoughts and mosey down to the Tuesday Growers' Market between 4:30 p.m. and 6:30 p.m. in the Co-op parking lot to get the freshest produce around. As wonderful as this season is, it saddens me to say that October is the last month of the year for the Growers' Market. So come out to reduce your food mileage and celebrate with our local farmers by supporting the hard work they have put forth to bring us fresh, wholesome, and local food.

I had the pleasure of visiting a couple of these hard-working farmers. I met Dave and Debbie Smith at their farm, Ravencroft Organics, on a warm September Sunday. These folks are at the Co-op on Tuesdays and at the newly established Potlatch Farmers' Market on Saturdays. You may have noticed their flavorful, organic herbs in the produce section of the Co-op as well. Their nine-acre farm is tucked away on the far west side of Moscow



Examples of elevated and on-the-ground planters made of recycled lumber at Ravencroft Organics

Mountain, adjacent to Phillips Farm County Park.

In light of the changing of seasons, it is appropriate to feature a farm that takes cycles and recycling to a new level. With Douglas Fir and Ponderosa Pine overhead, it has been necessary for the Smith's to be creative in how they produce food in a forested ecosystem. So they combined these challenges with second-hand recycled goods to create innovative solutions. For example, because they have very compact, clayey soil, the Smith's needed to solve their poor soil situation. Dave and Debbie have a mechanic friend who receives much of his inventory in wooden crates. Their friend passed a bunch of the crates on to the Smith's. Dave worked his magic and transformed the crates into elevated planters and on-the-ground raised beds in which the majority of their produce is grown. The

planters allow the Smith's to significantly augment their soil with their on-farm compost along with some locally "grown" composted manure from the University of Idaho's sheep farm.

As a secondary benefit, the soil in their planters warms up more quickly than in the ground, therefore extending their season a bit. Speaking of season extension, Dave has found some old windows, and has plans for enhancing their greenhouse, which is already built with second-hand wood. The list goes on and on: old pallets turned fence, old fence turned flowerbed, and recycled wood turned open-air drying rack for herbs. Ravencroft's dedication to finding homemade, recycled solutions is a testament to their true blue farming blood.

Pest control at Ravencroft Organics is definitely unique and innovative as

well. Pests aren't so much of the six-legged persuasion, but rather the large, four-legged, ungulate breed. Moose have proven to be the most troublesome pests on the farm because they are persistent, determined, and simply ornery. So Dave and Debbie work hard to discourage moose with some insistent shooping. Otherwise, they attribute their lack of most pest problems to their three dogs, one cat, plenty of plant diversity, and their snake bio-control program. Yep, I said snake bio-control program. This is just a fancy way of saying the Smith's encourage a healthy on-farm snake population in order to keep rodent and insect pests to a minimum. In fact, Dave and Debbie encourage their friends to drop unwanted snakes off at their farm. But finally, the Smith's discourage pests by collecting seed from plant varieties that grow well on their farm and naturally resist insects... just one more example of the importance of recycling at Ravencroft Organics.

The outcome of all this innovation and hard work results in some wonderful, locally grown produce, including specialties such as arugula, mache (a tender, mild tasting green), spinach, and a multitude of herbs—fresh and dried. Be sure to stop by their stand at the Growers' Market and stock up on greens and herbs for all your autumnal, culinary needs. You can also reach them on the farm at 4689 Highway 95 N, Moscow, Idaho or by phone at 208.882.3616.

Carrie and Nate are former corn-fed farm kids who likes to eat and write about local, sustainable produce grown by those folks who frequent the Tuesday Growers' Market.

## Toilet Time

by Kathleen Ryan, Co-op Board of Directors

This comment was written about the Co-op toilets in the notebook for the Co-op Sustainability Committee: "Mansfield toilets have a poor maintenance record and inferior components. Consider the Toto Aquia as an alternate duo-flush."

In response, the Toto Aquia is unfortunately not available for commercial use and is not ADA (Americans with Disabilities Act) compliant, two requirements for the Co-op. We have considered other dual-flush options. In fact, early in the move to this building, Co-op member Mike Forbes did a thor-

ough review of all the commercial/ADA dual-flush toilets available. Issues we considered were maintenance, flush-capability, and durability.

Since installation, we have found that a significant portion of the maintenance issues is due to misuse by users. Unfortunately, many users actually use their foot to operate the flush handle. The handles are not meant to be operated by foot pressure, and thus have been damaged. There have also been multiple instances of non-flushable items in the toilets (such as pens, sanitary products, etc.).

We are considering replacement of the Mansfield toilets with the Caroma brand from The Natural Abode. The reasons include: no jet in the bottom to aerosolize the bowl contents, quieter, large(-4") outlet traps which allow huge quantities to flush in one flush (online video shows spinning one whole roll of paper into the toilet and flushing it away with one flush, although we do not recommend this experiment), push buttons that are recessed into the lid and thus less prone to destruction, and true low flush.

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# Co-Operations



## Bakery Allergen Update

by Aven Krempel, Bakery Manager

The Co-op bakery has recently become Canola Pan Spray Free! This is fantastic news for anyone allergic to soy products.

Here is the short version of the pan spray story: For many years, the Co-op had used Spectrum Naturals Canola Pan Spray when baking bread, pastries, and desserts. It was a convenient way to coat our pans and it worked well. When we began our allergen-labeling program last winter, we realized that we should include the pan spray in our ingredients listing even though it's not an "ingredient" in the recipes, it does get sprayed on most pans used in the bakery. The pan spray had quite a few ingredients including "soy lecithin,"

and soy is a little ingredient that a lot of people are allergic to. We felt very bad about unwittingly putting soy onto all of our products for so long and we looked hard for an alternative.

We are now using refillable spray bottles of safflower oil for all bakery oil-spray applications. As of mid-September, all bakery products have been Canola Oil Pan Spray free. An added bonus of using refillable bottles means we are reducing the amount of waste produced by the bakery as well! Of course there is still soy in various forms in some of our products, so please read the ingredients tags carefully if you have food allergies.

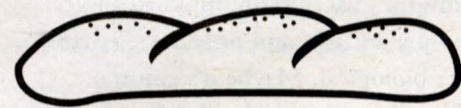
## Gluten-Free Recipe Search

by Aven Krempel, Bakery Manager

As I'm sure some of you have noticed, the Pretty Darn Gluten-Free Pastry program has been struggling in recent months. Due to slow sales, we discontinued some products in August and were hoping to replace them right away with new and exciting recipes. However, due to an unusually high amount of staff turnover, we didn't have as much time as we hoped to develop many new products. We are making scones, cupcakes, and brownies everyday now and based on sales it seems you are still enjoying these treats. But we would like to offer some more choices, and we are asking for your help.

We will be running a Gluten-Free

Recipe Contest throughout October in search of some really great new recipes from our members and customers. Anyone can submit a recipe; the only rule is that it has to be Gluten-Free. Forms for recipe entries can be picked up and returned at the deli counter. We will choose five recipes to test and put out for sale and sampling. Based on feedback and sales we will then pick at least one recipe to produce regularly. Winners will receive a Co-op gift card and the prestige of having an item named for them!



## From the Suggestion Box

*Café Landgrove...I can't help but wonder if this product truly fits the description of local as it is shipped in raw bean form from South America and Africa and simply processed locally.* We define local as any county that touch ours and regional as any state that touches ours. Roasting coffee beans is what makes them marketable, but none of the companies, be they Craven's from Spokane or Doma from Coeur d'Alene, grow their own coffee beans in the Pacific Northwest. I have removed the "local product" labels from the Landgrove bins. — Joan, Grocery Manager

*Thanks so much for all the gluten-free alternatives you have! Also—I look forward to the gluten-free cooking class.* We are delighted to offer products that suit your needs. I hope the cooking class was a benefit to you as well.

*Please, more organic beers.* We have brought back Wolaver's organic beers. Look for them in the beer cooler. — Josh, Wine and Beer Buyer

*Can you get vegan rice "cheese" by Galaxy (soy-free, casein-free, gluten-free)?* Sliced vegan cheese doesn't sell very well here. We carry the Galaxy soy-based vegan cheese. The rice-based vegan cheese can be special ordered if you desire. — Peg, Chill Buyer

*Mrs. May's Naturals – Premium Fruit and Nut Crunch. Please carry this product. It's tasty.*

Indeed the product package looks very tasty, but our distributor only carries the small snacks from Mrs. May. They are found in the chip aisle on the shelf below the jerky. — Marie, Grocery Buyer

*Cascadian Farm Sweet Relish. I used to purchase at Co-op, but can't find it anymore. Is it available?* Unfortunately, this product is no longer

available from our distributor. We were extremely dismayed to find all Cascadian Farms pickle products were discontinued by our distributor. We do have Bubbie's relish in the cooler and are working to get the Cascadian Farms products back. — Marie

*I love the Co-op. Don't ever leave!* Thanks for your support. With customers such as you, we will be here for your grandchildren's children.

*Newman's new cookies "Hermits" are great!* We tried samples of these and received a very lukewarm response from our taste testers so did not bring them in. — Joan

*Changing table in the bathroom for the little Co-op shopper!* Both women and men's bathrooms have changing tables in the handicap stalls, which is the only space available for their placement. — Kenna, General Manager

*A year or so ago you had whole raw cashews as a misstock. They were awesome. Is there any way you could carry them regularly? I know your bins are full of other nuts but so many are flavored and roasted.* We strive to carry what people want. We have not had much interest in raw cashews, but we would be glad to special order them for you. They are available in a 5-pound package. Call the grocery office if you are interested. — Joan

*Black-eyed peas—I can't believe they are gone from the bulk bins. I finally gave up and ordered a 25-pound bag. Why carry doubles of some items (or even more as in the case with almonds) and none of a basic staple? Can't the bulk bins be a place in the store where supplying food, not profit margins are paramount?* The Co-op strives to offer the food products that our customers desire. Unfortunately, we have limited space, neces-

sitating choices based upon what the majority of shoppers are looking for. — Joan

*Jungle Grub Snack Bars – organic and not just for kids. They're awesome. Google Jungle Grub.* I'm sorry, our distributor doesn't carry this product. — Marie

*Could you order Newman's Own Salt and Pepper Pretzels?* We are looking for shelf space for this product. You are welcome to special order a case if you want. — Marie

*With your large assortment of gluten-free products the Co-op has been a friend to us gluten and wheat allergic customers. Now I hear you will no longer be baking any wheat-free pastries, cookies, cupcakes. What's up with that? Your lemon gluten-free cupcakes were dreamy. I enjoyed a baked wheat-free treat with my coffee.* We took a brief break from Pretty Darn Gluten-Free Pastry production to develop some new recipes. We apologize for the inconvenience; it did take longer than we thought due to being short staffed at the time, hopefully by now you're enjoying the scones, cupcakes and brownie that we are baking. Also, please check out the article about the Pretty Darn Gluten-Free recipe contest in this newsletter. — Aven, Bakery Manager

*More Gluten-Free Bread. Can't buy it if after noon on Tuesday or Friday, only AM on those days. Thanks.* We have increased production of the Pretty Darn Gluten-Free Farmhouse bread. Our goal is to have loaves available all week in our Deli Grab & Go case. This product is baked fresh twice a week (Tuesday and Saturday), if you know you'll be in on a Tuesday or Saturday you can call and have a loaf or two put on hold for you to pick up at your convenience later in the day. — Aven

## Volunteer Profile: Mary Zuber

by Sarah McCord, Newsletter Volunteer

Originally from Palmerton, PA, Mary Zuber moved to the Palouse 22 years ago this month. She lives with her partner, Will, “a chocolate Lab and three neurotic cats” in a cabin east of Moscow near Troy. “When we bought the cabin 14 years ago, it was winter and everything was covered in deep snow. When the snow melted, we discovered there were no front steps.” The cabin is now completed, and the little creek and the woods surrounding it add to the welcoming spirit of the place. “Everyone who visits us tells us they immediately feel at home.”

Mary works as a Radiologic Technician at St. Joseph Regional Medical Center in Lewiston, where she provides both general (x-rays of broken bones), and specialized (mammograms and angiograms) services for patients. Before she moved to the area, she worked at Lehigh Valley Hospital in Allentown, PA. “I came out here for a change, and it all worked out. It was a good change—and now I wouldn’t move back.” Mary and Will met when they were both working as x-ray technicians. Will is now the Picture Archiving and Communication System (PACS) Administrator at St. Joe’s, where he oversees the process of storing medical images electronically so they can be viewed using a computer.

**“Getting involved at the Moscow Food Co-op was a natural decision when she moved here. Mary fondly recalled being a server at the fundraising dinner at East Side Marketplace, and the “shopping cart brigade” that transported many items from the old store to the new in a single day.”**

Imaging services have changed quite a bit since Mary joined the profession in the 1970’s. We marveled at both the incredible resilience of the human body and recent advances in medical science. “I remember the first time we did CT scans, it took so long we were playing Pong on one of the computers, waiting for the procedure to finish. Now they take minutes!” We talked, too, about how preventive care is

often overlooked in the United States. Mary told me that she works with St. Joe’s mobile mammography unit, which makes visits to Pomeroy, Orofino, Kamiah, Kooskia, and other local communities. “October is Breast Cancer Awareness Month,” she tells me, “and



Mary Zuber delivers the Co-op Newsletter to Lewiston and Clarkston.

it’s so important for people to know how to care for themselves, and to know what to look for.”

Co-ops and organic foods have also been a part of Mary’s life for a long time. “When I lived back east, it was when *Mother Earth News* and co-ops were just getting established. In the first co-op I was involved with, we would put in an order once a month for 10 pounds of oats or 20 pounds of flour, and it would be delivered to one person’s house. We’d take our own containers, measure out our portion, and be set for a month.” She also lived close to the Rodale Institute, which is widely considered the home of organic agriculture in the United States. “I have all their books. I would go down to the farm and ask questions. They could always help, and they sold organic seeds and fertilizers, too.”

Getting involved at the Moscow Food Co-op was a natural decision when she moved here. “Will and I volunteered when the Co-op was over in the old KFC [Kentucky Fried Chicken] building, and Will was on the Board of Directors during the Co-op’s move from the Third Street location to the new store.” Mary fondly recalled being a server at the fundraising dinner at East Side Marketplace, and the “shopping cart brigade” that transported many items from the old store to the new in a single day. “It’s amazing how it’s evolved from the KFC to here,” she says, as we gaze around at the bustling Co-op deli area. Mary’s volunteer job these days is delivering the Co-op Newsletter to locations in Lewiston and Clarkston. She checks back periodically to replenish supplies at some of

the more popular distribution points. “People come up and thank me, because they can see what’s going on up here for the month” and plan their trips accordingly.

Our enjoyable and wide-ranging discussion touches on the wonders of Czech baked goods, Mary’s 12 years of yoga and qi-gong practice, and the simple pleasures of walking her dog through the woods around the cabin. “It’s the same route every day, but somehow the path is always new.” As our conversation draws to a close, I ask Mary if she has any plans for the future. “I’m leaving myself open. Definitely!”

Sarah McCord lives and works (as a medical librarian) in Pullman. Breast Self-Exam instructions from the Susan G. Komen Foundation can be found at [www.komen.org/bse/](http://www.komen.org/bse/).



