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# Community News

**FREE!**  
PLEASE TAKE ONE

**April 2008**

The monthly newsletter of  
the Moscow Food Co-op



## Compost Happens!

by Laura Marie Milewski, PCEI Coordinator

The Palouse-Clearwater Environmental Institute (PCEI) and the Co-op are sponsoring the long-awaited "Compost Happens" event on Saturday, April 12, in the Co-op parking lot. The event will consist of simultaneous kids and adult workshops on the wonders of composting, raising awareness about the importance of composting, and how easy it is to compost at home. Questions about the new Co-op Earth Tub (Eartha) will also be addressed during this time. PCEI will offer these 45-minute compost workshops in the Co-op parking lot at four convenient times throughout the day: 10 a.m., 11:00 a.m., 2 p.m., and 4 p.m.

Adult workshop participants will learn how much organic waste the Co-op creates, how Eartha came to be, and how much compost has been created since the Earth Tub's installation. We will take a look inside the Earth Tub to see the inner workings of the machine and its final product. In addition, the workshop will

address the interesting chemistry behind how compost works and the Carbon to Nitrogen balance.

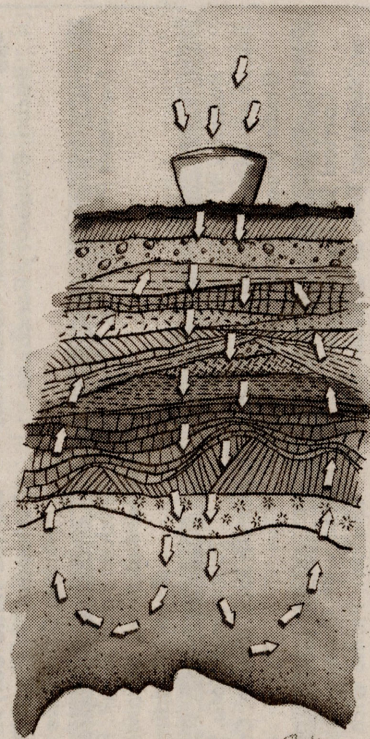


Illustration by Lucas Rate.

Tips on composting at home will also be provided. Those who ordered their home composting Earth Machines from Moscow Recycling will be able to pick up their order between the hours of 10 a.m. and 5 p.m.

Kids of all ages will have a blast away from their parents at the "Compost Happens" event as they learn about the importance of composting during their very own interactive children's workshop. Landfills will be discussed as well as the space they take up. We'll take a look at Eartha and learn about what materials are compostable and which ones are not by playing fun games! Most importantly, kids can get up close and personal with some little creatures that help make compost happen...WORMS!

.....  
Laura is the Community Outreach Specialist at the Palouse-Clearwater Environmental Institute (PCEI). She is highly devoted to good tea and cute dogs.

# Community News

## Published by

Moscow Food Co-op  
121 East Fifth Street  
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The Co-op Board of Directors monthly meetings are open to members.



## Dinner with Directors

by Kenna S. Eaton, Co-op General Manager

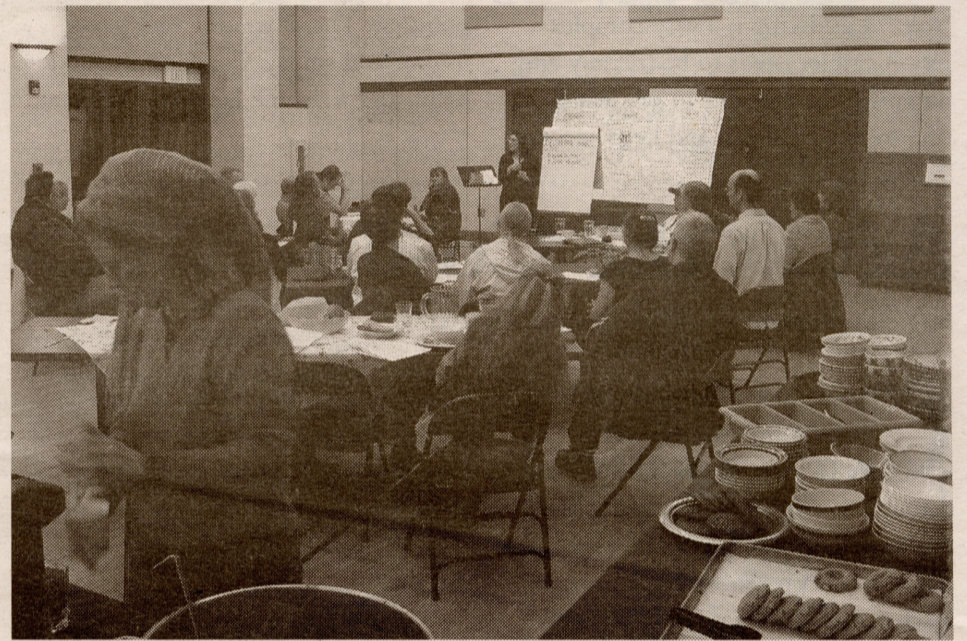
“Dinner with Directors” sounds good, but what exactly do we mean? The concept is that on a semi-regular basis the Board invites members to dine with them while discussing a topic of the Board's choosing. It's a fun way to eat some great food while increasing the dialogue between members of our Co-op and their Board of Directors.

On March 18, we held our first “Dinners with Directors” since relocating late in 2005. It took us a couple of years to get ourselves together and recover from the move before we could envision anything more creative, so it was fitting that our first dinner subject was related to our Strategic Planning efforts.

Members were invited to sign up to join the Board and the Strategic Working Group (who've been spearheading this project for the past year or so) for dinner and discussion. Participants received a semi-final draft of the four strategic directions and were invited to

to question, add, imagine, and join us in directing our Co-op's future.

After a simple dinner of local lentil stew, kale slaw, bread, and cookies, we



Co-op members seeking missing things in the draft strategic plan. Photo by David Hall.

got to work. First was an introduction to the process by yours truly and Jessica Bearman, our planner and facilitator extraordinaire. We filled everyone in on the strategic planning process so far, showed them the posters created through earlier brainstorming meetings and discussed how feedback from this dinner would help us finalize our strategic plan. Next, we broke into small groups for discussion. We asked attendees to tell us what resonated, what was missing, and what more they wanted to know about our strategic directions. Finally, we asked them to tell us how

they thought we should communicate the plan with the rest of the membership.

After we've integrated the feedback from the “Dinner with Directors” participants, the Strategic Plan will be unveiled to the general membership in the June issue of this newsletter (or even May if we get it together faster). Meanwhile, you can expect more “Dinner with Directors” opportunities coming up. Stay tuned!

## Moscow Food Co-op Election Results

by Gary Macfarlane, Co-op Board Member

There was only one seat up for election on the seven-member Moscow Food Co-op board this year. Members voted at the Co-op in early March. There were three candidates, Bill Beck, Kelly Moore, and Lida Saskova. It was good to see such interest in the board.

Bill Beck was re-elected with about 67 percent of the vote. Lida received 21 percent and Kelly received 12 percent.

It would be good to have more mem-

bers voting. Only about 260 people voted.

Board member Joe Thompson headed the elections committee. Thanks to all the candidates, members who voted, and people who volunteered to help with the election.

## Board Election Thanks

by Bill Beck, Co-op Board of Directors

I would like to extend a personal thank you to Co-op members who participated in our recent Board of Directors election. Our board works hard to conduct our elections, voting members provide direction for our store and the candidates share a sincere desire to support our Co-op. All deserve a big thank you.

With my election to a second term on our board, I look forward to working with members, Co-op staff and the rest of our board to keep our Co-op a vital part of our community. I appreciate your support.

# Co-Operations



## The Front End News

by Annie Hubble, Co-op Front End Manager

I would like to welcome new cashiers Janel Iverson and William Langlois to the Co-op. They are already proving themselves to be excellent members of the cashier team.

Some of you have seen me training new cashiers. I give each new cashier 16 hours of training before they work "solo." Cashiering is a very complex job. A cashier needs to be friendly and outgoing but also able to pay attention to minute detail and keep accurate

accounts and records; I am very pleased with the present crew. They are cheerful at even the busiest times, and are very focused in their work. Thank you team! Your hard work is much appreciated.

And we appreciate you the customers! Without you, our job would be a bit pointless! Thank you for your good humor and smiles. Come on in and say hello, and welcome Janel and William.

## Art at the Co-op

by Annie Hubble, Art at the Co-op Coordinator

Come to the Co-op from 5:30 - 7 p.m. on Friday April 11 and meet the talented art students from the Moscow High School during the much anticipated annual High School Art Show. Students from teacher Amy McMurtry's High School art classes will share their art projects with us. This is a very popular event, as we see the great work done by our very

own young people. Many of the artists will be at the opening and you will have the chance to ask them questions about their works. The show will run until Wednesday May 7. Don't miss this one!



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- Body Song:** Free yoga class or \$10 off first massage, Sara Kate Foster, 106 E. 3rd st, Suite 2A, Moscow 301-0372
- Copy Court:** 10% discount, memb. card laminated, Michael Alperin, 428 West 3rd St, Moscow, 882-5680
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- Clearwater Colonic Therapy:** Please call for details: Susann Clark, 208-743-5476, 412 Park Ave, Lewiston
- EcoWater Systems:** \$100 off softener-reverse osmosis combo & free install up to 2.5 hrs within 50 miles, 2 weeks free water to new customer, Michael Robison, 882-5032, 316 N Main St, Moscow
- Erika Greenwell, LMP:** First 2 Massages @ \$35 each, 882-0191
- Full Circle Psychological Services:** First Initial Consultation Fifty Percent Off, Dr. Tina VonMoltke, PhD, 619 S Washington St. Ste 301, Moscow, 669-0522
- The Healing Center:** Save \$10 off on first exam or phone consultation, Dr. Denise Moffat, drmoffat@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
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- Andre Masom, Clinical Counselor:** Free Wellness evaluation, amasom@hotmail.com, 106 E. 3rd st, Moscow, 882-1289
- Mindgardens:** Free initial consultation & 10% discount on services, Erik Tamez-Hrabovsky, erik@build-mindgardens.com, 220 NW Tingly St., Pullman, 509-595-4444
- Moscow Feldenkrais:** First individual lesson 40% off, and first group lesson free, Elisabeth Berlinger-883-4395 & Tom Bode-892-3400, 112 W 4th St, Moscow
- Moscow Yoga Center:** 10% off classes-new students, Jeri Stewart, 525 S Main, Moscow, 882-8315
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- 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
- Shady Grove Farm:** \$10 off initial English riding lesson or horse training session, Ashley Fiedler, 1080 Sumner Rd, Troy, 835-5036
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## Buy Local Moscow Spring Thing

by Amy Richard, Co-op Representative on Buy Local Moscow Steering Committee

We're having a party celebrating Moscow's locally-owned independent businesses, and everyone is invited to share in the fun.

Come to the Buy Local Moscow Spring Thing at the 1912 Center from 5 – 8 p.m., Thursday, April 24. Admission to the party, samples of food from local restaurants, live music, and fun for all ages will be provided free.

Forty Moscow businesses (including the Co-op) will offer displays and giveaways at the party. A raffle of gifts and prizes from locally owned businesses will be held with winners selected every 15 minutes. Raffle tickets will be available at the event for \$1 each.

At the Spring Thing, participants will be able to visit with the owners of local businesses, see what's available locally for Mothers' Day giving, sample food from local restaurants and caterers, and support the independent businesses that make Moscow unique.

At the party, beer and wine will be



**CELEBRATE MOSCOW**  
www.buylocalmoscow.org

available for purchase.

More than 80 Moscow businesses have joined Buy Local Moscow since the organization was formed last year. The businesses are profiled on the website, www.buylocalmoscow.com.

The mission of Buy Local Moscow is to showcase and to support the locally-owned independent businesses of the community. Moscow continues to be a vibrant community because these businesses reinvest their profits locally, donate consistently to local programs, maintain diverse product choices, and strengthen Moscow's unique character.

## Tuesday Night Concert Series in April

by Dave Billin, Co-op Music Coordinator

A healthy variety of musical genres distinguishes the lineup of musical acts featured in the Co-op's Tuesday Night Concert Series during the month of April. From the roots of folk-rock comes Pullman musician Greg Davis and Moscow's David Roon, whose lyrics and musicianship are sure to inspire. Moscow band Porch Swing quickens the pulse with the spicy rhythm of classic swing music, while traditional Irish Celtic music performed by Moscow's Potatohead warms the heart and lightens the spirit. Finally, Lewiston's Daniel Mark Faller makes an appearance, showcasing original songs with a sweet blend of country and rock & roll.



✦ **April 8** Daniel Mark Faller from Lewiston, Idaho. Country music with a touch of rock & roll flavor

✦ **April 15** Porch Swing from Moscow, Idaho.

Classic acoustic swing music.

✦ **April 22** Greg Davis from Pullman, Wash. Folk-rock singer-guitarist with original tunes and popular favorites.

✦ **April 29** Potatohead from Moscow, Idaho. Traditional Irish Celtic music.

If you haven't yet made it to one of these free live music events, you're in for a thrill. Performances are held on Tuesday evenings from 6 – 8 p.m. in the Co-op's deli seating area. They provide an excellent place to unwind and witness original compositions from local musical talent, all while taking in a delicious meal from the Co-op deli.

### Tuesday night performers in April:

✦ **April 1** David Roon from Moscow, Idaho. Folk-rock singer-songwriter and multi-instrumentalist.

### Aura & Chakra Awareness Classes



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## Update on the Member Loan Program

by Kenna S. Eaton, Co-op General Manager

In early 2005 as we began the process of relocating to our current store we realized that we'd need to borrow most of the \$1 million dollars needed to retrofit this old Safeway building.

The Co-op Board agreed to borrow half of those funds from our members. We had done this with our previous move and it had worked well both for the Co-op and the members. Basically our member loan program is a legal agreement between certain members and the Co-op that we will repay the amount lent to us with annual interest of 4 – 6 percent over a four to six year period.

Over a 6-week spread, we successfully

borrowed almost \$450,000 from our members. Of course, one of our top priorities is to pay down our debts, especially those incurred with our owners. So what is our plan to repay and how is it going you ask?

In 2006 and 2007, we paid out about \$24,000 each year in interest alone while at the same time setting aside funds to repay the principle of the loans in a timely manner. Early in 2008, the board assessed that we had done such a good job of saving that we would re-pay some of our larger loans earlier, which in turn saved us some serious dollars in interest as well as settling some of our debt. We are not only on track but also ahead of where we thought we would be at this time!

To prepare for these payments, we have an active savings plan where we set aside money weekly in our Money Market account (so it can earn a little bit of interest) and I report on it monthly to the Board.

Here is what we still owe in interest and principle over the next three years:

Year	Principle	Annual Total Interest
2009	\$81,008	\$23,760
2010	\$95,000	\$16,630
2011	\$198,000	\$11,630
<b>Totals</b>	<b>\$374,008</b>	<b>\$52,020</b>

# Co-Operations



## Earth-Friendly & Sustainable: Stahlbush Island Farms

by Peg Kingery, Co-op Chill and Frozen Buyer

While running a sales report, I noticed that four of the Co-op's top ten best-selling frozen foods come from Stahlbush Island Farms, a family-owned farm located in Oregon's fertile Willamette Valley ([www.stahlbush.com](http://www.stahlbush.com)). Intrigued, and embarrassingly ignorant of this brand, I did a little research—which I now share with you.

Stahlbush Island Farms was started in 1985 by Bill and Karla Chambers. In 1997, they became the first farm to become Certified Sustainable by the Food Alliance ([www.foodalliance.org](http://www.foodalliance.org)). A year later, they launched their own brand of sustainably grown, frozen fruits and vegetables in recyclable brown paper packages. Today they grow crops on over 4000 acres; what is not

used in their brand is sold to other food companies as ingredients for soup, pie, and baby food.

