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Community News

FREE!
PLEASE TAKE ONE

September 2007

The monthly newsletter of
the Moscow Food Co-op



What's Cookin'! Classes Begin This Month!

By Jennifer Whitney, Class Coordinator

I hope you've all had a wonderfully warm summer, filled with lots of yummy, straight-from-the-garden/market menu items. The weather is starting to shift and with the changes of season comes school and our next What's Cookin'! class line-up!

We'll have two series of classes this fall; both are filled with exciting new recipes that I can't wait to try! *For Your Health*, our first series of four classes, begins on September 19 and is devoted to recipes and cooking strategies for gluten-free or low-carbohydrate meals (see our ad inside this newsletter for class specifics). The second series, *Ethnic Cuisine*, will be announced in the October Co-op newsletter, as we are still filling our teacher positions for these classes.

Also, the What's Cookin'! classes now have a central location for their information. Look in the back of the store between the meat department and the beer coolers, under the volunteer board. We'll be keeping it fully stocked with

interesting What's Cookin'! tidbits and details for all our classes as soon as they become available. This is also a great place to jot down your cooking class ideas for us or to sign-up for our e-mail list, which brings all that juicy class information directly to your inbox, including cooking ideas, experiments and recipes from our teachers and participants.

Hopefully, one of our classes piques

your interest enough to purchase a ticket from one of our helpful Co-op cashiers and then you'll learn, first-hand, What's Cookin'! this fall!



Illustration by Elizabeth Carney Sowards

www.moscowfood.coop

Community News

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



Help Raise Some \$\$\$\$

By Kenna S. Eaton, General Manager

We in the fund raising mode again. This time we need some extra dough for our not-yet-here giant composter, the Earth Tub!

Frankly, we thought we had thought this whole project through; but we've run into a complication, and a rather expensive one at that. Apparently we don't have enough electricity in this building to operate the composter, and the electricians say we need to add yet another electrical panel for \$3,000!

Yikes!

We are so not ready to give up, even though this project has taken much more thinking about and preparing for than we had anticipated. But we do need some more money, and this is where we need your help.

Starting with the parking lot party, we will be raffling off a brand spanking new Schwinn Bike (donated by a distributor), and we've added a bike rack, a helmet and a lock. It's ready

to go shopping (here at the Co-op, of course). The bike will be located near the front of the store, so you can easily check it out. You can win this baby simply by buying a raffle ticket or two. Tickets will be available at the cash stands for \$1 apiece or 6 for 5 buckaroos.

We'll be selling tickets all through September, but don't wait until the last minute, please!



Tuesday Means Live Music, Food, and Fun

By Joseph Erhard-Hudson, Co-op Music Coordinator

The Moscow Food Co-op's Tuesday Night Music Series concerts are held every Tuesday from 5 - 7 p.m. during the summer. The free, outdoor live music performances coincide with the Co-op's Tuesday Grower's Market in the parking lot, which runs every Tuesday from 4 - 6 p.m.

The Co-op's popular 'Hot off the Grill' offers BBQ dinner specials outdoors every Tuesday from 5 - 7 p.m. Beginning in October, music will move inside for the winter, and performances will be held from 6 - 8 p.m.

Please join us for these September and early October concerts:

September 4; Noi and Company. Noi is a young folk musician with talent beyond her years. She and her musical friends from around the Palouse have played the Co-op several times before and we're glad to have them back.

September 11: John Elwood & Sally Burkhardt. Hailing from Elberton, Washington, John and Sally specialize in old-fashioned and traditional folk ballads of America and the British Isles. John is also a luthier and plays several

of his own instruments in performance.

September 18: Dave Roon. A Moscow flute and guitar player who plays with local Irish favorites Potatohead in addition to his solo gigs. He describes his music as "Irish traditional and original compositions, and a few choice cuts from the Social Distortion school of folk."

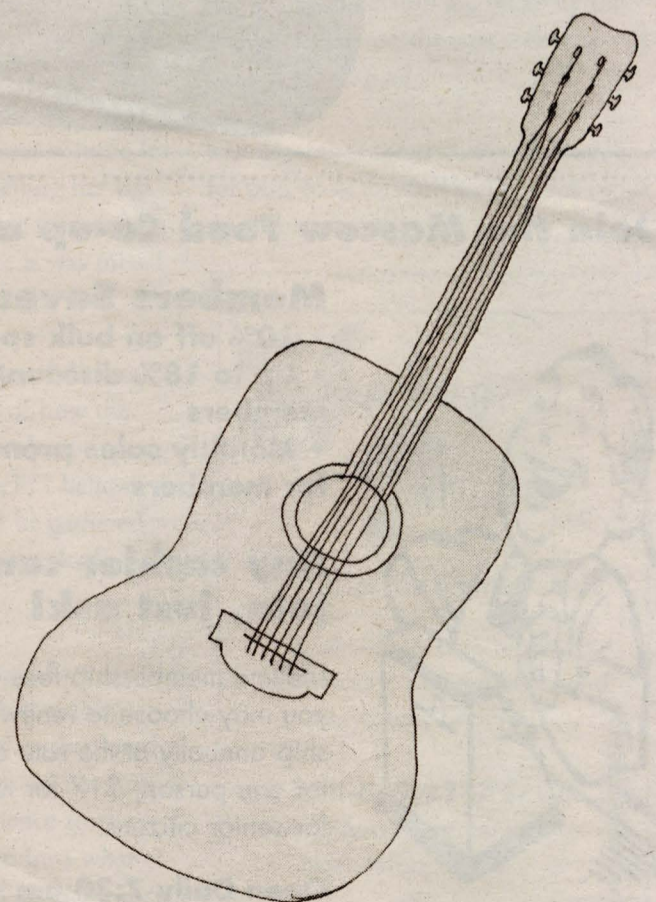
September 25: Tendai Muparutsa.

Tendai is a native of Zimbabwe, and is living in Moscow doing graduate studies and teaching at the Lionel Hampton School of Music. He is also the director of Sesitshaya Marimba Ensemble, and has been giving workshops on Zimbabwean traditional music

throughout North America.

October 2: The Usual Suspects.

A new acoustic folk rock duo from Moscow featuring Gary Reed and Tim Gresback.



Co-Operations



The Front End News

By Annie Hubble, Front End Manager

Welcome back, students and faculty, to Moscow and the Moscow Food Co-op. I hope you all had a wonderful summer.

We are at one of our busiest times of the year as Moscow and Pullman increase their population by several thousand in the time of a week, but we have a great team of cashiers to help you with your purchases. I choose new cashiers for their friendliness and their accuracy, but also for their ability to stay centered in the midst of chaos! These first few weeks of the school year are certainly a test of that ability!

Remember, if you bring your own reusable shopping bag, we will give you a

10-cent rebate on each bag used from the total of your shopping trip. We want to encourage the use of permanent bags, and save the constant flow of paper and plastic. And yes, backpacks, bike panniers and such do get the rebate. We also, as always, will give a 10-cent rebate if you bring in your own cup for your coffee or tea.

Come on in and see us! Besides being a wonderful source for your shopping needs, the Co-op is a great place to meet up with friends, have a cup of coffee, listen to music on Tuesday nights, see great art in the monthly art shows, and generally feel at home and relaxed. We look forward to seeing you.

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!



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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.

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Co-op Business Partners

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

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

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

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

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

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

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

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

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

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

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

Ecostructure Financial: Free 1 yr. subscription to "Matchmaker" Internet Database and Service, Mark Winstein, www.ecostructure.us, 116 E 3rd St, Ste. 212, Moscow

EcoWater Systems: \$100 off softener-reverse osmosis combo & free install up to 2.5 hrs within 50 miles, 2 weeks free water to new customer, Michael Robison, 882-5032, 316 N Main St, Moscow

Erika Greenwell, LMP: First 2 Massages @ \$35 each, 882-0191

Full Circle Psychological Services: Free Initial Consultation, Dr. Tina VonMoltke, PhD, 619 S Washington St. Ste 301, Moscow, 669-0522

The Healing Center: Save \$10 off on first exam or phone consultation, Dr. Denise Moffat, drmofofat@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

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

Mindgardens: Free initial consultation & 10% discount on services, Erik Tamez-Hrabovsky, erik@buildmindgardens.com, 220 NW Tingly St., Pullman, 509-595-4444

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

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

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

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

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

Palouse Discovery Science Center: 10% off on all items in the Curiosity Shop, 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, RN Herbalist & Holistic Health Educator, 10% off health consultations, reiki, custom formulas and bulk herbs, 106 East 3rd St Ste. 5-B, 883-8089

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

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

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

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



Art at the Co-op

By Annie Hubble, Art at the Co-op Coordinator

Morgan Gardner is our September artist in the Art at the Co-op series. Come to her opening on Friday, September 14, from 5.30 – 7 p.m. The show will continue to run until Wednesday, October 10.

Morgan grew up in Coeur d'Alene, and then attended the University of Idaho here in Moscow to study Environmental Science and Art. At first, she missed the mountains and water, but after her first spring here,

fell in love with the town and area, especially the wonderful sense of community and the unique beauty of the rolling hills. After graduating, she went to Japan to teach English, and then to Moab, Utah, to pursue a fascination with the Southwest. Both of these journeys had a strong impact on her photography.

Morgan moved back to Moscow about two and a half years ago to work for TerraGraphics as an Environmental Scientist and Marketing Assistant. She

is glad to be back closer to friends and family. A frequent shopper at the Co-op, she has enjoyed other art shows here, and is thrilled to have the opportunity of showing her work.

Morgan first became enamored of photography when, in 1998, her father gave her his Minolta SLR from the 1970s. She has since moved from film to digital, but that first thrill of the click of the shutter stays with her. The show will include both film and digital works.

She writes of her art form, "Discovering beauty in the everyday and ordinary is a predominant theme in my work. I have a passion for color and form, and I find myself drawn towards details: the curve of a tulip leaf, the shy grin of a

Japanese student, or the fine lines on a hand." She adds, "My favorite aspect of photography is that through an image, we're able to witness what another person is drawn towards. Everyone views the world in a different way, and I think the discovery and connection between photographer, subject and viewer is beautiful."

Morgan mentions that all the frames are recycled, either found in thrift stores or in "dusty closets" of friends. The frames have been cleaned and painted by hand.

So come by on Friday, September 14, and meet the artist. I think this will be a show well worth the visit.

Are the Co-op's Visions and Values Reflected in the Store's Products and Practices?

By Gary Macfarlane, Member, Co-op Board of Directors

It is my experience that no issue is of more importance to Co-op members than whether our values are reflected in store practices and what we carry in the store. This concern is often expressed as sustainability, though this concern is a bit broader than sustainability as it includes products that have religious and/or political content.

As an aside, I must admit a strong dislike for the word "sustainable" because it has been perverted through the use of the oxymoron "sustainable growth." In a finite world, growth is not sustainable. Nevertheless, I'll bend to convention and use it.

Co-op members have raised some critical questions with me when we have had chance meetings on the street. Is there a policy keyed to the Co-op's stated values for deciding what to carry in the store? If so, what are the criteria? Is the Co-op democratic (in other words, do the members or even the board have a role in determining product selection)? Frequently, the messages are more blunt, such as item X shouldn't be in the Co-op because it is made in China or it has too much packaging. I have also heard the statement the Co-op has drifted/is drifting away from its values. The recent decision to forgo using organic wheat flour in the Co-op's bread for an ostensibly more local product illustrates this topic quite well because it touches on issues of democracy, sustainability and long-standing values.

When I worked for the Co-op at the old West 3rd Street location, the store carried and the bakery used organic

wheat flours from two mills we advertised as local products. Organic whole wheat bread, even at that time, was a Co-op tradition. One mill went out of business and Joseph Barron later sold his Oakesdale mill to MaryJane Butters. (Note: While researching this article, I learned the origin of the organic wheat the Barron mill was from Montana for hard red and the Palouse for soft white.) After that, the organic wheat flour mainly came from northern Utah—probably grown by the family of Moscow Food Co-op member Nancy Taylor.

The recent change in the bakery to a non-organic local wheat flour raises questions. Is it really more sustainable? Where is the flour milled and what route does it take to get to the Co-op? What are the boundaries between local and regional? Are there any organic wheat farmers in the local (greater Palouse) region? What input should members have had in this change from long-standing policy and are members even aware of the change?

I did some research that begins to scratch the surface of these questions and raises even more.

While no till is better for the soil, it uses more chemicals (herbicides) than even conventional wheat farming. WSU has started an organic wheat-breeding program that is trying to overcome soil and weed problems that affect organic wheat on the Palouse by developing a hardy perennial wheat. Does the Co-op's decision undercut WSU's organic wheat program by removing a local market? I couldn't find where the local

Shepherd's Grain flour is milled. Is it Portland? One of the "local" growers is in the Dalles. Is that any closer than the organic dryland wheat grown in Montana, southern Idaho, or northern Utah when the routes taken from farm to mill to distributor are taken into account? According to WSU, there are 12 organic wheat farmers in the eastern Washington dryland region (the Palouse and points to the immediate west). And, the Idaho Public Television website has an interview with Moscow's own MaryJane Butters, who grew organic soft-white wheat at the time of the interview. [Editor's note: MaryJane grew 22 acres of organic wheat for three years (after an initial three years of growing plow-down crops for certification). But like many small organic grain growers, she lost out to chemical farmers who can supply a greater volume for cleaning. She ended up selling her last crop at a non-organic price to the grain elevator in Genesee where it was mixed in with non-organic wheat.]

The change in flour is a good illustration of the broader topic of how the Co-op's values intersect with store practices and products. As such, I believe more information should be gathered, members informed and consulted, and this decision reevaluated.

While the opinions expressed are mine, the Co-op board does want to hear from members whether the board ought to consider a policy on how our stated values should influence store products. You may also address what role members should play in any policy and what role the board should play. Currently, there are loose guidelines

"The change in flour is a good illustration of the broader topic of how the Co-op's values intersect with store practices and products. I believe more information should be gathered, members informed and consulted, and this decision reevaluated."

developed by the staff and the decisions on product selection are made by the staff. You can use the suggestion box in the store or e-mail

boardmembers@moscowfood.coop. I, for one, look forward to member input on this crucial topic.

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Discounts for Moscow Food Co-op members

Co-Operations

Tuesday Growers' Market: Pine Crest Organics

By Carrie and Nate Lowe, Newsletter Volunteers

It comes at no surprise to anyone who shops for fruits and vegetables that fresh, organic, local produce is worth more than conventional produce. Some reasons include: more labor-intensive farming practices than conventional agriculture; small farming operations don't receive subsidies like large ones do; farmers deserve a living wage; and fresh produce grown with wisdom and care simply tastes more delicious. So delicious that the produce found at our local growers' market is worth more money to most consumers.

This hasn't always been the case. Linda and Charles Christenson, the farmers behind Pine Crest Organics and regulars at the Tuesday Co-op Growers' Market, experienced the time when consumers expected to pay less for produce at farmers' markets than at grocery stores. Linda and Charles have been farming for over 30 years now, and they joke that they farmed organically before it was called that. In fact, they were instrumental in getting the Saturday Moscow Farmers' Market up and running, showcasing their flowers and produce at the very first Moscow Farmers' Market 30 years ago. They had full-time jobs too. Yep, these folks are seriously passionate multi-taskers.

Less than five miles from Moscow in the sparse shadows of some of the biggest Ponderosa Pines I've ever seen and adjacent to rolling wheat fields, lays Pine Crest Organics, a registered organic farm. With just six acres in production, five of which are orchards, the fact they have been able to keep a

small acreage farm so productive for so long is a testament to their wise farming practices. Part of their wisdom stems from trying new ideas. For example, Charles became a Master Gardener last year. He now can formally share his love and extensive knowledge of plants to others. Also, this year Linda and Charles experimented with planting clover in between rows to decrease soil exposure and to increase organic matter to their soil. So far, so good.

I visited the Christensons at their farm during a hot July day. The nearby golden wheat was anxiously waiting harvest. As I pulled onto their farm, the first thing I noticed was the diversity of plant forms interspersed along the hillside that approaches their home: rows of vegetables – some with row covers to prevent insect damage, fruitful raspberry canes, grapevines, fruit trees and vibrant flowers. Linda and Charles grow everything from cherries to horseradishes, lettuce to geraniums, and apples to zinnias – some for market, some to keep. The most marketed items



Charles Christenson showing some beautiful produce under a row cover on the Pine Crest Organics farm.

from Pine Crest are arranged flowers and raspberries. If you haven't experienced Pine Crest Organic's flowers and/or raspberries, you've really missed out. Linda has a brilliant knack for putting together bouquets of snapdragons, gladiolas and asters.

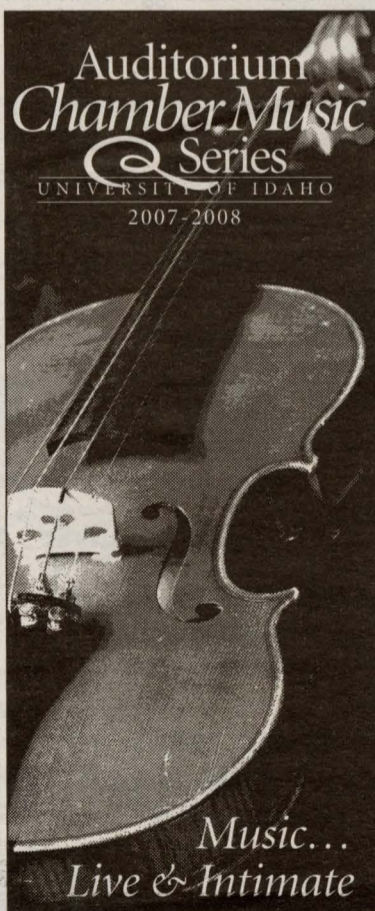
As we walked through the vegetable rows and fruit trees, Charles made sure that I didn't just see the farm, but smelled and tasted the farm too. At Pine Crest Organics I had my first taste of fresh horseradish and (with a cleared sinus) sniffed geraniums that smelled of ginger, cinnamon and apricot. Between the vibrant flowers scattered throughout the farm and the hillside of cherry trees with metallic sparkles to scare birds away, I felt like I was in the middle of a beautifully illustrated children's book.

Though hard to believe, Linda and Charles said it was prettier in June. In fact they mentioned this summer was perhaps their driest yet. Fortunately, it didn't seem to affect the farm's raspberry production. By the end of July and

after hours upon hours of picking, 300 pints of raspberries had left Pine Crest Organics.

Linda sent one of those pints home with me. The raspberries didn't make it home, however. They were that good. So next time you are at the Tuesday Co-op Growers' Market between 4:30 and 6:30 to enjoy some bbq and live music, be sure to stop by and see what Pine Crest Organics has to offer. It's bound to be great.

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



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From the Suggestion Box

Here are some fun ideas! "Everyone's a member day," "member deli savings day" because members never save on deli, and my personal fave, "Jammy Day"!!!

Those are fun ideas! Thanks for the suggestions and we'll keep 'em in mind. —Kenna S. Eaton, General Manager

A customer, who wishes to remain nameless, informed me they were very unhappy @ the microwave. It is unhealthy for everybody.