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## Staff Profile: Bridget West

by Katy Farrell

**T**wo things make interviewing Co-op employees for this article more pleasant: one, when someone loves their job; and two, when the job one takes has led the interviewee to decide what he or she would like to do with their life. So, imagine my delight this month after speaking with Bridget West, a cook at the Co-op whose interest in food has convinced her to pursue her education further, but also very much likes cooking for customers.

Bridget hails from Christiansburg, Virginia, which is located in the Blue Ridge Mountains in the southwest part of the state. When asked about her hometown, Bridget notes that it is beautiful and humid, bigger than Moscow, but still rural. Like many other southeastern towns, however, it's coping with the inundation of new residents by sprawling outward.

She decided to go to college at nearby Radford University, from which she graduated in 2004. Curious how one decides to leave all familiar sights and neighbors, I asked Bridget how she ended up in Idaho. Attracted to the state's natural assets, Bridget spent six months interning with the U.S. Forest Service, in the Frank Church Wilderness outside of Salmon, Idaho. As someone who likes outdoor activities, such as hiking and biking, the

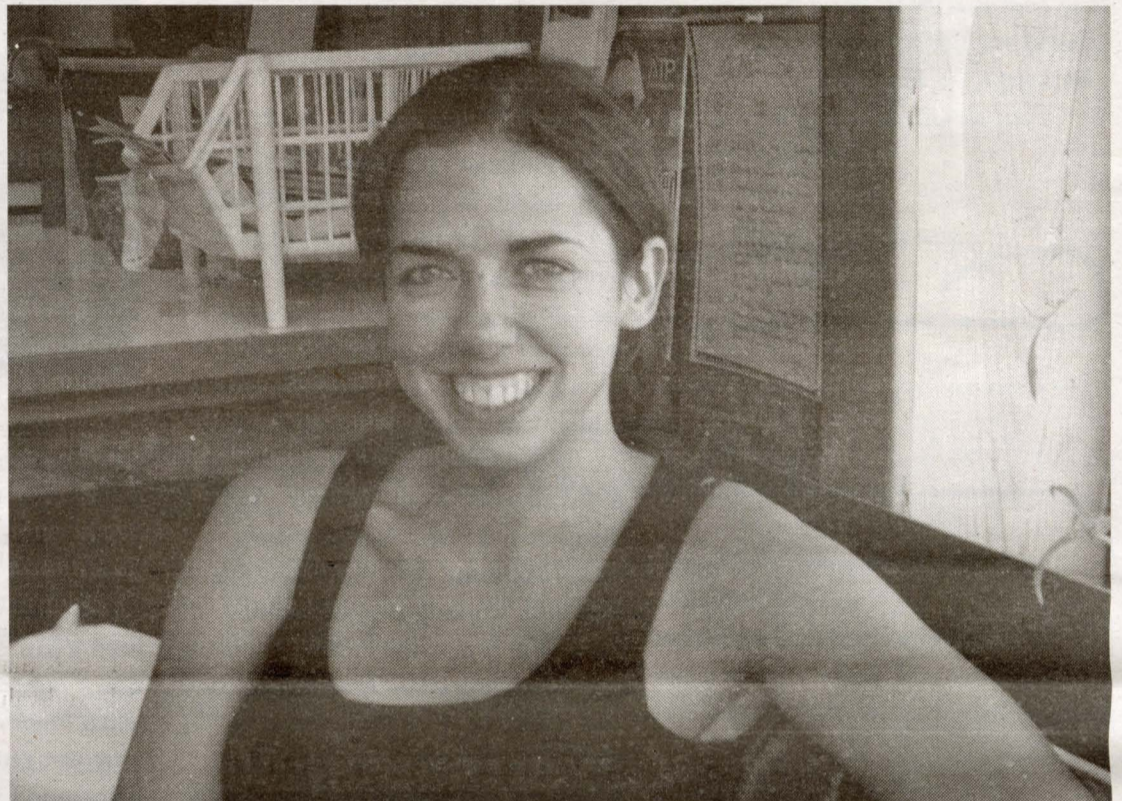
beauty of the area definitely appealed to her. However, after her summer had ended, she returned to Virginia to consider her next step.

After working in Florida for a year with a non-profit organization, she went to Wyoming to collect vegetation samples for a gas company. When that became unpleasant, Bridget summoned her courage and quit, though she was unsure of what she wanted to do. Luckily, she called her friend she had

met while working with the Forest Service, who suggested that Bridget come stay with her in Moscow for a while.

That was last August, and Bridget is very glad she ended up here. She enjoys the town, from its liberal feeling, to its well-planned streets; it's easy for someone from a different part of the country to move here and feel at home. Though she has lived in a variety of places,

job that Bridget just could not stand. At first she was unsure of any foods that she didn't like to make. Right after I had moved on to the next question, she shouted out, "Spring rolls! They take so long and are tedious." I have to say, that the cooks' spring rolls are one of my favorite things that come out of the kitchen. And now, when I'm savoring them in the future, I'll think of Bridget West and appreciate the work that goes into them a little bit more.



Bridget started as a deli server in the Co-op last August, and is now a cook.

**“She enjoys the town; it’s easy for someone from a different part of the country to move here and feel at home. Though she has lived in a variety of places, Bridget says that Moscow is “the community that I always wanted to live in.” Likewise, she really enjoys the Co-op.”**

Bridget says that Moscow is “the community that I always wanted to live in.”

Likewise, she really enjoys the Co-op. Starting as a server last August, Bridget became familiar with the great food she offered to customers, until early this summer when she began preparing it instead. Starting at 6 a.m., Bridget prepares the quiche for breakfast, then moves on to salads, tofu, and fillings for various meals. Also, on Fridays, she creates pizzas, which is a highlight of her days.

Overall, she feels that the Co-op is a great place to work. She takes pride in the sense of social responsibility embraced by the organization, in addition to its connection to the community. For her part in this aspect, Bridget plays the position of catcher on the award-winning, Co-ed softball team.

When not cooking for work, Bridget enjoys cooking at home, relying on recipes from *The Joy of Cooking* and her own creativity, reading, and gearing up for her degree in dietetics. She will be starting her studies next semester at the University of Idaho.

I had to ask if there was one part of the

Katy Farrell likes to embrace the autumn months by reading poetry by Robert Frost.

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## Business Member Profile: Appaloosa Museum

by Joshua Cilley, Newsletter Volunteer

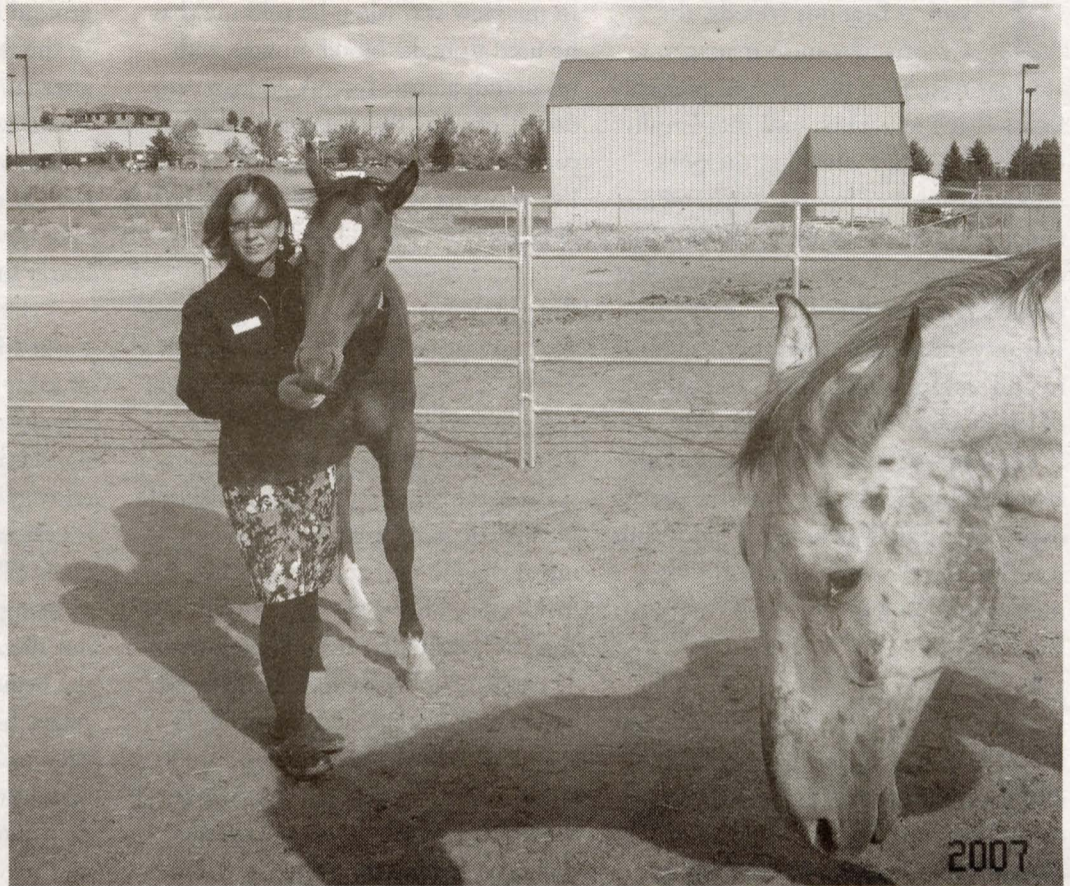
I interviewed a horse. Actually two horses, but E Arrow Tac Meeymi, a yearling Appaloosa filly, lost interest in me once she found out I forgot to bring her a sugar cube. Apache Wayakim War, a 26-year-old grey Appaloosa gelding, was more forgiving. I don't think I won any points with him for forgetting his treat, but he seemed perfectly content having his head and neck scratched. Reminded me of my 11-year-old dog, just much, much larger.

Museum director Sherry Caisley-Wilkinson was a far better source of information. She's been the museum director for almost six years, and in that time has learned to love the Appaloosa breed. Before moving to the Palouse, she worked at the Los Angeles zoo and a children's museum in Pasadena, both no doubt excellent preparation to head the Appaloosa Museum.

Although evidence of spotted horses stretches back as far as 18,000 b.c.e. from cave paintings found in France, the name "Appaloosa" was first coined by white settlers in the late 1800's to describe the spotted horses of the Nez Perce here on the Palouse. "A Palouse horse" became the "Appaloosa." Throughout recorded history, the spotted horse has been a treasure sought after by many of the great empires throughout Europe, Asia, and the Middle East, but the Nez Perce are given the most credit for developing the potential of the breed. It was the Appaloosa that carried the fleeing Nez Perce on their ill-fated flight to Canada, and it was the Appaloosa that helped them evade U.S. cavalry for those 3½ months. When the dust and the chaos

**“It was the Appaloosa that carried the fleeing Nez Perce on their ill-fated flight to Canada, and it was the Appaloosa that helped them evade U.S. cavalry for those 3½ months.”**

settled, the Nez Perce had their remaining horses stolen from them, those horses that could be caught that is, and the breed was neglected until 1937 when a series of articles in Western Horsemen featuring the Appaloosa reignited inter-



Tac and Sherry nuzzle while Pache does his best imitation of Eeyore, 'Why aren't you scratching me?'

est in the breed.

Appaloosa lovers can list off a litany of traits that make the breed so versatile and valuable: strong and durable, gentle and intelligent, agile and adaptable. Lovers of any breed of any animal tend to have certain biases, but the Appaloosa horse continually proves her fans correct.

The Appaloosa Museum is divided into two parts: one side dedicated to the history of the horse and the other to the history of the Appaloosa Horse Club. Started in 1938 and moved to Moscow in 1947, the club began its days in a Moscow basement near East City Park with 200 registered horses and 100 members and now boasts 635,000 registered Appaloosas, 33,000 members, and around 130 branch clubs. Museum pieces moved around with the club, first displayed on the walls of the basement and ultimately to the present location in 1974 with the museum becoming its own entity the next year.

If you hurry, you can catch Pache before he moves to his winter home and Tac before she is raffled off to some lucky individual. The raffle drawing is on October 5 at noon, but fret not, another yearling has already been donated for next year and (cheap!) ticket sales open on May 1. Pache will be back in the spring to mentor and train another feisty yearling. Located at 2720 W. Pullman Road in Moscow, the museum is open year round, except Sundays, and is free of charge. Please donate to help bring in more exhibits. Read more about the horses and check out upcoming events at [www.appaloosamuseum.org](http://www.appaloosamuseum.org). Don't miss the Christmas open house on December 1. Co-op members get 10% off in the gift shop.

I'm still ashamed that I forgot the sugar cubes.

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

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## Omnivoria: Brennus and Potato Sausage

by Alice Swan, Newsletter Volunteer

This month I'd like to introduce you to Brennus Moody, the Co-op's new meat manager. Regular readers of this column probably know that I love pork, and that I really love pork sausage, and that the pork sausage from the Co-op is outstanding, and I just don't know what I'd do without it (nor do I know what I did before there was such a thing). As I'm typing this, my husband is downstairs listening to and singing along with a recording of the last movement of Beethoven's 9th Symphony—Ode to Joy—and perhaps I'm suffering from baby-induced sleep deprivation that's making me giddy, but it seems a perfect soundtrack for my musings on how much I love sausage. But I digress.

Earlier this year I wrote a column about the pork sausage made at the Co-op, and I was particularly impressed with former manager Scott's sausage-making credentials, as he learned the craft in Wisconsin, the heart of sausage country in the United States. So I had some concern, when I learned that Scott was leaving, that the Co-op sausages might suffer. But my fears were allayed when I sat down to chat with Brennus. When I asked Brennus where he was from, he told me it was hard to say—his dad was in the military, and they moved around a lot. But the place he calls home is his grandparents' farm in central Montana. He grew up hunting and fishing there, as well as helping out with farm duties, which involved processing many kinds of meat, both hunted and farm-raised. And as his grandmother is German, it also involved plenty of sausage-making.

What really solidified his credentials in my view was when he told me that he used to make blood sausage with his grandparents. I won't go into the details of what that involves, but I'm pretty sure Brennus is the only person I've ever met who's actually made blood sausage.

Brennus came to Moscow to go to college, and never left. He used to work at Tidyman's, and was the meat manager there before the store closed. Since then, he has finished his degree, and spent lots of time hunting and fishing. He's particularly excited to be working at the Co-op because he is free to make one of his specialties, potato sausage. When he first started working at Tidyman's, he sometimes made it, but had to stop because the upper management didn't like having a product at just one store that was made from somebody's personal recipe that they had no control over. "There are some things the corporate world does well," Brennus told me, "but food is not one of them." The Co-op is the only place Brennus knows of on the Palouse where one can buy potato sausage, and he said quite a few people comment to him that they are very glad he's making it. See below for more on potato sausage.

In addition to adding potato sausage to the roster of Co-op made sausages, Brennus is trying to find more environmentally friendly meat trays to replace the Styrofoam trays typically used. He's been using paper trays that he's not completely happy with, and is interested in hearing feedback on them from

customers. He's also started packaging ground beef wrapped in butcher paper in the freezer case, which is another alternative to the Styrofoam trays. The frozen ground beef works well for people who travel a long way to shop at the Co-op, or who are buying meat to take traveling or camping, since it keeps better in a cooler than fresh meat.

I asked Brennus what his favorite type of meat was, and since I grew up in a big city with no hunters in the family, was completely unprepared for his answer, which was moose. He told me it's extremely tender and very easy to cook. "Prime beef starts to come close to being as good as moose, but it's just not there," he said. And moose is just the beginning (or perhaps the midpoint, but certainly not the end) of Brennus's knowledge of game; anyone who hunts and cooks should stop by the meat department for some tips.