Stahlbush's mission statement is a series of commitments: to their customers; to quality; to sustainability; to innovation; to people; and to integrity. They strive to meet the highest customer standards, reduce pesticide use, improve soil health, and conserve water resources. They embrace new technology as a way of improving the working environment of their employees and develop long-term relationships with suppliers, employees and the community.

The sustainable farming practices used by Stahlbush are impressive. They rotate vegetable crops with a grain crop to break disease and insect

cycles, control weeds, and improve soil health. They plant cover crops such as annual grasses or legumes following harvest of the vegetable crop and work them back into the soil the next spring. This practice builds soil organic matter, aids weed control, and (when legumes are used) generates soil nitrogen. Stahlbush has worked with Oregon State University to understand nitrogen movement in soil so that they can eliminate any nitrogen leaching into the ground water. They reduce the use of pesticides through mechanization and intensive management. They test both the soil in their fields and their products for chemical residues and take them out of production if levels are too high.

So, what ARE those four products in

the top ten list? Blueberries, strawberries, Marion blackberries, and peas. Give them and all Stahlbush Island Farms products a try!

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For more information visit  
[www.livingsoilmicrofarms.com](http://www.livingsoilmicrofarms.com)

## Jump Into Spring with the Wellness Class Series at the Co-op!

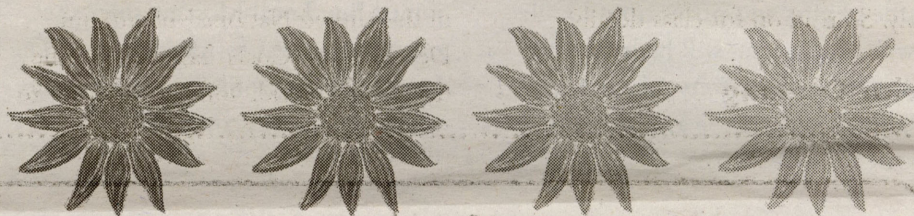
by Amy Lucker, Co-op Wellness Manager

What could be better than learning about herbs, health, and alternative medicine? Learning about them for free! So here at the Co-op, we decided to create a monthly Wellness Class Series for anyone who wishes to come and learn about health and wellness.

The classes will be held at the Co-op in the deli once a month and will be geared towards educating participants and providing information about a variety of health and wellness issues. All classes will start at 6:30 p.m., and will last for an hour or more. Seating will be limited, so please sign up for classes by the bulletin board near the beer cooler. Also, please bring a pen and paper for note taking!

The first class of the series will be at 6:30 p.m., Monday, April 28 with our very own Sequoia Ladd, the herb buyer here at the Co-op. She will talk about the difference between tonics and detoxifying, when these approaches are appropriate, and how to use them. She will also discuss how certain traditions use whole foods, herbs, hydrotherapy, and exercise in these practices.

Some other practitioners who will be teaching classes at the Co-op include April Rubino, Dr. Ng, Candace Magnuson, and Dr. Jaeggli. Please check our website at [www.moscowfoodcoop](http://www.moscowfoodcoop) and the newsletter each month for more info about upcoming classes. We hope to see you there!



### Intro. to Back Massage Class

Tues. April 8, 7-10 pm



Learn how to help loved ones de-stress & indulge your interest in massage therapy.

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## What's Cookin' in May: Solar Cooking

by Jennifer Whitney, Class Coordinator

What started out as a regular cooking class loaded with lots of moist, flavorful suncooked samples, awesome adapted recipes, Q & A discussion, and interactive solar cooker viewing has grown into a full-blooded, build-your-own solar cooker workshop complete with hands-on creation of your very own cooker, cooking-on-your-own tips, lists of resources, links and recipes, and techniques for using and building other cookers. Wow! All that in one workshop!

Because of the nature of solar cooking, our samples will be reaching perfection while we construct our solar panels, so we are able to fit this entire workshop into 2 1/2 hours, only twice that of one of our regular cooking classes. I am also happy that we are able to offer all of this knowledge and hands-on experience for only \$29, but enrollment is limited to 16 participants, so sign-up early. So read on for class details!

### Solar Cooking

**Featured Recipes:** Scalloped Corn Casserole (vegetarian); Gallon of Great Sun Soup [Gluten-free (GF), vegan]; Katherine Hepburn's Brownies Go Solar (vegetarian); Chunky Fruit Sun Sauce (GF, vegan); Sunbeam Chicken Wings (GF), Sunshine Vegetable Medley (GF, vegan)

Are you intrigued by the idea of cooking with sunshine, a renewable, non-waste creating resource? In this workshop, you will see solar cookers in action (weather permitting), construct a simple Solar Panel Cooker that can cook up to a gallon of food, and receive handouts of recipes, tips for using your new cooker, and online resources. Learn techniques that will increase your confidence in constructing other models, including amazing and wonderful box ovens, at home. You'll taste some delicious suncooked dishes and learn about the difference that solar cooking technologies, which address all eight of the United Nations Millennium Development Goals, can make in the developing world. You may also opt to

make a suncooking jar, which can work even better than a pot.

Instructor: Sharon Cousins has lived, loved, and cooked on the Palouse since 1976 and been a Moscow Food Co-op member for over 30 years. She started cooking at the age of four, but only discovered the joys of suncooking a couple of years ago while researching for her novel series about a future society in which the only legal sources of energy are the ones our society foolishly labels "alternative." She has since become an avid solar cook and advocate for the spread of solar cooking technology, dedicating her advocacy to the memory of Leroy Lee. She is available for presentations on the difference solar cooking technologies can make in the developing world, and how people can help get the technology to those who need it most.

**Date:** Saturday, May 10

**Time:** 2 - 4:30 p.m.

**Place:** Unitarian Universalist Church's basement, 420 E. 2nd St., Moscow

**Cost:** \$29; register with any Co-op cashier

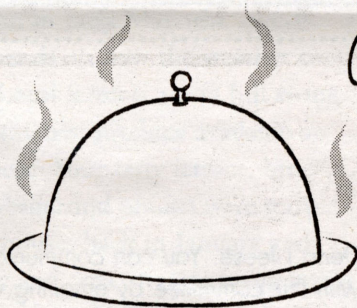
Don't forget there's still time to sign up for our April cooking classes. See our What's Cookin'! advertisement elsewhere in this newsletter then stop in and register with any Co-op cashier. Questions? Contact Jennifer Whitney at [jenwhitney@gmail.com](mailto:jenwhitney@gmail.com) or 882-1942.

### Keith Smith Carpentry

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## What's Cookin'!

Spring 2008 Cooking Classes  
Ethnic Cuisine

### 1 Traditional Thai Cuisine

**Featured Recipes:** "Laab Moo" (Pork Salad), "Gang Kiow Wan Gai" (Green Curry w/ Chicken) & "Tom Yum Gung" (Sweet & Sour Shrimp Soup)

If you've experienced great Thai food and longed to have that same taste closer to home, now you can! Join Add and learn practical ways to prepare traditional Thai food that both mild and fire eaters can enjoy. Add will tell you the best places to find authentic ingredients locally and how to substitute others with inexpensive, more easily available ones. Come enjoy a slice of Thailand with us!

**Instructor:** Papitchaya Simpson, known as Add, started preparing Thai cuisine at the age of eight in the north eastern province of Thailand, Si Saket. She moved to central Thailand, Krungthep province, as a teen where she learned a variety of styles from all over the country. Add has been stateside for over three years now where she has been a guest teacher for Culinary Arts at North Idaho College in Coeur d'Alene and has more recently taught at churches and friends' homes in Moscow. Now Add is looking forward to sharing her experiences with you.

**Date:** Wednesday, April 2nd **Time:** 5:30 pm-7pm

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

**Cost:** \$21; register w/ any Co-op cashier

### 2 Modern Thai Cuisine

**Featured Recipes:** "Ope Mun" (Pork Cakes), "Nua Takrai" (Lemongrass Beef) & "Gai Satay" (Chicken Sauté w/ Peanut Butter Sauce)

Have you enjoyed Thai cuisine before but been concerned about fat and oil content? More Thais that have traversed international borders and seen other cultures' health conscious cooking feel the same. Join Add as she teaches you about some modern adaptations that have been made to more traditional Thai foods in the interest of health. Learn to make pork cakes, popular throughout Thailand, but with leaner pork and baked instead of deep fried like their traditional predecessors.

**Instructor:** Papitchaya "Add" Simpson

**Date:** Wednesday, April 9th **Time:** 5:30 pm-7pm

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

**Cost:** \$21; register w/ any Co-op cashier

### 3 Experience Authentic Mexican!

**Featured Recipes:** "chiles en nogada" (Traditional Stuffed Poblano Peppers), "nopalito" (Cactus Salad), "molletes" (Bean Appetizer) & Traditional Flan

Join us to prepare, sample and learn about the authentic and diverse cuisine of central Mexico with Wendy. In this interactive class we will make the traditional "chiles en nogada" by roasting and peeling poblano peppers, then stuffing them with fruit, pine nuts and ground pork (vegetarian options will also be available) and we'll top it all off with a creamy walnut sauce. The full-course Mexican tutorial and eating experience will also include a "nopalito" (cactus salad), "molletes" (bean appetizer) and a traditional flan made from scratch.

**Instructor:** Wendy C. Willis has always believed that "food is one of the passions of life"; she grew up under the tutelage of a grandmother and mother who were always cooking, talking about food or eating food in her family's Mexican restaurant in Strasburg, Virginia. When not reading absurdly long books for school, Wendy is taking pictures, bird watching, cashiering at the coop or dreaming about the food that she wants to cook and eat.

**Date:** Wednesday, April 16th **Time:** 5:30 pm-7pm

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

**Cost:** \$21; register w/ any Co-op cashier

### 4 Indian/Nepali Cuisine

**Featured Recipes:** "Thali" (which means a plateful) including: Basmati Rice, "Dal" (lentil stew), Chicken Curry, "Saag" (greens w/ potatoes) & "Paneer Matar" (Indian cheese w/ peas)

Learn about a variety of staple dishes shared in Indian and Nepali cooking. Surrounding a bed of Basmati rice, sample Dal (lentil stew), and learn how to make Chicken Curry, Saag (greens with potatoes) and Paneer Matar (Indian cheese with peas). Learn about the significance of food in the Hindu culture and the key spices and ingredients that will allow you to recreate these delicious dishes at home.

**Instructor:** Navin Chettri grew up in Darjeeling, India, amongst a predominantly Nepali population. He lived in Kathmandu, Nepal for over ten years as a professional musician and music teacher, and is currently working on his music performance degree at the University of Idaho. While cooking started out as a necessity as a bachelor in Kathmandu, Navin quickly learned to enjoy the subtle flavors and spices in Nepali/Indian cooking and often cooks for friends and family. He also enjoys cooking a variety of ethnic foods with his wife, Kate, a native of Moscow.

**Date:** Saturday, April 19th **Time:** 4 pm-5:30 pm

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

**Cost:** \$21; register w/ any Co-op cashier

Register for any one class or all four with any Co-op cashier. For more questions, contact Jennifer Whitney, class coordinator, at [jenwhitney@gmail.com](mailto:jenwhitney@gmail.com) or 882-1942.

# Co-Operations



## 2007, the Financial Year in Review

by Kenna S. Eaton, Co-op General Manager

Every year, with urging from our editor in chief, I write a synopsis of how your Co-op performed financially in the previous year to help give some sense of where our money comes from and where it goes. So here is a short story of money, the Co-op, and 2007.

Basically, money comes into the Co-op primarily in sales. We use that money to pay for the cost of goods and the difference (the gross profit) is used to pay our wages and our expenses. Anything

left over is considered net profit, and either goes back into the Co-op to help grow our business or the Board decides how best to disperse it (e.g., staff bonuses, donations, re-payment of debts, etc.). Our other income stream is from member investments, however this money goes into a different pocket—it lives on our balance sheet, becomes an asset, and is used to pay for capital purchases such as equipment. A balance sheet is important in that it reflects the strength of a business, but at the same time it's not so important

which numbers go up or down but the relationship between the two sides. Our balance sheet from 2007 versus 2006 shows our current assets increasing but our equipment value decreasing (depreciation) at the same time our debts both current and long term are going down as well.

Below is the Balance sheet from

December 31, 2007 compared to the same day in 2006.

Now from the operational side of our finances is our Profit/ Loss statement (below, on left) for 2007 compared to 2006. As you can see, sales grew by 11.3 percent but expenses kept up pretty well leaving us with a similar net profit at the end.

Income	2007	2006
Sales	\$6,504,740	\$5,845,600
Cost of Goods Sold	\$3,989,941	\$3,499,878
Gross Margin	\$2,514,799	\$1,645,990
<b>Expenses</b>		
Personnel	\$1,627,351	\$1,482,083
Operations	\$349,824	\$345,191
Supplies	\$168,488	\$154,142
Depreciation	\$115,351	\$151,936
Bank, Interest & prof. fees	\$195,683	\$168,116
Community Action	\$15,996	\$15,329
Total Expenses	\$2,472,693	\$2,315,985
Net income [Loss]	\$42,107	\$29,737

Assets	2007	2006
Current Assets	\$405,041	\$365,806
Property and Equipment	\$924,014	\$1,020,806
Other Long term Assets	\$29,611	\$8,000
Total Assets	\$1,358,666	\$1,476,967
<b>Liabilities and Equity</b>		
Current Liabilities	\$156,637	\$176,490
Long term Liabilities	\$805,351	\$902,626
Total Liabilities	\$961,988	\$1,226,270
Members Equity	\$465,853	\$430,329
Retained Earnings	[\$111,282]	[\$139,032]
Net income for the year	\$42,107	\$29,737
Total Liabilities and capital	\$1,358,666	\$1,400,180

## Volunteer Committee Report

by Nancy Casey, Volunteer Committee Member

Kenna attended last month's meeting to ask why we were seeking ideas to improve the volunteer program, when we were still researching the legality of it. Rather than provide a quick legal thumbs-up or thumbs-down, we, as a group, have decided to take a year to carefully consider the volunteer program, research the legalities, seek input, and then make recommendations about how to strengthen the volunteer program.

Our research last month turned up another category of "volunteer"—people who receive small stipends for essential jobs that were formerly volunteer jobs at fraction of their market value (examples include newsletter layout and the promotional/media visibility work done by the newsletter coordinator).

This information, along with our discovery that, legally, true volunteers can't do work that is also performed by paid staff, means asking questions about the structure of the work performed at the Co-op—paid, unpaid, and underpaid. Fortunately, we face these questions during the Co-op's strategic planning process.

On March 20, the current draft of the Co-op's strategic plan was unveiled at a "Dinner with the Directors" meeting. In that draft, the word "volunteer" appears exactly three times, twice in relation to committees with volunteer members (i.e., the sustainability committee, and a proposed committee to look at establishing a non-profit arm of the Co-op).

The significant information about volunteers in the first goal of the strategic plan is "To build Co-op ownership." It says, "The Co-op currently has 4500 members, of which approximately 100 are active (volunteer, get on committees, express opinions, etc.) This means that roughly 2% of members are actively involved in the Co-op's work."

Why are there so few volunteers? The number is unlikely to increase on its own, because the Co-op is not currently accepting any applications for new volunteers. The strategic plan calls for doubling the membership and increasing communication about ways people can be more active, without specific mention of the volunteer program. So I did my best to add "a role for the volunteer program" in the "what's missing"

part of the discussion.

The volunteer program is critical to making the Co-op "what it is," but just as strong is the message that members aren't particularly active in the Co-op. The volunteer committee has received exactly three written inputs from members about the volunteer program, which so far bears out the member nonparticipation view.

Now you have two avenues to express thoughts about the role of volunteers in the Co-op. You can email [volunteers@moscowfood.coop](mailto:volunteers@moscowfood.coop). Or you can become involved in the strategic planning process that dovetails with the work of the volunteer committee.