This is a question of personal beliefs. I researched the subject on the Internet and found no scientific evidence to back up the health concerns. There was plenty of anecdotal evidence and personal feelings about the quality of the food after its microwaved, but none supporting the theory that it is unhealthy for everyone (unless, of course, you look inside during the process). We will continue to offer the use of the microwave for our customers who choose to use it. —Kenna

Please provide [optional] high stools/chairs for all our cashiers. Help prevent them from developing varicose veins by long hours of mostly standing. Progressive places like IKEA have them—in Scandinavia they're all over—thank you!

Thanks for your suggestion. Actually, we have discussed this issue many times and consistently decided to not offer stools to our cashiers. Anyone with any injury is welcome to use a stool if needed. Otherwise, we offer plenty of anti-fatigue mats for our cashiers to stand on and suggest they invest in a good pair of shoes. —Kenna

The planters outside the store look bedraggled. How about replanting them?

Thanks for noticing. Actually I would be happy to offer someone a volunteer discount for taking care of the planters. Any offers? —Kenna

Where, oh where, are you Joan? We missed the Auntie Establishment column in the last Co-op newsletter. Is it coming back? It's the highlight of the newsletter for me!

We have begged, we have pleaded, we have groveled, but our beloved Auntie was reclusive and elusive. And then I called her, read her your suggestion box plea and she has bowed to the will of her fans. She promises to get regular from now on. —Bill London, Newsletter Editor

For the past month it seems as if there is never any bread loaves! Has bread production slowed? I have come in at different times during the day ... and never any bread!

We do cut back in the summer since it is our slowest time of year. It is also the most random period of sales, one day we might sell out of bread, the next there will be twenty loaves left over! It's hard to predict but we do try to error on the side of too much. If you know that you'll be coming in to shop in the evening you can call in the morning and have a loaf or two put on "hold" for you and pick them up anytime that day. —Aven, Bakery Supervisor

Please, please, please bring back the "Best Day Muffins."

Look for the delicious Best Day Ever Muffins in the pastry case during September when apples and carrots (just two of the many, many yummy ingredients) are in season. —Aven

Could you put Nutrition Fact info online for your bakery products – esp. Daily Wheat and Cracked Wheat breads? Thx!

Unfortunately we do not have nutritional information for any of our deli or bakery products at this time. It is a project we have always wanted to start but have never had the time. —Aven

Bring back the gluten-free apple caramel scones! Mmmmmmm!

Those scones are mm-mm good. Look for the Autumn Apple Scones on the "Pretty Darn Gluten-Free" shelf in the pastry case starting in September. —Aven

Can you get Okanagon Cider? Oh my! The peach kind is heavenly!

I have looked for this product but have not been able to locate it. The phone number you left is disconnected so I have no way to ask you for more information. If you would call me, I will be glad to check further into the product. —Joan, Grocery Manager

Thank you so much for always having reusable containers available! It's one of the many things that make our store a great place to shop!

Thank you. We agree. —Joan

Encourage suppliers of products to be more forthcoming as to sources of product. R. W. Knudsen "did not know" where the apple juice for their drinks comes from.

COOL, Country Of Origin Labeling, is a hot topic lately, but it is currently not mandated by law. Many articles have been written on this issue and on the many ramifications of enacting legislation requiring it. Product safety and accountability is important to everyone, especially in our global economy. —Joan

1. Oven baked snap peas – a great chip alternative.

2. Back Bacon – fat is only on edge of meat and can be trimmed when cooking.

I have not found a source for baked snap peas, but will continue looking. The only source for back bacon is a product that contains nitrates so we do not carry it, but ask Brennus in the meat department for alternative suggestions. —Joan

Bellagio dark cocoa sipping cocoa. Can you carry this item?

Our distributor does not carry this product and I have yet to find someone that does. I will continue looking. —Joan

Anderson Valley Oatmeal Stout beer.

We did carry this item, but it did not sell well enough to continue. We can special order it for

you however and would be glad to do so. Call me. —Joan

I think the Co-op is the best store in the universe! And the employees are the BEST employees in the universe! Thank you a million times over for being the vibrant heart of Moscow!

Thanks. We have not been around the universe, but agree that the Co-op is a great and fabulous place, both to work and shop. —Joan

Great bread for candida, sugar, yeast and wheat challenged people. 24 oz "Bavarian Bread" from the Brick Mill Bakery, 105 E Yelm Avenue, Yelm, WA. 360-458-9313. Ask for Sebastien.

Our bakery produces a variety of great breads in addition to the bread we get from Sage Bakery three times/week. Interested readers can contact Brick Mill Bakery. —Joan

I was excited to see Enjoy Life non-allergenic cereal bars and I'm wondering if the Co-op can carry any of their other products shown on the back of the box. Thanks!

We carry the Enjoy Life cereals, snack bars, baking chips and cookies. Look for them in their respective departments. —Marie, Grocery Buyer

Yellow cake mix (organic).

We carry Dr. Oetker's organic cake mixes. It is called Vanilla Cake. Look for it in the baking aisle. —Marie

Would it be possible to please get more Nature's Path toaster pastries that are unfrosted? They are already very sweet! Blueberry is my favorite! Thanks!

Most of the flavors only come frosted, but blueberry is available unfrosted so we will try it and see how it goes. Look for it by the other toaster pastries. —Marie

Please bring back "Smart Water." Thank you.

We continue to carry this product. Sometimes it is sold out before a new shipment arrives, but we strive to always have it both on the water shelf by produce and in the cooler at the back of the store. —Marie

Could you carry quinoa flakes? Thank you.

We do not have a bulk source, but you can special order a case of 12/12oz. packages. —Kelly, Bulk Buyer

I eat (no exaggeration) \$25.00/week of wonderful, addictive dried apple rings. The new batches have much less flavor and a bad texture. Please bring back the old ones so I can get my fix!

Our original supplier does not have dried apples available until late August. The alternative apples are temporary replacements. You might consider special ordering a case when your favorites return. —Kelly

Volunteer Profile: Jennifer Whitney

By Sarah McCord, Newsletter Volunteer

Jennifer Whitney is the Co-op's cooking class coordinator. She designs the format and selects the topics, finds instructors, schedules locations, does the publicity, buys the food, even makes the tickets! Jennifer works closely with Co-op IT Director Joseph Erhard-Hudson and General Manager Kenna Eaton to ensure the classes are successful. Her dad, a soon-to-be-retired sheet metal worker who recently went gluten-free, is her inspiration. "I wanted people with gluten-intolerance and celiac disease to have access to resources and each other."



Jennifer Whitney and her son Dan, age 4 1/2, in front of the "What's Cooking" information area.

Jennifer lives in Moscow with her three children (Hannah, age 8 1/2, Emma, age 7, and Dan, age 4 1/2), her partner Gabe, and three ducks. Many readers may remember Jennifer from her Co-op Newsletter column, "Alive, Vibrant, and Well." I asked how she got involved with the Co-op. "I wanted to find a way to buy cheaper food for the kids. Three years ago, we made a commitment to eat organic. I was recently divorced, with no job skills and no education, and I wanted to provide for

my kids. I wrote the column for about a year, and then Bill London asked if I could coordinate the classes for the Co-op."

Dan accompanied his mom to the interview, and when we walked over to the Co-op, he was clearly in his element. "My kids are Co-op regulars. The girls are now old enough to run errands for me on their bikes, and they're always asking

'Mom, do you need something from the Co-op?' They know where everything is — and they get pesto rolls and raspberry yogurt every time. They love Annie [Hubble] — it was a huge deal for them when she was Queen of the Moscow Renaissance Faire!"

Parenting three children and volunteering at the Co-op are only two of Jennifer's many, many activities. She works part time at the Appaloosa Museum, coordinating special projects and marketing; is in charge of public relations for the Moscow Renaissance Faire; is the volunteer coordinator for Adventure Learning Camps; teaches sewing classes for children and adults; does bookkeeping out of her home; is trained in rebirthing, energy work, and as a clairvoyant; and is a full-time student at the University of Idaho, double-majoring in Sociology and Psychology. She laughs as she says, "My life is a little bit insane. If I took on any more projects, I think I'd split down the middle! The cleanliness of my house is less important than the kids eating dinner and doing homework, and me doing my homework. Gabe helps out a lot — it's a team effort."

After hearing all of the things she does, I couldn't help asking Jennifer if she had any free time. "Technically, I shouldn't," she said, smiling, "but I need time to myself, so I make free time. Sometimes I just sit and do absolutely nothing. I take Nia classes to release stress and detox from my day, and I like to meditate. I have a drum I made from a kit in one of Linda Kingsbury's classes, and I use it to help me find my own rhythm. When I'm feeling confused, I listen. 'What does this drum beat sound like?' I read lots of books, and watch the ducks poke around in the grass and swim. We just bought a house last year, and I like to

sit in the back yard and enjoy it." As a family, Jennifer and Gabe and the children also watch movies and take family bike rides.

I mention to Jennifer that I've never asked a clairvoyant about his or her plans for the future, and she explains to me that "seeing the future" is a misconception. "Clairvoyance has more to do with seeing what's going on with a person, where they are stuck, in a way that can help them change and grow. The things that are shown to me are those I can help the person with." Jennifer knows her future includes school, for both she and the kids, but the rest is up in the air. "That's why I have my hand in so many cookie jars. 'What does this cookie taste like? What does that cookie taste like?' I don't really know where it's all going to end up."

Sarah McCord lives and works in Pullman. She likes to taste lots of cookies, too.

“Parenting three children and volunteering at the Co-op are only two of Jennifer’s many, many activities... After hearing all of the things she does, I couldn’t help asking Jennifer if she had any free time.”

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Business Member Profile: Palouse Discovery Science Center

By Joshua Cilley, Newsletter Volunteer

Sometimes my wife tells me I need to grow up. I suspect she could be correct, but she doesn't need to know that. I don't want to encourage these thoughts.

For any of you suffering under similar spousal expectations, there is hope. I found a loophole: the Palouse Discovery Science Center. Unfortunately, none of their exhibits experiment with time travel, but walking around the Center teeming with excited kids, I could at least pretend for a while.



It's just another fun-filled day at the Palouse Discovery Science Center.

I met with Victoria Scalise, PDSC executive director, and

it was soon obvious that at least part of her job excitement must stem from being continually surrounded by the curious, young or chronologically-advanced. With everything that's been going on at the Center in her seven months as director, her enthusiasm and experience must be invaluable. Scalise came to the Center after working for such notable organizations as the Lentil Council and as Idaho State

coordinator for the Lewis and Clark Bicentennial celebrations. The Center is keeping her busy: new grants have recently been awarded to PDSC by Motorola, MetLife, the Inland Northwest Community Foundation, and the Pullman Community Foundation, to name a few. As well, Schweitzer Engineering is continuing their patronage of the Center with a grant of \$1 million that the Center used to buy a much larger space next door to their current facility in Pullman. The move is taking place through the first part of September.

"Do people think that the Center is run by Schweitzer?" Scalise asked. "I hope not, although Schweitzer has been wonderful, but I want the community

to know that we belong to everyone. Once the move is complete, we plan on greater efforts to expand into the community and heighten involvement."

I had the opportunity to tour the new facility and can understand the excitement of the staff. There will be far more space for permanent exhibits, room for temporary and traveling exhibits, plenty of office and classroom space, and even an outdoor area to develop. Interior designer Kathleen Ryan (who did so well with our current Co-op location) was tasked with the new PDSC location. Over the phone, she told me that she "wanted to use intense hues, the yellows of the Palouse, and curved walls to establish 'way-finding' for continuity to connect the spaces." Even though I saw the new building with some work yet to do, visualizing the finished product took no effort. Great days are in store for anyone with any scientific curiosity.

The original concept of the Center was "science without walls" when exhibits were brought to local venues and events, but the opening of a permanent center four years ago didn't diminish that spirit. The larger facility, with loftier ceilings, larger rooms and more exhibits, should do much to foster the adventurous feeling.

Yet another advantage for our community recently took place: PDSC became a member of the Association of Science-Technology Centers, supporting centers across the country, and purchase of an annual membership to PDSC will cover the admission cost to any other ASTC member.

If you've yet to visit the Center, go to their website at www.palousescience.org for directions and schedules. Return visitors just go a little bit farther up the hill of NE Hopkins Court in Pullman to find the new facility. A myriad of promotions, specials and events can also be found on the website. Co-op members get 10% off purchases in the Curiosity Shop.

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

"I found a loophole: the Palouse Discovery Science Center. Unfortunately, none of their exhibits experiment with time travel, but walking around the Center teeming with excited kids, I could at least pretend for a while."

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Staff Profile: Robert Rebich

By Katy Farrell, Newsletter Volunteer

September's cooler temperatures remind us all that autumn's crisper days will soon be here. For Robert Rebich, the change in seasons is bittersweet. As a server at the Co-op, the end of the summer's lazier days makes for a more hectic work environment. However, as a student at the University of Idaho, a return to studies promises more enriching possibilities and opportunities.

Robert's first day working at the Co-op was July 4, the date that most of us take time to relax. Since then, he has been helping customers with their deli selections, slicing and packaging desserts, and enjoying working alongside other servers. For him, the people are ultimately what make his job special, both co-workers and patrons alike.

promises a prize of one million dollars. Feel free to wish him good luck when you pass by the deli.

Robert hopes to continue using his education to help others discover new

to work only part-time as the school year begins, Robert's enthusiasm for his job has not wavered. Hopefully we will continue to see him smiling behind the deli counter for many months more.



Robert Rebich is a deli server at the Co-op. He is looking forward to the busy fall season.

At the University of Idaho, Robert just began his fourth year. He plans to graduate in May of 2009 with a double major in electrical engineering and math. These majors guarantee

a full workload, but appeal to Robert's interest in research.

Currently, he is collaborating with a group of students and professors on the NASA Space Elevation Project. Their goal is to devise a way to eliminate sending a solid fuel spacecraft into space, by utilizing solar panels instead. The ramifications of this research could be far reaching in our age of energy awareness. Because of the enormity of the project, thirty groups from around the world are involved in this research competition, which

technologies once he graduates also. Right now he's considering participation in Engineers Without Borders, a group that provides practical engineering expertise to developing nations. Water purification systems and bridge design are two projects they are currently tackling. Through this organization, Robert hopes to get to know the world outside of Idaho.

His time in Moscow has made him more liberal and laid back, especially compared with his earlier residence in Boise. One of his favorite things about Moscow is the downtown area, full of unique, small businesses. As cities across the nation are plagued with identical chain stores and restaurants, it is refreshing to live in an area where the owner of a local business could also be your next-door neighbor.

Another attraction of the area are the rolling hills of the Palouse, which offer ample opportunities for places to longboard. Robert relishes coasting down the smooth mounds, but will also happily take his board to the streets of town for hours at a time. In addition to this, he enjoys rock climbing.

Robert's determined yet open air suits the Co-op well. Likewise, he appreciates that his workplace is open to feedback from both customers and employees. Though he's decreasing his hours

Katy Farrell is eagerly anticipating the changing leaves this year.

“Robert hopes to continue using his education to help others discover new technologies once he graduates also. Right now he’s considering participation in Engineers Without Borders, a group that provides practical engineering expertise to developing nations. Water purification systems and bridge design are two projects they are currently tackling.”

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Much Ado About Tofu: Tofu Around the World

By Terri Schmidt, Newsletter Volunteer

I was curious about the popularity of tofu in other countries, so I've been talking to international students and Moscow citizens who travel abroad. It's been interesting learning about various places that either embrace or disregard tofu.

Zsu Zsu is a friend from Hungary. She is a meat eater and didn't pay much attention to tofu when she lived at home. She said, "I am sure that it is available in the grocery stores since our system changed (after 1990); before that probably it was only available in the capital city (Budapest). Also with the expanding Asian population in the country, tofu became more available and known to people as an alternative protein source. I would think that people eat tofu if they are vegetarian or like an Asian diet and if they can afford it. Average worker families, students and people in the countryside are less likely to eat tofu, because it is not part of Hungarian cuisine and expensive. Nobody in my extended family and friends eat tofu; they are not vegetarian and Asian cuisine is not popular among them."

Australia is another place that is much more geared to meat than tofu. My sister Stacie can verify that. While vacationing there in August, she ate kangaroo pie, kangaroo tail, camel pie, crocodile, and witchity grubs, but nothing tofu. And Alison, who lived 'Down Under' several years ago, told me the rule used to be "a pound of meat per person per meal."

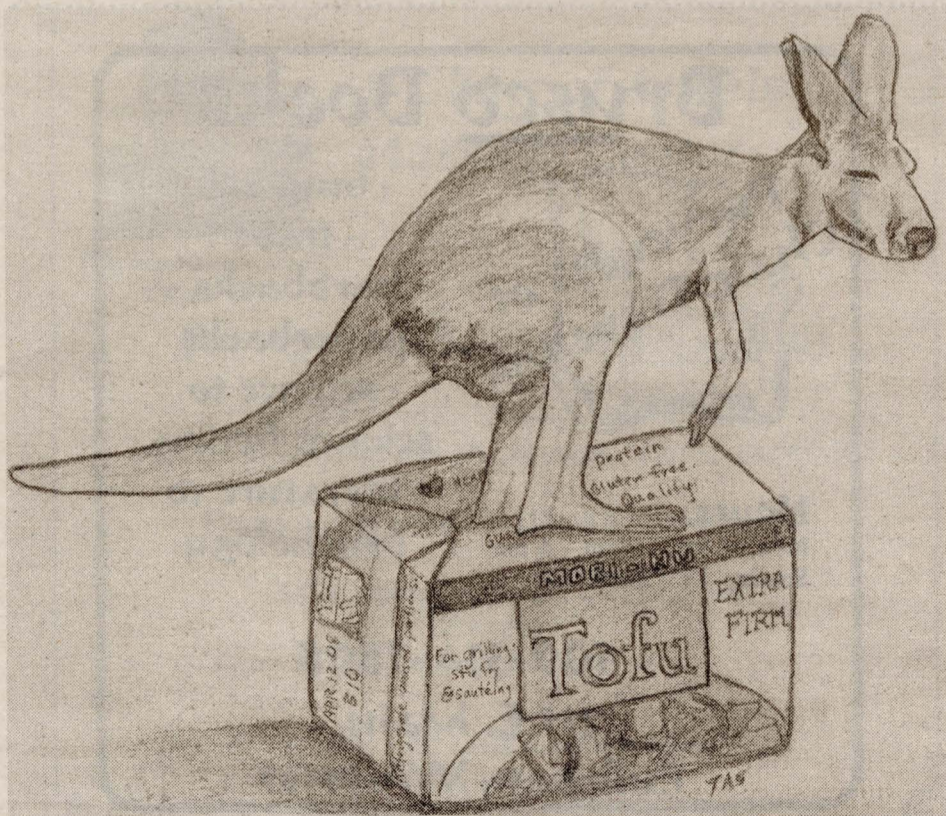
My friend Mark recently spent six months in Australia. He said there were lots of markets selling fresh vegetables and meat and that the larger towns.

(Sydney, Melbourne, Townsville) all have organic food places and vegetarian menus at restaurants, but they are usually not that interesting. He also said there is "Definitely no tofu. Not a big thing there. Not a lot of vegetarians in Australia ... you won't find ANY vegetarian foods in most smaller towns (less than 15,000)."