### Potato Sausage

\* Potato Sausage, or Potatis Korv, is a traditional Swedish dish that is typically served at Christmas as part of a smorgasbord. That tradition in the United States has evolved to include it as a 'holiday' dish, and Swedish markets will often carry it for the whole Thanksgiving to New Year's holiday season.

\* Traditional potato sausage is made with a mixture of pork, beef, onions, potatoes, salt and pepper. Some recipes call for the addition of allspice and/or a bit of milk. Brennus makes his sausage with all beef, because he doesn't like

*"Brennus is particularly excited to be working at the Co-op because he is free to make one of his specialties, potato sausage."*

mixing meats that are fully cooked at different temperatures.

\* Most of the suggestions I found for serving potato sausage said to boil it, anywhere from 20 minutes to 1 hour (which is how we cooked it), but mentioned that it could also be fried, baked, or microwaved.

\* Traditional accompaniments for potato sausage include: boiled potatoes (I guess you can never have too many potatoes, eh?), lefse (ditto the last comment), peas, butter, lingonberries, cranberries, and ketchup.

\* Brennus recommends serving potato sausage with eggs for breakfast at any time of the day or year. We ate it with applesauce, and our two-year-old also had ketchup, which my husband thought was weird, but I was glad to find in my subsequent research is a perfectly acceptable condiment for potato sausage, especially in northern Michigan (which, ironically, is where my husband's family is from). At any rate, it was delicious.

.....  
Alice hopes someday to have the opportunity to eat moose.



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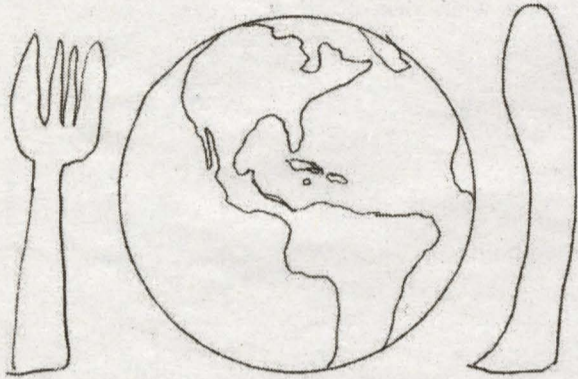
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## Veganesque: The World on Your Plate, Eating Veggies for a Greener Earth

by Caitlin Cole, Newsletter Volunteer



plant diet (also known as vegan) would reduce as much greenhouse gas as would a person's choice to switch from a sport utility vehicle to a sedan. Is this surprising news to you, dear reader? It was for me. I believed a plant diet was more earth friendly because of the massive amounts of land

The power of choice is amazing. Every day, through every little thing we do or say, we are making a difference on our Earth and her animal and human dwellers. What (or if) we drive and how we support industries with our consumer dollars has either a positive or negative impact on the earth. Sound like a lot of pressure? According to a recent University of Chicago study, what we choose to put on our plates can have as much impact on our earth as what we drive. These scientific types used a formula based on average American calorie consumption, average American driving habits, and energy used for food production and determined switching to an all-

and clean water used to raise cattle for meat and dairy. In addition to burning fossil fuel, livestock production emits large amounts of methane and nitrous oxide. This is nasty stuff, far worse than carbon dioxide. In fact, one pound of methane has the same greenhouse effect as 50 pounds of carbon dioxide. To read the complete study, check out the University of Chicago's website at <http://geosci.uchicago.edu/~gidon/papers/nutri/nutriEI.pdf>

I am grateful for the awareness this study has brought to me, awareness that gives me the gift of honoring the earth in new ways, through each food choice I make for myself and for my family. It has met my need for inspiration on my path toward an all-plant diet! For those of us who do not wish to become total veggie heads, cutting back on meat or dairy a few times a week can still make a positive impact on the environment. What is a good way to do this? By focusing on the plant foods you love and adding more to each meal when you are moved to do so, or by experimenting with differ-

*“According to a recent University of Chicago study, what we choose to put on our plates can have as much impact on our earth as what we drive.”*

### Samhain Bread

- ✦ 3 ½ cups flour
- ✦ 2 teaspoons your choice of spice (cinnamon, cloves, ginger, allspice)
- ✦ 2 cups packed brown sugar
- ✦ 2 cups pumpkin puree
- ✦ 2/3 cups white sugar
- ✦ 1 cup canola oil (or try apple sauce for a lower fat version)
- ✦ 2 teaspoons baking soda
- ✦ 2/3 cup coconut milk (one small can)
- ✦ 2 tablespoons hemp seed
- ✦ 2/3 cup unsweetened flaked coconut
- ✦ 1 cup walnuts or currants

Preheat oven to 350. Grease and flour two loaf pans using Spectrum or grease of your choice. In large bowl, stir together flour, sugars, baking soda, hemp seed, and spices. Add the pumpkin puree, oil, and coconut milk; mix until all of the flour is absorbed. Fold in coconut and nuts. Divide batter evenly between the prepared pans. Bake for 1 hour and 15 minutes, using the toothpick test. Remove from oven and cover loaves tightly with foil to steam for 10 minutes. Turn onto cooling rack.

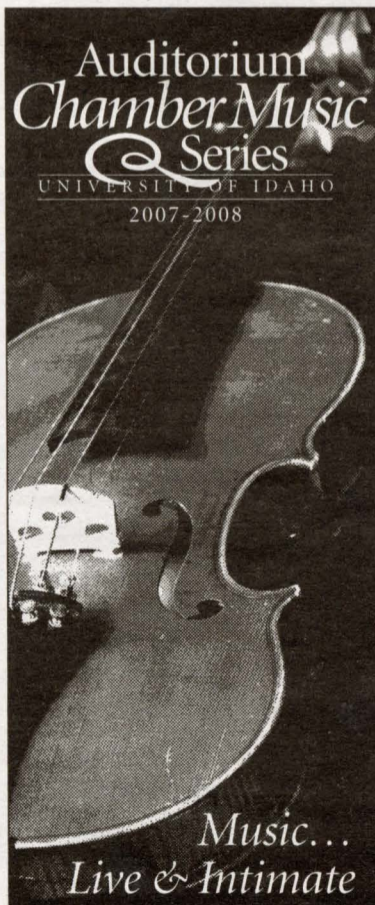
ent ways to prepare your favorite grains, nuts, fruits, and vegetables. If you have a strong preference for convenience or an aversion to your kitchen there are many vegan convenience foods available.

A psychologist friend of mine once told me that it is much easier for people to add a new habit than to try to break one. So it would be reasonable to assume that one could add a new habit that would cancel out the opposite, undesirable habit. This is how I am able to enjoy some of my favorite, less traditionally vegan foods. I didn't give up pastry, cakes and sweet breads, I experimented and learned how to bake vegan goodies. I don't feel deprived because I didn't give up anything, I

gained new and equally yummy ways to eat while living my values.

The following recipe is an altered version of a bread I like to make during the Samhain (pronounced “sah-win”) season. This version has coconut milk that makes this bread super moist. It is a fun recipe to make with kids, and they can eat the dough because it is delicious and eggless. I find eating this bread with a schmear of peanut butter is a delicious way to honor the earth!

Caitlin Cole is going as herself this Halloween.



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# Much Ado About Tofu: More Tofu Around the World

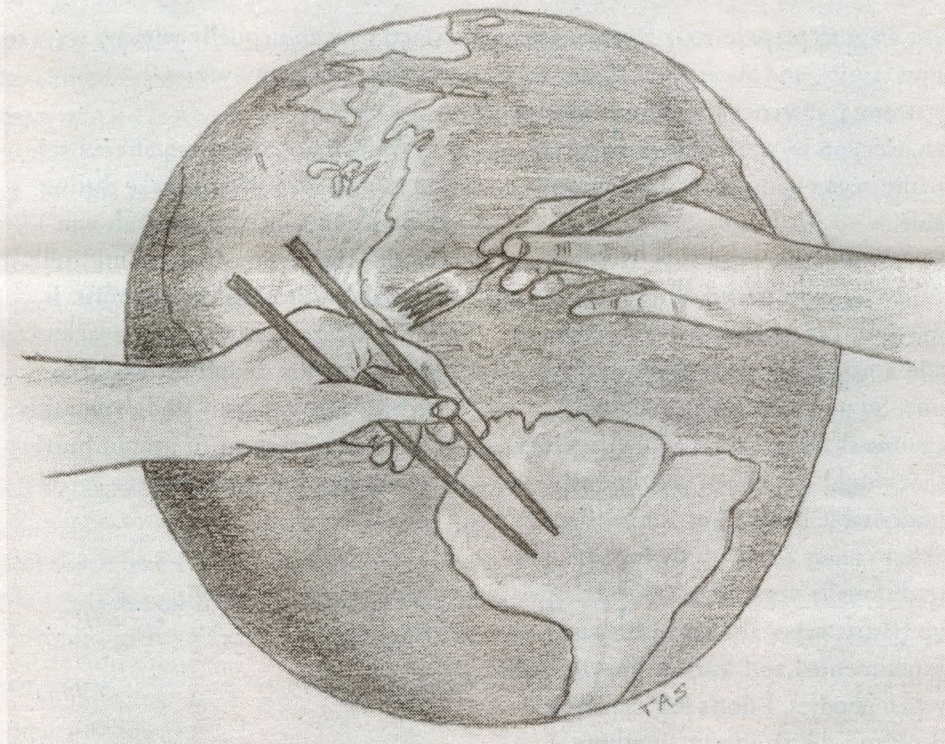
by Terri Schmidt (illustration also by Terri), Newsletter Volunteer

Welcome to part two of personal experiences with tofu from around the planet.

My best friend, Bev, is from England. She said, "I don't think my family in the North East of England has ever knowingly eaten tofu! Vegetarian meals and healthy eating are regarded with suspicion. Although my family members eat lots of salads, vegetables and fruit, I'd still say that most meals are the meat and potatoes type of meals, and fish is usually fried in batter. I can't even recall seeing tofu in the supermarkets, but I'm sure it's there, somewhere. However, my friends in the south of England do eat tofu, usually in stir fries. Bev's "south of England" friend, Annie, shared a different perspective from the London area. She wrote, "Tofu is really easy to get hold of here. It's available in all the supermarkets and health food shops.

you know where to look for it. It comes in jars and cost \$5 or \$6. It can be bought marinated in sauces or in oil. If you look, you can find tofu in specialty stores, health food stores, and Asian restaurants. It is seen as being a part of Asian cuisine and most people in Denmark don't usually eat it.

According to Molly, who resides in Toronto, it is easy to get tofu from local grocers and smaller health food stores, and they stock a large selection. There is a tofu option for anyone who wants to eat it. Molly stated, "Toronto is definitely a city where tofu is past the days of being "crazy-hippie-granola-type food"! I mean every Loblaws or Dominion (big chain supermarkets) you go into has a "natural section" filled with the likes of tofu. And these corporate companies are certainly not typical hippie destination spots."



My daughter who is 15 loves it. Her favourite is baked in the oven with soya sauce and sesame seeds. Then cooled and served with salad."

Jay lived in Japan for twelve years. He said the Japanese eat tofu several times a week. There are more varieties and flavors of tofu in Japan and it is offered in thick curd, thin curd and fine curd. He said in winter people mix it up like our "hamburger helper" with various sauces such as ginger and wasabi sauce. Families in Japan often cook at the table, throwing various vegetables and tofu into a nabe – a little hot cook pot. Jay also spent some time in China where he saw a tofu guy deliver tofu to people's homes like our milkmen used to deliver milk.

My son's friend, David, has been living in Copenhagen for a couple of years. He is a vegetarian and said that in Denmark you can only find tofu if

Karla is a sweet Italian woman and a wonderful cook. She told me there was no tofu when she lived in Italy. But on a more recent visit there she went to a vegetarian restaurant where they served very good tofu lasagna as part of a seven course meal. Karla's first cousin Paola is vegetarian and eats tofu almost every day. She generously took time to send these recipes, and Karla translated them. Enjoy!

Terri Schmidt is happy to live in Moscow where you can enjoy small town Idaho and still have the pleasure of interacting with people from all over the world.



## Insalata di riso con tofu

From Paola Gelli of Italy, translated by Karla Kapler

- ✦ 250 grams (1 cup.) short grain white rice
- ✦ 200 grams (7 ounces) tofu
- ✦ ½ yellow pepper
- ✦ ½ red pepper
- ✦ heart of celery, chopped
- ✦ 5 or 6 green olives, sliced
- ✦ 4 tablespoons extra virgin olive oil
- ✦ 2 tablespoons vinegar or lemon juice
- ✦ 1 envelope saffron
- ✦ 1 tomato

Wash rice, put in pan with 2 cups water, and cook on low about 30 minutes.

Cool rice to warm.

Wash, dry, and cut peppers into fine matchsticks. Cut tofu into little cubes. Add peppers, tofu, olives, and celery to warm rice. Put saffron in very little water. Add saffron, vinegar or lemon juice, and olive oil to rice mixture. Cool in refrigerator for 2-3 hours.

When ready to serve, cut tomatoes into little cubes and add to the rice salad.

## Insalata Russa di Tofu

From Paola Gelli of Italy, translated by Karla Kapler

- ✦ 3 carrots cut in little cubes
- ✦ 400-grams (2 cups) peas
- ✦ 2 normal potatoes
- ✦ 300 grams (12 ounces) tofu
- ✦ 1 ½ tablespoons mustard, preferably Dijon
- ✦ juice of a lemon
- ✦ 1 ½ tablespoons vinegar (apple)
- ✦ 1 teaspoon salt
- ✦ 6 tablespoons olive oil
- ✦ 6 tablespoons corn oil

Boil in salted water the potatoes, peas and carrots – in not too much water. Take out the vegetables and let them cool.

In the vegetable water, cook the tofu in for 10 minutes. After boiling the tofu, put it in the blender with the lemon juice, vinegar, mustard, salt, and oils. Blend well. Cover the vegetables with this sauce.

Use this sauce in place of mayonnaise.

## Bookpeople's Litany of Literary Events September through October

**Wed., September 26th, 7:30 pm:** Poet Mark Halliday reads from his new chapbook of poems, *Jab*.

**Mon., October 1st, 7 pm:** Pete Chilson, author of *Disturbance-Loving Species*, reads at Café Silos

**Wed., October 3rd, 7:30 pm:** Writer Jaimee Wriston Colbert, author of *Shark Girls*, at the U of I Teaching and Learning Center.

**Thurs., October 4th, 5 pm:** Beth Whitman, author of *Wanderlust and Lipstick*, reads at the U of I Women's Center.

**Thurs., October 11th, 7:30 pm:** Jonathan Johnson, author of *Hannah On The Mountain*, at WSU.

**Sun., October 14th and 15th:** Roger Williams Symposium, featuring Rita Nakashima Brock, author of "Proverbs of Ashes: Violence, Redemptive Suffering and the Search for What Saves Us." Her presentation, "Saving Paradise: A History of Christianity's Forgotten Love for this World," begins at 7 p.m. on the 14th.

**Thurs., October 25th, 7pm:** Mary Matsuda Gruenewald, author of *Looking Like The Enemy*, reads at Bookpeople.

**Sat., October 27th at BookPeople:** WSU English Professor, Paul Brians, author of "Common Errors in English Usage," both a book and a calendar, reads his new work, "How to Take Your Work from the Web to Print."