If members aren't interested enough to send in their thoughts, it's not unlikely that the volunteer program will die quietly and be remembered as part of the archaic old days when the Co-op was just a fringe store for hippies.

Nancy Casey is a lifetime member of the Co-op. Other members of the committee are Gina Baldwin, Bill Beck, Gary MacFarlane, Seth Magnuson, and

Dena Neese. You can communicate with this committee by emailing [volunteers@moscowfood.coop](mailto:volunteers@moscowfood.coop).



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## Wanted: Locavores for Next Month's Tuesday Growers' Market

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

**L**ocavore (n.): someone who eats food that was raised under the same sun that warms their back.

The season of eating locally is closing in, and it's a good thing too because eating locally is the new black. If you haven't noticed, the "Eat Local Movement" is sweeping the nation. Numerous books have been published on eating seasonally, or the 100-mile diet. People are eating locally to offset their carbon footprint. Even the Oxford American Dictionary named 'locavore' the 2007 Word of the Year. But there has to be a catch in joining a trend, right? The only risk of jumping on this bandwagon is the chance that you might score some nutritious, fresh, and flavorful produce that supports the local economy, reduces fuel consumption, and lowers greenhouse gas emissions. Not to mention, you might even get to know the people who grow your food and a few things about how your food is grown. This is countryside renewal and community building at its best.

So, all of you locavores out there will be pleased to know that the Tuesday Growers' Market will be reopening for the season in early May (the specific date depends on how the weather cooperates). Local farmers are in full swing to raise the best produce available on the Palouse. Your tasty lettuce, broccoli, cabbage, and onions were started in greenhouses back in January and February and are currently being transplanted to hoopouses and under row covers. For those of you who haven't

been to the Tuesday Growers' Market, it is a non-value added growers' market that lasts from 4:30 – 6:30 on Tuesday evenings in the Moscow Food Co-op's parking lot. When the weather warms up, the Tuesday Music Series and a barbeque set up next to the growers to create a very homegrown, tasty experience for the market go-er. And with the new parking lot getting underway, expect some new tables and chairs in which to enjoy the evening.

It's hard to believe, but this year marks the 7th anniversary of the Tuesday Growers' Market. The Growers' Market started as an idea inspired by a mid-week market/ parking lot party at a co-op in Lawrence, Kansas (those Midwesterners sure are cutting edge aren't they?). Not only was the Co-op interested in the idea, but a few local growers had also realized they needed a second harvest in the middle of the week in between harvests for the Saturday Farmers' Market. During the first few years, the Co-op and a small number of growers had to hold onto some resolute hope and patience as the Tuesday Market set sail; at times the market was so small that only one farm was present.

However, once the Co-op moved to its present location over two years ago, the Tuesday Growers' Market finally began to be a destination where people could go to celebrate local fruits and vegetables, listen to music, and enjoy some barbeque. Over the last couple of years, the Growers' Market has seen surge in the number of growers attending



Hardening off seedlings in the WSU Organic Farm hoopouse.

the event, and its customers have the opportunity to ride the wave of diverse offerings in high quality produce, meat, and flowers. In fact, during the height of the growing season, the space allocated for the growers is often at capacity, and due to the logistics of the parking lot, the Co-op simply can't provide more space to the Grower's Market.

What this means is, the local growers have met the challenge and fulfilled their pledge to offer fresh, local food every Tuesday evening. But the Growers' Market could take on some more locavores. So get your taste buds ready and your recipes on cue, because you can expect more offerings at the

Tuesday Growers' Market this year than previous years.

The take home message is, well-traveled food is out, and local produce is in. Ladies and gentlemen, get ready for the salad days.

Carrie and Nate are former corn-fed farm kids who like to write about and eat local, sustainable products grown by neighbors. They are relocating to Wisconsin this summer, so they will be handing this column off to their new friend, Jeanne Leffingwell.

## From the Suggestion Box

*Please carry Gerolsteiner mineral water in glass bottles. They are still producing it in glass bottles since I was able to buy it in another store out of state. Thanks.*

*Please try to get the Co-op organization to carry the glass-bottle Gerolsteiner mineral water. Whole Foods in California switched back to glass. Also please print this request in Co-op newsletter so others will maybe sign in on this issue.*

Our distributor only offers Gerolsteiner in plastic bottles. If we had a choice, we would choose glass also, but unfortunately, we can only get plastic bottles from our distributor.

—Marie, Grocery Buyer

*I love the Organic Bistro meals. Finally it is possible to get a healthful frozen meal that is gluten free, dairy free, and soy free! Thank you for*

*stocking these meals.*

You're welcome. We think they're yummy as well as healthful. —Peg, Chill & Frozen Buyer

*Please package the Cinnamon Chocolate Cookies in 2's or 3's, instead of 5's or 6's. I am just one person, and if I miss getting here on a day when they are fresh, I don't want to buy so many.*

*Thank You!*

The bakers will make sure that when packaging the discounted cookies in the Grab & Go that they make some smaller bags of two or three.

—Aven, Pastry Manager

*Kinnikinnick makes excellent products. The Co-op in Corvallis Oregon carried them. I'm new to the area and strongly urge you to carry them as well. Thank you for your consideration.*

We currently have a large selection of bread prod-

ucts in our Co-op, but this brand can be special ordered by the case. Thank you for your suggestion, we will keep it in mind when considering new products. —Joan, Grocery Manager

*Variety is the spice of life. Chocolate croissants, chocolate croissants, chocolate croissants. What happened to apricot? raspberry? strawberry? Almond would be nice. Cherry-yum!*

When we were making fruit filled croissants, they did not sell well. Almond croissants would be nice but we haven't been able to find a good quality almond paste through our regular distributors.

—Aven

*Grocery pick up on weekdays @ dinnertime and on Saturdays. We all love you so much that there's no parking and it's hard to shop at the busiest times. I've had to just go home sometimes*



## From the Suggestion Box

**because I can't park- a member.**

I am sorry to hear about your parking challenges and I love the suggestion. We'll keep it in mind as we grow our business but right now it doesn't seem feasible.

—Kenna, General Manager

**Curry in meltable cakes – very easy to use. I get them in Seattle at Trader Joes. Very easy to use.**

Unfortunately our distributor does not carry this product. We will keep it in mind should it become available. —Marie

**Refried beans.**

Our refried beans are located in the chip aisle by the salsas. There are many varieties to choose from. —Marie

**Is there any way you could carry Aubrey Organics facial cleansing/ lotion products?**

Aubrey is here! Thanks for the suggestion! —Amy, Wellness Manager

**I was pleased with the reorganization of the "gift" section. It seemed that new items were in with the mission of the Co-op. So today I was dismayed to see plastic "stuff" from China back in (tic tac toe toast, boxing nun, etc.). Why is the Co-op carrying these items? They are not a need of shoppers, sustainable, supporting local company, organic, fair trade, etc. If they fit with the Co-op, I would like to know how. If not, why are they here? Just because something sells, does not mean we should carry it. There have been multiple comments before and I know it was an issue on the big survey. So..... WHY?**

First I would like to say that I am glad you mostly like how we've changed our mercantile selection at the Co-op. Kelly, our mercantile buyer has done an outstanding job finding wonderful products that fit with the Co-op and its mission and displaying it well. Although it does seem like an easy job, it is not. I feel she deserves a pat on the back for turning the department around so smoothly and quickly.

Now, I'd like to try and provide some insight on why we brought some of the "plastic China toy" products back. Although the Co-op is here to support our local companies, sustainability, and organic products, we are also here to support our community and our customers. There are customers who love the plastic toys discussed above. They got used to buying them here at the Co-op and keep on doing special orders for them. When Kelly special orders only one of these items from these companies, it is like pulling teeth. It takes forever, if ever, and was becoming a problem with being able to provide good customer service. So, we decided to bring back just what we have been getting demands for. As this is everyone's Co-op, we felt we needed to do this because we try to serve all of our members as best as we can. Thanks for the question, I hope this helps. —Amy

**I have written this request already. But have never received a response. Please only carry candles without lead-containing wicks! It is very hazardous to children and young adults to be exposed to airborne lead or lead dust. Thank you, —a member**

We received your first comment in November,

but were confused about which candles you were speaking of. As far as we know, we have never carried candles with lead wicks. Granted, I started the position of Wellness Manager in October, and Kelly became the Mercantile Buyer for those items not long before that. But again, as far as we know, we have not seen any lead wicks in any of our candles. We would love to know which products you are speaking of, so if you could leave contact information, we could help clear this up. Thanks!! —Amy

**Polycarbonate and lexan reusable plastic bottles leach bisphenyl a, an endocrine disruptor. This is well-documented in recent research. Can you please carry high-density polyethylene (HDPE) Nalgene instead? It does not leach endocrine disrupting chemicals. Thank you!**

We have continued to carry the polycarbonate bottles in the past because of persistent customer demands. We have decided to stop ordering them and will only carry metal Kleen Canteen and Sigg bottles, in large and small sizes. If you are looking specifically for the HDPE Nalgene bottles, please check out the local selection at Hyperspu's. Thanks! —Amy

**I love that you are offering locally and regionally sourced seeds! However, I see also that you have Bachelor Button seeds. This is a very invasive weed in our area and it would be great if we told the seed company why we don't want to carry this seed. Thanks!**

Thanks for this information. I will ask Garden City Seeds if they can bring a replacement seed on their next trip. —Joan

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## Staff Profile: Cass Davis

by Amy Newsome, Newsletter Volunteer

One afternoon at the Co-op, my husband and I were speaking to a representative from Friends of the Clearwater about a proposed rule that would seriously threaten pristine areas of Idaho. Last summer, our ten-year-old daughter, Jamie, caught her very first fish using a fly rod on Cayuse Creek, one of the very areas being threatened. When my husband inquired about what could be done to help, the man we were speaking to said, "You should talk to that guy," pointing over his shoulder to a produce stocker, "he commits himself completely to issues like this."

I did speak with Cass Davis, and a more passionate and courageous activist I may never meet.

Cass was raised in the Silver Valley of Idaho, an area decimated by over a century of mining and smelting operations. The Silver Valley is one of our nation's oldest and largest Superfund sites. When Cass was ten, he and his siblings were tested for lead. Both Cass and his brother had high levels of lead in their blood. In the 1980s, the residents of the Silver Valley had the highest levels of lead ever recorded in human history.

Cass was raised by supportive and loving parents who were pro-worker and pro-union. Cass struggled and got into trouble in school but his parents made sure that he always knew regardless, he was a great human being. After graduating from high school, Cass went to work with his dad at a sawmill. When the mill workers went on strike, Cass's mom encouraged him to move to Moscow and give college a

try. Cass's sister was a student at the University of Idaho and manager of the university's radio station. Cass declared that the move to Moscow 23 years ago changed his life. Listening to KUOI he heard for the first time programs like *Democracy Now* which supported his closely held notion that corporations cannot be trusted to operate in an ethical way with either their employees or the communities in which they operate. He took some classes in Political Science and Sociology and found that his professors actually appreciated the fact that Cass was a natural "conflict

the value of the timber industry, calls himself a "left neck." However, he advocates for common sense and intelligence to be used so that these valuable activities can continue while preserving Idaho's wilderness.

When we hear about the tragic history of areas such as the Silver Valley, is it enough to be sympathetic? Or should this history encourage our vigilance so that similar tragedies are not perpetrated in our future? A petition called the Roadless Area Conservation Draft EIS could lead to a decision to log and



Diana Armstrong gets to stock the sweet stuff: pure honey.

**“Listening to KUOI he heard for the first time programs like *Democracy Now* which supported his closely held notion that corporations cannot be trusted to operate in an ethical way with either their employees or the communities in which they operate. Before long, Cass had his own radio show called *The Blues Manifesto*.”**

theorist.” Before long, Cass had his own radio show called *The Blues Manifesto*, and went by the name “Lefty Marx.” The show included political commentary and blues music.

A professor saw Cass's potential as an activist and encouraged Cass to begin a student movement to encourage the University of Idaho to divest their funds from apartheid-supporting South Africa. Since the success of that first project, Cass has been involved in everything from the protests at the WTO meetings in Seattle, to assisting Political Science professors in surprise mock ambushes in classrooms to simulate Contra Rebel attacks, to receiving a standing ovation for speaking out against dam drawdowns that threatened salmon habitat. Although Cass has held various jobs over the years, he considers himself a career activist. He's worked at the Co-op for the past eight months. Over two decades ago, his sister introduced him to the Co-op when it was “just a little place with some bulk bins and a few hippy volunteers.”

Cass, an environmentalist who enjoys hunting and fishing and believes in

mine in the majority of the remaining Roadless Wildlife Habitat Areas in Idaho. Do we want to trade in yet more of our world-class recreation and wilderness for a Superfund cleanup site? I bet Cass doesn't think so.

Resources: <http://silvervalleyaction.com> and [www.friendsoftheclearwater.org](http://www.friendsoftheclearwater.org)

Amy Newsome appreciates her daughter, Haley, and her husband, Richard, in helping to edit this piece from over 1200 words to a mere 699 words.

**Kurt “Sam” Obermayr**  
Renovations, Remodels,  
Energy Efficiency  
Idaho Registered  
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**(208) 669-0189**  
**Kurt@samaree.net**  
References and portfolio on  
request

# Me, the Credulous Carrot

by Jordy Byrd, Newsletter Volunteer

**D**id your mother ever tell you that eating carrots would improve your vision? Well mine did. And guess what, I'm suing. It's been twenty one years and hundreds of slaughtered carrots later, and I'm still paying more than three hundred dollars a year for new contacts and glasses. I swear my mother is the ultimate spin doctor.

Perhaps through her persuasion, or my own good accord, I've grown to love and adore carrots. I'll them until my teeth turn orange and my jaw gets too tired from chewing. In fact, I believe I come from a very long line of carrot enthusiasts, save my dad. I will always remember chasing my older brother into the garden, looking to find just the right carrot. Pulling a carrot is really one of life's greatest little surprises. You never know how straight, how gnarly, or how many legs, you're going to get.

As it turns out, carrots are a taproot, a type of root that grows downwards into the soil and swells. Native to Afghanistan, carrots eventually moved to England, sometime around the Elizabethan era. It has been noted that some Elizabethans chose to eat the roots, while others used their feathery stalks to decorate their hair, hats, dresses and coats (I imagine, the replacement on such décor was weekly, as carrot greens wilt quickly)

Lucky for us, carrots came to the New World with the early colonists. Without rigid cultivation, the rugged plants sprouted uncontrollably, and crossbred into a wild flower called Queen Anne's Lace. Today's most common, store-bought carrots are a highly refined version of this weed.

Sometimes I have difficulty eating entire batches of recipes. Oddly enough, my roommates, in accompaniment with many other college students,

tend to avoid foods that are green or even worse...leafy. Needless to say, they are not much help in my cooking endeavors. So this time around I decided to drive home for spring break, and wrestle up some carrots in the kitchen.

Much to my delight, my brother and his fiancé came home for a visit. For dinner one night I told my mom she could handle the meat for the omnivores, and I would take care of the rest. For dinner I made Broccoli, Cauliflower & Carrots with Parmesan Breadcrumbs, and Carrot Patties. The most difficult aspect of cooking both dishes was fighting to keep the carrots on my cutting board. I never realized how far a carrot piece could fly across the room when chopped. Oh well, I thought. At least my brothers' dogs were happy. They love carrots, so there they sat, practically on my feet, waiting for the inevitable droppings.

For the vegetable medley, I chose to deviate a little from the recipe. Instead of breadcrumbs, I used a form of bagel chips that were heavenly. I realize the dish seems like your same old, same old, combination of vegetables but really the cayenne pepper and the grated parmesan are wonderful, zesty duo. I love this recipe. The soft bite of the vegetables combines very nicely with the crunch of the breadcrumbs.