I guess it's no surprise that a country that serves everything from emu to kangaroo on the menu would not be especially oriented towards vegetarian cuisine. However, at the risk of displeasing Australian carnivores, I'm sharing a recipe from Mori Nu that has taken a popular Australian soup and given it a tofu twist.

Obviously, Asian countries are much more tofu friendly. I had the pleasure of meeting two Korean girls, Kim and Kang, at Saturday Market. The girls were so sweet and helpful when I asked about tofu in Korea. They said people eat tofu almost every day in Korea and shared the recipe on this page that is very popular there. They said tofu tastes different in Korea than it does here and that Japanese tofu is usually softer than Korean tofu. The girls even offered to cook me a tofu meal so I could get a first-hand taste of their culture. As a side note, they told me their favorite American food is pizza and coffee. They think our coffee tastes better and said coffee is twice as expensive in Korea.

I also heard from people who have lived or currently reside in England, Japan, Denmark and Canada, but I have used up my allotted space for this month, so look for more "Tofu Around the World" in next month's newsletter.



Korean Tofu (Kim & Kang)

- ✦ 3 tablespoons olive oil
- ✦ 1 lb. firm tofu, sliced in 1/4" slices
- ✦ 3 Tbsp. kochujang - Korean red chili pepper paste*
- ✦ 2 Tbsp. sugar syrup
- ✦ 1/4 cup soy sauce
- ✦ 1/4 cup water
- ✦ 4 or 5 cloves of garlic
- ✦ 4 green onions, sliced
- ✦ 1 Tbsp. sesame oil

Fry the tofu in the olive oil until lightly browned on both sides. Remove from frying pan. Mix the pepper paste, sugar syrup, soy sauce, water and garlic in a small bowl. Pour into fry pan. Heat to a boil and carefully add tofu slices. Cover pan and boil for a few minutes. Remove from heat and sprinkle sesame oil and green onions on top. Can be served over hot rice.

* (can substitute: 2 tsp. red pepper flakes or hot sauce for kochujang)

** Kim and Kang said to add spices, but didn't specify which ones. Other Korean recipes sometimes add dry mustard or cayenne pepper.

Australian Pumpkin Soup

www.morinu.com, Akasha Richmond

Pumpkin or squash soup is served everywhere in Australia. In this version, the tofu puree replaces the heavy cream that is traditionally used.

- ✦ 8 cups (2 qts.) water or vegetable stock
- ✦ 6 cups peeled and cubed butternut squash or Japanese pumpkin
- ✦ 1 large medium-white onion, sliced in moons
- ✦ 1 leek, sliced thin
- ✦ 1 Tbsp. peeled and minced fresh ginger
- ✦ 2 cloves garlic, chopped
- ✦ 1 Tbsp. curry powder
- ✦ 1 Tbsp. fresh thyme leaves
- ✦ 2 bay leaves
- ✦ 1 package Mori-Nu Silken Lite Firm Tofu, cubed
- ✦ 1/4 cup white or yellow miso
- ✦ Chopped fresh chives or parsley

Bring ingredients except tofu and miso to a boil in a large pot. Once boiling, cook over medium heat for 30 minutes. Let cool. Add tofu and miso. Puree well in the container of a blender. Pass through wire mesh strainer to remove any fiber. Garnish with chopped chives or parsley.

Nutritional Facts

Fiber: 7g Calories: 105 Fat: 1g Carbohydrates: 22.5g Sodium: 188mg
Cholesterol: 0mg Protein: 5.2g

Terri Schmidt encourages readers to be adventurous and try some new foods from different countries, with the possible exception of witchery grubs.

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Paris Bio-organique

By Sean Quinlan, Newsletter Volunteer

I'm gonna come clean here. I shop at our lovely Co-op simply because I love great food. I have no ideological axes to grind, no social agenda to push. I have little or no environmental consciousness; I have no qualms about the unethical treatment of animals. If sticking the baby calves into even smaller stalls would make the veal more tender, I'd say go for it. The same goes for foie gras. You can clobber me with tofu, but I'll never change.

I love good food because I had the good fortune of spending a lot of time in Paris (where, many years ago, I was a university student). And there, I acquired the taste for fine food, and like the little rat Rémy in *Ratatouille*, I could never go back. Let's talk about the produce — the ripened tomatoes, the delicate mushrooms, the zucchini, and crisp cucumbers ... The succulent beef and pork. Pink trout and salmon. And don't get me started on French chicken. Let's face it, it don't taste like that anywhere else in the world. Here's a great cheap meal in France: a rotisserie chicken purchased from your local butcher, some lettuce with vinaigrette, and a baguette. You can feed a family of four a fantastic meal for about twelve euros.

Here's the problem: oftentimes, you can find this fine food at any épicerie, supermarché, or even hypermarché (and I'm not even talking about the local butcher, baker, fishmonger or produce stand). And so when you come back to the United States, your taste buds go into existential revolt, like they were Albert Camus in Disneyland. And

there's only one place you can find that great taste: organic food stores.

So, if you spend time in Paris, why bother with organic foods? If the daily food's so good — and affordable — why trouble yourself? Well, there's good reason for this. Quite simply, a better average quality doesn't mean that the food you eat is natural or that it has been handled in an ethical way. And if this is what you want or need, you'll need to look beyond the supermarchés and the épiceries, and discover what the French call "bio" foods.

Like in the United States, French organic food isn't cheap. But it's also a deadly serious business. There's a well-organized and powerful movement against genetically modified foods, something the French call aliments transgénétiques (ATDs). One crusader, Jose Bové, became a hero of the anti-globalization movement after he ransacked a MacDonald's in 1999, and in Montpellier he recently engineered a similar attack against malbouffe (junk food). The anti-ATD issue has become the political centerpiece of the Parti de la Loi Naturelle. Much more than in the States, there is a strong political impulse to carefully identify and label all foodstuffs, and there is considerable concern about the health consequences of genetically modified foods.

When looking for organics in Paris, the first place to start is the markets. There are three major organic outdoor markets. There you'll find everything, ranging from wonderful produce to meat, fish, baked items, smoothies, and all



One of several places in Paris to get organic food is Naturalia.

sorts of vendors selling prepared foodstuffs. Check out the cherry stands. On Saturday mornings, you have a choice: in the eighth arrondissement, there's the market on boulevard des Batignolles. The métro stop is Clichy. And there's another in the 14th arrondissement at Place Brancusi. It's a few paces from métro Gaité. Both run between 9 a.m. and 2 p.m. On Sundays, there's the big organic market on Blvd. Raspail in the 6th arrondissement. Just get off the métro at Rennes. It's marvelous to observe: you can see a mix of Parisians, tourists, and restaurateurs haggling over goods and prices.

For your daily organic needs, I'd recommend the organic store called Naturalia. Across France, there are over 3,000 of them. It's a good chain, though expensive. My family would sometimes shop at the store on rue Beaubourg, just down the street from the Centre Pompidou. You can find great produce (though not butcher items), and even all sorts of interesting items like chocolate-dipped rice cakes, which are incredibly delicious. The staff is friendly and accommodating, and they're serious about organic food and safe handling.

For instance, Naturalia offers a year-long program for its employees to earn certification in organic food handling.

There's also an all-organic food restaurant: the Potager du Marais. Located on the picturesque market street Rambuteau, it's a small place with only a few sidewalk seats. The inside decor is beautiful, and it looks out on a charming courtyard garden. The food is sublime, ranging from vegetarian to standard French fare. One taste of the lentil and onion soups and your French accent is guaranteed to improve.

Like everything else in Paris — ranging from the cafés to the parks — the things you discover you make your own. And so it is with organic food. If you find yourself in the city of lights, make sure you skip from the museums and savor the world of bio-organique.

Sean Quinlan is a historian of science and medicine at the UofI.

Bookpeople's Litany of Literary Events

Sept. 8, 10 to Noon. **Barbara Brock**, author of *Living Outside the Box*, reviewed in July's Co-op newsletter, takes on all TV lovers and interested parents at BookPeople.

Sept. 10, 6 PM. **Nassim Assefi** signs her book *Aria* at the 1912 Center. Free refreshments.

Sept. 15, 11 AM-1 PM. **Dean Littlepage** presents a book signing & slide show of *Stellar Island: The Natural History of Alaska* at BookPeople.

Sept. 18. Auditorium Chamber Music Series presents Trio Solisti. Tickets at BookPeople.

Sept. 19, 7:30 PM. **Ben Fountain**, a UI distinguished visiting writer, reads at the Admin Auditorium.

Sept. 26, Full Moon, 7:30 PM. Poet and distinguished visiting writer Mark Halliday reads at the UI Admin Auditorium.

Oct. 1, 7 PM. **Peter Chilson**, Moscow writer and WSU director of creative writing reads and signs his Bakeless Award-winning second book, *Disturbance Loving Species: Americans in Africa* at Cafe Silos on the Troy Hwy.

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I'm Making Dino Sandwiches

By Melynda Huskey, Newsletter Volunteer

School lunch was, for me, always the low point of the day. In my memory, the cafeteria is always hot and crowded, steaming with that distinctive odor of youthful bodies, hot dogs, and disinfectant. The noise knocks you backward. The food is bland, limp, and moist; the divided tray fails to keep the canned green bean juice away from the sloppy joe bun. The trip from lunch line to table is a dance with the Devil — will some jokester bump me and send my tray flying into my chest? Will I slip on a dollop of discarded mashed potatoes? Will the lunch monitor let me land safely at a table with friends, or will I be marooned in exile?

By junior high, I abandoned lunch in favor of the library, and an extra large snack when I got home. A recent study shows that school-aged kids consume close to 40% of their daily calories in after-school snacks, and I'm not at all surprised.

I'm sure school lunches are better now — most things at school are — but when kindergarten loomed, and my maternal anxieties spiked, packing a lunch became a way of being with my daughter in the middle of her day. Add to that a formative couple of years in a Japanese neighborhood in Hawaii, an obsessive-compulsive streak, and there's only one outcome possible: o-bento.

The theory of the Japanese packed lunch is simple: small amounts of lovingly-prepared, beautifully-arranged food in specially-designed boxes. A bento should have five items in five

colors: red/orange/pink, white, purple/black/brown, yellow, and green. The foods should be cooked in different ways—boiled, steamed, sautéed, grilled, and pickled. Rice should make up half the total lunch, and the remaining ingredients should include a protein, fruit, and pickles. It should always showcase seasonal ingredients—and food should be garnished in ways that allude artfully to the season.

The practice of bento — at least in my kitchen — is not so elegant. Between my own culinary limitations and my kids' preferences, I'm lucky to get four colors and any garnish at all. I don't spend the 45 minutes each morning the average Japanese mom spends packing lunches, either. But I do find myself planning supper with an eye to lunch materials, and whenever I'm in Seattle or Portland, I make a side trip to Uwajimaya to scope out the bento accessories: little plastic soy sauce bottles shaped like pigs and teddy bears, brightly-colored wax paper cases, rice ball molds. Someday I'll take out a second mortgage and buy the insulated Mr. Bento, with its separate thermal dishes for hot and cold food, stacked in a trendy zippered bag, or the Laptop Lunchbox system.

In the meantime, I use a motley collection of watertight containers, and pack them in cloth bags I've made myself. And I've made some interesting discoveries along the way. My son will eat all of a stegosaurus-shaped sandwich, but not even half of a regular one. Frozen whole grapes will thaw slowly over the morning, but stay cool enough to be

Homemade Oreo-Style Sandwich Cookies
(adapted from *Retro Desserts*, by way of www.smittenkitchen.com)
Makes 25 to 30 sandwich cookies

The Chocolate Cookies:

- 1 ¼ cups all-purpose flour
- ½ cup unsweetened cocoa
- 1 tsp. baking powder
- ¼ tsp. salt
- 1 cup sugar
- ½ cup plus 2 tablespoons (1 ¼ sticks) room-temperature, unsalted butter
- 1 large egg

Set two racks in the middle of the oven. Preheat to 375°F. In a food processor, or bowl of an electric mixer, thoroughly mix the flour, cocoa, baking powder, salt, and sugar. While pulsing, or on low speed, add the butter, and then the egg. Continue processing or mixing until dough comes together in a mass. Take rounded teaspoons of batter and place on a Silpat-lined baking sheet approximately 2 inches apart. With moistened hands, slightly flatten the dough. Bake for 9 minutes, rotating once for even baking. Set baking sheets on a rack to cool.

The Filling:

- ¼ cup (½ stick) room-temperature, unsalted butter
- ¼ cup vegetable shortening
- 2 cups sifted confectioners' sugar
- 2 teaspoons vanilla extract

Place butter and shortening in a mixing bowl, and at low speed, gradually beat in the sugar and vanilla. Turn the mixer on high and beat for 2-3 minutes until filling is light and fluffy. To assemble the cookies, plop a teaspoon or so of cream into the center of one cookie. Place another cookie, equal in size to the first, on top of the cream. Lightly press, to work the filling evenly to the outsides of the cookie. Continue this process until all the cookies have been sandwiched with cream.

appetizing. Spearling pineapple chunks on a bamboo hors d'oeuvre pick makes them taste better. A foil cup full of edamame is both a protein and a vegetable—and they look like little jewels, the tenderest jade green. It is possible to carve a radish into a little redcap mushroom with white spots. Almost

any wrap can be cut into sushi-sized rolls and tucked neatly into a bento. Although origami animals are a valued lunch accessory in first grade, second graders scorn them. The tinier the food, the better: baby carrots, mini gherkins, champagne grapes, mandarin orange sections, BabyBel cheese. A refreezable icepack is NOT optional, but required. And finally, homemade Oreos are the perfect dessert, and there will be some left over for after school with a glass of milk.

Melynda Huskey blogs on food, craft, and Moscow at The Things That Make Us Happy Make Us Wise (www.melyndahuskey.wordpress.com).



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Cookbook Review: Salad People

By Judy Sobeloff, Newsletter Volunteer

"When you make your Salad Person, you make yourself."

—Benji, age 3

Salad People, Mollie Katzen's third cookbook for "preschoolers and up," is simply adorable. This meant, of course, that I resisted it at first. While *Salad People* shares features with Katzen's previous kids' cookbooks (*Pretend Soup* and *Honest Pretzels*) such as guidelines about safety and strategies; "Kids' Own Rules" about behavior in the kitchen; and funny/wise comments from preschoolers who've tried the recipes, I found *Salad People* more appealing than the others, delightful overall.

Among the aspects I appreciated were the relevance of the recipes (many seemed to be things my children would actually like to make and eat), my children's enjoyment in looking at the cookbook together (the 5-year-old sat and "read" the picture-based recipes to the 3-year-old), and useful advice from the "Owner's Manual" section, such as: "Before you begin, read through the adult section of the recipe and get everything—right down to the last spoon—ready and in place." And an important reminder: "Adults tend to see cooking as primarily goal-oriented (dinner on the table), but for small children the main event is the process itself... Try to stay neutral about the eating part."

Many of the recipes called to me, such as Tiny Tacos, Polka Dot Rice, Rainbow-Raisin Cole Slaw, and Chewy Energy Circles. I will focus on two that we tried with groups of kids: Counting Soup and Salad People.

I was eager to try Counting Soup because it looked quick and easy (traits which warm my heart), though I was dubious as to whether the cute concept of having the kids make the soup in their own bowls would actually work. Nonetheless, work it did. The six children we assembled, ranging in age from 22 months to almost eight, all liked making their own selections and enjoyed the results, except for two kids who were busy outside building a road in the yard.

Ellen, mother of a college-age daughter, marveled at how the kids "all stepped forward to put things in their bowls. They're really involved and comfortable with it. For a recipe they've never had before, for kids this age, I'm very impressed. I also appreciate how the parents are allowing them to make their own choices."

Brad, an adult who chose to add all the ingredients, praised the soup as "immensely practical and delicious," adding that "a little salt or tamari is the only thing I thought it needed."

Despite our success with Counting Soup, I was adamantly opposed to making Salad People, a recipe which lists almost 20 ingredients. Only after my daughter was flipping through the cookbook and pleaded with me to let her make Salad People did I relent. I must confess that I was so amazed by the results, that, with various kids ranging from almost two to six, we made Salad People again and again over the next few days until the key ingredients (pear bodies, cottage cheese for heads, curly noodles for hair, sliced cheese for limbs) ran out.

Andrika, mother of two testers, com-

Counting Soup

- ✳ 2 cups peas, fresh and lightly steamed, or frozen
- ✳ 2 cups corn, fresh and uncooked, or frozen
- ✳ 2 cups diced tofu
- ✳ 2 cups grated carrot
- ✳ 1/3 pound green beans, cut into 1" pieces and steamed or blanched until tender
- ✳ 2 cups cooked alphabet noodles (2/3 cup uncooked, boiled until tender and drained)
- ✳ 4 cups vegetable broth, heated

If you are using frozen peas or corn, place each in a strainer or a colander and run under room-temperature to thaw. Drain thoroughly and transfer to separate bowls. Place all the ingredients except the broth in separate bowls. Arrange them on the table in the following order: tofu, carrots, peas, corn, green beans, noodles. Place a regular dinner spoon (nothing larger) in each bowl. Let the children go through the lineup with a medium-sized bowl, counting in the prescribed number of spoonfuls of each ingredient (1 spoon tofu, 2 spoons carrots, 3 spoons peas, 4 spoons corn, 5 green beans, 6 spoons A-B-C noodles). Ladle warm broth over the top (adult adds broth, child blows 7 times and stirs 8 times), and eat!

Yield : 4-6 servings.

Salad People

- ✳ 1 Cored pear halves, peel optional (fresh and ripe, or canned and drained)
- ✳ Cottage cheese or very firm yogurt
- ✳ Strips of cheese (cut wide and thin, to be limbs)
- ✳ Sliced bananas (cut into vertical spears as well as rounds)
- ✳ Cantaloupe or honeydew (cut into 4-inch slices)
- ✳ Celery sticks (plain or stuffed with nut butter)
- ✳ Shredded carrots (in long strands, if possible)
- ✳ Cooked angel hair pasta, or a "curly" variety
- ✳ Sliced strawberries; Raisins; Dried Cranberries; Pitted cherries; Cherry tomatoes; Blueberries; Peas; Parsley sprigs; Small spinach leaves; Sliced black olives; Sliced radishes.

Place a pear half in the center of each plate, flat side down. Arrange a round scoop of cottage cheese or very firm yogurt above the narrow top of the pear, so that the cheese or yogurt looks like a head and the pear looks like a torso. Create arms and legs from strips of cheese, banana spears, melon slices, or celery sticks (stuffed or plain). Create hair, facial features, hands, feet, buttons, zippers, hats, and so forth from any combination of the remaining ingredients. Name it and eat!

mented, "This was delicious and it was a lot of fun to see them putting their plates together. They got a lot of satisfaction from it—and every plate was empty. And if I had put it together for them—no way."

Running out to the Co-op to buy all the ingredients, as I did, was perhaps a lot of effort, but those with a well-stocked kitchen could probably make Salad People by substituting ingredients on hand. Some choices—such as curly noodles, strawberries, matchstick-sliced carrots, dried cranberries, and olives—proved more popular than others. Debby, another test mom, suggested that this would be a fun project for a birthday party if each guest brought one ingredient.