## In The Garden: The Country Club

by Holly Barnes, Newsletter Volunteer

*The love of gardening is a seed once sown that never dies. ”*

—Gertrude Jekyll

Twenty lucky families have joined The Country Club at MaryJanesFarm. That’s the name for a different kind of Community Supported Agriculture (CSA) plan that Mary Jane Butters started on her farm a year ago. This year the Club has 20 member families. I shadowed one of those families this summer and got a good feeling for what it means to be a part of The Country Club.

Rebekka Boysen-Taylor has been a member of the MaryJanesFarm CSA for two seasons. Rebekka is the mother of Isabella and Jackson. Her husband, Erik, is a firefighter and his schedule allows him to go to the Farm with the rest of the family about every other week. Rebekka is also the Co-op Kids volunteer, and organizes monthly events for children and their families.

In the spring, the families made a payment of \$100 to MaryJanesFarm. An orientation was held, which explained how the farm sharing works and a tour of the farm was given. April, the point person for The Country Club

at MaryJanesFarm, organized the tour. She made a map of the farm for new families, explained how to pick produce, and showed everyone where the harvesting tools are. Her support has continued through the summer with weekly e-mails saying what is ready now and what will be ready next week and how to know it’s ready to pick.

Our trip to MaryJanesFarm started with a visit to the wallpapered chicken coop. “The girls,” as Rebekka calls them were cackling loudly as they went about their business. Isabella was able to gather a couple of eggs for her basket much to the chagrin of the hens! We walked these to the kitchen where she



Isabella and her mom meander through the fields.

carefully went up the stairs and put her eggs into a refrigerator on the porch, Rebekka adding a few lunch snacks as well. Any other eggs found in the refrigerator can be taken home with those we gathered.

We then headed out to pick produce. Rebekka is delighted with the set-up this year. There are stations throughout the Farm where young children can play and keep busy out of the sun. Last year Isabella enjoyed coming but it was a lot of work for Rebekka to gather produce and keep an eye on her daughter. This year she puts Jackson’s stroller in the shade, gets Isabella set up in the shaded sand box with digging toys, and sets out to harvest her food. On this day, she



Rebekka shows off a bountiful harvest.

gathered cucumbers and lemon cucumbers, corn, green beans, cabbage and flowers. We also went into the keeping room to select some beautiful garlic that had recently been dug, and into the hoop house to pick green and red peppers. Gathering baskets and pruning shears are provided. Isabella helps pick to the degree that she is interested and knows her way around the farm, carefully opening and closing gates in each area.

The harvest completed we head back to

system she finds very convenient. They have been told that the food prices are Farmer’s Market comparable but she thinks it is less than that. Factoring in the start-up fee, it sounds about right.

The Country Club is far more than a place to get food for Rebekka and her family. The weekly visits are creating a new reality for her children. Isabella stated a few weeks before that “farmers are women,” since that is what she has seen. It’s a paradigm shift in this generation.



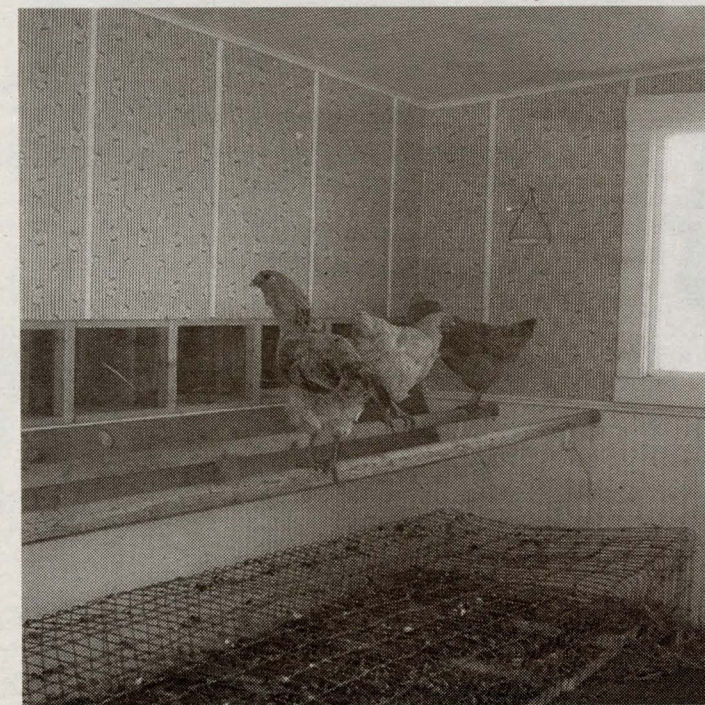
Isabella outside the hoop house.

the refrigerator and get our lunch and chilled tea and walk to the Plum Pit, a shady area with tables and a hammock for having lunch. Rebekka talked about her own garden that they prepared for the first time this year. She says she is learning so much about having a garden by coming out to the Farm each week.

After lunch, we returned to the weighing station with all of our produce that Rebekka weighed and logged in. She is billed once a month for the food, a

leaves and spread 2 to 3 inches of mulch over the garden beds—shredded leaves or straw work well for this. The mulch helps to moderate the soil temperature during freezing and thawing.

Holly Barnes has been harvesting her own green beans, tomatoes and potatoes this year as well as many vases full of flowers.



The ‘Girls’ in the coop.

### October in the Garden:

It’s time to get gardens ready for winter. I do a light clean up now, leaving the major one for early spring. Remove diseased plant parts and fallen



## Wild & Free: Aronia

by Sarajoy Van Boven, Newsletter Volunteer

*Emancipate yourself from mental slavery. None but ourselves can free our minds. – Bob Marley*

The story of the exodus tells of a desert burning bush speaking to Moses regarding delivery from slavery and misery. And another story goes like this: An Aronia shrub in autumn, on the Palouse, is the voice of god. Songs of freedom flare from these flame-leaves, their true colors igniting the world with celestial poems of liberty. Deliver us from slavery and misery? They look like they could.

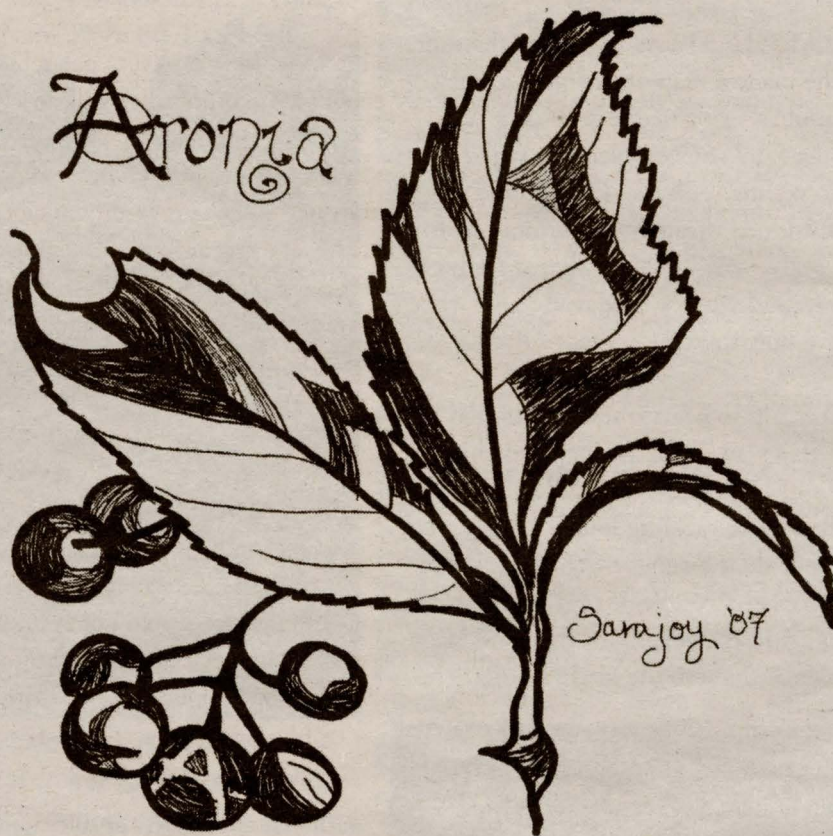
These shrubs (up to 8' tall) blanket Washington State University hillsides, line Neill Public Library, and buffer our yard. The thick and leathery leaves with a saw-toothed pointed-oval shape are dark, shiny green in summer. The autumn leaves are revolutionary red, riot red, Mujeres Libres red. These leaves will not be slipping quietly from this world. And the berries clustered beneath them are bitter, honest and black as the anarchist uniform.

This is also a story of a common landscaping plant turned Super-Nutra-ceutical. Once thought to be the last in nutritional edification, they are now the first in antioxidant imbibery.

A multitude of studies find Aronias to be the most potent anti-oxidant on earth, and loaded with Vitamin C (many study cites at wikipedia.com). Antioxidants, as you can deduce, slow oxidation that is supposedly caused by marauding free-radicals that bash in the glass windows of your cells, so to speak. Antioxidants were originally looked into as preventatives of rust, oil spoilage, and fat rancidity. And, as far as your body is concerned, the analogy is apt. Want to prevent rust, spoilage, and rancidity? Aronias are your berry.

Normally, I wouldn't advocate anything that might limit the freedoms of radicals. I don't want to picture these clusters of Aronia berries in riot gear, wantonly firing rubber bullets (which look a lot like Aronia berries) into a block of free radicals. Perhaps these are merely semantics, but one might consider a conspiracy of government scientists to defame radicals. They could have named them Staid Centrists, right?

Studies also demonstrate Aronias boosting circulation, maintaining urinary tract health, fortifying the heart and fighting cancer (www.hort.net).



Aronias taste just like you might imagine the world's most powerful antioxidant would. Their other name is "Chokeberry" (not to be confused with Chokecherry, which is worse). These are not masquerading Jolly Ranchers, and yet somehow my children love them.

I've hesitated to share the "good news" of Aronias because I've not known what to do with them, other than let the children eat them, then bleach their fingers. And I generously leave them for February birds.

A little "research" revealed these black clad anti-oxidants to be useful after all: for making wine and jams and juices. As readers might recall, my experiments with wine and jam making have been rather ...unsuccessful. And my perseverance for such domestic hobbies is very weak indeed.

Aronia jams are sold all over the internet. R.W. Knudsen has come out with bottled Aronia juice. And I direct you to this wine recipe: <http://winemaking.jackkeller.net/aronia.asp>.

Even more "research" revealed that Aronia berries make excellent and gorgeous scone accessories.

Just as soon as our first frost tempers the tart (which has yet to occur as I write this), I'll be trying this recipe for Aronia juice, found on Washington State University's Mt. Vernon extension website: [http://mtvernon.wsu.edu/ft\\_hort/aronia01.htm](http://mtvernon.wsu.edu/ft_hort/aronia01.htm). Though I don't exactly understand the vague directions, I will give it my best shot.

Native to Northeast North America,

probably conceived in what became the "Live free or die" state of New Hampshire, this fruit's popularity is yet in its infancy on this continent. However, ex-patriot Aronias have imbedded themselves within the Polish world, where they are quite popular. However, I've uncovered no reports of what we can assume are particularly healthy Polish urinary tracts.

I will remind readers that not all black berries are as marginally edible as Aronias. Some will taste better and some might kill you. Do not jam, juice, wine, or scone these berries without 100% certain identification.

Will Aronias free us from slavery? Not

### Aronia-Apple Juice

Recipe courtesy Georgene Lee, Washington State University (WSU) Mt. Vernon Extension

Steam Aronia berries to extract juice (yield approximately 2 cups of juice per pound of berries). Mix half-and-half with apple juice, either commercial or home produced, and chill.

even mental slavery. Save us from the misery of rust? Rancidity? Spoilage? Oxidation? Probably!! Bust us from our prisons of urinary tract infections and sluggish circulation? Certainly!! Save us from Free Radicals? Why would we want that?

When her two little radicals get too free, Sarajoy reluctantly trades her no-gods-no-masters parenting ideal for the more successful "listen, Missy," method.

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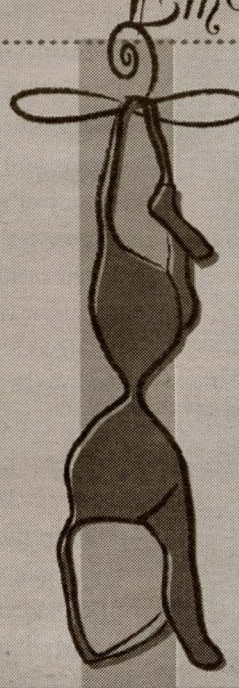
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## Letter from the Land: Fences and Walls Can Do More Than Defend

by Suvia Judd, Newsletter Volunteer

The word fence comes from the Latin “defendere” and is short for “defense” We think of fences being used to enclose, exclude, or divide. Similarly, wall is defined as “an upright work or structure...serving for enclosure, division, support, protection, etc” (*The American College Dictionary*, Random House, 1963).

On my farm, we have fences to keep the alpacas and llamas in, so they eat what and where they are supposed to, and don't wander into the road. Very importantly, our fences keep dogs out. We use fences to separate the male alpacas from the females, and to determine what part of the pasture gets grazed when. We have a fenced enclosure to keep our dogs in, and vegetable gardens fenced to keep rabbits out.

Fences and walls can be resources in other ways. Right now at our place, vigorous squash vines have borrowed the fences for support. Birds perch on the top edges, and rabbits shelter in the longer grass at the bottom.

Take some time to look around you for walls and fences and see what else is happening besides enclosure and division. At this time of the year, retaining walls often have dry leaves piled up at the base. Blown dirt collects against walls. Dry weeds pile up against fences (think of tumbleweeds.) Welded or woven wire fences, or even wire strand fences on wooden posts, collect a terracing of dirt that moves downhill with water and the movement of animal feet. Anywhere that there is a barrier, the materials that make up soil begins to collect. Seeds and plant pieces blow in. And anywhere that birds can perch, seeds that they are eating will drop from their beaks, and seeds from fruits they have eaten pass through the their guts, (often being prepared for germination by this process,) and land below the perch. (In our yard, there are baby yews beneath our mountain ash, and baby mountain ash trees beneath the yews, and cherry trees everywhere.)

Next to every fence and wall, soil tends to accumulate, and plants can become

established. If the human managing the landscape does not remove the plants with cultivation, mowing, or herbicides, and grazers don't eat every palatable item, a plant community will develop.