Much like the first, the carrot patty recipe is really a modern spin on a classic dish. I liked the idea of replacing most of the high sodium potatoes with the healthy bite of carrots. Plus, the parsley is a perfect aesthetic and tasty addition. What was especially nice about the carrots was the soft sweetness they added to the patties. My family and I really enjoyed both dishes. So much to the extent that they will find permanent homes, on my kitchen counter.

Sources:

## Broccoli, Cauliflower & Carrots with Parmesan Breadcrumbs Recipe

- ✦ 1 1/2 pounds broccoli florets
- ✦ 2 pounds cauliflower flowerets
- ✦ 1 pound carrots cut 1/4-inch thick
- ✦ 1 tablespoon vegetable oil
- ✦ 4 tablespoons unsalted butter
- ✦ 2 cups very coarse dry bread crumbs
- ✦ 1/2 cup Parmesan cheese, grated
- ✦ 1/2 teaspoon cayenne

In a large saucepan of boiling salted water, cook vegetables until crisp-tender, 2 to 5 minutes. Drain vegetables and refresh under cold water to stop cooking. Vegetables may be prepared up to this point 1 day ahead and chilled, covered. In a skillet, heat oil and 2 tablespoons butter over moderately high heat until foam begins to subside and sauté bread crumbs, stirring, until golden. Stir in Parmesan, cayenne and salt to taste. Sauté, stirring, until crisp. Breadcrumbs may be prepared 3 days ahead and kept in an airtight container.

Preheat oven to 350 degrees. In skillet melt remaining tablespoon butter over moderate heat and in it toss vegetables with salt and pepper to taste. Sprinkle vegetables with breadcrumbs and toss to combine. Transfer mixture to a baking dish and bake, uncovered, 10 minutes, or until just heated through.

## Carrot Patties Recipe

- ✦ 1 1/2 cups cooked mashed carrots
- ✦ 1 cup mashed cooked potatoes
- ✦ 2 tablespoons melted butter or margarine
- ✦ 1/4 cup grated Parmesan cheese
- ✦ 1/4 cup chopped fresh parsley
- ✦ 2 tablespoons dry breadcrumbs
- ✦ 1 egg yolk
- ✦ 1/2 teaspoon salt
- ✦ 1/8 teaspoon ground black pepper
- ✦ all purpose flour
- ✦ hot vegetable oil

Combine first 9 ingredients, mixing well. Shape into 8 patties and dust each lightly with flour. Fry in hot oil until browned on both sides; drain on paper towels.

[www.browfarm.co.uk/carrots\\_about.htm](http://www.browfarm.co.uk/carrots_about.htm)  
[www.cdktichen.com](http://www.cdktichen.com)

Jordy has decided to post-pone graduate school. She is very nervous to find a job after graduation.





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## Much Ado About Tofu: Tofu Phil

by Terri Schmidt, Newsletter Volunteer

“Tofu Phil” Spiegel, owner of Small Planet Tofu, recently shared samples of his delicious tofu at the “Meet the Makers” Co-op event. I had the privilege of interviewing him for this article and found him to be cheerful and charming. “Tofu Phil” is a moniker he adopted when starting up his business. The catchy name helps people remember his product.

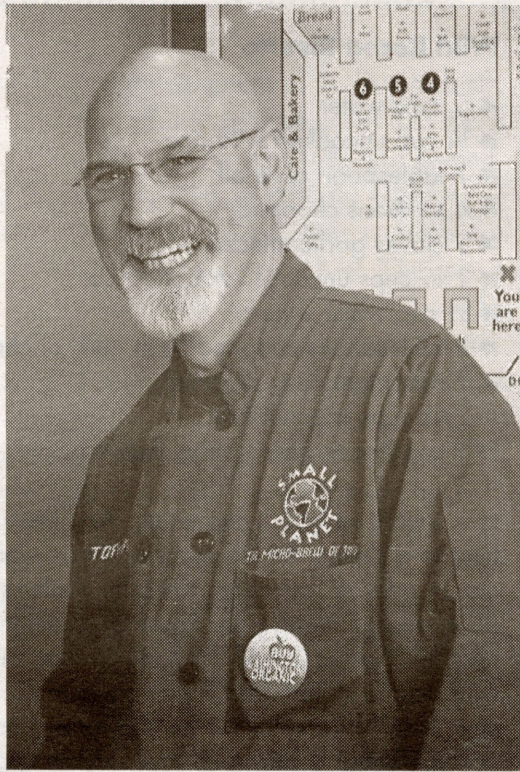
Tofu Phil moved to the northwest in 1982 from Boulder, Colorado. His business is located about 40 miles north of Spokane on Penrith Farms. He has four children, who all at one time or another helped in the tofu business.

Tofu Phil has been a fan of tofu for over thirty years. He became a vegetarian in the 70s and as he said, “When you are vegetarian, you eat tofu.” He worked as an electrical engineer for many years, but felt he was “at the mercy of others when I was somebody else’s employee.” In the early 80s, he read *The Book of Tofu* by William Shurtleff and it eventually influenced his future. In the early 90s, while he was still working full time as an engineer, he began making tofu at night. Phil laughs and says he went temporarily insane sixteen years ago when he decided to jump into tofu production full time.

Tofu Phil taught himself how to make tofu from the pages of the book that inspired him. He said he has always been a hands-on kind of guy, and the book encouraged people to produce tofu as a cottage industry. That motivated him to begin his own business.

In the beginning, Tofu Phil made all the tofu himself. Thirteen years ago, 17-year-old Drisan Turner came to work for him. Tofu Phil trained Drisan well over the years and he is now the production specialist. Making tofu is an art form for Small Planet Tofu. It is made in small batches and is monitored carefully so the quality is always high. It’s a frustration to Tofu Phil that much of the tofu made in the U.S. is made in big quantities by large manufacturers who produce a product that is “mediocre at best.” One of Tofu Phil’s goals is to educate people about quality tofu and how good it can taste.

Marketing and development is where Tofu Phil focuses his energy now. He spends months every year doing demos.



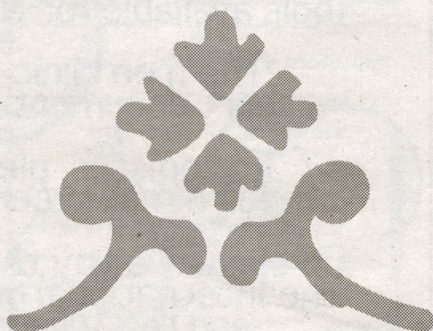
Part of development is creating new flavors of tofu. The book he read said to find someone who makes good tofu and learn from them. Tofu Phil learned how to make flavored tofu from a man in Nelson, British Columbia.

Creativity seems to be part of Tofu Phil’s nature. He experiments often with creating new flavors. He will soon be releasing specialty artisan tofu flavors in selected markets. The flavors include lemongrass ginger, chipotle cilantro, and a green tea tofu, which he says is wonderfully imbued with senia green tea flavor and retains all the health benefits. He is also experimenting with wild crafted mushroom tofu. He will soon be offering another Small Planet Tofu product: dips and spreads

Tofu Phil declared, “A passion can take you a long way.” He continues his “labor of love” in building the business and hopes to someday be slightly famous. He is off to a good start. Small Planet Tofu is now sold in eleven states including Hawaii and Alaska.

This month’s page features delicious Small Planet Tofu recipes from their web site: [www.smallplanettofu.com](http://www.smallplanettofu.com)

Terri Schmidt thinks Small Planet Tofu is the best tasting tofu around and is intrigued by the idea of green tea tofu.



### Small Planet Tofu Pot Pie

- ✦ 1 cup each potatoes & carrots, cubed
- ✦ 1 tablespoon. Spectrum Naturals Organic Sunflower or Olive Oil
- ✦ 1 clove garlic, minced
- ✦ 1 cup fresh or Cascadian Farm Organic Frozen Peas
- ✦ 1 medium onion, chopped
- ✦ 1/2 teaspoon salt

### Gravy:

- ✦ 3 tablespoon each Whole-Wheat Flour & Nutritional Yeast
- ✦ 1 1/2 cups vegetable cooking water or broth
- ✦ 1/2 teaspoon ea. thyme, garlic powder, black pepper, paprika
- ✦ 3 tablespoons Spectrum Naturals Organic Sunflower or Olive Oil
- ✦ 1 1/2 cups soy or rice milk
- ✦ 1 teaspoons each salt and sage

Top crust from your favorite recipe to fit a 2-quart casserole.

Filling: 1 pound Fresh Small Planet Organic Tofu, any flavor, your choice, (Frozen/thawed or fresh & cut into 1/2” cubes). Parboil potatoes and carrots, save water. Sauté onion, garlic, oil, and salt. Combine with all vegetables and tofu. Simmer. Let bubble at low heat, flour, yeast, and oil. Whisk in cooking water, milk, and spices. Heat and stir until boiling and thickened. Mix in tofu and vegetables. Pour into a 2-quart casserole and cover with crust. Bake at 350 degrees for 30-40 minutes, or until crust is golden brown.

### Small Planet Tofu Vegetable Fajitas

- ✦ 1 cup sliced onion
- ✦ 1 cup sliced fresh mushrooms
- ✦ 2 cloves garlic, minced
- ✦ 1 pound Fresh Small Planet Organic Tofu (any flavor, your choice)
- ✦ 2 tablespoons Spectrum Naturals Organic Sunflower Oil
- ✦ 1 cup sliced green pepper
- ✦ 2 cup chopped tomato
- ✦ 1/2 cup chopped ripe olives
- ✦ 1 cup lettuce a minced jalapeno pepper, optional.
- ✦ 1 teaspoon chili powder
- ✦ 1 teaspoon salt
- ✦ 1/2 teaspoon dried oregano
- ✦ 1 teaspoon ground cumin
- ✦ 2 cup (8 ounces) shredded soy cheese, or cheddar
- ✦ 10 (9-inch) warm flour tortillas

Start by slicing the tofu into thin fajita type strips. Slice the onion, mushrooms, garlic, and green pepper. Put a tablespoon of oil in two skillets and turn burners onto medium. Put the tofu in one and the onions, mushrooms, garlic, and green pepper in the other. Add 1/2 tsp. salt, cumin and chili powder to tofu. Add 1/2 tsp. salt and oregano to veggies. Chop tomatoes, lettuce, and olives. Grate cheese and warm tortillas. Top with salsa and your choice: sour cream, yogurt.

10 servings. 45 minutes to prepare.

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## Veganesque: Revisiting Rice

by Caitlin Cole, Newsletter Volunteer

I remember the first time I ever had rice. It was in a Mexican restaurant in the college town of Orono, Maine, where I was attending the State University. This local watering hole was inside of a slightly run down but beautifully built late Victorian brick building. The lobby had floor to ceiling tile mosaics in bright primary colors and bay windows to the right of the entrance that had built in window seats with pink and orange paisley cushions. My five friends and I sat at a high ceramic top table on brightly painted wooden stools while a ceiling fan gently whirred above us. The space was lit entirely by the natural summer light pouring in through the stained glass narrow Queen Anne windows. It was very hot and we were there mainly for the margaritas. This may sound strange, but not only was this day my first rice experience but it was also the first time I had ever had Mexican food. I grew up in a meat-and-potatoes type of eating environment and I don't think there was even a Mexican restaurant in our town. Amazing to think there was one in the tiny rural town of Orono Maine, but this restaurant was supported by the college crowd because of its reputation for lenient alcohol policy and the Grateful Dead bootleg tapes that played throughout. I did not know what anything on the menu was, but I knew I needed to eat something with the margaritas so I guessed burrito. I remember liking all of the accrements—salsa, guacamole, shredded cheese. I dressed my burrito and took a bite. Yum! I loved the texture of the rice; I was expecting it to be mushy but found it delightfully chewy and nutty. I was

thinking, wow, there is a whole new healthy food that I can enjoy! This was important to me because at the time I was transitioning from a meat based to a plant based diet and it was exciting when I found new food options.

Since that day my relationship with rice has blossomed! Recently I have been looking for ways to add more whole grain to my family's diet while reducing gluten, so rice has replaced bread as our grain staple. Besides being very healthy, rice is inexpensive, flexible and there are many different kinds. Our Co-op's bulk section has fourteen kinds, and there is quite a choice in the prepared food aisle. Rice is not grown locally, but by choosing to prepare rice with local herbs and vegetables, the cook can still support local farming. The cook could also buy some seeds from the produce department and grow their own herbs and vegetables! Here are some lesser-known facts about rice that I have recently discovered:

Rice is grown in seven states. California, Louisiana, and Arkansas together grow 80 percent of rice in the United States.

Wild rice is not really rice, but an aquatic grass native to North America

When reheating cooked rice, add 2 tablespoons liquid (water or broth) for every cup of rice

There are 40,000 varieties of rice grown on every continent except Antarctica.

In Burma where rice cultivation origi-

### Wild Roma Risotto

- ✶ 5 cups water
- ✶ ¼ cup uncooked wild rice
- ✶ 1 tablespoon olive oil
- ✶ 4 scallions chopped
- ✶ 3 cloves garlic minced
- ✶ 1 ½ cups uncooked Arborio rice
- ✶ ½ cup white wine
- ✶ 2 tablespoons chopped fresh herb of choice
- ✶ 2 roma tomatoes chopped
- ✶ 2/3 cups coconut milk
- ✶ 1 cup frozen green peas, thawed

In a saucepan boil 1 cup water. Add the wild rice, cover pan and reduce heat to a simmer for 25 minutes. Drain well. Bring 4 cups of water to a simmer in a large saucepan. Keep the water simmering meanwhile heat the oil in a large frying pan. Sauté the scallions and garlic over medium-high heat for 1 minute. Add the Arborio rice; stir it for 2 minutes. Pour the wine, wild rice, and herb into the frying pan. Cook, stirring frequently for 2 minutes. Pour 1/2 cup of the heated water into the frying pan. Stir frequently until the liquid is absorbed then add ½ cup more water. Continue adding the water this way, waiting between additions until the liquid is absorbed and stirring frequently. After about 20 minutes most of the liquid should be absorbed and the rice should be tender but still slightly chewy. When all of the water is absorbed, add the tomatoes, coconut milk, and peas. Simmer and stir for a few minutes until the liquid absorbs.

nated, each person eats an average of 500 pounds of rice a year

Instead of cake, rice is the first food a new Indian bride offers her husband at a wedding ceremony

I have had considerably less than the 40,000 varieties, but so far my favorite by far is Arborio rice. I love the chewy texture, creaminess, and the way it absorbs flavor. Preparation may be considered labor intensive for those who don't love to cook, but if one is so inclined the following slightly fussy recipe is worth the effort. When I have

less time I still enjoy brown rice in the style of my college town's dead head Mexican restaurant, with black beans and salsa, still served occasionally with a salty margarita!

Resources: [www.worldpantry.com](http://www.worldpantry.com), [www.usarice.com](http://www.usarice.com)

Caitlin Cole is an unschooling parent and freelance writer who currently lives in Moscow.



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## Omnivoria: Shelton's Natural Poultry

by Alice Swan, Newsletter Volunteer

I was at the Co-op the other day, perusing the frozen meat as I do periodically to see what's new. I regularly buy Shelton's frozen ground turkey, but on this trip I noticed that there were LOTS of products from Shelton's in the freezer case. Chief among those that interested me were chicken and turkey hot dogs, because my almost-three-year-old son only eats meat in the form of bacon or hot dogs. (A phone call to Meat Manager Brennus affirmed my suspicion that these products are not at all new at the Co-op, they had just never before registered in my baby-muddled brain).