Despite my concerns about how relatively vegetable-averse kids would react, my 3-year-old assured me, "Salad

People is dessert!" The five-year-old insisted later, "I didn't choose any vegetables, only cheese and carrots and fruit."

Mollie Katzen's first cookbooks (*Moosewood* and *Enchanted Broccoli Forest*) got me through my college cooking. I'm glad that now she can help me feed my kids as well.

Mollie Katzen, *Salad People and More Real Recipes* (Berkeley: Tricycle Press, 2005). 95 pp. \$17.95.

Judy Sobeloff is director of the Moscow Community Creative Writing Workshop. For information and application guidelines (applications due by 9/5), see www.moscow-arts.org.



Salad People: a fun and edible masterpiece!

Veganesque: Simple pleasures and Abundance

By Caitlin Cole, Newsletter Volunteer

Last week, I experienced a pleasure I had never had before. Carting a large basket of clean, wet clothes I entered my new back yard late in the afternoon and proceeded to hang my wash on the line. It seems strange to say this, but it had never occurred to me to hang my wash in lieu of an electric drying method, but having the opportunity present itself, I dove in enthusiastically. Really, I was giddy with excitement; this method of saving money and energy appealed to my Yankee sensibility and I was thrilled because I had the sense that I was sticking it to our utility company, declaring my independence with each

“I was thrilled because I had the sense that I was sticking it to our utility company, declaring my independence with each clothespin I closed over wet cloth.”

clothespin I closed over wet cloth. After the initial high wore off, I began to pull away from my thoughts and simply observe what was around me: the dappled sunlight glowing on the lawn, bugs buzzing, and my two year old daughter spinning with her arms open are the images that come to mind. To be outside in lovely weather, to take the time to observe nature, and to be connected to the moment and to acknowledge the gratitude for this simple pleasure was a sacred experience, an experience I wanted more of.

During further reflection, I wondered how I could bring this enlightening experience to my relation to food. Of course I feed myself, but also my two children and frequently my partner and I am the family shopper, so food is central to my daily routine. Because of that, I often find my food planning, shopping and preparation of food a duty, things that I “should” and “must” do. How do I make the mundane into an act of pleasure and gratitude?

Groovy Granola

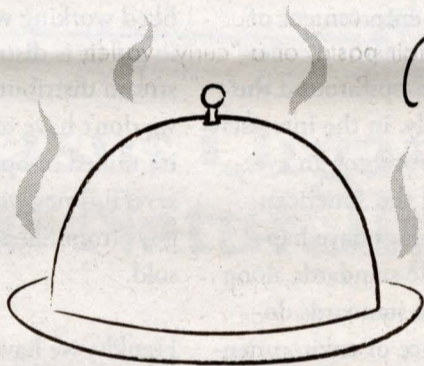
- ✦ 4 Cups quick oats
- ✦ 1/4 cup hemp seed or flax meal
- ✦ 1 cup chopped nuts and seeds
- ✦ 1/3 cup honey
- ✦ 1/2 cup sunflower or canola oil
- ✦ 2 Tbsp. water, or as needed
- ✦ 3/4 cup dried fruit (orange cranberries are my favorite)
- ✦ 3/4 cup shredded coconut

Preheat oven to 300°F. Mix oats, hemp and mixed nuts and seeds. Pour honey, oil and water over this mixture and stir well. Spread on a large cookie sheet and bake 35-40 minutes. Stir granola often while baking, every 5 to 10 minutes. Remove from the oven and transfer to plate to cool. Add dried fruit and enjoy!

One thing I have been doing is a simple acknowledgement of gratitude of abundance. Sometimes the concept of abundance eludes me, with so many people locally and globally do not have enough to eat I feel it is a betrayal to those in need to believe that the world is innately pleasurable or abundant. I am learning to let go of the indulgence of guilt, and now as I stroll through the Co-op's plentiful offerings I offer

a silent “thank you” while offering a thought for those around us who do not have enough, and hope that this little offering makes a difference.

Caitlin Cole would like you to know that using hemp in the following recipe will not give you the munchies.



What's Cookin'!

Cooking classes sponsored by the Moscow Food Co-op

A four-class series about special diets entitled For Your Health

1 First class: Gluten Free at Home

Featured Recipes: Beef Stroganoff and Wraps

Have you discovered the healthful benefits of eating gluten free, but find you occasionally miss your favorite dishes or find your new diet often lacks flavor and variety due to the challenges you face living gluten free? Angela's class will give you tips on how to convert your favorite recipes and teach you to prepare some delicious, quick and easy gluten free meals. A food tasting and discussion will follow the cooking demonstration.

Instructor: Angela Bunce adopted gluten free cooking for her family when her husband and mother-in-law were diagnosed with celiac disease. As a registered dietitian, she specializes in gluten intolerance, leading a monthly support group in the Lewiston-Clarkston valley as well as seeing individuals for nutrition consultation. She is a regular speaker regarding celiac disease at local conferences, and is the subject's local expert in this field. She will share how her husband's diagnosis almost seven years ago has not limited their lifestyle.

Date: Wednesday, September 19th, 5:30pm-7pm
Location: UU Church's basement, 420 E. 2nd St, Moscow
Cost: \$18

2 Second class: Gluten Free on the Go

Featured Recipes: Pizza

Have you discovered the healthful benefits of eating gluten free, but find you starve when you leave home because gluten free food is not readily available at most restaurants, stores, or social functions? Angela's class will give you tips on how to meet the challenge of living gluten free in a gluten filled world with ideas of how to cope outside the home as well as reviewing the GF products, restaurants and resources available. A food tasting and discussion will follow the cooking demonstration.

Instructor: Angela Bunce
Date: Wednesday, September 26th, 5:30pm-7pm
Location: UU Church's basement, 420 E. 2nd St, Moscow
Cost: \$18

3 Third class: Everyday Baking, Gluten Free!

Featured Recipes: Irish Soda Bread, Chocolate Chip Cookies & Meringues

Have you discovered the healthful benefits of eating gluten free but find you miss delicious, hot-from-your-oven goodies? Angela's class will give you tips on how to substitute GF flours in your favorite recipes and teach you to prepare some delicious quick, easy and successful gluten free baked products. A food tasting and discussion will follow the cooking demonstration.

Instructor: Angela Bunce
Date: Wednesday, October 3rd, 5:30pm-7pm
Location: UU Church's basement, 420 E. 2nd St, Moscow
Cost: \$18

4 Fourth class: Low Carb "Sunday" Soups

Featured Recipes: Pistou Soup (vegetarian) & Egg Lemon w/ Spinach Soup (vegan)

We all have busy lives. Wouldn't it be nice to make a couple gallons of soup on a lazy day, so you can just grab a quart out of the freezer and heat it up on a busy day? Join Donal, as he shares his time-saving 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.

Instructor: Donal Wilkinson's been a committed vegetarian for 24 years and a type I diabetic for the past five. He's been cooking since his mother first enrolled him in a soup cooking class at the age of eight and now focuses on low carb meals to regulate his blood sugar.

Date: Wednesday, October 10th, 5:30pm-7pm
Location: UU Church's basement, 420 E. 2nd St, Moscow
Cost: \$18

Registration required. Register for one, or any number of these classes, with any Co-op cashier.

Questions? Contact Jennifer Whitney jenwhitney@gmail.com or 882-1942

Sticky Issues

By Kenna S. Eaton, General Manager

I want to start off my article this month by saying I think it's really cool that the newsletter is writing a series of articles on "Local and/or/versus Organic" (thank you, Bill) and what this really means to all of us living in the Palouse. The fact that this month we have asked several community members to address this issue from their perspective makes it even better. And I will admit that I did not expect the concern and questions that I have heard from Co-ops, but it pleases me. It means you're paying attention after all!

Last year, the kitchen staff and I began work on developing a clearer kitchen vision. We felt it would be helpful when making decisions about what items to make or what ingredients to use if we had a unified understanding of the kitchen's role at the Co-op. All of you have done brainstorming, so I'm sure you can imagine the fun we had talking about our favorite subject: Co-op food.

After working together, we identified that the core of our production was making "real" food. You already know the food we make in our kitchen is fresh, from scratch and made in small batches, and in our opinion this began to qualify our food as "real." Next, we identified expectations that customers had that our food would be healthy, clean and safe, meet special needs (like vegan or gluten free), taste good, be different, have informed staff selling it, and that we would use environmentally friendly packaging. On top of those expectations, customers also want to know that we will provide a living wage for our staff, have allergen labeling, enhance the sense of community through events like Community

Dinners, be fresh and consistent, and that we would use local, organic and sustainable ingredients.

This last issue was something I had been reading and hearing more and more about and has become especially important to me. I feel that the Co-op has always been on the cutting edge of supporting something that's different, that isn't widely accepted and that does effect our

economy positively. For many years, we were the folks behind the push for National Organic Standards when it wasn't widely accepted; and when the USDA took over the enforcement of organic standards, it brought a collective cheer from the co-ops around the country. Unfortunately, in the interests of providing organic food for an ever-increasing segment of the American population, several things have happened to those organic standards along the way. Although the standards do support the importance of environmental impact in terms of chemical usage, they do not address the importance of preserving and enhancing the soil, or human rights (like a living wage), or many of the other areas that we had originally wanted for our organic standards.

At the same time, I had been hearing lots of good things about the Food Alliance and their goal to support those other, missing, important parts of the food production process. And I had been hearing about "Shepherd's Grain" in particular as being a family-owned wheat-growing operation that "focuses on soil sustainability and protecting the land for future generations." Knowing that this wheat was grown close to home (its "alliance of progressive family farms" includes farmers in Genesee, Colfax, St. John, LaCrosse and Orofino) made it even more interesting to me. At my request, we had the bakery staff look further into the Shepherd's Grain flour — its story, its availability and its quality. It was of great interest to us to discover that they were blending the flour particularly for

“Although the standards do support the importance of environmental impact in terms of chemical usage, they do not address the importance of preserving and enhancing the soil, or human rights (like a living wage), or many of the other areas that we had originally wanted for our organic standards.”

bread production, something lacking in the organic flour we had been using. We requested some samples and started testing the product out. Our bakers liked working with the flour, it was easy to get (it is distributed through a mainstream distributor based in Spokane, so we don't have to back stock a ton) and it's milled in Spokane. After meeting several times with Fred and the other guys from Shepherd's Grain, we were sold.

Frankly, we have been very happy knowing who's growing and milling our flour, we like the product, and we like the emphasis they put on preserving the Palouse soil. And in our opinion, it fits with the expectations that our customers have of our products: local, sustainable and yummy.

Since our bakery production is complex, we use a large quantity of flour for breads, cookies, deserts, and other baked goods like quiche and breakfast pockets. We do use a lot of other flours such as rice and tapioca that require special handling. We still use organic spelt (because local isn't available) but it isn't possible for us to use two dramatically different wheat flours (one local and one organic) in our kitchen. The facility, and our staff, are simply too small to handle the added complications.

In the final draft of the kitchen vision, we decided to create a memorable quote that could summarize our thoughts, and though it smacks a bit of Barry Manilow, I do like it: "We make the food that brings people together."



Illustration by Elizabeth Carney Sowards

Organic is the Answer?

By Bill London, newsletter volunteer editor

Thirty or forty years ago, organic food was the obvious answer.

The questions varied, but the answer was the same. How do we stay healthy? What agricultural method is best for our environment? How do we build an economically democratic agricultural system? How do we keep family farms alive? How do we create a strong food co-op system?

The solution to all our problems was

organic food.

Ah, life was so simple then.

Now, look around, this dream came true. Organic food has gone mainstream. More and more people want, eat, grow and support organic agriculture. And with that popularity has come corporate money.

Multinational corporations own virtually all of the organic brands that

sprouted up like so many mushrooms in the 1960s and 70s. Multinationals own huge dairies, acres of vegetables, and factories processing a wide variety of food—all organic.

Organic food today can be similar to the industrial-

strength stuff it replaced.

And that's especially true if the organic food is shipped from exotic locations (think China) beyond third-party testing to verify its purity.

Sigh. What is a consumer to do?

For some reasonable advice about making food choices, here's a suggestion from chef Peter Berley in his new book, *The Flexitarian Table*:

"I believe in seeking sustainability—that is, a way of eating that can be sustained physically and financially and with our natural resources. Does this mean I always choose organic? No, in fact, I often prefer local foods, which I know are fresh and in season, even if they are not organic. Small, independent farmers generally take better care of their land than huge agribusinesses, which, while they may have organic certification, are likely to deplete the soil by not rotating crops or letting land lie fallow, and to rely more on fossil fuels and energy-draining refrigeration to store and ship their products."

With the options here in Moscow, we can often

choose local AND organic. That is ideal. But when faced with a choice of local OR organic, what are we to do?

In some situations, perhaps the easiest answer is to trust the Co-op. The Co-op staff spends lots of time researching the sources, balancing the options and making the choices.

For example, the staff chose local non-organic flour instead of imported organic flour for use in bread-making at the Deli. I think that is a reasonable choice and I am glad I didn't have to bother to weigh all the pro's and con's.

Bill London edits this newsletter, and will until mid-September, be blessed with a visit from four of his favorite women: his mother, niece, daughter and uber-adorable granddaughter.



“Organic food has gone mainstream. More and more people want, eat, grow and support organic agriculture. And with that popularity has come corporate money.”

Local versus Organic: Certified Naturally Grown

By Ken Bunzel, Living Soil Microfarms

Recently the Co-op has been in a discussion about whether to supply organic or local food items when the combination of the two is not available. It seems the consumer demand for local foods has increased at the same time that large-scale organic growers have increased the supply of non-local organic items.

A related issue is that consumers sometimes don't know if an organic item is local. It would be great if the USDA Organic Program had two organic labels: one that was small-scale and local, and the other that was not. Unfortunately, the organic agribusiness would lobby congress against such a distinction, rightly feeling that it would lower the value if their own organic products.

An alternative label that is not affiliated with the USDA Organic Program is Certified Naturally Grown (CNG). This label is a grassroots effort by small farms across the country that sell locally. There are a few farms on the Palouse

currently participating in the program. The Certified Naturally Grown label guarantees consumers the following:

- ✦ Your food is grown or raised following the publicly available USDA National Organic Program Standards.
- ✦ You are supporting small farms.
- ✦ You are supporting the local community, and your food has not traveled long distances to reach you.

Local, small-scale farmers/ranchers using organic methods might be attracted to Certified Naturally Grown for the following reasons:

- ✦ A label that provides the above guarantees to the consumer, which distinguishes the CNG farmer from agribusiness organic and non-local organic.
- ✦ An opportunity to meet other local farmers practicing sustainable agriculture through the inspection process.

No Pesticides

By Anne Bowler

In regards to the Co-op Community news article: I would love to buy local at all times, but I feel very hesitant to buy the breads baked at the Co-op now since we have gone to the local Shepard's Grain growers. We do not know how much pesticides they are using and, honestly, I don't want ANY pesticides used in the growing of the food that I eat. Thank you for listening.

✦ CNG is committed to maintaining strict standards in the future, even if the national standards erode.

✦ Reduced expense and paperwork.

Why are CNG products not called "organic"? The USDA Organic Program specifies that only products registered with the USDA Organic Program can be labeled as "organic". To remain within the law, CNG farmers won't sell their products as "organic," even though many have been growing organically long before the national standards were started.

I appreciate the effort to establish a single national label for organic to reduce consumer confusion and increase consumer confidence in organic. However, the increased demand for organic foods is being met by large-scale farms becoming organic. This results in

the small-scale organic growers being lumped together in the same label as agribusiness organic. Many organic growers are still small scale, but they don't produce most of the organic produce anymore.

I have been gardening organically for over 30 years and have seen a lot of change since the early years of the organic movement. There are now some who see organic as merely a lack of chemicals. But words such as "Sustainable Agriculture," "Agroecosystem," "Permaculture," refer to a bigger picture. To me, Certified Naturally Grown represents a move toward the ideals of organic farming. To learn more about the Certified Naturally Grown program, you can visit the website at www.naturally-grown.org.

Finger Licking Lemon Grass

By Jordy Byrd, Newsletter Volunteer

I have never heard of lemon grass. So naturally, when I discovered that the Co-op sold Aura Cacia lemon grass I had to buy it. To be honest, I was expecting a flimsy little stalk with a light to mild flavor, but boy, was I mistaken. Lemon grass has a thick bold stalk and a taste so strong it kicks your tongue right out of your mouth. Lemon grass proved to be small but feisty, much like myself. I like the ingredient already.

Lemon grass is a perennial plant and it's a native of India. It's widely used in Thai and Vietnamese cooking. Depending on the area you live in, the plant will go dormant in the winter. In harsh climates, the plant will need to be potted and wintered indoors. This aromatic herb is used in Caribbean and many types of Asian cooking and has become very popular in the United States. Most of the commercial crops for the U.S. are grown in California and Florida.

This is a very pungent herb and is normally used in small amounts. The entire stalk of the grass can be used. The lemon flavor of this grass blends well with garlic, chilies and cilantro. The herb is frequently used in curries as well as in seafood soups. It is also used to make tea.

This grass is rich in a substance called citral, the active ingredient in lemon peel. This substance is said to aid in digestion as well as relieve spasms, muscle cramps, rheumatism and headaches. Lemon grass is also used commercially as the lemon scent in many products including soaps, perfumes and candles

I chose my first dish, Lemon Grass Chicken with Chili, because, let's face it, I live for stir-fry. The lemon grass was firm and rather difficult to cut up, but the aroma it produced made the kitchen smell wonderful. I even couldn't help but admire the fresh ingredients piled on the cutting board. Fresh vegetables create a truly beautiful display. The finished product was light, textured and flavorful. The chicken absorbed the lemon and honey nicely, while the chilies and fish sauce gave the whole dish a wonderful kick.

My second dish, Lemon Grass Parfait with Pineapple Salsa, took more patience than I had that night. Let me emphasize that I had a very long day, and whisking for 15-20 minutes was not my idea of fun. Moreover, I've discovered that I am nearly incapable of successfully separating egg yolks from egg whites. AND, the first time I tried the recipe, I used regular sugar instead of confectioners' sugar (I mean, who really calls it that—it's simply powdered sugar!) Aside from those rantings, the parfaits were delicately sweet. I personally feel as though they could stand alone without the pineapple and especially the pink peppercorn garnish.