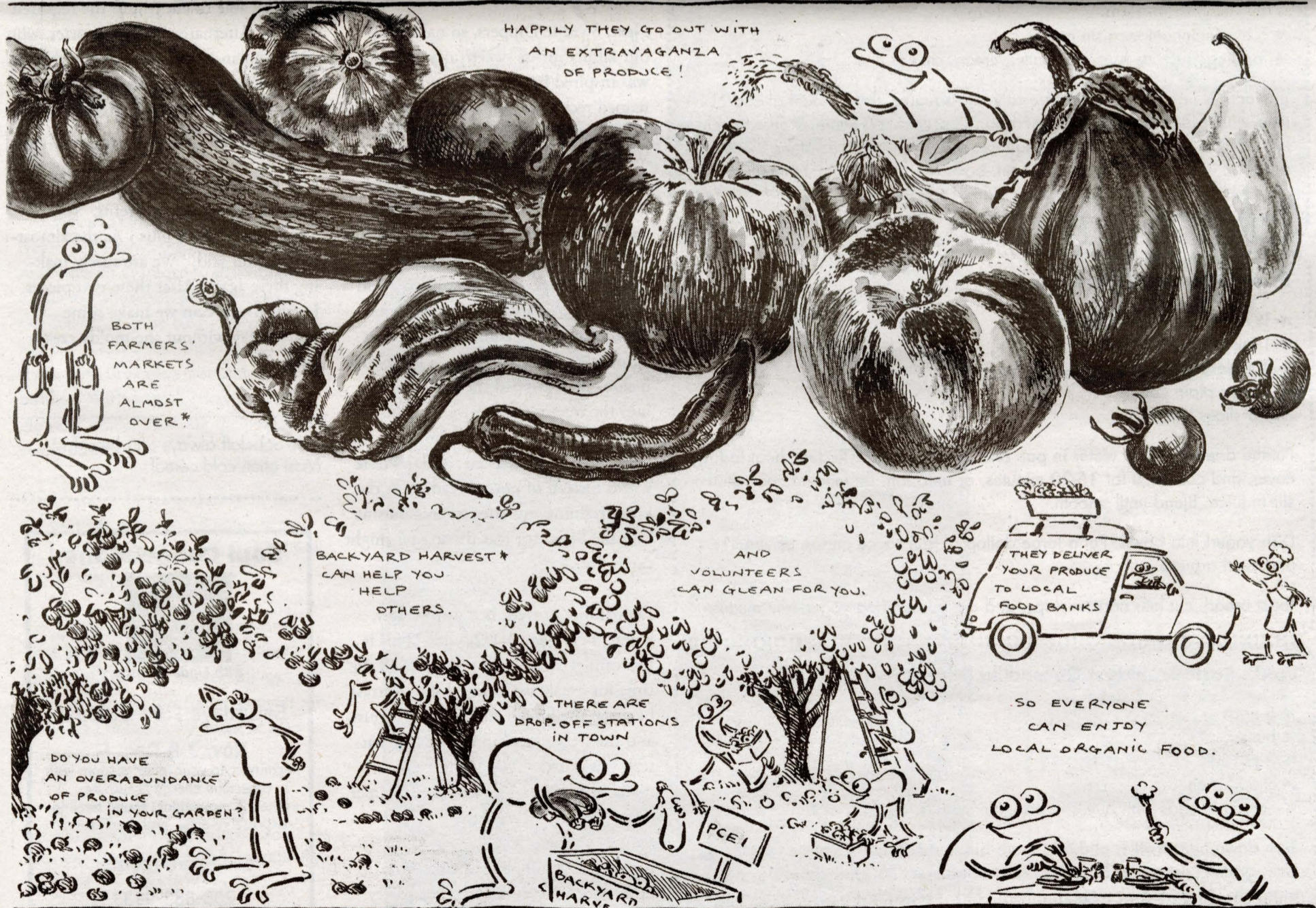
Walls and fences, particularly semi-solid and living fences, also modify microclimate by affecting airflow and temperature. People plant shelterbelts to protect their farmsteads from wind, and plant trees or build barriers uphill from buildings or gardens to divert cold air flowing downhill. Snow fences are put up to keep snow out of roadways. These are familiar intentional acts of weather defense. In addition, by studying the things that happen fortuitously, we can increase our repertoire of intentional acts. For example, a person I know has a cabin on a hot dry site on Moscow Mountain. She planted a heat-loving drought-tolerant, edible-fruited, nitrogen-fixing plant called a Goumi (*Eleagnus*) in a south facing spot away from the cabin. It struggled. She saw that next to the north wall of the cabin volunteer native shrubs were growing vigorously, even under the gable where there was

no run-off. That spot is sheltered from the heat by the cabin acting as a wall. The Goumi was moved to the north wall and now thrives like the volunteers.

Permaculturists seek ways to slow down the energy passing through a system, in order to get more use out of it. A permaculture practice in dry regions is to cut swales along the contour lines of a hill, in which moisture collects and is stored in the soil and used by plants, without added irrigation. The side benefits of fences and walls I have described are part of this larger category of catching energy, in this case as dirt, seeds, warmth, coolness, and moisture, to increase the diversity in the system. Next time you erect a fence or build a wall, think about how you can give it multiple uses in your landscape.

Suvia Judd writes about transforming her farm into a permaculture oasis in the next issue of *Permaculture Activist*, available at the Coop in November.

## PALOUSE REPORT: Summer's Bounty



\*THE SATURDAY FARMERS MARKET ENDS OCTOBER 27 AND THE TUESDAY GROWERS MARKET ENDS OCTOBER 30

\* WWW.BACKYARDHARVEST.ORG

WWW.FROGBLOG-ACARTOONDIARY.BLOGSPOT.COM.

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## Meals Kids Might Eat: Breakfast

by Judy Sobeloff, Newsletter Volunteer

With my kids starting school this fall (kindergarten and preschool), I've discovered an amazing truth—that we need to eat every day, often multiple times. I'd suspected this over the years, of course, but the astonishing rhythmic precision of getting us fed and out the door five mornings a week really brings it home. With that in mind, this month we'll start with breakfast, the very best place to start.

While I'm happy to scramble the stray egg, I must confess to enjoying the benefits of a breakfast-making husband, one willing to beat egg whites to foamy peaks so that our children's pancakes achieve their desired degree of fluffiness/gooeyness. "There's nothing to it," Fred explained, lying in bed one recent weekend morning while our children chanted, "We want breakfast, we want breakfast!" from the doorway. "Step One," he confided, "Catch a yak and roast it."

However, this month brings three

recent yak-free breakfast discoveries, all of which our children loved: Breakfast Quesadillas, which take some morning-of effort, and Sweeje Dippers and Mochi, both of which ideally take almost none.

First up, Fred's Basic Breakfast Quesadillas, (scrambled eggs with cheese on tortillas) were such a hit that the kids had a race to eat them, ultimately proclaiming, "We both won!" (Note that the Co-op carries gluten-free tortillas.) As Fred says about this version, "You can add whatever else you want. It couldn't be simpler." (I, of course, know that it could, which is why I'm including the next two recipes below.) The Basic Breakfast Quesadilla was so enticing that our kids not only requested it later the same day and gobbled it up again, but our daughter



Breakfast Quesadilla (and Jeweled Burrito) for two

### Mochi

- ✦ 1 block cinnamon-raisin mochi
- ✦ Toppings such as fruit jam, butter, cream cheese

(If mochi is not scored to break easily into squares, thaw mochi ahead of time, either in fridge or on greased pan in preheating oven.) Preheat oven to 450. Cut mochi into 1-2 inch squares and place squares at least one inch apart on lightly greased cookie sheet. Bake 8-10 minutes, until mochi puffs up. Remove from oven. Cut a slit in side of square through which to spread selected topping(s) and serve immediately.

### Sweeje Dippers (serves four)

- ✦ ¾ cup dried fruit, chopped
- ✦ 1 cup water
- ✦ 3 tablespoons juice
- ✦ 2 cups plain yogurt
- ✦ 4-8 slices bread

Put the dried fruit and water in pan and bring to a boil. Reduce heat to low, cover, and cook fruit for 15-20 minutes, or until soft. Let mixture cool, then stir in juice. Blend until smooth.

Dish yogurt into bowls. Put a large dollop of fruit sauce on top of yogurt and swirl around.

Toast bread, cut into narrow strips, and dip into swirled yogurt-fruit mixture.

### Fred's Basic Breakfast Quesadilla (serves two)

- ✦ 5 eggs
- ✦ butter
- ✦ 2 tortillas
- ✦ cheddar cheese
- ✦ Scramble eggs with butter in pan. Put them aside on a plate.

Turn down heat a little, and add more butter if necessary. Put one tortilla on pan, grate cheese over it, spread scrambled eggs flat over cheese, grate more cheese on top of eggs. The heat of the still-warm eggs will melt the cheese. (Add other ingredients as desired.) Put another tortilla on top and squish flat with hands. Flip with two spatulas and chop in half and serve.

also invented her own version, Jonna's Jeweled Burritos, using strands of beads and large leaves growing in the yard. As she explains the process: "Fold over, fold over, fold—leave a little air to make it extra yummy, stuff in filling, pull on stems, wrap them together and wind them around."

Next, Sweeje Dippers, so named by our family for its sweet/juicy qualities, was inspired by a more mundanely named recipe we came across in the Kids' Fun and Healthy Cookbook. Wanting to make "Yogurt Swirl with Dippers," but having only one of the ingredients on hand, we substituted wildly—with remarkable success. While the original recipe calls for making a sauce from dates or dried apricots and apple juice, we made our sauce from dried cranberries, bananas, and, most randomly of all, juice from a honeydew melon, then popped the final product into the freezer for five minutes instead of waiting the suggested 30 minutes for cooling. We also toasted regular whole wheat instead of raisin bread, with the kids declining my offer to press raisins into the bread for fear the toaster might catch fire.

Dippability proved, not surprisingly, a plus. Benji, age 3-1/2, said, "This is like candy! We should make this all the time for breakfast!" I loved the contrast between the bite of the (full fat) yogurt and the fruit sauce, and the swirly pattern was outstanding. If the sauce is made in advance, this would be a super simple, inviting breakfast.

Finally, easiest of all, was cinnamon-raisin mochi, a gluten-free rice pastry that puffs up in the oven, housed in the Co-op's freezer section. We served it with butter, jam, and a tub of cream

cheese from the back of our fridge (with a fuzzy clump in the center we cast aside to be uncovered by archaeologists from a future civilization). Although the mochi package doesn't say so, you'll want to thaw the frozen slab ahead of time—otherwise, unless you keep power tools in your kitchen, you won't be able to cut it into the required squares. Alternatively, this reporter, who did not plan ahead, cleverly put the frozen mochi on the pan to thaw in the oven while the oven was preheating, which worked fine.

Our kids really enjoyed these puffy squares. (Remember, parents, "sticky" and "oozing" are a plus.) As the almost-six year old said, "We are surely making these again! After these two pieces, I want more! Can we make some more today without the moldy cream cheese?"

Judy Sobeloff always eats breakfast. Most often cold cereal.

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## “Mama Can We Make...?”: Little Apple People

By Sarajoy Van Boven, Newsletter Volunteer

The fall harvest season offers us so many opportunities to enjoy nature's gifts with all our senses; the sweet scent of drying grasses, the changing beauty of leaves' rich hues, and a favorite at our house—the tart flavor of fall's crisp, juicy apples.

This time of year can also remind us to play, especially with our children. It is no longer too hot out, and with the accelerated pace of the back-to-school season, we all need some precious time together having fun outside. It's our little window of opportunity before the wind howls and the snow flies, and we can no longer easily see, smell, touch, and taste the beauty of the mild harvest season.

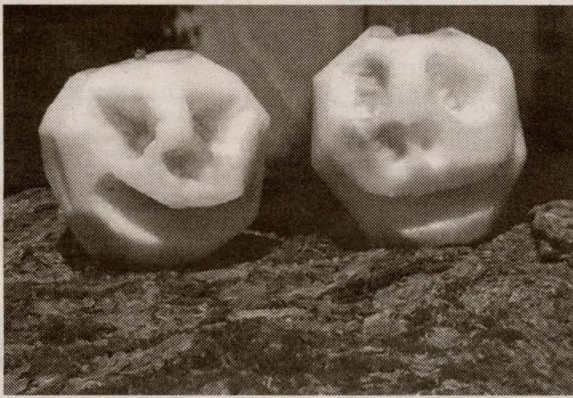
With that in mind, my family and I tumbled ourselves outside to play with apples. Apples are practically synonymous with fall, and this year's bounty has given us more apples than we know what to do with. So, beyond all the delicious edible creations we can concoct with apples, we've discovered a few kid friendly, easy and fun ways to turn apples into art. After all, why should

pumpkins get all the glory?

Our first foray into the world of apple art began with an old-fashioned recipe\* for apple people.

Apples were often used by pioneers (just one group among many) for making dolls or interesting characters. My children, ages 4 and 7, discovered a photo of a “granny” (“Smith”) apple in the Quarterly, Wondertime (Fall 2007). This delightfully shrunken apple perfectly resembled a sweet old wee-folk. We decided we just *had* to make our own Gammi and Gramps apple people. Here is what we did, and it was simple and fun enough for all ages (with supervision of the youngest).

This easy project has two sections. For the first part, you will need just four ingredients: Apples (large firm apples work well), a large bowl 2/3 full of



water, the juice of one lemon and two table-spoons of salt. First peel two apples (even young kids can do this with help from a grown-up),

then submerge them for about 5 minutes in water with two tablespoon of salt and the juice from one lemon. Next use a butter knife or a small spoon (for small children) to carve out facial features. Bigger features create a more dramatic outcome (we went a bit overboard here as you can see). You may want to carve out several apples, and pick out your favorite after they have dried. To add “wrinkles” you can make cuts across the apple forehead that will then shrivel for an even older (and wiser) “grand-person.”

Finally, set the apples in a warm place, such as on a sunny windowsill or near your heat source for about two weeks.

If your youngsters get impatient with the long waiting period (as ours did), you can cautiously place the apples in a *warm* (not hot) oven at 250 degrees for about 10 minutes, then let cool. We did this at 325 degrees, and our “granny and gramps” appeared to have had a long vacation in a very sunny spot (without sunscreen)!

The second half of this activity can be done at any point while the apples dry and shrink. For the body, you can put Popsicle sticks into the apple and glue another stick across for the arms, then cut out and glue on cloth or felt clothes. Or, you can bend and shape pipe cleaners or wire for the body. For hands and feet, dried apple pieces work well as do bits of felt or cloth.

This was a fun and easy fall craft for all ages, and at this time of year most of it can be done while sitting outside in the front or back yard enjoying the glorious autumn weather of the Palouse.

.....  
Nancy's family is looking forward to building a solar fruit dryer this fall.

## October Co-op Kids!: : Create a Fall Masterpiece

by Rebekka Boysen-Taylor, Volunteer

In October we are going nuts for leaves!

Join us at 9 a.m. on October 10 to create Leafy Lanterns. We will meet at the southern entrance to the University of Idaho Arboretum and Botanical Garden off Palouse River Drive to collect fallen leaves and then decoupage them onto little glass jars and votive holders. With a small beeswax candle glowing inside, these are the perfect fall centerpiece.

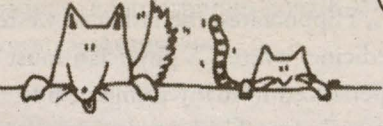
On October 24 we will meet in the Co-op Cafe at 9 a.m. to make beautiful Leaf Windows—this is such a lovely way to display autumn's colors!

Co-op Kids is a great place to meet local families. All activities are free unless otherwise noted and all ages are welcome. Please feel free to contact me with any questions via email at [amaswork@yahoo.com](mailto:amaswork@yahoo.com).

.....  
Rebekka Boysen-Taylor is the Co-op Kids volunteer and mama to two organically growing little ones in Moscow.



Make Leafy Lanterns with us at the Arboretum!



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## Choices in Wellness: Massage Therapy

by Dr. Angila Jaeggli

**M**agical. Hypnotic. I feel I could melt all the way through the table to the floor. My muscles resist at first, only to quickly and willingly surrender to the skillfully trained hands kneading the last months' worth of stress out and away. I wonder why I stayed away so long and when my next session would be, even though this one had barely begun.