Shelton's is a family-owned business in Pomona, California, and has been raising all-natural turkey since 1924. Their offer chicken and duck as well as turkey, both free-range and certified organic. One of the things that made the biggest impression on me while researching the company is that they hand-process all their birds. That means (to put it bluntly) that the guts are pulled out by hand, instead of machine, which cuts way down on the possibility that something nasty will rupture and *contaminate the meat*. Another thing I liked is that, in supplying restaurants, Shelton's cuts chicken breasts to consistent sizes, rather than using genetically modified chickens to produce consistent portions.

I love ground turkey; it's excellent in taco salad, or made into burger patties and grilled, and is easy to add a few spices to (salt, pepper, garlic, fennel seed & red pepper) as a substitute for Italian pork sausage in lasagna and other baked pasta dishes. I also make really great meatballs with it (although for those in too much of a hurry or too squeamish to mix meatballs by hand, Shelton's turkey meatballs are available at the Co-op). Since it's always been my assumption that ground turkey is leaner and healthier than ground beef, I did a little digging for some data to back up my assumption, and the results surprised me.

It's not always the case the ground turkey is leaner than ground beef. It depends (duh) on the fat content of the beef, and what kind of meat is in the ground turkey. Ground turkey breast is definitely lower-fat than ground beef, but depending on how much skin or dark meat is in ground turkey, it can have about as much fat (and saturated fat) as ground beef. What I can say for sure is that while Shelton's ground turkey does have dark meat in it, a four-ounce serving contains 170 calo-

ries and 10 grams of fat (3 saturated). And while [calorieking.com](http://calorieking.com) told me that a similar serving of 85% lean ground beef has 290 calories and 17 grams of fat (6.5 saturated), those numbers do not refer to grass-fed beef. The grass-fed ground beef available at the Co-op has significantly less saturated fat (1/2 to 1/3 less) than its grain-fed counterpart.

So maybe the nutritional benefit of ground turkey versus ground (grass-fed) beef has just been in my head all along. But the hot dogs... oh, the hot dogs are a different story. One Shelton's turkey frank (ingredients: turkey, water, sea salt, spices and potato starch) has 60 calories and 4.5 grams of fat (1.5 saturated). Just for kicks, I compared that to Ballpark Beef Franks (one of the brands favored by my baseball-loving husband). Ingredients include corn syrup and several preservatives, among others. One Ballpark Frank has 180 calories and 16 grams of fat (6 saturated), plus twice the sodium as Shelton's. Yikes! Since my son hasn't developed a taste for a particular brand of hot dogs (after all, it's mostly about the ketchup at his age), I think I'll stick with the Shelton's!

In the end, the ground turkey vs. ground beef issue with Shelton's versus grass-fed beef comes down to personal taste preference rather than nutritional value. If you like beef, go for it. I happen to like turkey, and I like Shelton's in particular.

.....  
Alice is enjoying watching the tree buds swell and seeing what's coming up in her garden.  
.....

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### Taco Salad serves 4

- ✦ 1 pound ground turkey
- ✦ oregano
- ✦ cumin
- ✦ chili powder
- ✦ salt
- ✦ pepper
- ✦ lettuce
- ✦ corn chips
- ✦ grated cheese
- ✦ sour cream
- ✦ diced or mashed avocado
- ✦ salsa

Brown the ground turkey in a skillet over medium heat. (Hint: you can cook frozen ground turkey directly over a lower heat; just plop it in the pan, and periodically turn it over and scrape the cooked part off the top). Add salt, pepper, oregano, cumin, and chili powder to taste, plus a little water if it gets too dry.

Wash and tear the lettuce into small pieces, smash the corn chips, and place each remaining ingredient in its own dish. Let everyone assemble his or her own salad according to individual taste.

Other yummy additions: fresh or frozen corn kernels, black or pinto beans, sliced jalapeños.



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## TubFest Puts the Fun in Fundraising

by Bill London, TubFest Coordinator

**T**hat was a great party! TubFest, held on February 29 at the 1912 Center to raise \$3,000 to complete the installation of the Co-op's Earth Tub, was really fun.

TubFest was also a financial success. The fundraising goal was achieved—and exceeded by almost 50 percent.

We raised \$4,313.55. The total income (from ticket sales and the silent auction) was \$6,491. Total expenditure (including food, wine, room rental, and promotion) was \$2,177.45.

Our gratitude and congratulations to everyone who helped make this event so successful.

The creativity of the thirteen table coordinators, who each decorated and set one table, really added a touch of glamour and giggles to the evening. Some table coordinators even chose a theme, complete with diners in cos-

tume (pirates, Rosie the Riveter, kids). Our thanks to these wonderful thirteen: Lois Blackburn; Aly Lamar; Gina Gormley; Chris and Molly Pannkuk; Judy Sobeloff; Brandy Sullivan; Gerri Saylor and Kenton Bird; Kim Vincent; Betsy Goodman; Barbara Wells; Dani Vargas and Sandi Billings; Kerri Fedale; and Sarah Swett.

Many other people helped make this event succeed. Robin Ohlgren and the silent auction crew did a great job. Also, thanks to Northwest Respiratory and Medical for the use of their two vans to transport lasagna; to Co-op lasagna chefs Emily Melina and Philip Wrigley and the Co-op kitchen crew for the bread and salad; to Jenny Sheneman for providing great ideas as well as arranging the use of the 1912 Center; to Henry C. Willard for the live music; to Nora Locken and the wonderful waitstaff volunteers who served so elegantly; to Amy Richard for her supervision of the meal; to Melissa

Rockwood of Rdesign who created the promotional materials; and to Josh and Anne from the Red Door who served the wine.

Special thanks are due to the staff and volunteers who stayed to clean up the mess and put away the tables.

So, what is the Co-op going to do with the extra money, the income beyond what was needed for the Earth Tub? Kenna says the best use is for parking lot improvements, including outdoor tables and chairs.

And what about another fundraising



A table full of happy Tubfesters. Photos by Karri Fedale.

fest next year? Kenna smiles. She's got a plan. "SaladFest," she said. "We need a salad bar..."

Bill London edits this newsletter and has been invigorated by a visitation from uber-adorable grandchild Leyna Grace with her innocent joy and her non-stop babble.

## TubFest Thank You's

by Nora Locken, Co-op Compost Coordinator

**I** deal with the Earth Tub on a daily basis. It is easy for me to be stuck in my small world of mixing food waste, sawdust, and hay in that big, black Earth Tub.

The Co-op's TubFest dinner provided me a special opportunity to wear a skirt and share my love for composting with 130 attendees. It was great to see a festive and filled room at the 1912 Center.

TubFest would not have been possible without

the incredible crew of volunteers who served dinner to everyone. My most sincere thanks go out to Katy Farrell, Mark Jacobs, Arjan Meddens, Giancarlo Sadoti and Bridget West. Your hard work and friendly faces made the night enjoyable for all.

At TubFest, I announced our winner of the "Name the Earth Tub Contest." Cassie Nichols submitted the winning name of EARTHA. Congratulations, Cassie, on winning your very own Earth Machine, the world's bestselling backyard composter! A big thanks to all the entrants for their creative and comical submissions, it was tough to choose a winner.

I am happy to report that we harvested the second batch of compost from Eartha! After learning a few lessons from the first time around, this load of compost had a better texture and beautiful black hue. Thanks to Courtney Rush at PCEI for arranging a fantastic crew of volunteers to unload Eartha and transport the compost to the community gardens.

Nora Locken has already been planting in the garden and encourages everybody to take that bold step into the soft, spring soil.



Thanks to Karri Fedale for taking all the lovely TubFest photos that appear on these pages.



## TubFest Auction Action

by Robin Ohlgren, TubFest Auction Coordinator

**B**oth the donations and the funds generated by the TubFest silent auction exceeded our expectations. I want to offer a hearty thanks to the generosity of Co-op supporters and to the members of the TubFest Silent Auction Committee: Cindylou Ament, Kate Jaekel, Cece Connors, Kim Cook, and Bryn Ohlgren-Evans.

In addition, we want to thank the generous folks who donated the auction items. We couldn't have done it without you. In no particular order, thanks to:

- ✦ Orchard Farms
- ✦ Katrina Makiah
- ✦ Moscow Mountain Farm
- ✦ Sweet Peas and Sage
- ✦ Palouse Ice Rink
- ✦ Marilyn Lysohir
- ✦ Ross Coates
- ✦ Fiona Black
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- ✦ Camas Prairie Winery
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## In The Garden: Always Learning

by Holly Barnes, Newsletter Volunteer

I've learned so much from attending three more gardening classes this month on the Palouse.

Cinda Williams of the Latah County Extension Office taught a class on Organic Gardening; Theresa Greiner of Fiddler's Ridge Nursery in Potlatch taught a class on seeds and plants to use in our planting zones; and Gerald Meyer, the Greenhouse Manager at the University of Idaho, imparted his knowledge on Pastel Perennials for the Palouse.

Cinda expanded on the class I took in February that discussed companion planting and crop rotation as two excellent means of creating biodiversity in the garden. She says that ideally gardens will look like patchwork quilts with the above-ground diversity stimulating a like diversity, and therefore, health in the soil beneath. If a garden has problems due to insects, disease, and weeds, it is an indication that there is an ecological imbalance. By learning and using organic gardening principles and practices in our gardens, we can create healthy conditions conducive to optimal plant growth.

The Potlatch Growers Group, which was started by graduates of the County Master Gardener program, is presenting a series of garden seminars in Potlatch. Theresa shared many pearls of wisdom gained from her 20-plus years of gardening and nursery management and/or ownership on the Palouse. Depending on the zone of the microclimate around your own home Theresa says our growing season is probably 80 to 100 days, though if you are in a



Early spring at Fiddler's Ridge Farm

sheltered warm spot you may have as many as 120 days. Use those figures in determining which crops to grow. Many heirloom varieties need longer growing seasons so knowledge of your season length is critical. Stone fruits (apricots and peaches) are questionable in our area because they bloom first of the fruit trees and our long and cold springs are death on them. If you find an apricot variety, you must have then plant it in the coldest spot on your property (which may be the north side) so that it will be delayed in breaking dormancy. This advice runs counter to all we've ever heard, but makes perfect sense.

Jerry's class on pastel perennials was right up my alley as those are my favorites. I especially enjoy Jerry's recommendations for companion plant-

ings. Briefly, some of Jerry's pearls of wisdom:

Our long-term spring dampness is a main reason for plant loss, not the winter cold; drought tolerant (xeric) plants must be generously watered the first year or two; and, plants that suffer water stress in summer have a harder time with winter hardiness.

One of the things I enjoy from attending classes is that most instructors share their personal favorites and biases on gardening practices, plants, and nurseries. After more than 30 years of gardening, I learn something new every time I take a class. All of these presenters impart invaluable pearls of wisdom that I eagerly absorb. There was no cost for any of the above classes.

The Backyard Harvest (BYH) program is gearing up for the coming season. Run by the very energetic Amy Grey, whom I featured in an article last summer, the program uses all volunteer gardens and harvesters to provide local food banks and meal providers with fresh produce. This year's goal is to harvest 20,000 pounds of produce. Knowing Amy, I think she'll do it! Plant starts are being grown right now for community plots and for people willing to plant an extra row in their existing gardens. These will be available in April and May, along with seeds that will be provided on a first come, first serve basis. BYH is piloting a tool library this year for community members. They have shovels, rakes and 7-foot orchard ladders, but are in need of a Rototiller, wheelbarrows, and hand tools. BYH also provides some community plots that will need workers for a few hours in April and May. Please email Amy for more information or to donate time and/or supplies. It's a great

*“There are no mysterious ‘musts,’ no set rules, no finger of shame pointed at the gardener who doesn't follow an accepted pattern. Landscaping is not a complex and difficult art to be practiced only by high priests”*

—Thomas D. Church in  
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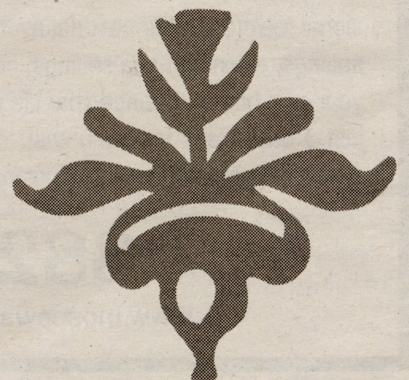
[gmeyer@uidaho.edu](mailto:gmeyer@uidaho.edu) or (208) 885-6379

Web page: [www.backyardharvest.org](http://www.backyardharvest.org) or email: [amy@backyardharvest.org](mailto:amy@backyardharvest.org)

### In The April Garden:

- ✦ Direct sow seeds of cool season vegetables and hardy annuals in the garden;
- ✦ Sow seeds of more tender plants indoors according to when they can be put out in the garden;
- ✦ Prune forsythia right after flowering, prune the oldest branches to 12" but allow the plant to retain an arching form;
- ✦ Scatter lettuce and spinach seeds around emerging spring bulb foliage, when the bulbs die back the salad greens will cover the yellowing foliage, and you'll have the makings of a salad;
- ✦ Clean out and disinfect bird houses with a bleach solution of 4 tablespoons bleach to 1 gallon water. Remount houses 6 to 20 feet above the ground.

Holly Barnes is still quilting while waiting for the soil to dry out enough to start digging. She is spending a lot of time exercising after signing up for a mini-triathlon to take place in August.



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## Wild & Free: Arrowleaf Balsamroot

by Sarajoy Van Boven, Newsletter Volunteer

April winds bring a curious alchemy to our dusty hills. The magic is this: dirt, our very own loess, is transformed into silver and gold. And the treasure chest of Paradise brims with the golden rays of Arrowleaf Balsamroot flowers and the silver sheen of their leaves. In our fields gone feral, on our hills un-bruised by human hands, in our parks, and upon our ridge tops, gold and silver tumble down.

More sophisticated than pure gold and far superior to actual silver, these wild flowers outshine those inedible, domesticated minerals of arbitrary value. This gold and silver can feed us, without the middlemen. From root to seed and all parts in between, these holy, shining fortunes sustain soul and body both.

Unless you have a sunshine allergy or severe agoraphobia, I am confident that on some April day you have seen a hoard of yellow "sunflowers" around. And it was surely the gorgeous bounty of Arrowleaf Balsamroot (heretofore referred to as AB).

AB, of the Aster family, is nearly identical cousins with the Common Sunflower, reflected by layman's terms: Spring Sunflower and Wild Sunflower (Food Plants of the Interior First People by Nancy J. Turner). You can deduce from these common names that AB's flowers are sun-oidal with golden rays extending from a round gold center.

The leaves, as the name more than suggests, are arrow shaped, growing up to two feet long. A sheen of white hairs tones down their green to a trendy silver/green hue. These leaves clump together and produce a bevy of one-flowered stalks from 8 to 30 inches tall. The official sunflower sprouts many heads per stalk, but AB believes that flowering involves only one flower and one stalk, together for the rest of their lives.

The roots, which apparently smell of balsam, as the name in both scientific Greek *Balsamorhiza sagittata* and plain English indicates, are rich in carbohydrates and fiber both ([www.usask.ca](http://www.usask.ca) "Rangeland Ecosystems and Plants). Before miners dug the hills of North Idaho oh-so-unsustainably, Native Americans dug here for the roots of this real silver and gold. In spring, local tribes dug up smaller, carrot-sized roots, avoiding the largest taproots. Then the preparations began. First, they beat them to loosen the outer skins, then peeled, then pit-steamed overnight, then ate as is or dried and stored or

powdered for flour. These roots were also boiled into medicinal teas for immunity, childbirth, headaches, and whooping cough. The roots were lit as incense in various Native American ceremonies. (*Edible and Medicinal Plants of the Rockies* by Linda Kershaw).

I admit to lacking root experience for two reasons: 1) I have no sense of entitlement over any field of these enough to dig them up and 2) the extensive preparations are way to "slow food" for even me, maven of the three hour dinner.