Resources

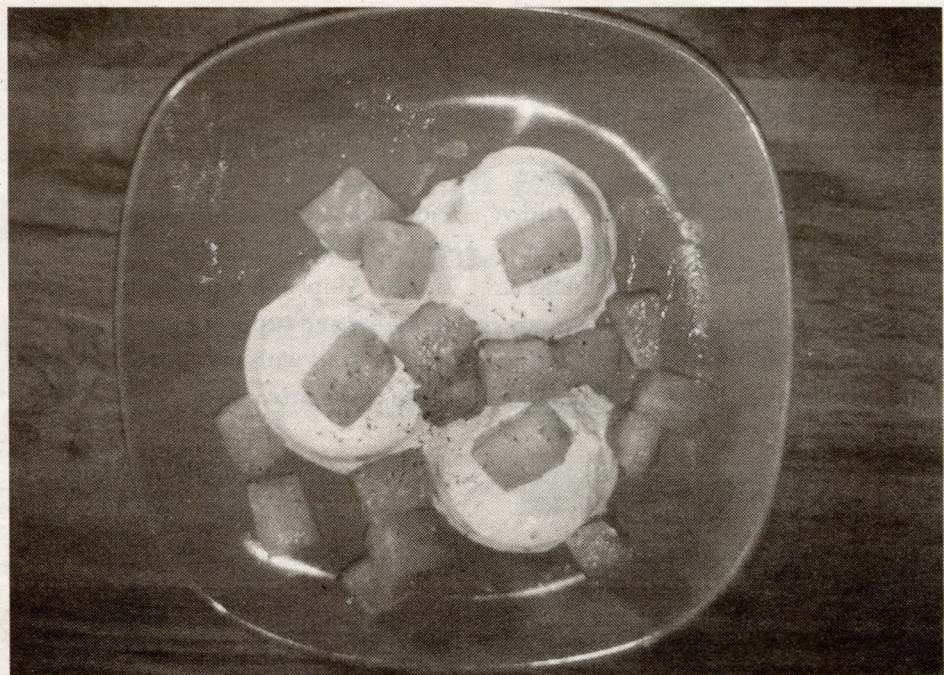
www.melissas.com/recipes/index.cfm?Recipe_ID=1955

www.gourmetsleuth.com/lemongrass.htm

Lemon Grass Chicken with Chili

- ✦ 2-3 lbs. chicken (or beef)
- ✦ 4 cloves garlic
- ✦ 1 lg. yellow or white onion
- ✦ 3 Tbsp. vegetable oil
- ✦ 1 tsp. salt
- ✦ 2 Tbsp. minced lemon grass
- ✦ 1 tsp. ground chilies (to taste)
- ✦ 4 Tbsp. fish sauce (Nuoc Mam)
- ✦ 2-3 spring (green) onion stalks
- ✦ 2-3 Tbsp. coarsely ground peanuts
- ✦ 1 Tbsp. sugar
- ✦ 1 Tbsp. honey

Cut chicken into small pieces (either "nuggets" or small strips). Peel garlic and slice finely. Cut onion into 1/2-inch strips. Peel off the hard outer layers of lemon grass stalk and discard. Mince the soft inner layers of the stalk. Heat oil in large frying pan over medium heat. Add salt, garlic and onion. Fry over medium heat until onion is opaque. Add lemon grass and chili. Fry 1-2 minutes until fragrant. Add chicken and cook until lightly browned. Mix in fish sauce, sugar and honey. Cook until chicken is the way you like it. Stir occasionally and add water if necessary. Serve over white rice. Garnish with peanuts.



Lemon Grass Parfait with Pineapple Salsa.

Lemon Grass Parfait with Pineapple Salsa

- ✦ 3 cups heavy cream
- ✦ 10 stalks lemon grass
- ✦ 3 Tbsp. pure vanilla extract
- ✦ 4 vanilla beans
- ✦ 12 egg yolks
- ✦ 1 3/4 cups confectioners' sugar

Pineapple Salsa

- ✦ 1 pineapple, peeled, cored and cut into 1/4-inch dice
- ✦ 1 orange (juice freshly squeezed)
- ✦ 1/2 tsp. ground white pepper
- ✦ 1 Tbsp. pink peppercorn

In a medium saucepan, combine the cream, lemon grass and vanilla extract. Halve the vanilla beans and scrape the seeds into the cream. Add the beans and bring just to a boil over high heat. Immediately reduce the heat to low simmer, uncovered, until the mixture has reduced by 1/4, about 30 minutes. Remove from the heat and cool, then refrigerate, covered, for at least 6 hours and preferably overnight. Chill a medium bowl. Strain the cream into the bowl, discarding the lemon grass. Beat until stiff peaks form. In the top of the double boiler over barely simmering water, combine the egg yolks and confectioners' sugar and cook, whisking constantly, until the mixture forms a ribbon when whisk is lifted from the pan, 12-15 minutes. Transfer to a mixer bowl and beat at high speed until lightened and pale in color, about 10 minutes. Fold in the whipped cream. Place them into molds on a parchment-lined baking sheet that will fit into your freezer. Pour the mixture into the molds and freeze until firm, at least 8 hours, preferably overnight. While the parfaits chill, prepare the salsa. Heat a medium non-stick saucepan over high heat. Add the pineapple and sear, stirring, about 1 minute. Reduce the heat to medium. Add the orange juice and white pepper, and cook until the pineapple is tender-firm, 3-5 minutes. Keep warm. Surround the parfaits with the warm pineapple salsa, garnish with the pink peppercorns and serve.



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Omnivoria: Country Natural Beef

By Alice Swan, Newsletter Volunteer

When meat manager Scott and I were discussing possible topics for my column this month and Country Natural Beef came up, I thought it was a particularly good topic for me to write about just now, since my family has just moved into a new (new to us anyway — it was built in 1903) house that is in serious need of a kitchen renovation. Because the outdated kitchen, which we are going to renovate very soon, has no dishwasher and a serious lack of counter space, the idea of writing about beef immediately appealed to me because of its grill-friendly qualities. “Outdoor cooking — no pots to wash!” is what jumped into my mind.

Country Natural Beef is one of Scott’s favorite products that the Co-op carries, and it is a marketing co-op with 55 family ranch members. It was founded in 1986 as Oregon Natural Beef with 14 member ranches. It has recently expanded to include ranches in Washington, Idaho, Montana, Wyoming, Colorado and Hawaii, at which time its name was changed to Country Natural Beef. The mid-1980s was a hard time for beef ranchers, when consumers were starting to become aware of bad ranching practices, and the health industry was bad-mouthing red meat.

Connie Hatfield, one of CNB’s founding members, recalls a conversation with a fitness trainer in Bend, Oregon, that inspired her to the marketing cooperative. He assured her that he thought red meat was important to a healthy diet, that he told all his clients to eat it at least three times a week, and then told her how difficult it was to get Argentine beef in Bend. When pressed about why he favored Argentine beef, he described the exact properties of the beef that Connie and her husband Doc raise: hormone and antibiotic-free, with only a short amount of grain-fed finishing time, leading to a lean, healthy end product.

All cattle on CNB ranches are owned from birth by the ranches; they don’t buy cattle on the open market, therefore assuring that the cattle they raise are the offspring of natural, free-range cattle themselves. Like all the natural meat the Co-op carries, CNB products are hormone and antibiotic-free, and they are fed an all-vegetarian diet. CNB cattle are pastured according the “Graze Well” principles of the cooperative, which specify enormous respect for the land, including many safeguards against over-grazing and for maintaining a diverse ecosystem in grazing land.

I like the comment of one CNB ranch owner, “we thank our children ... for letting us borrow this land.” This illustrates a deep commitment to sustainability on the ranches that is sadly missing from many conventional beef cattle operations.

CNB cattle are all grain-finished at Beef Northwest in Boardman, Oregon, at what they refer to as a “gathering lot” rather than a feedlot. Beef Northwest is owned by a CNB rancher, and the cattle are sent there to ensure a consistent supply. Cattle spend an average of about 90 days there (as compared to the industry standard of up to 140 days), and are fed a diet of potatoes (waste from a nearby food-processing plant that would otherwise wind up in a landfill), alfalfa and corn (the latter is grown on-site and constitutes a much smaller portion of the diet that typical for grain-fed beef). For anyone who has read about the difficulty cows typically have digesting grain diets in The Omnivore’s Dilemma, rest assured that this diet is easy enough for the cows to digest that it does not require additives in their food.

One of the things I found most interesting about Country Natural Beef is that they do not have, and do not wish to have, organic certification. Although I understand that it can be difficult for small producers to come up with the money and time to go through the certification process, I generally see it as a good thing. But all together, the CNB member ranches cover over 4 million acres of range. There’s no practical way to ensure that every bite the cattle take from all that land is organic. Much of the rangeland is unfit for agriculture, and the cattle eat plants that humans can’t digest. The only way to obtain organic certification would be to confine the animals and feed them certified organic hay or grain, which in the end is a much more resource-heavy and less sustainable way to raise cattle. For more information on all of this, see CNB’s very informative web site, www.countrynaturalbeef.com.

Our favorite way to eat Country Natural Beef is as grilled New York Strip steaks. The meat is so good you hardly need a recipe, but I’ve included some grilling tips from my husband, who is a true grilling virtuoso. We recently enjoyed these steaks, balancing the plates on our laps (luckily the meat is exceedingly tender and therefore very easy to cut!) because the dining room table is still covered in boxes. CNB compares very favorably to Eaton Natural Beef, which is a local beef that

the Co-op also carries. There’s a larger selection of products from CNB, since it’s a larger operation that is able to provide a more consistent supply. Both producers have similar philosophies and practices—Eaton Beef is usually my first choice when I want beef, but CNB is an excellent second choice if the Eaton is out of stock or I want a cut that’s not available from them.

Beef Grilling Tips from Grill Maestro Nick

Following are tips from my husband for grilling a nice lean natural beef steak.

- ✦ Get as thick a steak as you can find—this makes cooking it rare (in Nick’s mind the only real way to eat beef) easier
- ✦ Season the steak well with salt and pepper. Use sea salt and freshly cracked pepper — a good cut of meat deserves good-quality seasonings
- ✦ If you want a little more flavor than just salt and pepper, mince garlic with lots of fresh rosemary and rub that generously on the steak also
- ✦ Use natural lump hardwood lighted in a chimney starter instead of something like Kingsford charcoal and lighter fluid—Kingsford charcoal is made from wood scraps from the furniture industry which contain toxic glues and finishes—don’t ruin your nice natural meat by cooking it over nasty chemicals.
- ✦ For cooking lean steak, you want a very hot fire—one that you can only hold your hand over (a few inches above the grill) for 2-3 seconds
- ✦ Sear your seasoned steak for 60-90 seconds on each side. If you like it rare, then it’s done.
- ✦ If you want your steak cooked more, begin the whole grilling process by arranging your coals on one side of the grill. After searing the steak as described above, move it over to the side of the grill without coals to continue cooking it. Searing it seals in the juices, and moving it away from direct heat allows it to cook further without burning.

Alice was sorry to hear that meat manager Scott is leaving, but he assured her that he will teach the new meat manager to make bratwurst before he leaves.

Warning

KRFP, Radio Free Moscow, is known in this community to broadcast dangerous messages related to:



- **Skepticism** towards justification of military intervention and high military budgets;
- **Intolerance** of legal and judicial systems that put large numbers of minorities and the poor in jail;
- **Vigilance** of the way our elections are run and votes are counted;
- **Tolerance** of women who hold hands with other women in public. Same for guys; you know who we mean;
- **Acceptance** of people who speak with accents;
- **Tree-hugging**;
- **Observance** of the **First Amendment of the Constitution**;
- **The desire** for everyday people to **have a say** in how things are run.

Inform yourselves of these dangerous views by listening to KRFP, Radio Free Moscow, at 92.5 FM, or listen online at www.krfp.org.

Letter from the Land: Unconnected

By Suvia Judd, Newsletter Volunteer

I was driving to Post Falls for the first time in awhile, and turned left just over the river in Coeur d'Alene. I was startled by all the huge new buildings going up on Northwest Boulevard. Multi-story office buildings and ranks of condominiums are under construction, and a huge new movie theatre complex squats next to a parking deck just back from the riverfront.

I was thinking about the large influx of money that must be fueling this building boom, and I was reminded of what can happen when you apply large amounts of nitrogen fertilizer to a farm field. You boost the production of your crop, but you can also have run-off into streams, and infiltration into wells that can harm the ecosystem and the human water users.

The permaculturists say that pollution is a what you get when you have an underused resource. A friend told me this, and we contemplated it as a proposition. Of course, the first thing

we each did was run through all the nasty pollutants we could think of: "I read recently that some scientists think that there are bacteria inside the Chernobyl reactor which are living on gamma radiation," my friend said, indicating her thoughts had gone where mine had. Wow, interesting, if true. It IS true that in any ecosystem, eventually some organism will move in to use an unused resource, i.e., to occupy an unused niche.

It is also true that adding energy to a system produces change in a system. This can be an intentional, and hopefully controlled process, like adding heat to speed a chemical reaction, or to cook your food, or an uncontrolled one, like a wildfire, a hurricane, or a volcanic eruption. And then there are the many things humans do that have some intended and some unintended results.

Permaculture is all about intentionality. Permaculturists tend to be cautious

about adding large inputs of energy to their planned ecosystems, and they look for ways to collect and conserve whatever inputs there are, whether natural or added. Consider a bare hill on the Palouse. If rain falls on that hill you have pollution, in the form of sediment in the streams, and you also lose part of the soil resource. You can plant an annual crop, reduce runoff, and get a return. You can plant a perennial crop, and reduce run-off further. If you make small modifications to the land surface, you can capture the moisture and bank it in the soil and plant fruit trees on it and plant perennial legumes to fertilize the fruit trees, and attract pollinizers, and so forth. Permaculturists modify the landscape and add organisms to capture resources, mimicking and accelerating what happens in a natural ecosystem.

Big inputs of energy break up the existing connections in an ecosystem. Permaculturists try to make new connections. In an issue of Permaculture

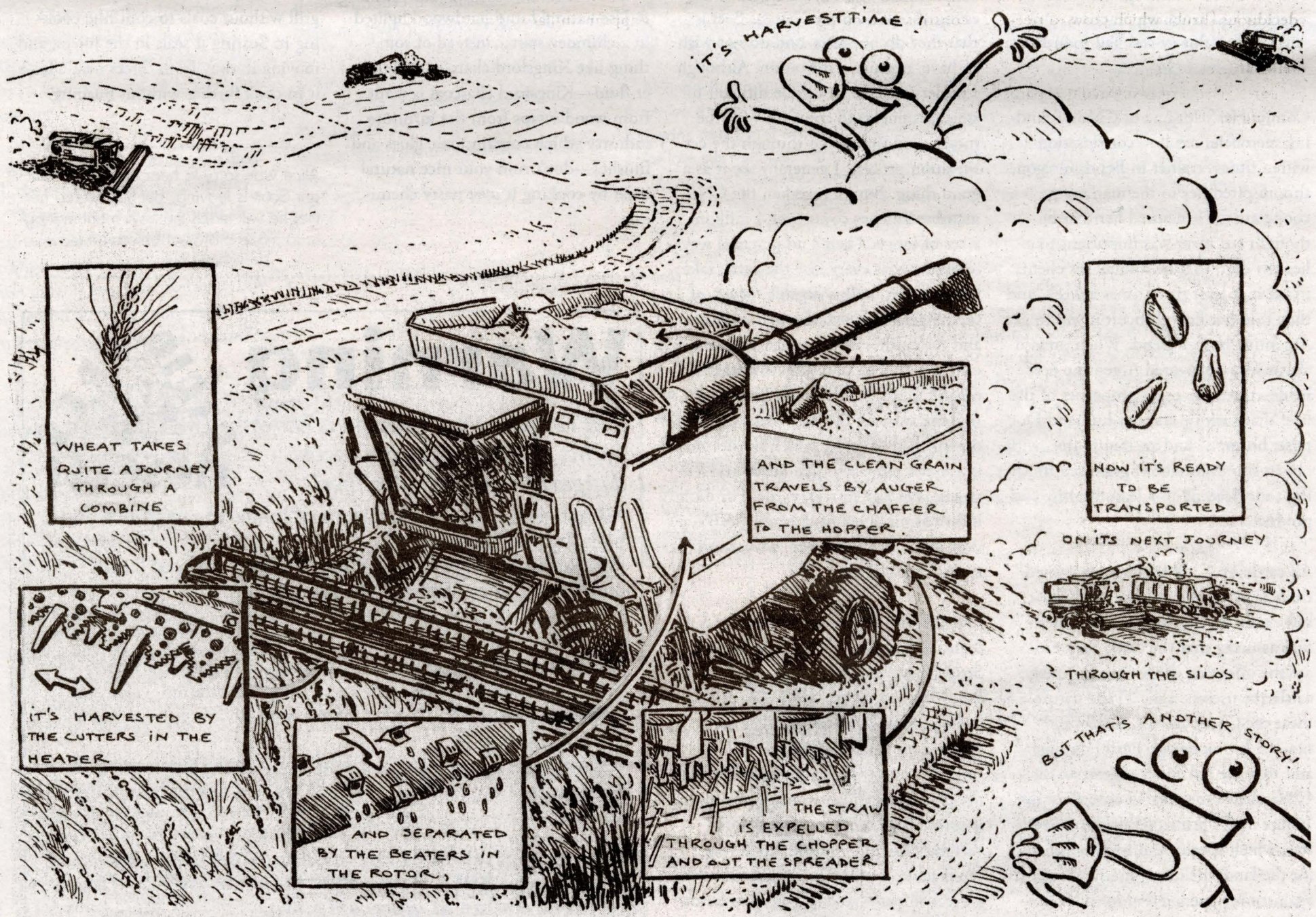
Activist, a visitor to a Brazilian permaculture site described asking the designer-farmer about yields: what crops was he growing? The answer was, right now, he was focusing on making connections. Permaculturists do care about yields, since generally they want to be sustained by their sites, but the overarching concern is with capturing resources by enriching connections. Then you look for where the yields can be drawn off.

As I drive through Coeur d'Alene this week, I am going to be thinking, "How can the pollution/unused energy from this development be captured by making new connections in the community?"

Resources: Banking water in the soil is described in books on permaculture by Bill Mollison.

Suvia Judd captures energy for her thoughts while doing barn chores.

PALOUSE REPORT: Wheatfields to Grains of Wheat



Wild & Free: Hawthorn

By Sarajoy Van Boven, Newsletter Volunteer

“Wild Thing,
you make my heart sing.
You make everything
Groovy!”
—Chip Taylor 1965

Every haw has its thorn. A truism we might as well get used to. And the black pomes of Hawthorn trees are no exception. We can all be grateful that these thorns at least have edible fruits accompanying them and are not merely thorns for the sometimes sadistic nature of nature.

Black Hawthorn is normal English for *Crataegus douglasii*, which is Latin for Greek kratos meaning “strength” (*Plants of the Southern Interior British Columbia and the Inland Northwest* by Lone Pine) and “douglasii” meaning Northwest Explorer-Naturalist David Douglas probably first described it in English/Latin, in writing, to the name-it-claim-it English-European culture. His name claims many plants.

The Black Hawthorns, prevalent along the paths, streams, roads, and remaining wild hills of the Palouse, are native, deciduous shrubs which grow to tree-like proportions. Luckily our black hawthorn is more haw than thorn with a sparse arsenal of easily avoided barbs. Among these grow an abundance of thick, ovalesque leaves with saw-toothy edges. These are dark and shiny on top with a lighter, matte green on bottom. Dangling among these leaves are clusters of miniature black apples, called pomes, haws, and/or berries. Unfortunately, the seeds are not as miniaturized, thus rendering an already mealy-fleshed, bland-yet-sweet berry guarded by stout thorns even less desirable.