Massage...a healing modality almost as old as breathing. Our need and desire for touch runs throughout all people, regardless of age or position. Whether one acknowledges this or not, human need for touch is truly less of a want and more of a necessity. We suffer in isolation. Our vital signs belie our protest to this...when touched, our blood pressure drops, the heart rate decreases, breathing slows.

The importance of touch therapy has been well understood by our ancestors. The first documentation of massage can be found in Egyptian tomb paintings, showing people receiving massage. In Eastern culture, the Chinese *Emperor's Book of Internal Medicine* in 2,700 BC recommended daily "massage of skin and flesh." In 5th century BC, Hippocrates, the father of western medicine, wrote, "A physician must be experienced in many things... but most assuredly in rubbing, to loosen a joint that is too rigid or to bind a joint that is too loose."

Touch therapy has evolved immensely over the centuries, becoming much more refined and focused. There are many forms and techniques, developed to meet the needs of specific medical conditions, to correct musculoskeletal structure and alignment, and to assist with relief of daily stress on the body and spirit. The forms of massage and touch therapy range from the most commonly known, such as Swedish or deep tissue massage to the less known, such as myofascial release, visceral manipulation and rolfing to ayurvedic and Chinese medicine techniques. Each of these techniques will be more thoroughly discussed in next month's article.

As might be expected, research studies have shown massage to be effective in reducing psychological and physical stress and anxiety. However, as might not be expected, there has been additional research showing improved benefit with sleep, pain reduction, and depression ranging from mild disorders to persons with chronic or debilitating disease. One study in the journal of *Complementary Therapies in Medicine* found twice weekly massage in people above age 60 to significantly improve the individual's perception of good health, vitality, and positive well-being, while lessening anxiety and depression.

Another study done by the *Journal of Palliative Medicine* showed cancer patients in hospice care demonstrated a significant reduction in stress and feel-

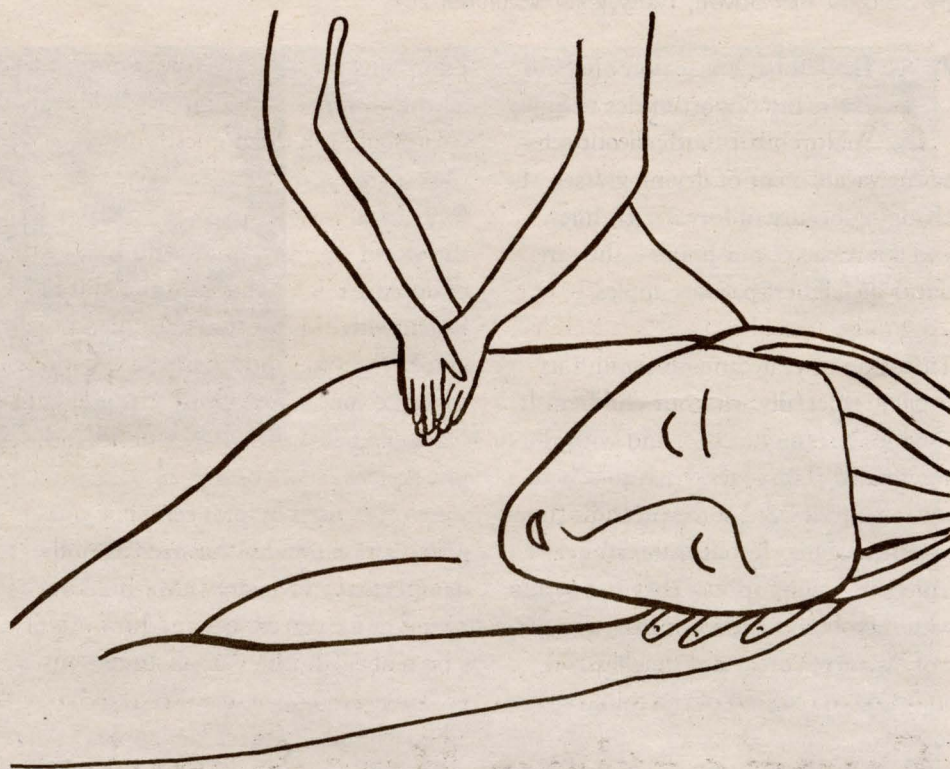


Illustration by Elizabeth Carney Sowards.

ings of depression and improvement in sleep with a four-week course of massage and aromatherapy.

Reduction in pain from muscle or skeletal injury has also been well documented. Low back pain is one of the most common complaints documented by physicians. A randomized, double-blind study released September 2007 by the journal *Spine* showed massage to be comparable to physiotherapy for reducing pain and discomfort following back surgery. A review completed by the *Annals of Internal Medicine* showed all studies reviewed revealed a positive benefit for the treatment of chronic musculoskeletal pain with massage. So, what

does all this mean for you? Considering most of us tend to experience psychological and sometimes physical stress daily, along with the occasional ache or pain, massage therapy is a wonderful way to relieve stress, and receive many health benefits that are just beginning to be discovered.

Dr. Angila Jaeggli is a naturopathic physician who specializes in integrative family medicine. She recently moved here from Seattle and is now practicing in Pullman. More information can be found at [www.sagemedicineclinic.com](http://www.sagemedicineclinic.com).

## Fall Harvest Party in Pullman

by Jyotsna Sreenivasan

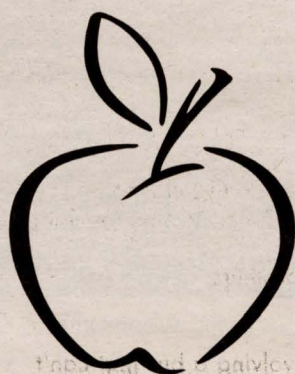
**E**veryone is invited to the Fall Harvest Party from 10 a.m. - 4 p.m., Saturday, October 13 at the Washington State University (WSU) Organic Farm in Pullman, Washington. The WSU Organic Farm is a three-acre farm located in Tukey Horticultural Orchard, at the corner of Airport Road where it hits Terre View Road.

The Fall Harvest Party will feature a u-pick pumpkin patch with traditional jack-o-lanterns, baby pumpkins, and a few new novelty varieties. There will be hay wagon rides around the farm, face painting, fresh pressed apple cider from Harvest House, and u-pick fruit in the orchard.

The WSU Organic Farm serves as a

teaching facility for the WSU organic agriculture major. The produce is sold through community-supported agriculture subscriptions, as well as at the Moscow Food Co-op Tuesday evening Grower's Market and on Wednesdays from 11 a.m. to 1 p.m. at the Glenn Terrell Mall on the WSU campus.

For more information, check out the farm's web site: <http://www.css.wsu.edu/organic-farm>.



## You Are Invited to the Moscow Renaissance Fair Party

by Michelle L. Carr, Fair Publicity Director

**T**he Moscow Renaissance Fair is planning a great party this fall to raise money to support and improve Moscow's community celebration of spring. This fun event will be held beginning at 7 p.m., Saturday, October 20 at the Moscow Moose Lodge (located at 210 N. Main St.). There will be a \$5 admission fee and in return, you will receive a Moscow Renaissance Fair poster, live music featuring Kelly Riley and Zugunrue, and a potluck buffet provided by the Friends of the Moscow Renaissance Fair. A no host bar, with alcoholic and non-alcoholic beverages, will also be available—making this an inappropriate event for children.

All items for auction have been donated

by over 50 Renaissance Fair artisans, so you're sure to find something appealing. The purpose of the event is to raise money for the production of a documentary DVD of the Moscow Renaissance Fair (to debut in the spring of 2008) and to help fund fair upgrades. Cash or check only; debit or credit cards will not be accepted.

Although we are all eagerly awaiting the first weekend in May and all the fun it brings, we just can't wait that long to see you all! So, please come to our party on October 20 and help support the Moscow Renaissance Fair, your favorite Celebration of Spring!

## Question Your Candidates

by Elizabeth Sullivan, League of Women Voters

Are you concerned about the future of Moscow? On November 6, the election for four vacant seats on Moscow City Council will be filled. It's an important election because Moscow is growing, and the eight candidates who are hoping to be elected to those seats all have ideas of how the growth should be managed. Those who will be elected will be making decisions that will permanently impact the city. If you want to know what these candidates hope to do if elected, you can hear all of them telling us just that at a forum on October 23. The Moscow League of Women Voters and the Moscow

Pullman Daily News are sponsoring a forum for the public to listen to candidates and ask them questions.

The forum is at 7 p.m., Tuesday, October 23 in the auditorium of Moscow High School, in the 400 block of East Third Street. The audience will be invited to submit written questions for the candidates after each candidate has explained their background and concerns.

Some of the issues that are currently important in Moscow are what kind of growth we can expect and how it will be managed. The City Council must

make decisions about zoning, water quality and use, traffic flow, public services and a myriad of other issues that keep a city functioning. A good way to feel involved in your city is to hear what these people who would be leaders have to say. Will they be concerned about the things you are? What will they want to do about business and residential zoning, managing the water supplies, moving traffic across town, making pedestrian walking safe? Stop by the forum on October 23, listen and ask questions and then go vote on November 6.

**Moscow**  
**Renaissance Fair**  
**Silent Auction**  
 Saturday, October 20<sup>th</sup>, 2007  
 Moscow Moose Lodge  
 (210 North Main Street)  
 7:00 pm – 9:30 pm  
**\$5 Admission Includes:**  
**Music: Kelly Riley & Zugunrue,**  
**Hors D'oeuvres & Beverages,**  
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## Supporting Bus Service

by Nils Peterson

Noam Chomsky spoke at Washington State University April 22, 2005 (<http://world-class.wsu.edu/2005/noam-chomsky/>) and in his remarks were ideas about communications technologies and a new political process where the community develops its platform and then seeks candidates to implement it (as opposed to candidates declaring a platform [competing platforms] and then forcing the electorate to choose the

lesser of evils among them).

Recently a Daily News article on the upcoming city election pointed to "growth" as an issue in the election. I am going to propose another issue: non-automobile transportation, within the city and between the campuses. Last winter the University of Idaho threatened to withdraw its portion of funding for the Wheatland commuter bus, and with it, matching funding that

supports Moscow Valley Transit. An ad hoc group opposed the move, and a solution was finally patched together saving the bus for the 2007-08 year. I propose a plank in the platform of Moscow council candidates address the stabilization and expansion of public and non-automobile transit.

To pursue Chomsky's vision I'm inviting you to post your perspectives on Moscow's platform. You can do so by

sending an email to [speakupmoscow@googlegroups.com](mailto:speakupmoscow@googlegroups.com). Readers, please pass this on as an experiment in political discourse. Multiple perspectives are needed and welcome. Perspectives from outside the City are useful as well, because sometimes it helps to see the City in a mirror. This group will be moderated only to prevent spam and uncivil discourse. Visit the site to read postings at <http://groups.google.com/group/speakupmoscow>.

## Co-op Crossword

by Craig Joyner, newsletter volunteer

### ACROSS

- 1 She coordinates the MFC cooking classes, 1st name, last is 28 down
- 8 Native Kjalii Foods Red, Green, or Chocolate \_\_\_\_\_ Sauce
- 12 Auntie Establishment's last name
- 13 Enrage
- 14 Killer whale
- 15 September's profiled staff member, 1st name, last is 7 down
- 16 Add Pacific to this direction and you have our region of the US
- 17 Yes in Spanish or Italian
- 18 Overwhelming victory in boxing, abbreviation
- 21 Add an s to this cowardly word and you have a Spokane coffee brand
- 23 Creator of recycled floppy disc journals, 1st name, last is 23 down
- 25 Pullet
- 26 R. W. Knudsen \_\_\_\_\_ Strawberry Juice
- 29 Commedia dell' \_\_\_\_\_
- 31 MFC's live music coordinator, \_\_\_\_\_ Erhard-Hudson
- 33 Studio that produced Citizen Kane, \_\_\_\_\_ Radio Pictures, Inc.
- 34 Boatswain of Peter Pan's Jolly Roger
- 36 Trendy preposition
- 37 Dogfish Head Brewing comes from Milton, \_\_\_\_\_
- 38 Tuesday Growers' Market participant \_\_\_\_\_ Organics, profiled last month
- 40 Sugar source and main ingredient in borscht
- 42 One of the Teletubbies
- 43 Skin
- 46 Country Choice Sandwich \_\_\_\_\_ in ginger lemon or chocolate
- 49 Akira Kurosawa's cinematic homage to King Lear
- 50 Last month's profiled business partner, Palouse \_\_\_\_\_ Science Center

### DOWN

- 1 Auntie Establishment's first name
- 2 Vinyl record, abbreviation
- 3 HeBrew Beer originates from this state, abbreviation
- 4 Environmental group often mentioned on Curb Your Enthusiasm
- 5 Coniferous evergreen
- 6 Cupid
- 7 Last month's featured staff member, last name, 1st is 15 across
- 8 Her art will be on display at MFC until the 10th, 1st name, last is 26 down
- 9 a fortified wine typically originating from South Africa, similar to port
- 10 The other half of SC for Lewiston's college
- 11 In the meat department, \_\_\_\_\_ Natural Beef
- 18 Microbrews are now available in this festive size
- 19 Muse of lyrical poetry
- 20 Sheep bleat
- 22 Nevada city or Copumentary spoof show \_\_\_\_\_ 911
- 23 Creator of recycled floppy disc journals, last name, 1st is 23 across
- 24 Add an s and you get the maker of veggie sandwich slices
- 26 Until the 10th you can view her art at MFC, last name, 1st is 8 down
- 27 Small town between Colton and Juliaetta
- 28 MFC cooking class coordinator, last name, 1st is 1 across
- 30 One of the Karamazov brothers
- 31 Military vehicle
- 32 Knight's title
- 34 Keanu Reeves movie involving a bus that can't stop driving



- 35 Printer's measure
- 39 The queen of haute couture, \_\_\_\_\_ Chanel
- 40 You can buy as much as you need out of a bulk \_\_\_\_\_
- 41 Local produce grower \_\_\_\_\_ Steele
- 44 Doctor's helper, abbreviation
- 45 College degree, abbreviation
- 47 House on wheels also the title of a Dana Lyons song
- 48 Masculine title

Craig Joyner is also known as KUOI's Brent Bent and can be heard there most Friday nights from 8:30 to 10:30. Clue suggestions or comments can be sent to [cascadeeffect@hotmail.com](mailto:cascadeeffect@hotmail.com)

## New at the Library

by Chris Sokol, Latah County Library District

*If you believe everything you read, better not read.*

—Japanese proverb

### FICTION

**The Chess Machine** by Robert Lohr. International historical adventure based on the true story of a legendary invention.

**Loving Frank** by Nancy Horan. Fact and fiction blend in this novel about Frank Lloyd Wright's clandestine love affair with Mamah Cheney, one of his former clients.

**Pontoon** by Garrison Keillor. The latest Lake Wobegon novel.

**The Septembers of Shiraz** by Dalia Sofer. In the aftermath of the Iranian revolution, a rare-gem dealer is arrested and his family must deal with the associated terror.

### NONFICTION

**Food:**  
**Ani's Raw Food Kitchen** by Ani Phyo. Easy, delectable living foods recipes.

**Eat, Drink, and Weigh Less.** By Mollie Katzen and Walter Willett. Shrink your waist without going hungry, friendly to meat eaters and vegetarians alike.