The new shoots, however, are much more accessible. Before AB blossoms, the newest leaf and flower stalks are good enough to eat, peeling first if you like. Tasting akin to intense celery, the Nez Perce loved their páasx ([www.Native-American-Online.org](http://www.Native-American-Online.org)) this way. Some eat the leaves as well, but the velour texture is too much of a mouthful for me, as is the name itself: Arrowleaf Balsamroot. The newest leaves can also be boiled as "greens."

The sap was used as a topical anesthetic, as well as anti: septic, bacterial, and fungal. Mashed, the leaves were placed on burns, small cuts, insect wounds and athletes foot (*Edible and Medicinal Plants...*) I guess moccasins weren't all they're cracked up to be.

The seeds were also a staple for Native Americans who roasted them or filled a buckskin bag and pounded them into a meal (Food Plants of the Interior). They can be used like sunflower seeds, in granola and breads.

According to Kim Williams in *Eating Wild Plants*, AB is ranked precisely third in importance to area tribes. This bronze medalist was bested by only Camas and Bitterroot. Clearly, a plant with all edible parts would be a top contender for favorite food, a reliable stock, and a secure investment.

Silver and gold grow annually, freely,

arrowleaf  
balsamroot



and in abundance here. As always, be 100 percent sure it's the AB silver/gold/green of natural-value before you bite into it.

Sarajoy lives only four blocks from a large feral field of precious AB's in Pullman.

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## “Mama Can We Make...?” Spring Wind Chimes

by Nancy Wilder, Newsletter Volunteer

April showers bring May flowers...and plenty of bluster to go with them. To make the most of our windy conditions, we decided it would be fun to make our own wind chimes so we could have music carried on the breeze each time we stepped outside.

You can use a variety of items from around the house and yard for the chimes. Or, if you have any shells, driftwood or sea-smoothed glass from visits to the beach, these make wonderfully gentle sounds as they tap each other in the breeze. It's fun to experiment with found objects or recycled items and paint or decorate them. You can also add small bells or tiny dried gourds for an especially unique resonance.

### You'll need:

- ✦ A circle of wood, plastic (we used an otherwise un-recyclable large plastic bucket lid) or sturdy, painted cardboard (rain-resistant) about ¼ inch thick and 4 inches across
- ✦ A hand drill and small bit for wood, a craft knife for plastic, or a Phillips-

head screw-driver to safely poke through cardboard

- ✦ String, twine, or yarn
- ✦ Scissors
- ✦ White or craft glue
- ✦ Smallish objects for chimes: twigs, cans, shells, bottle tops (another un-recyclable item), driftwood, smooth glass, etc. Use your imagination! Even old CD's work, as they make a beautiful rainbow-like shimmer as they twirl.

To get started, drill, cut, or poke nine small holes around the outer edge of your wood, cardboard or plastic. Adults should do the drilling or cutting, or carefully help children. Next, tie a piece of string, twine, or yarn 1 foot long into every third hole. Tie the free end



Spring brings the excitement of working in the garden.

of these strings all together in a double knot. You'll hang the finished product from this knot. The other six holes are for hanging your chime pieces. Attach strings that dangle down from these holes. The strings don't need to be the same length. Then tie or glue on your chime items to the chime strings. When the glue dries (if used) your wind chimes are ready to hang in a breezy spot for weeks of lovely outdoor music.

A variation on this theme is to create a mobile with various favorite objects to hang indoors, perhaps near a child's bed. If a child is having difficulty sleeping due to fears of monsters or other scary night-creatures, this “magic” mobile can help them feel safe. This works especially well if the child makes it her/himself with favorite small objects, and then sprinkles it with magic anti-monster dust or spritzes it with special “Monster Away” spray.

These are just a few ideas to get you started making your own chimes or mobiles. Experiment with a variety of materials and designs until you find what works best for your home. Older kids can get really creative with all sorts of wind chimes or mobiles, tailoring the designs to fit their personality and preferences. Have fun with it!

.....  
Nancy and family eagerly await those May flowers.

## April Co-op Kids!: Watercolors and Sowing Seeds

by Rebekka Boysen-Taylor, Co-op Kids! Coordinator

By the time you read this, spring will be upon us in Moscow! Already the kids have planted seeds for their gardens and we are turning our thoughts toward Renaissance Fair, Farmers Market and all the warm outdoor activities our area has to offer.

**Drip Drip Drop!** At 9 a.m., Wednesday, April 9 we will meet in the Co-op cafe and try our hands at wet on wet watercolor painting. This technique gives stunning results and is a simple way for budding artists to play with color. Please wear paint-friendly clothing as this could get a bit messy!

**Play in the Dirt!** At 9 a.m., Wednesday, April 23 we will meet in the Co-op cafe to sow more seeds for our gardens. As you can see from the pictures we took in March the kids really enjoy playing in the dirt and choosing what seeds they would like in their gardens. The Co-op has even purchased bigger Eco-friendly biodegradable pots so that we can plant our flowers and veggies in the ground come May without disturbing their growing roots!

Big thanks to our Co-op for sharing the Cafe with us and purchasing supplies so that this can be a free activity for fami-

lies in the Pullman-Moscow Area.

.....  
Rebekka Boysen-Taylor is the Co-op Kids! volunteer and mama to two organically growing little ones in Moscow. You can reach her at amamaswork@yahoo.com with questions or suggestions.

Co-op kids enjoy planting seeds and playing in the dirt — a perfect activity for spring. More playing in the dirt is scheduled for April 23.



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## Meals Kids Might Eat: Just Two More Bites!

by Judy Sobeloff, Newsletter Volunteer

This month in my quest for a) peace, love, and understanding, and b) whiter teeth and fresher breath, I camped out on a lawn chair in my kitchen in hopes of glimpsing eaters in their natural habitat and read Linda Piette's *Just Two More Bites!: Helping Picky Eaters Say Yes to Food*. For your future dining pleasure, I present the distillation of my observations here.

Piette's book looks at children's eating at all stages of development, with guidelines for distinguishing typical pickiness (a normal part of development for young children) from behaviors which should cause parental concern, and plenty of Dos and Don'ts.

"Just eat a few more bites so you can tell me whether you like it or not!" I found myself urging our six-year-old, who was clearly uninterested in the Green Veggie Squares on her plate. My husband and I rapidly executed several Don'ts during this meal (I was too busy taking notes for this article to eat), promising to mend the error of our ways as soon as I finished the book and could report back.

While parts of this book didn't give me a warm, friendly feeling (Piette's suggestion to wean babies early enough to ease their transition to a cup, for example), her advice seems to me largely

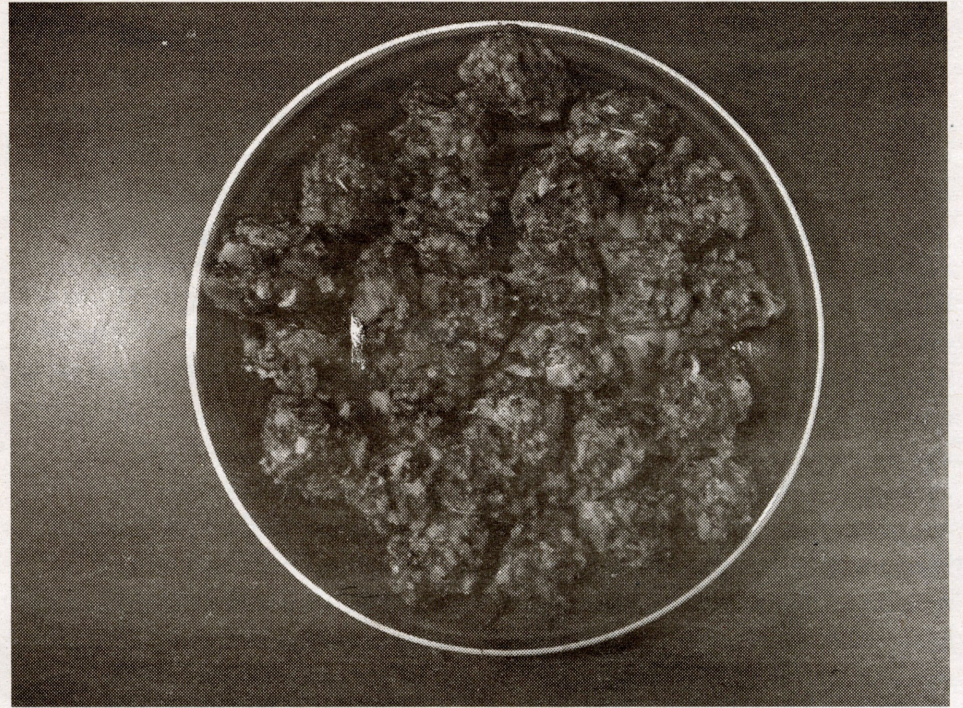
practical and sensible.

Among her ideas: Sometimes the best response to a food refusal is just to wait. "When possible, offer two options: 'Do you want an apple or an orange?' But when several foods are available and a toddler refuses, don't offer a new food. This teaches children that if they say no to food they may get something better."

Parents can best help their children, she says, by being good role models for eating well; offering regular, distraction-free mealtimes with limited, balanced choices; and teaching them to recognize their own internal signals for hunger and fullness.

Piette also emphasizes the importance of decreasing the "emotional 'noise' around eating," so that food refusals don't become means of attention-getting, and not making children clean their plates or using food as a punishment or reward.

While I generally feel pretty good about managing to get a main dish on the table, Piette advises offering three or four different foods at every meal. "Be sure to include a protein, a fruit or vegetable, and a grain. This insures a reasonable balance, gives a child choices, and limits the tendency to offer one



Green Veggie Balls huddle together before mealtime.

food after another, which encourages pickiness."

The book also contains a few recipes and suggestions for enhancing flavors for children ("Don't assume bland is better"), such as sprinkling rice vinegar over vegetables. I went with the Green Veggie Balls first, as we happened to have a bag of stuffing mix on hand left over from Thanksgiving (not to mention cans of cranberries and pumpkin pie puree, which unfortunately were not called for). While our older child thought these balls were "great," the younger one called them "gross" without even tasting them.

Their positions reversed with Green Veggie Squares, with the younger one again saying "gross" but eating several small portions, and the older one declining the opportunity. "This is fantastic food for adults," Fred said. "It's like pizza, only better." I'd make either of these recipes again.

I jumped at the chance to try Piette's Bean Milk Shake, as our kids had been clamoring for a milkshake. Though I felt leery about using the sweetened condensed milk gathering dust in our

cupboard, the label said it contained only—surprise!—organic milk and sugar, so I went ahead. I didn't really see the point of this one for kids who aren't chronically undernourished, but I was excited that both my kids pronounced it "perfect."

Piette does caution that sneaking healthy foods into other foods is likely to backfire by making children suspicious of food, unless you do this for everyone in the family.

While many children care about presentation, and Piette advocates playfulness, Piette reports that making food cute doesn't affect how much children eat—what really matters is the influence of family and peers. The pressure's still on, folks!

*Just Two More Bites!* is available at the Moscow Public Library or the Neill Public Library in Pullman.

Judy Sobeloff wants a few role models to come cook dinner.

### Green Veggie Balls

- ✦ 2 packages frozen chopped spinach (or other dark, leafy green vegetable), thawed
- ✦ 1 large onion, chopped fine
- ✦ 2 cups herb-flavored stuffing mix
- ✦ 4 eggs
- ✦ 1 stick butter or ½ cup oil
- ✦ ½ teaspoon salt
- ✦ ½ teaspoon thyme
- ✦ ½ cup grated Parmesan cheese

Preheat oven to 350 degrees. Drain spinach to remove as much liquid as possible, then mix with remaining ingredients. Shape into 1-inch balls, then chill for 1 hour. Bake for 15 minutes. These are a good finger food for toddlers and freeze well.

### Green Veggie Squares

- ✦ 4 tablespoons butter or margarine
- ✦ 2 packages frozen chopped spinach or other green leafy vegetable, thawed and well-drained, or 2 pounds fresh, cooked and drained
- ✦ 3 eggs
- ✦ 1 teaspoon salt
- ✦ 1 pound cheddar cheese, grated
- ✦ 1 tablespoon finely minced onion
- ✦ 1 cup flour (Optional: substitute 2 Tbsp. of the flour with wheat germ)
- ✦ 1 cup milk
- ✦ 1 teaspoon baking powder

Preheat oven to 350 degrees. Melt butter or margarine and pour into 9 x 13 inch pan. In a large bowl, mix together the spinach with all the remaining ingredients. Pour into pan. Bake for 35 minutes. Cool, then cut into 1-inch squares.

### Bean Milk Shake

- ✦ ½ pound dry pinto beans (or a 16 ounce can of any white mild-flavored bean)
- ✦ 1 can sweetened condensed milk
- ✦ 1 teaspoon vanilla
- ✦ 1 teaspoon cinnamon
- ✦ ½ teaspoon nutmeg

1) Rinse the beans and put them in saucepan. (If using canned beans, skip to step 3.) Add 3 cups of water and bring to boil. Let sit for 1 hour.

2) Rinse and add new water, then simmer for 1 hour or until soft.

3) Put the beans into a blender. Add 1-1/2 cups of water and remaining ingredients. Process until smooth and creamy. Refrigerate overnight.

## Moscow CommUNITY Walk 2008

by Lynn Ate, CommUNITY Walk volunteer

The only agenda is unity; the theme, "Walking on Common Ground" in friendship and acceptance of each other, regardless of our differences, to experience our common humanity. The second annual Moscow CommUNITY Walk will begin at noon, Saturday, April 28 at Friendship Square with music and community speakers. At 12:30 p.m., we will all walk together with music, balloons, and banners to East City Park to enjoy an afternoon of entertainment, speakers, games, and student essay awards. Everyone can join in a community meal at about 1:30 p.m. Main dishes will be supplied, but Moscow community members who wish to contribute can also bring a side dish or dessert. For people want to drop off food or park their cars at East City Park, there will be a shuttle running between the Park and Friendship Square between 11:30 a.m. and 12:30 p.m. Children's activi-

ties will include coloring t-shirts with the Moscow CommUNITY Walk logo (only \$5 each), making a CommUNITY Walk mural and playing a variety of games. Local bands will play throughout the afternoon with the program ending at approximately 4 p.m. All events are free and open to the public.

The inaugural Moscow CommUNITY Walk in 2007 was endorsed in a proclamation by the honorable Governor Butch Otter, and Moscow's Mayor Nancy Cheney issued a proclamation affirming the importance of such an event: "We choose to walk together on common ground in a symbolic pilgrimage of our common humanity in the spirit of peace and harmony." This is an opportunity for Moscow residents to reaffirm and celebrate our shared experience as neighbors in the community. The Moscow CommUNITY Walk planning committee hopes to exceed



the attendance of 400 who participated last year and encourages everyone to join the "walk on common ground" on April 26.

Lynn Ate is a Co-op member and a volunteer on the Moscow CommUNITY Walk Planning Committee.

## Pullman Community Garden Plots Available

by Tim Paulitz, Pullman Community Garden

Garden plots are available at the Pullman Community Garden at Koppel Farm for the 2008 gardening season. Prices are \$40 for 400 square foot plots and \$20 for 100 square foot plots that includes access to irrigation water and the use of garden tools. Rental contract includes a commitment to perform two hours of labor per month on common garden tasks. If you are interested in renting a plot this season, please contact Tobin Peever at [tpeever@turbonet.com](mailto:tpeever@turbonet.com) or [koppelfarm@pullman.com](mailto:koppelfarm@pullman.com). The garden is on the corner of Pro Mall Blvd. and Derby St. in Pullman.