But desire it you should, for this is a pome for your heart, the Pablo Neruda of vascular health. Just as the thorns of the rose have not deterred lovers, neither should these thorns deter the heart-sick. Studies and lore find this pome reducing hypertension and mildly stimulating the heart (cites at wikipedia.com, and *Edible and Medicinal Plants of the Rockies* by Linda Kershaw). As with many matters of the heart, perseverance pays off with Hawthorn; the longer it is used, the better the results.

Not so romantically, fresh haws and inner bark tea is said to dam diarrhea (*Edible and Medicinal Plants of the Rockies*). Surfing the Internet, I noticed academic papers referring to Native Americans using the plant to stop diar-

rhea in children (the conclusions of these papers were held hostage for sums beyond my budget). However, other sources complain that haws cause constipation. If you have diarrhea, a little constipation sounds very nice. So, if you get diarrhea from Hawthorns, this is Not also your cure; just stop while you’re ahead, go home and eat some cookie dough. If I got diarrhea from some other source, say wild and free Giardia’n’friends, I would give a “moderate” amount of haws a solid chance to show off their talents.

Hawthorn tea is also purportedly used to treat kidneys, nervousness and insomnia. Assays of the local, prolific Black Hawthorns show these dark haws are highest in flavonoids, and a tea is recommended for repairing connective tissues. (*Edible and Medicinal Plants...*).

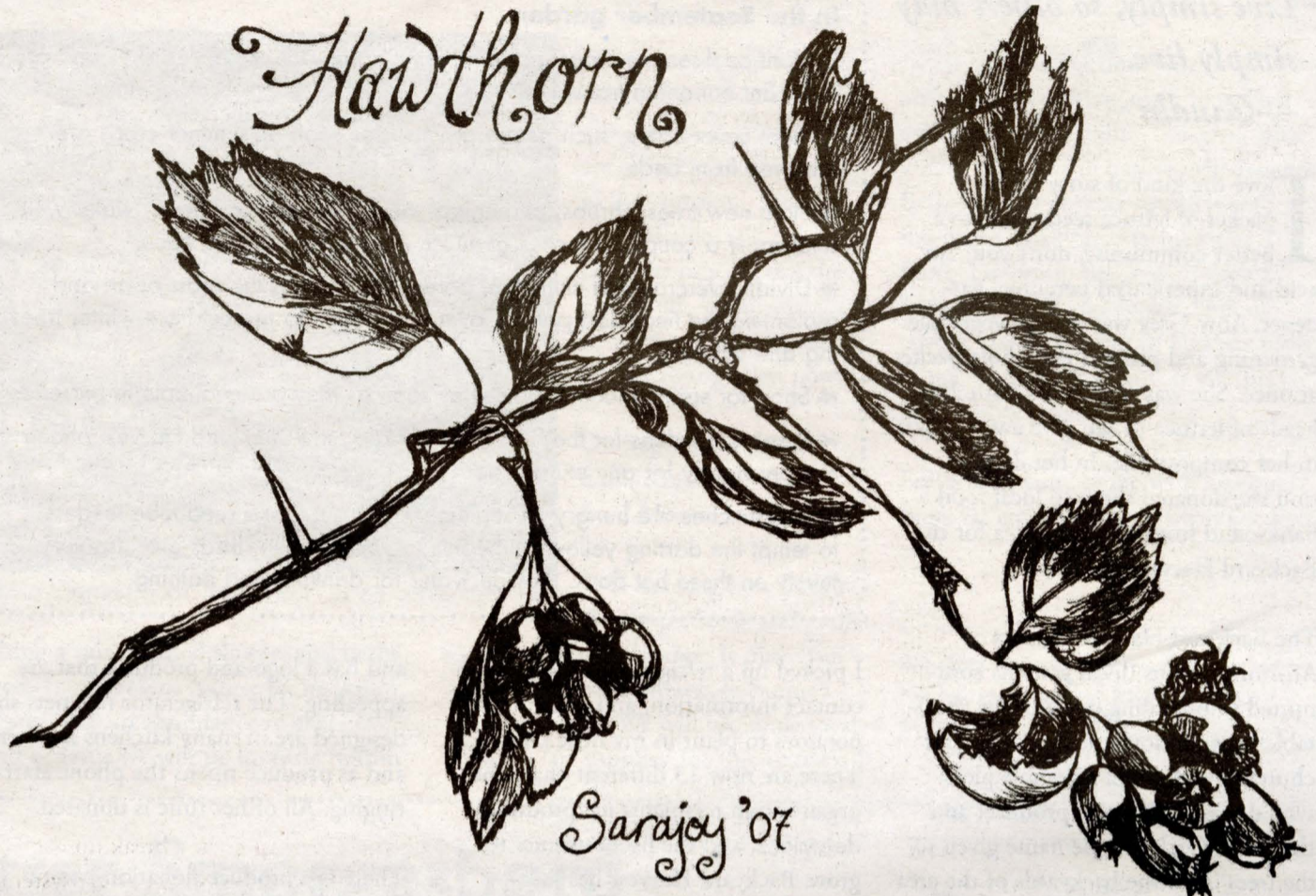
Methods of ingestion and preparation vary. Poetically, you might sup upon raw pomes. Or you could dry and store them for later teas and infusions. The tea could be made by crushing the hard haws and steeping them in boiled water for a little while. An infusion of the crushed berries could also be made by soaking them overnight in cold water, then boiling and straining them. (*Herbal for the Childbearing Year* by Susun Weed). The Native Interior peoples turned them into fruit leather cakes. (*Plants of Southwestern Interior...*) Mashed and strained of seeds, these high-pectin fruits are jammed and jellied by people with way too much time on their hands.

As usual, be sure you’ve got the right berry before you invite it into your heart. Other berry-bearing, shrubby trees, such as Buckthorn, whose berries cause severe diarrhea and vomiting, appear similar to Hawthorn. Other warnings are for poking out your eye with thorns, of course. Some say they aren’t for children, pregnant, or people with heart issues, however others recommend this gentle healer specifically for those sorts.

Robust health and a singing heart are the just rewards for perseverance in the face of thorns and slow cumulative

effects. Hawthorn is for spiritual and physical ailments, the heart-sick, the dysenteric and/or the distressed who are determined to make everything groovy.

Sarajoy’s perseverance through a pummeling by wild’n’free waves’n’boards finally paid off when she learned to surf this August.



WELCOME BACK TO SCHOOL!

The UI Women’s Center warmly invites you to come and check out upcoming programs:



Tuesday, Sept. 12 - 1:00 to 5:00 pm
Women’s Center Open House! Join us to meet or re-meet Women’s Center staff and learn about new programs this fall. Free food, raffles, cool giveaways, and special guests.

Wednesday, Oct. 3 - 12:30 pm
Feminism 101: Brown Bag Lunch
A new “Back to Basics” lunchtime program with guests and discussion. We’ll reconnect with our “F-word” roots in an effort to reclaim our terminology!

Thursday, Oct. 4 - 5:00 pm
“Wanderlust and Lipstick: An Essential Guide for Women Traveling Solo” by Beth Whitman. Meet the touring author who’ll talk about her book and sign your personal copy!

All programs will be held in the Women’s Center lounge in the Memorial Gym, Room 109 on the UI campus

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In The Garden: Backyard Harvest

By Holly Barnes, Newsletter Volunteer

“Live simply, so others may simply live.”
—Gandhi

I love the kind of story where a packet of lettuce seeds leads to a better community, don't you? An avid and experienced perennial gardener, Amy Grey was new to vegetable gardening and planted the whole packet at once. She was soon faced with 200 heads of lettuce to eat, give away or put in her compost pile. In her desperation she donated them to local food banks, and from there the idea for the Backyard Harvest was born.

The Backyard Harvest consists of Anchor Gardens (local gardens committed to providing produce for charitable organizations); local homes and churches with small vegetable plots who donate ripe, extra produce; and the Town Orchard, the name given to the trees in all the backyards of the area whose fruit has been gifted to Backyard Harvest this season.

Local newspapers featured Backyard Harvest this spring in articles that have helped raise awareness in the community about this marvelous program. Backyard Harvest also has a presence at the Moscow Farmer's Market, where

In the September garden

- ✦ Plant cool-season crops including lettuce, spinach, kale, radishes and arugula. Set out onion transplants.
- ✦ Plant cover crops, such as rye or vetch, as soon as summer crops are removed from beds.
- ✦ Plant new trees, shrubs, perennials, vines and ground covers, water well and apply a couple of inches of mulch around the base of each.
- ✦ Divide overcrowded clumps of perennials, pulling the roots apart and replanting the healthiest parts. Cover with mulch to protect from winter freezing and thawing.
- ✦ Shop for spring-blooming bulbs as soon as they are available in nurseries.
- ✦ Prepare gardens for the first frost and keep the Backyard Harvest phone number handy for any extra produce.
- ✦ Goldfinches are hungry in September. Put out thistle seed tube feeders to tempt the darting yellow sunbeams to your garden. Birds are also very thirsty on these hot days. Provide water for drinking and bathing.

I picked up a refrigerator magnet with contact information, and some seed potatoes to plant in my little plot. There are now 13 different charitable organization recipients for produce donations, and the list continues to grow. Backyard Harvest has locations in Moscow; Pullman; Lewiston; Clarkston; and Paso Robles, California.

After talking to Amy Grey, the dynamo behind the project, and a graphic designer, I understood the success they were having. Her energy, zeal and enthusiasm are infectious. She is picking produce morning, noon and night

and has a logo and products that are appealing. The refrigerator magnets she designed are in many kitchens in town and as produce ripens the phone starts ringing. All of her time is donated.

There is a produce donation box on the front porch of Palouse Clearwater Environmental Institute on Rodeo Drive. PCEI has become the sponsoring organization for Amy's program, freeing her up from administrative duties.

Many of the commercial farmers donate produce each week after the

Farmer's and Grower's Markets. Local churches are donating produce and hosting plots for growing produce.

As of August 15, 3,500 pounds of produce had already been gathered, with much of the harvest season remaining. Last year's season total was 4,500 pounds, so the expectation is for more than doubling this year. Over 1,000 pounds of cherries were picked this year.

The program depends on volunteers of all kinds. Needed are people to volunteer trees for the Town Orchard, plots for Anchor Gardens, and produce when it's ripe. Also needed are volunteers to pick, dig and glean as appropriate and to deliver produce to the Food Banks and other programs receiving the bounty.

To volunteer, donate produce or for more information about the Backyard Harvest and the Town Orchard projects, call Amy at 669-2259, email her at: amy@backyardharvest.org, or visit the website www.backyardharvest.org.


Holly Barnes enjoyed being part of the Town Orchard when a tree she shares with neighbors was gleaned of ripe plums. What an easy way to share in the giving of bounty.



Dorothy Smith and her grandson, Taylor, in front of her raspberries. This image should have appeared with last month's column, we apologize!



Amy Grey and Doug McFall gleaning from a plum tree in the Town Orchard



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Celebrate The Harvest With Co-op Kids! In September

By Rebekka Boysen-Taylor, Co-op Kids! Volunteer

As a HOT summer comes to a close, I am looking forward to all the beautiful autumn hues here in Moscow. During the month of September, we have some great activities for young and old alike. Actually, this is the perfect time for you to join us if you haven't been before. All ages are welcome to attend and there is no cost thanks to the folks at the Co-op.



Come and make a Garden Soak Sachet with us on September 12th

On September 12 at 9 a.m. we will meet in the Cafe at the Co-op to prepare luxurious garden soaks.

Using a mix of dried flowers and herbs from local gardens (please let me know if you have an abundance to share for this activity, we will tie up little muslin

sachets to toss in the bath-water. A wonderful end for our gardens and when you are done throw the herbs in the compost! Young and old alike will enjoy both the process and the end result. These are also a lovely gift idea, so start drying your garden now.

On September 26 at 9 a.m., come and make a Seed Mosaic in the Café.

It is amazing how beautiful simple seeds and grains look next to one another. It may even inspire a renewed interest in eating a variety of them! We will use some locally grown 'art supplies' for this activity.

Fall is an amazing time here in Moscow and I really encourage you to get out and show your families firsthand what a busy time it is in nature. My daughter Bella loves to observe squirrels gathering nuts for winter, a farmer friend filling her pump house with squash, potatoes, garlic and apples, and, of course, the movement of familiar birds as the leaves turn. Can you tell this is our favorite season?

Feel free to contact me with any questions via email at amamaswork@yahoo.com.

Rebekka Boysen-Taylor is already keeping her eyes peeled for the perfect pumpkin!

The Kitty Litter Smorgasbord

By Janice Willard DVM, Newsletter Volunteer

It is not a minor thing when people have a problem with their cat not using the litter box. Failure to use the litter box is the leading cause of loss of homes for cats, which often translates to loss of life for the cat, thus representing, by far, the most toxic disease that housecats may face. Secondly, people have a "me-centered" thought process when they think of this issue: it is not you who has a problem with your cat not using the litter box, the cat has a problem with the litter box you expect her to use and the environment you are providing her. Cats in the wilds are clean creatures: they eliminate away from their living space and neatly cover it. If your cat is not using the litter box you have provided her in the artificial environment you are expecting her to live in, really, the cat has a problem with you, not the other way around. Sadly, because of our failure to recognize this is a problem of our creation, many innocent cats have lost their lives.

There are a myriad of reasons why a cat will fail to use the box. Often people think that any urination outside the box is the same, but if the urination is in small amounts and on a vertical surface, this is spraying, not eliminating. Spraying is a communication behavior that can be expressed by any cat (although most frequently seen in intact males) in response to stress. No amount of litter box alterations will affect a spraying issue; it has to be approached differently.

If this is an elimination problem, then other factors need to be examined such

as box location. Is the box in a safe, easy to get to location? Think about it, if you are in a campground in the middle of the night and the only restroom was a three-block distance away over a difficult trail, it reeks to high heaven and there is a convenient bush close to your tent, come on, be honest, what (particularly if you are male) would you use? (This is why we invented chamber pots — so we didn't have to trek outside to a difficult to reach out-house). Look at your box location and put yourself in your cat's paws: who can blame a cat for using your planter like a chamber pot, if her litter box is stinky, arduous to get to or in a busy location where there is no privacy? Likewise, most people don't prefer to eat in their bathroom, if a cat's food and water is placed close to its box, she may prefer to go elsewhere.

Another problem can be the litter box itself. It may be too small, not cleaned often enough, or your cat may just prefer a different substrate. The desire to dig into a loose, crumbly organic material or sand is largely innate. Your cat might not like the cat litter you are using. What we like to buy isn't really the important issue here — what is important is what your cat likes to use. One way to determine what your cat likes is to do a Kitty Litter Smorgasbord test. To do this, place 3 or 4 identical cat boxes in the normal litter box location and fill each with a different litter. At the end of the day, scoop each box and record which litter was used. At the end of a week, a clear preference will likely be obvious

(although, if you have more than one cat, they might prefer different litters, in which case you can provide each in a separate box). It has been my experience that the more fluffy and natural textured a litter, the more cats prefer it. The Co-op has several litters made with natural substances that can be included in your litter test. (Swheat Scoop, Heartland, Here's the Scoop and One Earth cat litters) Using your smorgasbord, you can test these against other brands. However, ultimately, if you want your cat to use the litter, it is not your preference that matters, it is your cat's preference.

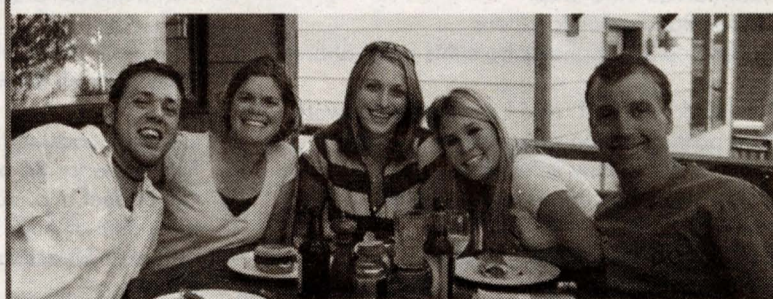


Illustration by Elizabeth Carney Sowards

Janice Willard DVM is a long time Co-op member. Her first book, *Eternal Puppy*, *Groundbreaking Veterinary Advances to Enrich your Senior Dog's Life*, is coming out in September.

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Choices in Wellness: Qigong and Tai Chi

By Dr. Angila Jaeggli

Qigong (also known as Chigong or Chi Kung) is a word combining the two words "Qi" and "gong." Qi (Chi) is defined as our vitality, our life force animates and heals us; whereas gong means "art, discipline, study and exercise." The combination of the two words translates into "cultivating energy" or "manipulation of vital skill." Qigong is an ancient Chinese traditional practice involving coordination of various movements and physical postures with multiple breathing patterns and focused intention. Mainly taught to maintain health and vitality, it is thought to enhance stamina and energy mobilization of the body in coordination with breathing. Qigong is also commonly taught in conjunction with Chinese martial arts, assisting in the full mobilization and coordination of the body's physical, mental and spiritual abilities. Luckily for most of us, you do not have to be proficient in, nor have the desire to be an ancient Chinese martial artist to take advantage of the benefits of qigong. The practice of qigong is actually quite gentle and restorative, and easily learned in a short period of time with focus and dedication.

There are many forms of qigong, although they all come back to a few fundamental principles: breathing technique, mental focus and posture.

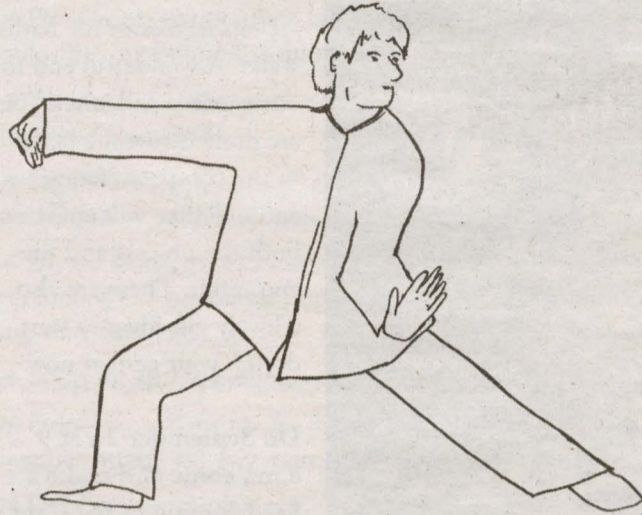


Illustration by Elizabeth Carney Sowards

Practitioners of qigong assert this form of exercise can reduce stress, enhance the immune system, increase vitality and build stamina. Qigong practice can be appropriate for all age levels, from children to the elderly. Local practitioners of qigong Charlotte Sun RN, PhD and Master Sun Da Jin offer classes and instruction at their center, Genesee Valley Daoist Hermitage (208-285-0123).

Tai Chi or Tai Chi Chuan (also known as taiji or taijiquan) is a form of qigong, and means "supreme ultimate boxing" or "great extremes boxing." It was named such to emphasize the yin and yang duality of the taoist philosophy. Although based in martial arts movements, tai chi has developed an inter-

national following of people who have little or no interest in martial arts, but rather practice this art to promote wellness and strength of their overall being. Some call tai chi a form of moving meditation, a fluid, non-impact exercise which purportedly helps to bring about states of mental calm and clarity.