**In Bad Taste** by Massimo Marcone. The adventures and science behind bizarre food delicacies.

**Starting a Small Restaurant** by Daniel Miller. There's a lot more to running a successful restaurant than serving delicious food.

**Miscellaneous:**  
**The Art of Metal Clay** by Sherri Haab. It's almost alchemy: Create silver and gold jewelry and decorative objects from "clay."

**Chasing Kangeroos** by Tim Flannery. A continent, a scientist, and a search for the world's most extraordinary creature.

**The Fall Classic** by Eric Enders. The definitive history of the World Series.

**The Sailor's Manual** by Halsey C. Herreshoff. Compiled with the help of sailing experts from around the world, by a former America's Cup winner.

**The Simple Art of Japanese Calligraphy** by Yoko Takenami. Fifteen projects incorporating this elegant, centuries-old art.

**Too Close to the Sun** by Sara Wheeler. The audacious life and times of Denys Finch Hatton, the adventurer immortalized in *Out of Africa*.

**Waterfall Lover's Guide: Pacific Northwest** by Gregory A. Plumb. Where to find hundreds of spectacular falls.

**World Without Us** by Alan Weisman. How would the planet respond without the relentless pressure of the human presence?

### CD AUDIOBOOKS

**Agatha Raisin and the Case of the Curious Curate** by M.C. Beaton. The charming yet odd new curate in the village turns up dead, prompting the delightfully cranky amateur detective Agatha Raisin to investigate.

**Buddha** by Karen Armstrong. A rich portrait that explores the religious icon as well as Buddha the man.

**Mistress of the Art of Death** by Ariana Franklin. The murders of four children in medieval Cambridge pits the Catholic townsfolk against their Jewish neighbors.

**Sartre in 90 Minutes** by Paul Strathern. Concise, expert account of the philosopher's life and philosophy of existentialism.

### DVD

**The Bollywood Dance Workout With Hemalaya** (U.S., 2006) Full-body workout inspired by the Indian film tradition of infectious expressive music and dance.

**The Cult of the Suicide Bomber** (U.S., 2005) Ex-CIA agent Robert Baer uncovers the mystery of this weapon of terror.

**Devil's Playground** (U.S., 2001) Follow four Amish teens through the crucial experience of "rumspringa".

**Distant** (Turkey, 2002) In this Cannes Grand Prix-winner, two cousins living in Istanbul struggle unsuccessfully to connect with each other.

**A Life Apart** (U.S., 1997) A unique glimpse into the closed society of Hasidism in America.

**Machuca** (Chile, 2004) Explores Chile's bloody 1973 coup through a coming-of-age story of a pair of 12-year-old boys.

**Simon Schama's Power of Art** (U.K.,

2006) Focusing on eight iconic works of art, this series reveals the history of visual imagination through the ages.

### STAFF PICK

Jan Welles, Juliaetta Branch Supervisor, recommends:

**Season of the Snake** by Claire Davis

In her second novel, Claire Davis has woven a story of mystery and current events set in the Lewiston area, which makes it interesting and enjoyable as you read about the places you know. Running from the tragic ending of her first marriage, Nancy leaves her childhood home and family in Wisconsin to come to the Northwest to live and work as a scientist studying rattlesnakes. Her second marriage seems ideal and she loves her work. As the story progresses, we realize that she knows very little about her new husband's past and although they seem content, things are not always as they seem. By blending fact and fiction into a tale of intrigue and suspense, the author has given us a story that will stay with you long after you reach the final page.

Chris Sokol is the Adult Services Librarian for the Latah County Library District, which has seven libraries offering wireless service, public computers, and more books, audiobooks, DVDs and music CDs than you can shake a stick at. [www.latahlibrary.org](http://www.latahlibrary.org)

## Moscow Library Book Club

by Chris Sokol, Latah County Library District

The October selection of the Moscow Library Book Club is *Snow Flower* and *The Secret Fan* by Lisa See. The novel is a bittersweet tale of friendship set in nineteenth-century China. An elderly woman and her companion tell the story of how they communicated their hopes, dreams, joys, and tragedies through a unique secret language. While writing the book, the author traveled to a remote area of China to research the secret writing invented, used, and kept a secret by women for over a thousand years. *Snow Flower* has been a New York Times bestseller, a Booksense Number One Pick, and has won numerous awards domestically and internationally. See's latest novel is *Peony in Love*.

The Book Club is free and open to all readers. Members will discuss *Snow Flower* on Monday, October 15, 6:30 p.m. in the Moscow Library, 110 S. Jefferson. For more information contact [chriss@latahlibrary.org](mailto:chriss@latahlibrary.org), 882-3925 ext. 16.

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## The Conscious Consumer: Corporate Organics and Growing Pains

by Sharman Gill, Newsletter Volunteer

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

**M**y brother has four knees. At least it appears that way as he pats the protruding bumps below his regular knees, explaining a condition called Osgood-Schlatter disease: "When I was a teenager, my bones grew faster than the surrounding tendons. Thirty years later and it still hurts sometimes." I don't envy my brother's double set of knees. It was a growth spurt gone awry.

The organics industry is also undergoing a tremendous growth spurt. The New York Times recently reported that consumers are spending over \$14 billion a year on organics, up from \$3.6 billion in 1997. More and more people are seeking food grown without synthetic pesticides and fertilizers, growth hormones, antibiotics, and additives. In addition to keeping dangerous chemicals out of the environment, buying organic also encourages farmers to move away from the standard subsidized crops such as corn and soybeans. However, as the fastest growing food niche, organics have become a marketing label with high profits for mainstream industry, some of which include Kraft, Dean, Coca-Cola, General Mills, Kellogg, M&M/Mars and Heinz. These big players own many of the organic labels, such as Boca, White Wave/Silk, Horizon, Odwalla, Cascadian Farm, Kashi, Seeds of Change, and Celestial Seasonings.

One of the most famous and polarizing buy-outs occurred with Cascadian Farm, a leader in organic frozen produce. In Michael Pollan's 2001 essay, "Naturally," he writes that Cascadian Farm originated as an environmentally minded co-op in Bellingham, Washington. Gene Kahn, the founder, sold out to Welch's in 1990, explaining, "We tried hard to build a cooperative community and a local food system, but at the end of the day it wasn't successful." Now Cascadian Farm is a subsidiary of General Mills, preferring to import food from Chile rather than from the original Cascadian Farm, and the company's slogan changed from "Better Food for a Better Planet" to "Taste You Can Believe In." This was a growth spurt gone awry. As consumers, we need to be mindful that the conglomeration of companies is often associated with detachment from local food systems and detachment from other "classic organic" values, including community, family farms, animal welfare, labor rights, nutrition, and complete



Illustration by Elizabeth Carney Sowards.

ecosystem health. Let's take milk, for example.

Our twins are toddling now and they visit the fridge regularly throughout the day, requesting "ma ma ma ma" for more milk. We've decided to buy exclusively organic milk, especially grateful that the cows weren't given synthetic hormones that could affect our three growing daughters, all of which are hearty milk drinkers. As a family, we drink about 64 ounces of milk per day. No wonder we dream of our own cow! And no wonder my husband and I pass each other with gallons of milk in hand, coming from a number of different places, including Moscow Food Co-op, Winco, Costco, Safeway, and our closest source, IGA Dissmores. Does it matter which USDA organic brand we buy? My research leads me to conclude that it does.

Organic milk cartons are often decorated with green pastures, blissful cows, and a family farm-feel.

That isn't necessarily so.

In fact, the trend has been toward industrial-scale confinement farms that have stretched organic law to facilitate mass production without pasture time for cows. In addition to compromising humane animal husbandry, grain-fed cows also produce less nutritious milk, and the milk is often ultra-pasteurized for long-distance shipping, altering many enzymes and vitamins.

The dairy industry is an example of organics going awry, popping "four knees" under the

strain of quick-paced industrialization. Big business has been dominating, but at a cost, both to consumers and to the traditional, ethical dairies who are at risk to survive.

Meanwhile, my family keeps toting in a variety of organic milk so I decided to rank our purchases based on the Cornucopia Institute's dairy scorecard ([www.cornucopia.org](http://www.cornucopia.org)). The purpose of the scorecard is to promote highly ranked dairy brands that are USDA organic as well as "organic" in the classic sense of the word, including respect for the health and longevity of livestock, and the support of family-scale farms. I've recently purchased eight different organic milk brands on the Palouse and two of those brands received an "excellent" rating on Cornucopia's scorecard: Straus Organic and Organic Valley—both found at Moscow Food Co-op. The other brands received "substandard" ratings due to factory farm conditions and

other ethical challenges. One brand, Wilcox Organic, which I buy at IGA Dissmores, was not assessed. However, when I contacted the company, they reported that the cows are primarily pasture fed. Plus it's a Washington-based company, so I suspect that Wilcox Organic is a good choice.

The good news is that the USDA has recently cracked down on two megadairies for violating organic law, including Van Dyke, a 10,000-cow factory farm, and Aurora, the largest producer of organic milk (usually the source for Safeway, Walmart, and Costco brands). However because organic law is vague when it comes to required pasture-time and tethering frequency, the enforcement process can be arduous and take many years. Hopefully, this recent pressure on the dairy industry will further challenge the factory mode of organic milk.

The organics movement began as extraordinary. Now it is mainstream with one positive being that pesticide-free food has moved beyond "hippy," "yuppy," or "special" food. However, as organics have ballooned into a multi-billion dollar industry there is great risk for distorted developments—practices that pursue profit, cheap labor, and cheap fuel, over the essence of classic organics. Hopefully, our careful purchases can help the word "organic" maintain its integrity, keeping those growing pains at bay.

Sharman Gill looks forward to collecting her Friday flower bouquets from the Washington State University organic farm.



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## Auntie Establishment

by Joan Opyr, Newsletter Volunteer

This past summer, my grandmother sold her house. She didn't want to sell it—she wanted to keep it as a bolt-hole. She told my great aunts that one of these days, when my sisters and I weren't looking, she was going back to her dilapidated house in her gang-riddled neighborhood, safety (and her bossy granddaughters) be damned!

I am relieved that the bolt-hole is gone, but I'm sorry to have lost my childhood home. Not that I spent a lot of time in it. My grandmother's house was 760-square feet. It had two bedrooms, a combination living room - dining room, and a one-butt kitchen. You couldn't get to the sink if the oven door was open, and you couldn't open the back door if someone else was rooting through the fridge.

But it was home. There are many reasons to be dismayed by the McMansions that are springing up all over the hills of the Palouse, but what bothers me most is the size of them. What do you do with three, four, or five-thousand square feet? Cool it in the summer, heat it in the winter, and keep it brightly lit at night. Fill it with furniture from Ikea or Restoration Hardware. Hide from your spouse and kids. You've got plenty of bolt-holes of your own - the three-car garage, the den, the guest room.

There are advantages to size, I know. There was no privacy in my grandmother's house. We lived cheek-to-jowl, fighting for our turn in the bathroom,

and arguing over what to watch on the one and only television. But all in all, as I look back, I see less of what I've gained and more of what I've lost. If you wanted to get away from everyone, there was a solution: go outdoors. Get out of the house and breathe the fresh air. Climb the hickory nut tree. My favorite trick? To get up so far in the branches that my grandmother would threaten to call the fire department.

"Mary Joan Opyr! Come down from that tree before you fall!"

I'd climb higher.

"I mean it! What if a branch were to break? Down you'd come and who knows what all would happen to you! You might break your neck or . . ."

"Lose an eye?"

"Don't you be smart with me! Little Miss Smarty had a party, and nobody came but Little Miss Smarty."

I read an article recently about a thing called "Nature Deficit Disorder." Kids don't get out of the house enough anymore, and when they do, they're not allowed to roam as widely as we older folks once did. According to author Richard Louv, the radius around the home through which children are allowed to traverse has shrunk to one-ninth of what it was in 1970. Louv has written a book about this curtailing of our kids' freedom called *Last Child in the Woods*.



Illustration by Elizabeth Carney Sowards.

I don't know if Nature Deficit Disorder has anything to do with great big houses built on small, cramped lots. I don't know if we should blame computers or Game Boys or the television-in-every-room syndrome. I do know that my grandmother's crackerbox house was built on a big double lot, and that Little Miss Smarty couldn't climb a tree anything like I could.

Up and up and up I'd go, until I could see over the tops of the houses four or five streets over. I knew my grandmother wouldn't call the fire department. I also knew she wouldn't cut a switch, jerk a knot in me, or stomp a mud-hole in me and walk it dry. In the South

of my youth, children were raised on empty threats. I came down when I felt like coming down, and fussing with my grandmother was all part of the fun. Back I'd go into the tiny house, refreshed, revitalized, and renewed.

Joan Opyr is the author of *Idaho Code: Where Family Therapy Comes With a Shovel and an Alibi*. Her second novel, *From Hell to Breakfast*, is on its way. She still likes to climb trees but now, at nearly 41, she falls out a lot more often than she used to. "Told you so," says her grandmother.

Moscow League of Women Voters invites public to hear

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Oct. 3 **Bill Belknap**, Moscow Community Development (This program will be at St. Mark's Church basement, 111 S. Jefferson St.)

Oct. 10 **Latah County Commissioners**

Oct. 17 **Bruce Pitman**, UI Provost of Student Affairs, "A Perspective of Campus Life"

Oct. 24 **Zoe Cooley**, Mental Health Advocate, "Mental Health in Latah County"

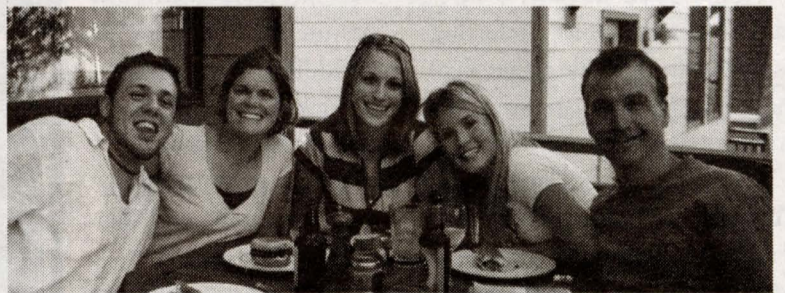
Oct. 31 **Gary Williams**, UI Professor of English, "What's Happening in Humanities Now?"