## Co-op Crossword Puzzle

by Craig Joyner, Newsletter Volunteer

### ACROSS

- 1 Last month's adorable profiled volunteer, 1st name, last name is 1 down
- 7 March's profiled employee, 1st name, 2nd is 11 down
- 12 Retro comedic duo, Stan and \_\_\_\_
- 13 College degree, abbreviation
- 15 Mountain \_\_\_\_ Honey from Peck, Idaho
- 16 English city or university
- 17 Idaho town on the old Oregon Trail and is the 'Trout Capitol of America'
- 18 Car company or two letters MFC won't put before its produce
- 19 Sixth sense
- 20 Sorrowful exclamation
- 22 Chinese dynasty or Swearengen's Asian associate on Deadwood, Mr. \_\_\_\_
- 23 Beehive state, abbreviation
- 24 Last month's Wild & Free featured herb
- 25 Ancient Gaelic for king or the smallest state, abbreviation
- 26 Breed similar to Asian pear
- 29 Home of Rogue Brewery, abbreviation
- 30 English philosopher and his notorious razor
- 32 Mozart's Dies \_\_\_\_
- 34 French for yes
- 35 Last month's featured musician, last name, 1st is 54 across
- 37 Numi Aged \_\_\_\_ Grey Tea
- 39 What bad corporations use to look good, abbreviation
- 41 Cloistered sister
- 42 Renown civil rights leader, abbreviation
- 43 Chocoholics will enjoy \_\_\_\_ Pure Organic Chocolate Food Bars
- 45 Silver symbol
- 46 Festival
- 47 Juniper Ridge's Sierra or Siskiyou \_\_\_\_ Soap
- 50 Pungent red and white root
- 52 Bustle
- 53 Guayaki's \_\_\_\_ Mate comes in bags, loose leaf, and beverage concentrate

54 See 35 across

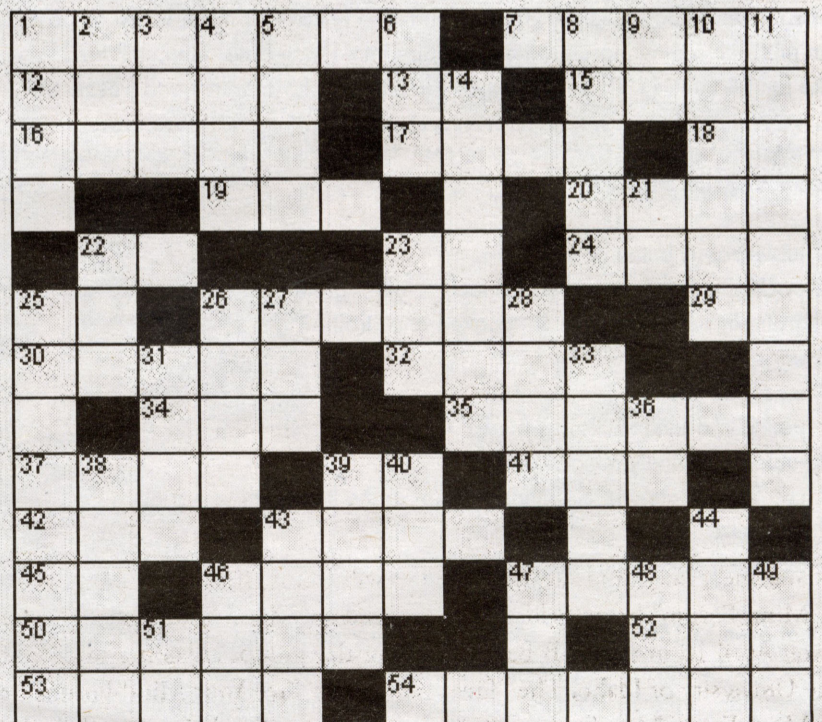
### DOWN

- 1 See 1 across
- 2 Lagunita's \_\_\_\_ celebrates the music of Frank Zappa
- 3 One of Eugene O'Neill's earlier, short plays
- 4 Ocean movement
- 5 Minus
- 6 Steal
- 8 Muslim religion
- 9 To
- 10 Japanese Olympic city
- 11 See 7 across
- 14 Winner of the Andrus Leadership Award, MaryJane \_\_\_\_
- 21 Chinese poet, \_\_\_\_ Po or abbreviation for a tony NY peninsula
- 22 Federal program providing nutrition to expectant mothers
- 23 Purple yam
- 25 Culinary herb featured last month
- 26 Caesar's conquest
- 27 Friendly scrubbing powder Bon \_\_\_\_
- 28 Female salmon
- 31 Yalumba eschews this traditional part of wine
- 33 Musical composition
- 36 This state's name comes from the Cherokee word tanasi, which means village
- 38 Frontier's Spirulina ingredient
- 39 Nature's \_\_\_\_ baking mixes
- 40 For a crispy treat try Wasa Sourdough \_\_\_\_ Crackers
- 43 Lifestream \_\_\_\_

Sunrise Waffles

- 44 Rice field
- 46 Lie
- 47 Secretive government agency
- 48 Jyoti's \_\_\_\_ Makhani: aromatic lentils and beans
- 49 Crown Prince Alaskan Coho Salmon Caviar
- 51 Available in liquid or bar, \_\_\_\_ Bronner's Soap

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



## Homesteading Class Offered

by Jim Croft and Melody Eckroth

*Editor's note: Jim and Melody are the real deal. We met in the mid-1970s when we were all living the back-to-the-land, off-the-grid, do-it-yourself lifestyle in the mountains north of Moscow. Jim and Melody have, over the last 31 years, perfected those skills—from gardening and construction to the use of a wide variety of natural fibers. Both are incredibly talented artisans (have you seen Melody's baskets or Jim's books?). If you are interested in learning about traditional handcrafts, this weekend workshop with Jim and Melody is the absolute best way to gain that experience. Try it (this was an unsolicited and unpaid testimonial from Bill London).*

We've lived a lifestyle inspired by the back to the land movement of the 60s and 70s. By choice we cut wood by hand using a crosscut and bucksaw, have solar panels, grow a large garden, and enjoy creating things we can use in everyday life. We support ourselves these days by our crafts, skills, and artistry and enjoy the satisfaction we acquire.

Now we'd like to share some of those

skills in a three-day workshop, May 9 through 11, called "Oldways-Traditional Low Tech-People Power." During the workshop, everyone will have a chance to participate and actually make things they can use.

On Friday, May 9, Jim and Melody will focus on hemp, wool, and linen fiber preparation, including spinning using a drop spindle and spinning wheel. That afternoon Jim will demonstrate tool sharpening (please bring your dull tools to work on). Melody will have a willow basket making class ongoing throughout the weekend.

On Saturday, May 10, Jim will give a class working with woodland materials (gather, limb, cut poles, weave and construct trellis and/or drying rack). In the afternoon, he'll focus on the different systems—solar, 12V lights, greywater, water pump, and take a tour to a local organic farm. Melody will continue with basketry and go over the wood cookstove use, mousetrap setting, and garden mole trapping.

On Sunday, May 11, Jim will explain

and demonstrate the properties of various woods (cutting, splitting, hewing, plane, and drawknife use). Melody will go over treadle sewing machine use, handsewing and preparing for a Mother's Day dinner and party for the close of the weekend.

The cost for the three-day workshop is \$100 or per day \$40. This includes the classes, materials, and meals. Some housing and floor space, as well as lots of camping room is available. We are family friendly; however, childcare is your responsibility. Don't forget to bring warm clothes, bedding, and musical instruments. The workshop will be held at our homestead in a rural area near Santa, Idaho, about 60 miles north of Moscow. We'll send you a map with your \$20 preregistration fee.



Illustration by Lucas Rate.

For more information, contact Jim Croft and Melody Eckroth at [oldway@imbris.com](mailto:oldway@imbris.com) or (208) 245-3043.

## Hemp Fest is Happening

by Arlene Falcon, Festival Coordinator

It's Springtime, so plans for the 12th Annual Moscow Hempfest are underway!

We will be celebrating spring and hemp from 10 a.m. until dusk, Saturday, April 19 at East City Park. We have lots of great things planned again—education, entertainment, interesting crafts and several food booths.

The theme this year is hemp and marijuana—Dispel the Myths, Facts and Fiction: The Straight Dope. It's time to get some real information to everyone about Hemp and Marijuana prohibition. The bias against industrial hemp and medical marijuana is mostly due

to ignorance and the unjust drug war. It's quite ridiculous to lump the positive attributes of pot and hemp with the negative aspects of meth, coke or heroin.

So at the hemp fest this year, we have an inspiring line up of speakers to address these issues. In addition to our great Emcee Steve Phun of Seattle Hempfest fame, "Little" Jack Herer, Jack Herer's grandson, the author of "The Emperor Wears No Clothes" (the original Hemp "Bible") will be gracing our stage. His website, [www.dankinfo.com](http://www.dankinfo.com) is a wealth of information and links to all things hemp related.

Also on the schedule is Ryan Davidson, a Libertarian activist from Boise whose been dubbed the Cannabis Crusader (see [www.boiseweekly.com](http://www.boiseweekly.com), March 5-11). He's been responsible for several decriminalization initiatives in several Idaho cities and he's looking forward to connecting to the northern part of the state. Check out [www.idaholibertylobby.org](http://www.idaholibertylobby.org).

So we have a great line up of speakers in addition to great music planned! We have mostly local acts booked including Chubbs Toga, Uniontown, the resurrected Galactic Tofu Farmers, Evy Lewyn, Milo Duke and others. And making a local appearance, in from

Seattle, we'll have Smokin Bill and Lazybones (who will be at Johns Alley that night).

And of course there will be over 40 vendors featuring mostly handmade crafts with an emphasis on hemp related products.

There are lots of great events happening at East City Park this spring—make sure to include this year's Hemp Fest on April 19!

If you want to be a vendor, or volunteer, contact Arlene at 883-4779 or [tyedye@moscow.com](mailto:tyedye@moscow.com). See you there!

## Free Your Mind Forum

by Jasun "Plaedo" Wellman, Event Co-Coordinator and Performer

Do you ever feel alone and powerless in face of the great current of the times? Don't, you are not alone. Come voice your ideas and meet like minds at the "Free Your Mind Forum" being held at 7 p.m. on April 10 in the SUB Ballroom of the University of Idaho. The "Free Your Mind Forum" is a free event for

diverse members of the community and campus to come together, spread ideas, promote solidarity, network, and most importantly have fun! The event will feature live music, spoken word, and speeches. Also, local activist/social justice groups are going to be tabling at the "Free Your Mind Forum" to raise awareness for their issues. It is time to

realize that we have more commonalities than differences. In the name of culture, peace, love, understanding, joy and justice you are invited to the "Free Your Mind Forum."

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## Palouse Prairie Charter School Update

by Nils Peterson

**“W**e are satisfied with our model; it produces the results we want.”

That was Superintendent Donich’s answer declining to collaborate with Palouse Prairie on an Expeditionary Learning (EL) model school in Moscow School District. That answer summarizes Clayton Christensen’s argument in “Innovator’s Dilemma” for why successful organizations don’t adapt to new markets. Christensen teaches at Harvard Business School and studies why some of the best run companies in America declined or failed.

Co-op members have been voting to change systems, like the agri-industrial complex, that are not sustainable and healthy. Your choices are reforming food systems and making businesses consider the whole and wholesome. The traditional school may not produce results you want because it doesn’t assess the way it should. “This isn’t a multiple-choice world,” Wayne C. Johnson, vice president for worldwide university relations at Hewlett-Packard (Wasley, P. 2008. Tests Aren’t Best Way to Evaluate Graduates’ Skills, Business Leaders Say in Survey, The Chronicle

of Higher Education).

In March, Palouse Prairie charter school was awarded Idaho’s first Vision grant, worth \$20,000, to start a tuition free, non-religious, public school in Moscow, offering the integrated project-based curriculum called Expeditionary Learning. Our vision is to offer an inclusive, respectful, and supportive learning environment that nurtures the individual as a thoughtful participant in our local and global community. The grant and a generous donation from Tri-State will be used for school

planning and to offer a summer expedition, giving Moscow hands-on with Expeditionary Learning.

We are appealing the Charter Commission’s denial of our school’s petition, networking in the community to develop facilities options, and moving forward to offer educational choice. You can vote for school change. A survey on our website (<http://PalousePrairieSchool.org/>) will let you tell us what you have to offer. You can also learn more about us and the EL model.

## Choices in Wellness: Naturopathic Medicine

by Dr. Angila Jaeggli, Newsletter Volunteer

***Everyone has a doctor in him or her; we just have to help it in its work.***

***The natural healing force within each one of us is the greatest force in getting well. Our food should be our medicine. Our medicine should be our food.”***

– Hippocrates

**N**aturopathic medicine is well known to some, and unknown to many, even though it has been an underlying medicinal force in the medical consciousness for over 100 years. It has been making a resurgence in health care, as people are looking for greater options for their health, an integrated approach, of mind, body and spirit.

The premise of naturopathic medicine is thought to have originated from the ancient practices of Hippocrates, who believed in treatment of the whole person. The founder of naturopathic medicine in the U.S., Benedict Lust, MD, ND, DO, emigrated to the U.S. and began one of the first schools of naturopathic medicine in the early 1900s, where the education was based on solid medical training, hydrotherapy, and nature cure. Schools thrived all throughout the U.S., until a document called the “Flexner Report” was released and created dramatic change in our health care system. The number of medical schools reduced from 160 to 66, allowing only male attendees and demanding an eradication of government funding for all institutions who did not fall within the allopathic standard, or for allopathic schools who

taught anything outside of the allopathic approach. Many eclectic, osteopathic, and naturopathic schools closed, and our modern system was born.

As natural approaches to healing were once again explored and accepted beginning in the 1960s, naturopathic medicine began to flourish once again, and is currently well on its way to national acceptance.

The underlying philosophy of naturopathic medicine is that nature is orderly and the body is wise, and if given the opportunity, the body with its innate wisdom, will bring about healing. Naturopathic medicine strives to aid the body by removing obstacles to healing (e.g., removal of food allergy); encouraging nourishment through clean water, an unprocessed, whole-foods diet and herbal medicines; bolstering nutrient status through supplements or IV therapy (if warranted); aligning structure through physical medicine and spinal manipulation; and encouraging spiritual growth and connection, leaving prescription medications as a last intervention (unless the condition warrants an immediate, higher-force approach). Other modalities that are commonly used include homeopathy, an energetic medicine based on the premise “like cures like,” flower essences, cranio-sacral therapy, and detoxification methods. And as the main approach is based on holistic care, naturopathic physicians work hand-in-hand with the patients’ medical doctor and specialists, to ensure comprehensive care. Many naturopathic physicians specialize in their practice, choosing to focus for example, in pediatrics or women’s health. However, you can also find many who practice as primary care family physicians, and treat a wide spectrum of conditions.



Illustration by Lucas Rate.

Naturopathic medicine is not licensed nationally, but varies from state to state. For instance, Washington State is licensed, however, Idaho is not. This leads to a variation in the level of training within the unlicensed states. Within Idaho, naturopathic physicians range from possessing medical doctorates with clinical training to practitioners with certificate (online) training only. Thus, it is important to ask about your naturopathic physicians’ level of training, length and place of study when in an unlicensed state to understand their potential limitations when treating you.

To learn more about naturopathic medicine, you will find resources listed at [www.naturopathic.org](http://www.naturopathic.org) (American Association of Naturopathic Physicians). Two practitioners of natu-

ropathic medicine are available locally: Dr. Denice Moffat (208) 882-3993 in Moscow, and myself (509) 335-7225 in Pullman, WA.

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



## Critter Corner: The Season of Falling Fences

by Janice Willard, DVM, Newsletter Volunteer

There are many seasons on a farm. There is haying season, the frantic time between the last June rain and the blistering July heat that over-matures the grass. There is swallow season, the time in May when the first swallow shows up near my barn to live for the summer, filling the air with their aerobatic ballet, until the first really cold day in fall when they, and the young they raised over the summer, disappear seemingly overnight (of course it is the insects that they feed on that dictate the swallow's travels, but I don't regard the arrival of them with such delight). And of course, there is lambing and kidding season in the spring.