Recognized in China for centuries to encourage health and wellness, western research is beginning to support this claim. Research studies in the Journal of the American Geriatrics Society, Journal of the American Medical Association, and the Journal of Gerontology, to name a few, support the benefit of tai chi for improving balance, strength and mobility, reducing falls, reduction of high blood pressure and the individual's perceived feelings of stress and anxiety. All concluded tai chi to be a safe and healthy exercise alternative for all ages. (Note: all individuals should check with their doctor before beginning any new exercise program.)

Tai Chi practice can vary from very slow and gentle to faster paced, depending on the form. It is important to identify the practitioner's style before beginning to make sure it is aligned with your health and exercise goals. That said, most styles are gentle and appropriate for most people.

To learn more about tai chi, there are several local practitioners in the area available for guidance and instruction: University of Idaho Student Recreation Center, Michael Greenlee (208-885-2161); "Tai Chi for Arthritis" class at Gritman Wellness Center taught by Kari Silvers (208-883-9605); Melissa Rockwood (208-882-5472) and Barbara Hellier (208-875-1654) hold classes at their studio in downtown Moscow; and Healing Point Chinese Medicine Clinic (208-669-2287) occasionally hosts long-time tai chi instructor Sana Shanti, who focuses on the fundamental basics of tai chi, making it an ideal class for practitioners of all styles.

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.

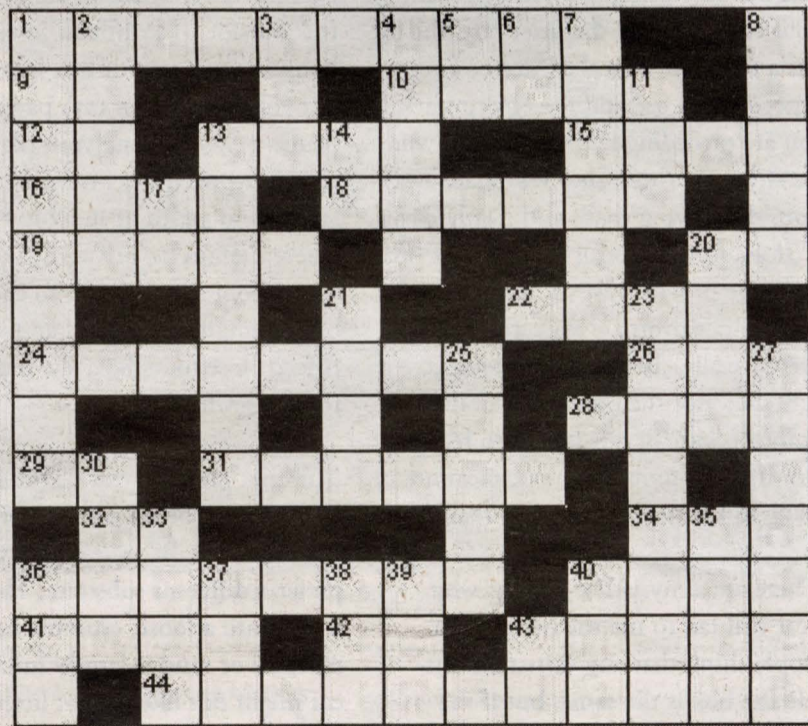
Co-op Crossword

by Craig Joyner, newsletter volunteer

ACROSS

- 1 August's profiled employee Scott _____
- 9 Bulk bin items are priced by the ounce and this, abbreviation
- 10 The L in LCSC
- 12 Bob Barker recently retired from The Price ___ Right
- 13 Lackluster
- 15 Yogi Tea brand has this in green, black, or redbush
- 16 Zilch
- 18 Last month's profiled volunteer, 2nd name, 1st is 1 down & 3rd is 27 down
- 19 Triple crème French cheese, more pungent than Brie, Saint _____
- 20 Call for quiet
- 22 ___ Rescue Remedy
- 24 The Co-op can now compost thanks to the _____
- 26 Word embroidered on a towel
- 28 One of James Bond's classic villains
- 29 Genuine Kona coffee originates from this state, abbreviation
- 31 August's Wild & Free herb also known as bloodwort
- 32 Progressive political action group Move__org
- 34 They provide loans to new entrepreneurs, abbreviation
- 36 You can view her photographs and masks at MFC, last name, 1st is 23 down
- 37 Mountain ___ Honey from Peck, Idaho
- 38 ___ latest diet craze, low-___ (Tuesday to MD)
- 39 Certified Acid business partner that offers natural _____
- 40 Nancy Maxeind, _____

- 1 Last month's profiled volunteer, 1st name, 2nd is 18 across, 3rd is 27 down
- 2 Author of A Doll's House and Peer Gynt
- 3 Neither's conjunction
- 4 Maker of Swiss herbal remedies for colds
- 5 ___ the People
- 6 Disgusted exclamation
- 7 Wheat, gluten, and dairy free yogurt made from brown rice
- 8 Profiled poulterer who provides MFC with eggs, last name, 1st is 13 down
- 11 Modest
- 13 First name for 8 down
- 14 DC's other half
- 17 Avenue or street, abbreviation
- 20 Tibia or Adult Swim cartoon _____
- 21 Common cooking instruction
- 23 First name for 36 across
- 25 Cut of beef and recipe London _____
- 27 Last name of August's profiled volunteer, 1st is 1 down, 2nd is 18 across
- 30 Speck
- 33 Standard
- 35 Local community space Dahmen _____
- 36 The other half of fi when it comes to books
- 37 Baseball abbreviation
- 38 Combine
- 39 Local book title, Mountain Bike Guide to ___ Heaven



- 40 Melancholic
- 43 Abbreviation for lawrencium on the periodic table

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.

The Santa Barter Faire

By Millissa Reeves

The Santa Barter Faire will be held September 8 and 9 at the same site as always, a rural meadow near Santa, Idaho. It is free to set up a booth and free to camp. We request that there be no generators and that food vendors contact our local Panhandle health dept. for a permit at 208-245-4556. This is a family faire. There is a potluck dinner on Saturday and a drum circle. You should bring warm clothes and something to trade or money. There is a parade on Sunday morning; if you have instruments you



The Santa Barter Fair 2006. Photo by Megan Prusynski.

should bring them. There are possible campfire restrictions. Please come and join our little faire. We are 60 miles north of Moscow. There will be signs once you get to Santa. For more information, call 208-245-1253 or e-mail rainbowlove25@aol.com

Compassionate Communication

By Veronica Lassen

FREE Public Introduction to Compassionate Communication, Friday September 7, 7-9 p.m. Everyone is welcome! Come explore this effective and powerful way to connect with those you love and those you work with. Find out how to enhance your parenting skills to increase fun, ease and connection with your children. Discover compassion for yourself and increase your ability to create peace and justice in your world. UU Church, corner of 2nd and Van Buren, Moscow.

12-week Basic Class starting Thursdays, September 13, 7-9 p.m., United Church of Moscow. Prevent

and resolve conflicts and foster understanding, empathy and respect. For more information: Veronica Lassen 882-2562.

10-week Peace-Full Parenting Class starting Mondays, September 17, 7-9 p.m., Community Action Partnership. Enjoy deeper connection and loving empowerment for yourself and your child. For more details: Debbie Grieb 882-3460.

(Cost for either class: \$150 with no one turned away for lack of funds. See www.palousecc.org for more information.)

Iraq War Documentaries To Be Shown in Moscow

By Jerry Swensen

A non-partisan group of local citizens will bring a series of three documentary films about the Iraq war to the Kenworthy Theater in Moscow this October. The committee will also organize a panel discussion or open-mike commentary opportunity after each of these award-winning films.

The three films are: Gunner Palace, which will be shown on Oct. 10; Iraq in Fragments, which will be shown on Oct. 11 through 14; and No End In Sight, which will be shown on Oct. 17. The general admission price for each film will be \$5. The student admission price will be \$2.

This film series is a non-profit event. All proceeds, after expenses, will be donated to two local non-profit organizations: Radio Free Moscow (KRFP), and Veterans of Modern Warfare (Pullman chapter).

The organizing committee is also selling a Sponsor's Pass for \$20 that permits one admission for each of the three films. Although the Sponsor's Pass



costs more than individual ticket prices, the extra funds will support our reduced student admission, and raise additional funds for Radio Free Moscow and Veterans of Modern Warfare.

We hope you will support this event by attending the films, purchasing Sponsor's Passes, and by donating time or money to promote this film series and the two worthy

non-profit organizations that it will benefit.

For further information on the Iraq War Film Series, contact Sid Eder at side@uidaho.edu, or by phone at 883-4770. Checks can be made out to Iraq Film Series (IFS), and sent to American West Bank, 600 S. Jackson St., Moscow.

The members of the committee planning this film series includes: Sid Eder, Ken Faunce, Brian Leekley, Megan Prusynski (graphics), Myron Schreck, Jerry Swensen, and Bertie Weddell.

The "Saturday Sessions": Community Life Drawing Studio

By Tim Daulton

Every Saturday afternoon for the last fifteen years or so, a diverse group of people has gathered in the third floor drawing studio on the UI campus to draw together from a live model. Figure drawing has long been essential to an artist's training. There is nothing quite so universally fascinating to observe and to draw as the human body. However, arranging for models and a suitable space can be daunting for individuals. Hence, our community drawings sessions. The expense of hiring a model is shared, and the University Art Department kindly lends us their well-equipped studio space.

The UI community programs office sponsored our sessions until last summer when the University Administration abruptly decided that community education was not their concern (and wasn't profitable enough either). Thankfully, the art depart-

ment has continued to allow us to use their studio, and Moscow Parks and Recreation agreed to take over advertising and registration. Although they didn't get us into this year's fall bulletin, we will be meeting Saturdays from September 8 through November 17 before taking a break for the holidays. Everyone is welcome. Optional drawing lessons are offered from 1 to 2 PM before the model comes from 2 until 4 o'clock. Students younger than 18 are asked to get their parents' permission since the models are nude, but many high school and Jr High students have begun drawing with us.

We try to arrange for a variety of different models and poses each week, so there will be something for everyone, and it's always lots of fun.

Advanced registration is through Moscow Parks and Recreation 883-

7085. The cost is \$10. for registration. Model fees will be collected in the studio. They run \$2 - \$5 per session, depending on how many people are signed up. Drop in students are welcome. We meet from 2 to 4 p.m. in Rm. 309 of the Art and Architecture North Building (AAN 309). Call Tim Daulton 882-0273 for more information or if you are interested in modeling for a session.

We're always looking for new models, all ages, shapes and sexes. You don't have to look like a movie star, just be able to maintain a pose for up to 20 minutes. (Try it at home; it's not as easy as it sounds.) Pay is \$15/ hr and you get to see yourself as others really see you! Community drawing at its best!

Tim Daulton has been drawing and sculpting the human figure most of his life, and still doesn't get it right!

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Loading Moscow Bikes for Africa

By Dave Peckham, VBP Director

The Village Bicycle Project (VBP) will be cramming 500 bikes into a shipping container in Moscow on Saturday, September 22. It's going to be a party, with music, food and lots of bikes.

The bikes are going to Ghana, West Africa, first by truck to Seattle, than by cargo ship. We hope to start at 9 a.m. and finish the job by 3 p.m., with a bike parade to escort the truck through town on its way to Seattle and Africa. Many hands are needed to pull this off in just six hours.

The loading happens at 1095 N. Mountain View Rd, which is just beyond the first sharp curve on your way to Moscow Mountain.

Before we start loading, we will have to

collect the 300 bikes that are scattered in 4 or 5 barns and garages around town. Volunteers with trucks are needed for that on Friday, September 21.

This is the second loading in Moscow, out of 52 shipments that have been sent to VBP in Ghana. Well over 1,000 bikes have been donated from the Palouse to VBP in the eight years we've been sending to Africa. Usually local bikes are moved to Seattle in pickups and trailers for loading there, but in the last few years they haven't been needed to fill Seattle containers, so the bikes have steadily accumulated here.

Usually we have the container dropped off for the weekend, but since it must come from Seattle, we would have to pay for two round trips, almost \$3,000! If we have the driver wait while we

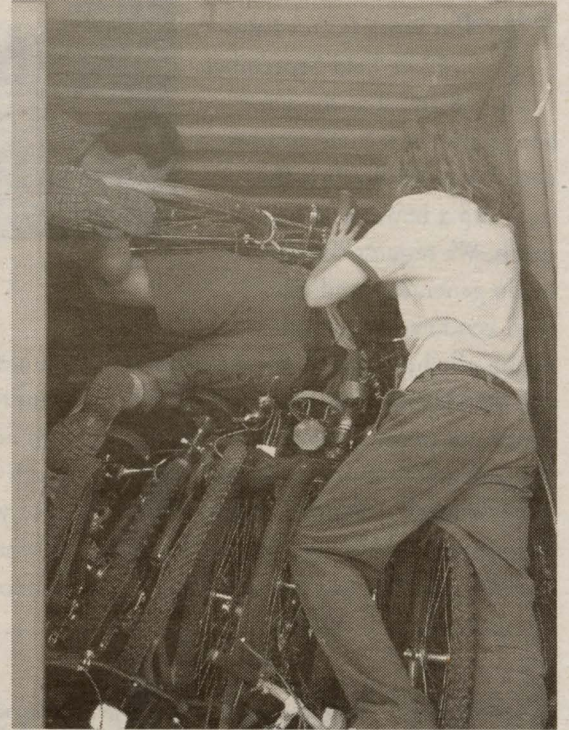
load, the cost is half that, plus \$50 an hour after the second hour. So we don't want to keep the driver waiting!

Not only has VBP shipped more than 20,000 bikes into Ghana, but we've trained over 3,000 (mostly rural) people in basic bike repair, who have also gotten their own discounted bike in the process.

Liz Bageant, who grew up in Moscow (and at the Co-op) has been working as VBP's Women's Programs Coordinator since July, and will stay in Ghana through November.

Liz comes to Ghana well qualified, with a year of experience in AIDS education in Mozambique, and a year of bike repair instruction and organizing at a community bike shop in Ithaca, New York. Before that, she biked across Canada and worked in the Moscow Food Co-op Deli. Some readers may remember her by her short green hair.

Liz's main duties in Ghana will be to organize programs and provide support and training for our lead Ghanaian female instructor and others. Our women's programs emphasize follow-up support for women who want to learn more repair. We have yet to meet a female bike repairer in Ghana who was not trained by VBP. What this mostly means is that bike repair has been a trade completely dominated by men.



Loading the first container of bikes in Moscow, September 2004. That's Brice Cooke on the right.



Former Moscow Food Co-op staffer Liz Bageant at a VBP bike repair class in Anloga, Ghana, July 2007.

We are thrilled to be breaking the barrier!

In other VBP news, Ayame* (the film about VBP) which had its Moscow premier in April, is touring the world with the Bicycle Film Festival, coming soon to Portland and San Francisco, then Australia, Tokyo and Europe. Also in the Bicycle Film Festival is the BikeCar Movie, by Moscow's Joey Fountain.

To help with the loading of the Moscow container for Ghana, contact vbp@pcei.org, or 509-330-2681. To donate bikes, drop them at 913 S. Jefferson in Moscow.



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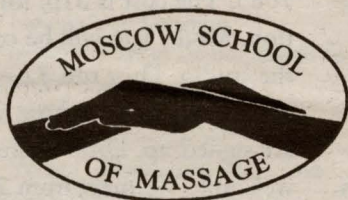
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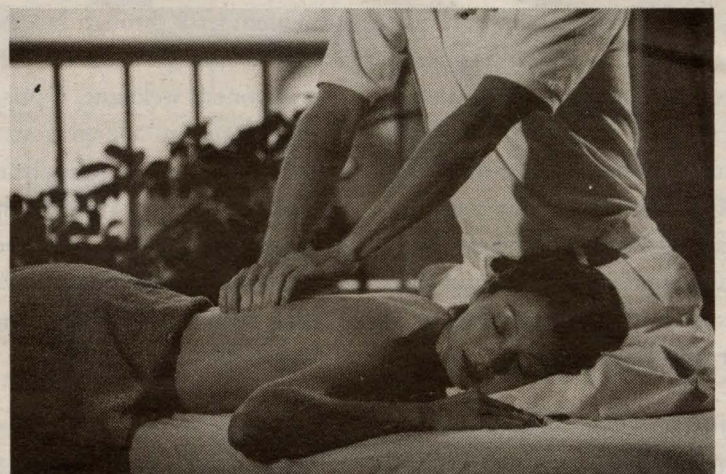


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Floppies Make Comeback as Recycled Journals

By Benjamin L. Herndon and Sarajoy Van Boven, Newsletter Volunteers

What did you do with your old floppy disks? If you are like most Americans, you sent them to the landfill. However, if you are the resourceful recycler Bryan E. Burke, you used them as covers for journals, address books and sketch-books. These retro booklets grace the shelves of the Moscow Food Co-op and others stores across the United States and Canada.

Burke's recycled products come in the three standard floppy disk sizes: 8 inch, 5.25 inch and 3.5 inch. They are filled with either 30% or 100% post-consumer waste recycled paper.

Customers are particularly fascinated by the 8-inch disks that were high tech in the late '70s. When they first hit the market, these big boys held a whopping 80 kilobytes, which is now only enough store a few blank Microsoft Word documents.

Clearly, the heart of Burke's business, Retro Printing and Publishing, is green, and concern for the overlying problem of e-waste is its foundation. Burke notes that old computers, monitors and electronic storage media add to our already enormous landfills. "People go through new computers every few years," Burke said.

While electronic storage media such as CDs, DVDs, and floppy disks do not contain dangerous waste, Burke contends that they still pose a waste problem. "I'm about saving landfill space and providing a second life for materials," he said.

Some states are taking action to prevent e-waste from going into landfills, Burke noted. For example, in 2006, the state of Washington passed legislation requiring manufacturers to make electronic product recycling services available at no cost to households, small businesses

and charities by 2009.

Do you want to recycle your floppies? The Moscow Recycling Center collects old floppies for Burke, who especially appreciates colored and 8-inch disks. The recycling center also accepts VHS tapes, cassette tapes, CDs, toner cartridges, and, for a fee, takes computers, TVs and copiers. You can also get your obsolete floppies recycled into Burke's booklets by mailing them to Retro Printing and Publishing, 605 NW Fisk, #9b, Pullman, WA 99163.

As a small, independent business, Burke relies on a network of other independent businesses to get his retro wares into the hands of his old-school customers. Burke sells the revitalized floppy journals in about 60 gift-shops, food co-ops, eco-stores and independent bookstores throughout the United States and Canada.