Nov. 7 **Dan Crandall**, Director, LCHS, "Activities of the Latah County Historical Society"

More information can be found on the website of the Moscow League of Women Voters at <http://community.palouse.net/lwvm/upcoming.htm>

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## The Co-op Listener: Steptoe, Doggone Sophisticated

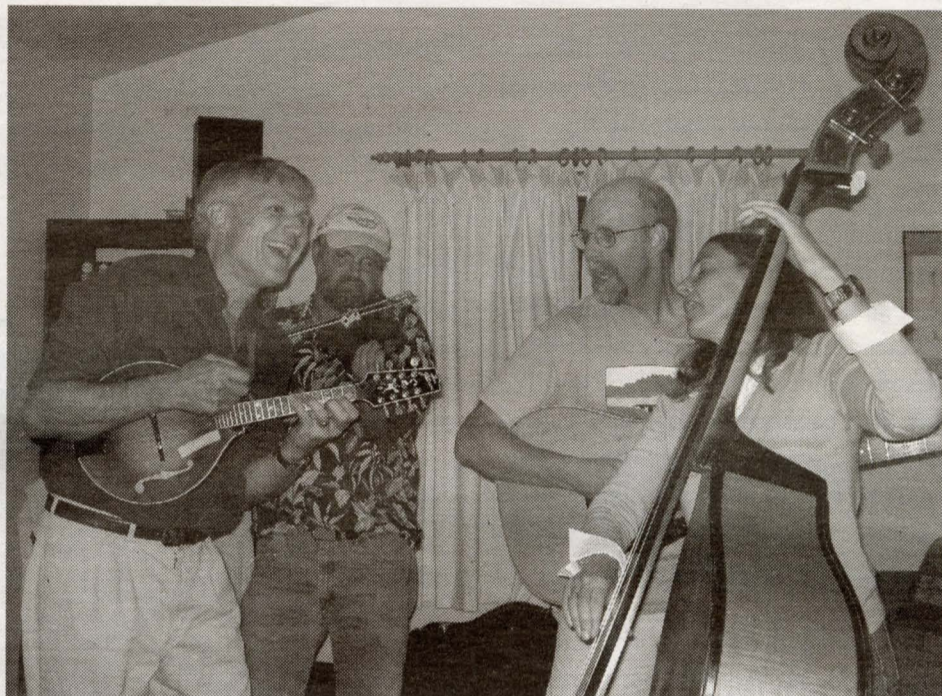
by Jeanne McHale, Newsletter Volunteer

Chances are good that you have heard Steptoe—maybe at the Coop’s most recent grand opening, or at the Farmer’s Market or Art Walk. You’ve heard their sweet vocal harmonies and the sounds of flying fingers on strings. Steptoe’s new album, “Doggone Sophisticated,” is the newest addition to the Co-op CD collection. (Look for the display and the listening station at the end of the vitamin aisle.) Steptoe is four talented local musicians on stringed instruments, the sum of which is more than bluegrass, it’s environmentally sustainable bluegrass, and it’s doggone sophisticated. Steptoe evokes the long-ago sound of a country family band: friends and neighbors on the front porch, miles from town by rough roads. In an era when there were fewer modern gizmos to occupy people’s thumbs, folks had time to practice playing a lot of notes real fast. And a more egalitarian approach to musical performance permitted four musicians to huddle around the same microphone, singing in close harmony.

“Doggone Sophisticated” is an eclectic collection of traditional and contemporary tunes delivered by Von Walden, Tina Hilding, Paul Hill, and Paul Anders, who play a combination of instruments including guitar, bass, fiddle, mandolin, harmonica, and of course everybody sings. The album includes traditional American tunes such as “Raleigh and Spencer,” mournful laments such as “Cuckoo” and “Wayfaring Stranger,” a cowboy lifestyle tune (“Doggone Cowboy”), and a cute Michelle Shocked tune called “Blackberry Blossom.” The traditional “June Apple” will make you want to weave your knees back and forth, while “Lowlands” may make you want to cry.

The tunes all feature nice textures, transitions, and harmonies, and exude the same warmth and virtuosity you hear from the live band.

The band kindly allowed me to witness one of their weekly Sunday evening rehearsals at Von and Tina’s house. When I arrived, Tina was playing the upright bass while wearing gardening gloves, owing to sore fingers, and Paul Hill was recovering from a thumb injury. These misfortunes did not dim the group’s obvious enjoyment and enthusiasm. I got them to pause long enough to tell me how they started playing music. Each member of Steptoe has inherited musical tendencies in the folk and classical traditions. Von learned traditional songs from his parents, Paul Hill’s mom was a concert pianist, Tina’s grandma was a concert violinist, and Paul Anders’ mom is a practicing violin teacher. They want very much to keep this traditional music alive—bluegrass, western, and swing. The two Pauls play an array of instruments and they don’t mind swapping between fiddle and mandolin as the tune requires. Paul Anders, who in real life is One World Café’s resident fishery scientist, is the band’s “high octane contributor,” playing banjo, harmonica, guitar, and providing barnyard sounds. Paul Hill, a luthier by day, serves as the band’s czar. He’s the smiling fiddler pictured on the CD cover. Tina, who works for the WSU College of Engineering and Architecture, provides the rhythm-defining low notes, and her husband Von plays guitar on top of a gig as a UI professor of geography. This CD is their first and was a couple years in the making. Tina showed off a stack of CDs that were made over the years, which must have evolved into



Live in Von and Tina’s living room: Steptoe rehearses a new song. Another CD soon, maybe?

“Doggone Sophisticated.” The band’s perfectionism is evident in their tunes, but you will also hear the same lightheartedness displayed on the CD cover photo, where Tina holds a tea-cup with her pinky extended, and Paul A. and Von soberly peer into (presumably very sophisticated) books.

In order to begin a new tradition with this month’s column, I wanted to determine Steptoe’s Oracle Shack number. (I am pursuing a hypothesis that all musicians in Moscow have some connection to what was once Moscow’s loudest band.) Since Von and Tina’s son Ben Walden has played with Oracle Shack, I was ready to assign them an O.S. # of two, until Von skillfully demonstrated a favorite Oracle Shack lick. I am therefore bumping Steptoe’s Oracle Shack number to one-point five. Independent of where they fit in Moscow’s musical crazy quilt, Steptoe is a band steeped in tradition and musical fun, both excel-

lently represented by their new album.

The Co-op Listener is written by Jeanne McHale, WSU chemistry professor and inventor of the Oracle Shack numbering scheme.

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## Sustainability Review: National Solar Tour

By Mike Forbes, Newsletter Volunteer

Well it's time to kick off National Energy Awareness month again with the annual National Solar Tour. This is the 12th year this tour has been happening nationally and the 10th year for our community. The tour's goal is to feature renewable energy systems and energy efficient building practices in localities across the United States. You will see what people have done locally, ask them questions, and learn about steps you can take to make your home and lifestyle more efficient hoping to leave a smaller footprint on the land.

Each tour is coordinated locally, in our case by the Palouse Clearwater Environmental Institute (PCEI), and is part of the larger American Solar Energy Society's (ASES) National Solar Tour. The tour is from 9 a.m. until approximately 4 p.m., Saturday, October 13. The cost for the tour will be \$25. This year will be the first year that I lead the tour for PCEI and I am looking forward to it.

You will be exposed to a variety of things on the tour. We'll look at the following:

- Strawbale construction
- Rainwater collection
- Grid-intertied solar electric
- Solar hot water (domestic hot water, radiant floor)
- Masonry heater
- Solar water pumping
- Energy efficient appliances
- Non-toxic building products
- Living roof

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I'll give you a brief overview of the tour this year:

Start: PCEI at 9 a.m. We'll meet and greet here, and coordinate carpooling as needed. We will look at a strawbale bike shelter that has a living roof on it. We'll see their solar water pumping system and see how they collect the rainwater from their office for irrigation purposes.

1st stop: House in Viola with a 5 year old grid-intertied solar electric system. We'll be able to talk to the homeowner about their experiences and suggestions.

2nd stop: New duplex in Moscow that Kelly Moore Construction just finished. Items of interest include a solar hot water system for domestic hot water and radiant floor heating, non-toxic building materials, and energy efficient appliances.



One of the homes featured on this year's solar tour.

3rd stop: My family's new home. We'll look at our rainwater collection system, solar hot water system, masonry heater, design features, energy efficient appliances, and non-toxic building materials.

For more information on the National Solar Tour visit [www.nationalsolartour.org](http://www.nationalsolartour.org).

If you are interested in joining our local tour call PCEI at 882-1444 for more information and registration. We'll be limiting the tour to 25 people so sign up soon!

.....  
Mike is looking forward to the rain and snow of winter.  
.....

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MONDAY	
Gourmet Pizza by the Slice	Almond Crusted Salmon with Leek & Lemon Cream Sauce, Mushroom and Pea Risotto
TUESDAY	
Shepherd's Pie w/ Beef, Vegetable Shepherd's Pie, Buttermilk Biscuits	Taco Bar! Beef, Veggie, and Fish, Spanish Rice
WEDNESDAY	
Pesto Sausage Calzone, Veggie Pesto Calzone, Spaghetti Noodles, Garlic Bread, Mean Greens	Okonomiyaki (Japanese "Pancakes") - Choice of Beef and Pork or Eggplant, Miso Soup, Rice
THURSDAY	
Smothered Burritos: Chicken, Veggie, Vegan, Roasted Corn Gluten Free Enchiladas	Moroccan Chicken w/Eggplant, Tomatoes & Almonds, Moroccan Vegetable Stir-fry, Couscous
FRIDAY	
Greek Bar! - Beef and Lamb OR Falafal, Zucchini Feta Pancakes	Gourmet Pizza by the Slice
SATURDAY	
Egg and Tofu Scramble, Homefries and bacon, Apple Pancakes w/ Cinnamon butter Lunch: Chicken w/Tarragon Dijon	Cream Sauce, Rice, Stuffed Zucchini Dinner: Chutney-Mustard Glazed Ham, Roast Potatoes, Minted Green Beans

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## Letter to the Editor

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. The 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

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### Send letters to the editor to:

Moscow Food Co-op

Bill London, Editor

121 East Fifth Street, Moscow, ID 83843

[london@moscow.com](mailto:london@moscow.com)

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# Bulletin Board

## Co-op Events

### Art at the Co-op

**Friday Oct 12, 5.30—7.00pm**

Opening reception for October's featured artist, Tim Nowell-Smith. The show will run until Wednesday November 7.

### Co-op Kids – meet Wednesdays, 9am

**Oct 10.** Meet at the southern entrance to the University of Idaho Arboretum and Botanical Garden off of Palouse River Drive to create Leafy Lanterns. With a small beeswax candle glowing inside these are the perfect fall centerpiece.

**Oct 24.** Meet in the Co-op Cafe to make beautiful Leaf Windows.

Activities are fun for all ages and are free.

[amamaswork@yahoo.com](mailto:amamaswork@yahoo.com)

### Tuesday Growers' Market

4.30-6.30pm in the Co-op parking lot. October is the last month of the year for the Market.

### What's Cookin'? Ecuadorian Food

**Wednesday Oct 17, 5.30—7pm**

The Coast: "Ceviche" (seafood cocktail) & "Bolones de verde" (plantain).

**Wednesday Oct 24, 5.30—7pm**

The Andes: Featured Recipes: "Humitas" (fresh corn bread) & "aji de pepa" (pumpkin seed chili sauce). Location: UU Church's basement, 420 E. 2nd St, Moscow. Cost per class: \$18; register with any Co-op cashier.

### Tuesday Music

The music moves inside for the short days and cold evenings in October.

- October 2 The Usual Suspects
- October 9 TBA
- October 16 Mark Holt
- October 23 Dan Maher
- October 30 Daniel Mark Faller

## Community Events

### National Solar Tour

**Saturday Oct 13, 9am—4pm**

Coordinated locally by PCEI, and is part of the larger American Solar Energy Society's (ASES) National Solar Tour. The cost for the tour will be \$25. Info: PCEI at 882-1444.

### Fall Harvest Party

**Saturday Oct 13, 10am—4pm**

WSU Organic Farm in Pullman, with a u-pick pumpkin patch with jack-o-lanterns, baby pumpkins, hay wagon rides, face painting, apple cider from Harvest House, and u-pick fruit in the orchard. [www.css.wsu.edu/organicfarm](http://www.css.wsu.edu/organicfarm)

### Moscow Public Library Book Group

**Monday Oct 15, 6.30—8pm**

We will be discussing Snowflower and the Secret Fan by Lisa See. All bibliophiles are welcome!

### Lunch Meeting with Election Candidates

**Friday Oct 19, 11.30am**

Meet with Moscow City Council Candidates for Election at University Inn Best Western, hosted by the local chapter of AARP. Cost is \$7.75. Contact Sue Hovey by October 12.

[suehovey@moscow.com](mailto:suehovey@moscow.com)

### Renaissance Fair Fundraiser/Auction

**Saturday Oct 20, 7pm,**

\$5 admission at the Moscow Moose Lodge (located at 210 N. Main St.) with music, a potluck buffet provided by the Friends of the Moscow Renaissance Fair, and a no host bar.

### BodyVox at Beasley Coliseum

**Sunday October 21, 3pm**

Presented by Festival Dance Academy 2007-08. Entertainment for the whole family.

### City Council Candidate Forum

**Tuesday Oct 23, 7pm**

At the auditorium of Moscow High School. Candidates will be answering written questions.

### Fall Book Sale

**Saturday, Nov 3, 8am—1.30pm**

Organized by the Friends of the Moscow Library at the American Legion Log Cabin 317 S. Howard St. To donate books or volunteer at this event, contact Mary Hugel ☎ 882-9198, [yousehughes@verizon.net](mailto:yousehughes@verizon.net)

### Dahmen Barn Events

☎ (509) 229-3414 or [www.ArtisanBarn.org](http://www.ArtisanBarn.org).

#### 3rd Annual Barn Dance

**Saturday Oct 13, 7.30—11pm**

\$20 for families, \$4 for those 80+ years, and \$7 for individuals. Also, from 5.30 – 6.30pm, PIG OUT at the Dahmen Barn with a roast pork dinner served by Rosie's Ribs.

#### Watercolor Painting the Palouse

**Saturday Oct 13, 10am—4pm**

A beginner's class taught by visiting artist Wes Hanson from Spokane. The cost is \$45. Details on web.

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)

## MOSCOW FALL

### Palouse Folklore Society

Info at [www.palousefolklore.com](http://www.palousefolklore.com)

**Saturday Oct 13, 8pm**

Contra-Dance (7.30 lesson).

**Saturday Oct 27, 8pm**

Halloween Costume Contra lesson). At the 1912 Center \$4 newcomers, \$5 members.

**Tuesday, October 30th at 7pm**

Rachel Ries and the Brawny Attic. Admission by donation.

### PCEI Events for

**Tuesday Oct 2, 8am—3pm**

Moscow Watershed Festival

The Festival is educational, impactful, and fun!

**Saturday Oct 6, 10am—2pm**

Flannigan Creek Restoration

An exciting day of restoration at Flannigan Creek in Viola, Idaho.

**Saturday Oct 13, 10am—2pm**

Clyde Park Restoration Workday

Come help out on our restoration site!

For these events, contact Courtney

[pcei.org](http://pcei.org).

### Women's Center Events

**Oct 3, 12.30pm**

—Brown Bag Lunch

—New "Back to Basics" lunchtime

—with guests and discussion.

**Oct 4, 5pm**

—Lipsick: "An Essential Guide

Traveling Solo" by Beth Whitman.

**Oct 11, 11am—2pm**

—National Coming Out Day – Ally Fest

celebrate the 20th anniversary of National

Coming Out Day.

**Oct 19, 8.30am—6.30pm**

—Women's Conference: "Exploring Your

Future". Free.

See [www.womenleadership.uidaho.edu](http://www.womenleadership.uidaho.edu)

### Wednesday Oct 24, 7pm

Grand Auction of "The Embellished Brasserie"

Project at the 1912 Center. A gala event

featuring live music, hors d'oeuvres and no-host

bar by local restaurant, nectar. \$5 admission. All

proceeds benefit Gritman Medical Center's

Women's Imaging Center.

### Vigil for Peace

**Moscow: Fridays 5.30—6.30pm**

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☎ 882-7067, [sperr@pcei.org](mailto:sperr@pcei.org)

**Pullman: Friday Oct. 5, 12:15—12:45pm**

Under the clock by the Public Library.

☎ 334-4688, [nancy@pcei.org](mailto:nancy@pcei.org)

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