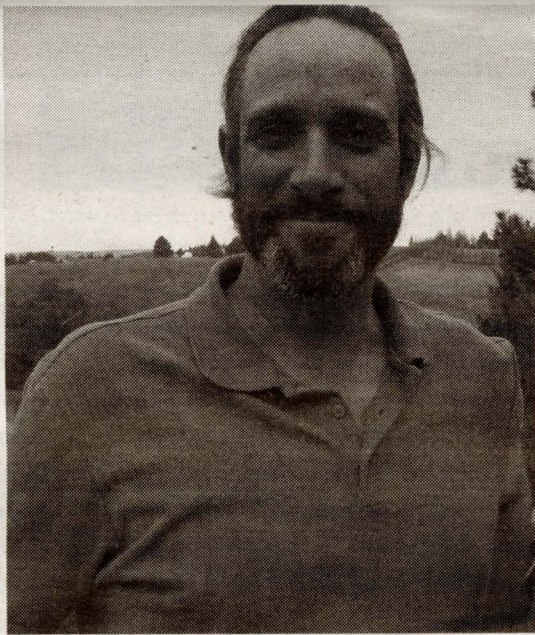
Bryan Burke poses with his floppy creations. Photo by David Hall.

"It's something that you're not going to find at Wal-Mart," Burke noted. Both collectors of the vintage computer technology and Luddite poets are tickled by the modern-looking, yet old-fashioned journals. Robert Greene, owner of Bookpeople of Moscow, Inc., quipped, "It's fun to think about the irony of recycling back to the first personal digital assistant, the journal."

The Triumphant Return of David Cook

By Bill London, Newsletter Volunteer Editor

I met David Cook in 1981 (approximately) when we were both board members of the Equinox Food Exchange. David represented the Moscow Food Co-op, and I represented the co-op in St. Maries. When I moved to Moscow with my family in 1984, David was the general manager of the Moscow Food Co-op and the one who suggested that I begin and edit this newsletter for the Co-op.



David Cook was once the general manager of the Co-op and will forever be a Co-op supporter.

David and his wife, Carolyn Young, returned to Moscow last month for a short visit and a first-time-ever tour of the new Co-op storefront. This interview by newsletter editor Bill London took place on August 6.

Q: David, what did you think of the Co-op now?

A: Overwhelmingly positive. I am glad it's still here and so successful. Physically, it's a very nice space: open and airy. The deli is a great addition and it's very inviting for people off the street. The Co-op is obviously a vital community center.

Q: When did you first get involved with co-ops?

A: I joined a natural foods buying club in California in 1971. When I

moved to Bellingham, I was involved in a number of co-ops, including the Bellingham Food Co-op, the Marmots treeplanting co-op, and the Fairhaven Flour Mill. That was during 1972-1976.

In the fall of 1976, I moved to eastern Washington and helped start the Equinox Food Exchange. We delivered natural foods to co-ops and small stores in the Inland Northwest. Our goal was to build a single cooperative food system, so representatives of each food co-op served on our board of directors.

Then in 1978, following my girlfriend,

I moved to Moscow and became the financial coordinator for the Moscow Food Co-op. I was the Co-op general manager from 1983-1986.

Q: What happened after you retired from the Co-op in 1986?

A: I spent two years at the University of Idaho to finish my bachelor's degree, and then went to graduate school in Colorado. We still live in Boulder, and I am the alternative transportation manager for the University of Colorado.

Q: What were the 1970s like for natural foods co-ops?

A: Co-ops really expanded during that period. There was a growing interest in natural and organic foods, economic democracy, and the environment. It was an outgrowth of the political awakening in the 1960s.

Regular mainstream grocery stores were not selling items like tofu or organic foods, so there was no competition. There was a huge interest in those products, as people started to figure this out on their own. Co-ops were established, and existing co-ops expanded.

Q: Were storefront food co-ops established in North Idaho in the 1970s?

A: Yes, I recall stores in six North Idaho

towns: Bonners Ferry, Sandpoint, Coeur d'Alene, St. Maries, Moscow and Lewiston.

Q: How many of those co-ops survived the 1980s?

A: Only the Moscow Food Co-op

Q: What happened to the co-ops in the 1980s?

A: Similar products started to appear in mainstream grocery stores, so there was competition in natural foods for the first time. An economic recession meant times were tough. Co-ops had to adjust or die. The Moscow Food Co-op had to really focus on a balance sheet. I had to learn that stuff. I wanted the Co-op to grow and survive, so I had to understand accounting and business. And we made it.

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Sustainability Review: Freezers

By Mike Forbes, Newsletter Volunteer

It is approaching the time of year that many folks purchase a freezer to store goodies from the summer and fall harvests. I thought it would be appropriate to give some recommendations to help with your purchase if you are seeking one. I'm only going to address freezers in this article since I've discussed refrigerator/freezers in the past (see the Co-op's website).

With freezers, there are not elaborate options available as there are for refrigerators, but there are a couple of things to be aware of that can affect the energy performance greatly. The first is whether the freezer has a manual or automatic defrost system. If you purchase a freezer with an automatic defrost system, plan on consuming approximately 45% more electricity. An automatic defrost cycle typically turns on an electric heating element to melt the ice from the freezer once every 6 hours, adding heat that must then be removed from the freezer by additional run time of the compressor. The manual defrost works by once or twice a year opening your freezer, removing the frozen food, and then allowing the ice to melt (we typically let it melt for 30 minutes or so and get almost all of the big ice pieces

off).

The second thing to be aware of is freezer style, upright or chest. It used to be that upright freezers used considerably more power than a chest. Things have improved, but if you are seeking the most efficient model you will need to stick with a chest freezer. If we compare 16-cubic-foot freezers in chest and upright styles, we see that they consume 409 and 360 kWh's of electricity yearly respectively (keep in mind this is for the most efficient Energy Star make and model of that size). A kWh is the unit of electrical energy equal to 1 kilowatt or 1000 watts of power used for 1 hour. A 100-watt light bulb operated for 10 hours uses 1 kWh.

The final option to consider is size. Freezers come in sizes from 8 - 25+ cubic feet; 8 is about the size of a small apartment fridge and a 25 is one of those gargantuan chest freezers. Most people's refrigerators are about 19 cu. ft. We have a 12 cu. ft. chest freezer that suits us well and holds a surprising amount of food (a deer, frozen fruit, oil, fish and nuts). I think it is common to keep foods frozen for years on end that eventually end up getting tossed.

In the end, the larger the freezer, the more energy it is going to use.

Can you modify your freezer to make it more efficient? It used to be that you could add additional insulation to the freezer, making it perform much better (I wrote an article about this in 2001 for the newsletter if you are interested). Most freezers now have the evaporator coils located underneath the outside skin, providing a path to get rid of heat. Adding insulation would keep this heat inside the freezer, damaging the compressor unit. There are typically no coils in the lid, so adding insulation there would be an option.

My recommendations:

1) Chest over upright if possible

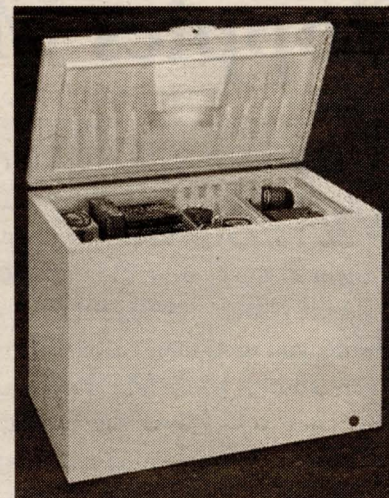
Chest: Crosley WCC12/E (12 cu.ft.)

Crosley WCC17/E (16.5 cu.ft.)

Upright: Amana AQU1625BEW (16 cu.ft.)

Crosley WCV15/E (15 cu.ft.)

2) Size: Smallest you can live with



3) No automatic defrost

There are two resources that help greatly in searching for specific models, www.aceee.org/consumerguide/food.htm and www.energystar.gov. Both sites have downloadable documents that list energy usage of particular models.

Finding and purchasing some of the more efficient freezers can take some pre-planning on your part. Most local retailers don't stock these models but can easily get them with a couple of weeks notice. All of the most efficient models are available through the distributors that serve our area.

Mike and his family enjoyed the 750 gallons of rain that fell into their water system today.

Recycling, Salvaging, and Reuse

By Tim Daulton

Salvage: to save from loss or destruction. To save discarded material for further use.

Everyone knows our trash goes to "the dump," right?

Well, not exactly ... Household trash—that gooey, smelly, stuff in our garbage cans, actually goes to a "regional" landfill in Central Oregon after being collected from our garbage cans and compacted into semi-truck trailers at our local "transfer station." Recyclable trash, the stuff that can be broken down into its raw materials and used to manufacture more stuff, goes to our "Recycling Center" in Moscow before distribution to various manufacturers. Other "inert" materials (not gooey or smelly) are collected at our local landfill off the Troy Highway where they are either recycled or buried.

Until recently these "inert" materials at our landfill could also be "salvaged" by interested citizens who pulled useful items from the piles for reuse. Everything from building materials to musical instruments, auto parts to antiques, could show up in the trash

and be saved before being buried or crushed into the landfill. As veteran salvagers, we have collected doors, windows, bathtubs, stoves, whole truckloads of lumber and building materials, furniture, clothing, tools, and even the occasional kitchen sink.

All that ended two years ago when Latah Sanitation Inc, who owns and operates our local landfill, along with the transfer station and Moscow Recycling, determined that salvaging at our landfill was in violation of state regulations requiring all salvagers to be "authorized agents" of the landfill operator. Salvaging was shut down. Two years of negotiations followed between the sanitation corporation, concerned salvagers, and the city of Moscow, who, along with the County, pays the sanitation company for their services. No agreement has been reached and the old system of salvaging at our landfill seems dead.

But, do not despair! A new and better system is in the works! It's called a "Reuse Center" and is already operating in concerned communities all across our country. Reusable items can

be dropped off at the Reuse Center before they even enter the landfill and can then be safely and conveniently salvaged. Less stuff will end up in our landfill, so it will last longer. More stuff will be reused, so less new stuff will need to be bought. Everyone will save money. The sanitation corporation won't have to deal with those "pesky" salvagers anymore. (They might even sort out a few reusable items themselves if they had a place to take them.)

The city of Moscow owns land right at the entrance to our current landfill off the Troy Highway, an ideal spot for a local Reuse Center. There will be some initial expense to grade the lot and build covered storage. Resale, donations and grants could make the operation self-supporting once it's established. Many reuse centers are. Some even turn profits. There could be employment as well as volunteer opportunities. Numerous local businesses and non-profits already collect and resell building materials, clothing and furniture, and could provide outlets for items collected at a reuse center.

Sound exciting? Have more ideas on

the subject? Talk to your city council and county commissioners. Mayor Chaney is considering a committee right now to make recommendations. Contact her (nchaney@ci.moscow.id.us) 208-883-7021 or call our City Supervisor Gary Riedner at 883-7080. Or e-mail Tim and Roberta at rada-vich@moscow.com with ideas or to receive updates or volunteer. Your ideas can help us create a Reuse Center that is just right for our community.

Tim Daulton is still driving the 1968 Volvo he saved from a dumpster in Mill Valley 25 years ago.

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Parking Lot Party, August 25

photos by David Hall



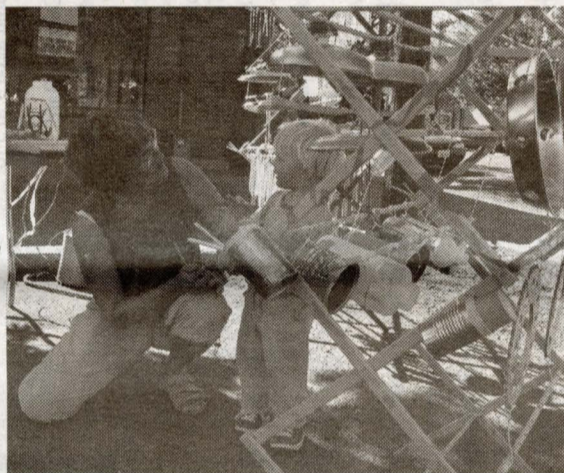
The parking lot party was well attended and between the dancing, music, and great food, it's obvious that everyone had a good time.



Chubbs Toga with guest (for one song) Ben Walden



Kimberly Vincent and Kenna Eaton addressing the audience during the annual meeting.



Mary Ullrich and her grandson at the Music and Sound Effects (instruments made from recycled materials) area.

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I			M	I	N	D	G	A	R	D	E

September Hot Specials

Breakfast / Lunch	Dinner
SUNDAY	
Egg or Tofu Scramble, French Toast, Homefries, Bacon	Chicken and Sausage Paella, Veggie Paella, Mean Greens
MONDAY	
Egg Scramble, Bacon Gourmet Pizza by the Slice	Chicken or Eggplant Parmesan, Roasted Vegetable Orzo
TUESDAY	
Tofu Scramble, Hashbrowns Mac and Cheese, Charred Green Beans, Roasted Potatoes	BBQ Chicken or Tempeh Kabobs, Burgers, Dill Potato Salad
WEDNESDAY	
Egg Scramble, Homefries Stuffed Curry Chicken or Tofu, Sesame Ginger Snap Peas	Peking Chicken, Egg Rolls, Fried Rice
THURSDAY	
Tofu Scramble, Hashbrowns Smothered Burrito, Chili Rellenos, Roast Corn, Gluten Free Enchiladas	Pad Thai, Vegetable Curry Stir-fry
FRIDAY	
Biscuits and Gravy, Homefries Szechwan Stir-fry, Rice Noodles, Fried Rice, Wontons: Veggie or Sausage	Gourmet Pizza by the Slice
SATURDAY	
Breakfast Burritos: Tofu or Egg, Spicy Green Chili Sausage, Local Roasted Potatoes Italian Stuffed Chicken, Italian	Baked Tofu, Breaded Garlic Fried Zucchini, Garlic Bread Enchiladas: Chicken or Tofu, Spanish Rice

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Bulletin Board



Co-op Events

Art at the Co-op

Friday September 14, 5:30-7pm

Opening for photographer Morgan Gardner, who is our September artist. The show will continue to run until Wednesday October 10th.

Co-op Kids – meet Wednesdays, 9am

September 12 meet in the Cafe at the Co-op to prepare luxurious garden soaks.

September 26 come and make a Seed Mosaic in the Cafe.

What's Cookin'? Classes

September 19, Gluten Free at Home

September 26, Gluten Free on the Go

October 3, Everyday Baking, Gluten Free

October 10, Low Carb Soups

Tickets available now at any Co-op cashier, \$18
jenwhitney@gmail.com or ☎ 882-1942.

Live Music, Food, and Fun

Tuesday Night Music Series 5-7pm

incorporating Hot off the Grill BBQ dinner specials and the Tuesday Growers' Market!

- Sept 4 Noi and Company
- Sept 11 John Elwood & Sally Burkhart
- Sept 18 Dave Roon
- Sept 25 Tendai Muparutsa
- Oct 2 The Usual Suspects

Community Events

Booksignings

Saturday September 8, 10am—Noon

Spokane author Barbara Brock will be signing copies of her book: "Living Outside the Box: TV-free Families Share Their Secrets".

Monday, September 10, 6:30pm

Dr. Nassim Assefi, author of the recent novel *Aria*, will speak about her book at the 1912 Building. Her talk will be followed by a book-signing and refreshments.

Santa Barter Fair

September 8 and 9

Located in rural meadow 60 miles north of Moscow near Santa, Idaho. Trade, barter, sell. Free admission. Contact Millissa

☎ (208) 245 1253 or rainbowlove25@aol.com

END THE WAR! Rally and Walk

Saturday, September 15, 12:30

Meet in Friendship Square, for postcard-writing and sign-making (or bring your own) followed by a 1:00pm walk. Contact Palouse Peace Coalition 882-7067 or sperrine@potlatch.com

First Annual Moscow Bike Swap

Saturday, September 15, 9am—1pm

Dust off your old bikes, shine up your classic bike parts and bring them to East City Park for a morning of selling, buying and trading! Free for all. Contact: moscowbikeswap@gmail.com or call PCEI ☎ 882-1444.

Moscow Public Library Book Group

Monday September 17, 6:30pm at the Public Library to discuss "The Curious Incident of the Dog in the Night-Time" by Mark Haddon. All bibliophiles are welcome!

Loading Moscow Bikes for Africa

Saturday September 22, 9am—3pm

The Village Bicycle Project (VBP) will be cramming 500 bikes into a shipping container. It's going to be a party, with music, food and lots of bikes. To help with the loading of the Moscow container for Ghana, contact vbp@pcei.org, or ☎ (509) 330-2681. To donate bikes, drop them at 912 Moscow.

The God of Hell by S...

September 27, 28, 29 and Oct 1

Presented by Sirius Idaho The Kenworthy Performing Arts C Tickets: \$12 adults, \$10 senior students, available at BookPe and at the door, if available.

Moscow Community

Writing Work

Monday nights from Sept. 17

Applications due by September 10. For information see www.moscow.org

Food Addicts in Recovery

Thursdays at 7pm

2nd Floor Board Room, Gritman Hospital, 700 South Main Street, entrance nearest 7th St. Jeanne ☎ 334-5202/ www.foodaddicts.org

Compassionate Communication

Friday September 7, 7—9pm

Free public Introduction at UU Church, corner of 2nd and Van Buren, Moscow. The 12-week basic class on compassionate communications then runs on Thursdays, starting September 13. Also, a 10-week class on Peace-Full Parenting runs on Mondays, 7—9pm starting September 17. The cost for either class is \$150. More info: www.palousecc.org

MOSCOW

Dahmen Bar

Saturday September 8, 7-10pm

Dan Maher presents a party for all ages at the Dahmen Bar. **Saturday September 8, 1-4pm** Opening of exhibit by artist "Relics from the Past; Portraits Present".

Thursday mornings from 10-12pm Kinder Barn Pre-School children art, music, and storytelling. For more information on all ☎ (509) 229-3414 or www.kinderbarn.org

Palouse Folklore Society—September

Info at www.palousefolklore.org

Friday September 14, 7:30pm

Charlotte Thistle will play folk, blues, and socially conscious music at The Attic. Admission by donation.

Saturday September 15, 8pm (beginners' lesson at 7:30pm)

Contradance at the 1912 Center \$4 newcomers, \$5 members, \$7 non-members. Joseph Erhard will be calling.

UI Women's Center Events

In Memorial Gym, Room 109 on the UI campus, unless noted.

☎ (208) 885-6616/ wcenter@uidaho.edu

Friday Septmbrt 7, 5—6:30pm

WSU—CUE Room 419

Muslim Women: The Challenge of Islamic Identity Today – distinguished lecture by Edina Lekovic. Refreshments provided.

Wednesday September 12, 1—5pm

Women's Center Open House. Join us for free food, raffles, and special guests!

Wednesday October 3, 12:30 pm

Feminism 101 – a "Back to Basics". Brown Bag lunch and discussion of the "F-word".

Thursday October 4, 5pm

Wanderlust & Lipstick: An Essay For Women Traveling Solo by ... Author book signing and talk.

Vigil for Peace

Moscow: Fridays 5:30—6:30pm

Ongoing since November 2001.

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Dean or C...

☎ 882-7067, sperrine@palousecc.org

Pullman: Friday Sept. 7, 12:15—12:45pm

Under the clock by the Public Li ☎ 334-4688, nancy@palousecc.org

Moscow Food Co-op
121 East Fifth
Moscow ID 83843

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



We want to hear from you!

Send us your community announcements by email to events@moscowfood.coop by the 15th of each month. For more events & information, visit www.moscowfood.coop/event.html