Spring is also the season of falling fences. This season requires constant vigilance and generates constant frustration. No matter what one might believe about the apparent superiority of the human mind to that of herbivores like sheep, a simple truth is that, no matter how smart we think we are, herbivores have all day to consider one clear goal: get to the growing grass, and they can put all their thought and energy toward fulfilling their goal. One cannot be a

farmer without swallowing a big dose of humility.

The season of falling fences is a time when two combined forces of nature collide with human wants. One is the mysterious microscopic natural organisms that clean up dead wood and have been working to eat fence posts below the surface. While this consumption goes on all the time, in the winter, the frozen ground supports the weakened posts. But in spring, the ground softens, the wind blows and the last vestiges of dissolving post weakens and it kerthunks to the ground, taking the fence with it. The trouble is that you can never tell for sure which fence post is going to go until it does.

Out in the fields, spring is awakening green, grassy things that push like a zillion fragile fingers from the turf. But you don't want these delicate wisps of summer's promise grazed too soon, nor do you want the wheat out in the fields grazed at all. The pastures need to recover from winter before getting their blades clipped off by hungry critters. But we humans, with our puny sense

of smell, often overlook the incredible olfactory sense of the herbivore.

The green, tender, new growth puts out a siren scent to animals who have been eating dry hay all winter. That desire drives herbivores to one thing—to eat green, no matter what is in their pathway. A faltering fence has no hope of holding against that single-minded drive.

The fence teeters, the herbivore pushes, the post kerthunks, and the sheep, goats, llamas cows or horses flood like water bursting from the dam to munch, pluck, stomp and gobble every fresh growing green thing they can reach. When you finished fixing one broken section, another one goes and you and the border collie head out at a run, to stem the flood and fix another section of fence.

Last spring in my season of falling fences, I chased the sheep and goats out of different fallen spots several times a day (on a good day). Then the llamas got out in the wheat-field looking like oddly shaped camels in a rolling landscape the shape of Sahara dunes, only green. It was after dark when my neighbor

called to tell me that one of my horses was grazing on their back lawn. Yikes, they were close to the county road and I had nightmare visions of a dark brown horse running on a dark road after dark. While haltering her, a second horse minced her way over the completely downed wire—of course, I had only brought one halter with me. The next morning it was the goats again.

I never quite figured out why people need to go to gyms to run on treadmills when you could be chasing goats and llamas across the countryside. Think of the cross training you get when you add fence building to it.

Oops, the goats are out again. Time to call the border collie and grab my mud boots. Gotta run!

Janice Willard raises (and chases) sheep and goats on a farm north of Moscow. Her first book *Eternal Puppy-Groundbreaking Veterinary Advances to Enrich the Life of your Senior Dog* has just been released.

## PALOUSE REPORT: Could it be Spring?





## Don't Miss the World Premier of the Ren Fair Movie!

by Andy Boyd, Ren Fair President

The Moscow Renaissance Fair Board would like to invite one and all to attend the world Premier of the Moscow Renaissance Fair Movie & 2008 Poster Unveiling at 7 p.m., Thursday, April 10 at the Kenworthy Performing Arts Center. This is the culmination of a fundraising effort that allows you to take home a piece of the Renaissance Fair for your very own. It also enables the Board to make contributions back to our fair city through improvements to East

City Park. So, if you are a fan of the Moscow Ren Fair, we kindly ask for your support and we will provide an evening of fun, friends and memories. For \$10 (suggested donation) you'll receive:

- ✦ A one-time-only theater viewing of the Ren Fair Movie
- ✦ See people you know: friends, family, maybe even yourself, on the Big Screen

✦ A chance to win one of nine door prizes supplied by Ren Fair artisans

✦ Unveiling of the new 2008 Poster

✦ Be the first to receive a free 2008 Poster

✦ Chance to purchase the Ren Fair Movie DVD Documentary at a one-time reduced rate of \$15 (\$20 at the Fair and after)

✦ Mingle with your Ren Fair Friends

✦ Help support your favorite Celebration of Spring & East City Park

We look forward to seeing all of you and spending a few special hours reminiscing about the past while supporting the future of the Moscow Renaissance Fair!

## The First Weekend in May = The Moscow Renaissance Fair!

by Jennifer Whitney, Ren Fair Public Relations Director

The 35th Annual Moscow Renaissance Fair will be held from 10 a.m. to dusk, Saturday, May 3 and Sunday, May 4 at East City Park. Moscow's favorite celebration of spring is free to all!

Visit our Youth Stage to see a variety of quality children's entertainers interwoven with local young talents sharing their music, magic, dance, and humor. Then stop by Kid Village to try your hand at the ropes course and climbing wall, do some bird watching, paint some Wild @ Art pottery, visit the Around the World Yurt for native storytelling, and catch some puppeteers.

While the kids are busy enjoying themselves, you can walk over and enjoy a turn around the Maypole, followed by a visit to our artisan booths, where over 130 of the Northwest's most talented artisans will be in attendance, offering us the fruits of their creativity. We're sure you'll find something unique to indulge yourself as you listen to sweet tunes from our Main Stage (see our Main Stage Schedule on the right).

### The 35th Annual Moscow Renaissance Fair Main Stage Line Up

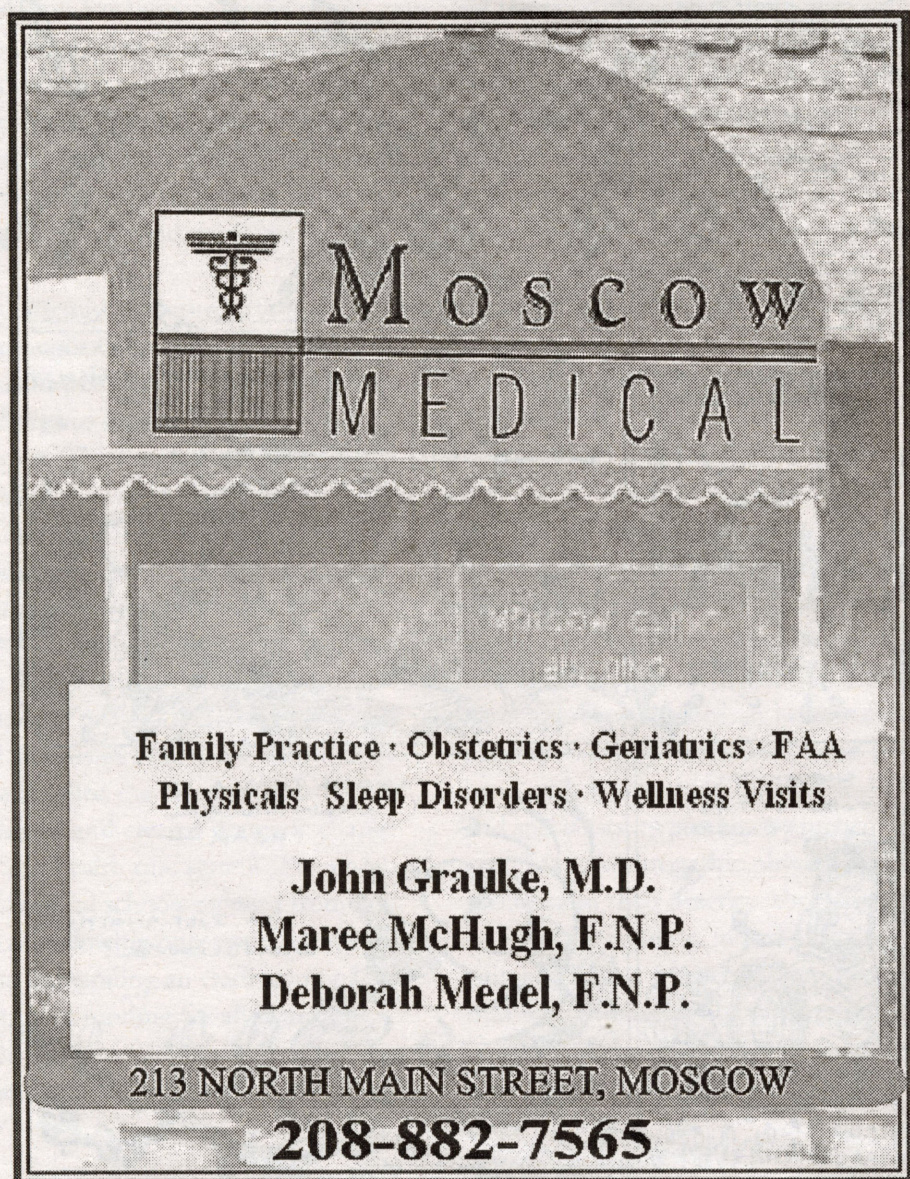
#### Saturday, May 3, 2008

- 10:00 Welcome Ceremony: With King & Queen introduction
- 10:15 Shiloh: Traditional Country and Western music
- 11:20 Gefilte Trout: Klezmer, gypsy, and Russian Folk tunes
- 12:30 Sesitshaya Marimba Ensemble: Traditional and contemporary songs and sounds of the Kwanongoma marimbas from Zimbabwe
- 1:30 Maypole Dance: With Dancing Trout (by the volleyball court)
- 2:00 Border Highlanders: On the Palouse since 1974 playing pipes and drums
- 3:00 Costume Contest: Creative as well as traditional garb encouraged
- 3:30 Parade: A jubilant, colorful journey around East City Park
- 4:00 Buckskin Bible Revue: Bluegrass inspired original and traditional Americana Rock featuring fiddle and electric mandolin
- 6:00 Everyday Prophets: Reggae/tronic dance music from Portland
- 8:00 Native Root: West coast funk hip-hop jam

#### Sunday, May 4, 2008

- 10:00 Matti Sand: Original acoustic songs
- 11:00 The Alexander Band: Lyrical Pop and Folk music with beautiful harmonies
- 12:00 Rod Erickson: Storytelling, yodeling, country songs
- 1:30 Smokin' Mojo: An 8-piece Moscow based blues and soul band
- 2:30 Maypole Dance: With Dancing Trout (by the volleyball court)
- 3:00 Alice DiMichele: Earthy groovy acoustic soul from the heart of the river

Main Stage performances are broadcast live on KUOI 89.3 FM & at [www.kuoi.com](http://www.kuoi.com).



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## Local Farm Initiatives toward Organic Wheat (Part I of II)

by Sharman Gill, Newsletter Volunteer

The Palouse is wheat country, just not organic wheat country. At least not yet. Some non-organic producers, such as Shepherd's Grain, have taken major strides toward soil conservation with their direct seed agriculture. In direct seed farming systems, the grower does not cultivate the soil prior to seeding, but uses a specialized grain drill that cuts a groove in the ground and drops in seed and fertilizer in one pass. Leaving the crop residue intact on the soil surface helps prevent soil erosion, thus meeting an important aspect of "sustainability." However, innovative ideas are taking shape as some local farmers cooperate with Washington State University Extension to produce grain that is USDA organic while also promoting soil conservation.

Dr. Diana Roberts, a WSU Extension Agronomist, provides education to Eastern Washington farmers and assists them in obtaining grant funding to try new things. Although she's an advocate of both direct seeding and organic farming systems she cautions against the claim toward "sustainability" from any particular camp. Her insights remind us that sustainability is an elusive target: "If a farm is using organics

the downside can be soil disturbance to manage the weeds . . . In a direct seeding system that uses herbicides year after year, you may get herbicide resistance build up. We are having increasing difficulty managing certain weeds in this area, which jeopardizes the success of direct seeding. Sustainability is a goal that we are all working toward but any one method may or may not be sustainable on a particular farm."

Roberts would like to see more farmers trying organic ideas, just as she'd like to see more farmers doing direct seeding. She says that there are only a few people who are trying a combination of the farming systems, and she recommended that I speak with two Washington farmers, David Ostheller from Fairfield, and Eric Zakarison from Palouse. Both were kind enough to be interviewed and I will highlight my conversation with Ostheller in this article and my conversation with Zakarison next month.

David Ostheller has 75 certified organic acres on a much larger conventional farm of several thousand acres, where he also practices direct seeding. Although he has a small composting

operation, he hauls in chicken manure in order to increase soil fertility in his organic field. In the future, he plans to rotate his organic wheat with organic hay and organic lentils, thus providing a nitrogen fixer with the alfalfa and a second nitrogen "pulse" crop with the lentils. Soil fertility is not his primary concern. His number one challenge is weeds. And for that he is returning to an earlier era, using simple equipment that creates low disturbance in the soil: the rotary hoe, the rotary harrow, and an undercutter sweep blade.

Ostheller explains that his federally funded Conservation Innovation Grant "will allow me to use these low soil disturbance tillage treatments to compare weed management in organic fields and in direct seeded fields where I will also use herbicides. My goal is to control weeds in a dryland, low disturbance (non-inversion of soil) tillage, organic farming system. I hope to create some good statistical data to demonstrate the difference between organic and conventional treatments. I also want to manage hard-to-control weeds in my direct seeded fields."

Ostheller is encouraged by the strong market for organics. Last year, he sold all of his wheat to a company in Eugene, Oregon, and his neighbors even commented that they would have bought some as well. He already has a buyer near Moscow for his organic lentils. Marketing organics is not a problem because there is currently more demand than supply. When I asked him about competing against direct marketing efforts, like Shepherd's Grain, he replied "I do not feel that they currently affect my ability to compete as an organic farmer. I am concerned with their message being misunderstood by natural minded people, because as of today direct seeding systems are totally dependent on pesticides."

What about competing against industrial organics? Ostheller replied, "I am concerned with the scale of farming that goes beyond the family farm size in general. I produce a commodity or an ingredient and I do not have the cus-

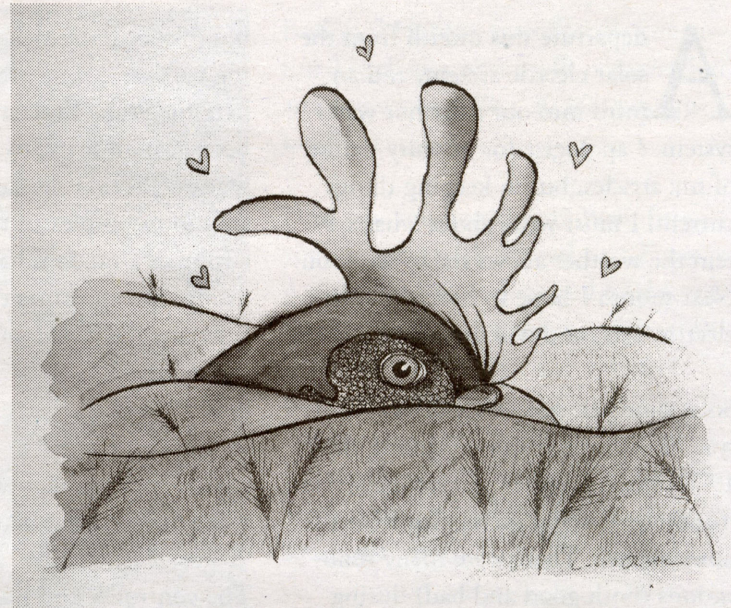


Illustration by Lucas Rate.

tomers relations that maybe a vegetable farmer would have, so it is hard for me to say how the size of the organic operations, that compete with me, would affect me." Nevertheless his goals of coupling direct seeding and organic farming stand firm: "In this higher rainfall area of the Palouse region we can't lose any more topsoil and we need to lessen our dependence on off-farm inputs."

I applaud the efforts of local farmer, David Ostheller, and wish him a productive season as he experiments with modes of organic farming that will help increase soil fertility, decrease erosion, and provide healthful, pesticide-free food.

Sharman Gill is a near 7-year resident of Pullman. She is a former USFS biologist and a current at-home mom.

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## The Sustainability Review : Solar Hot Water Systems

by Mike Forbes, Newsletter Volunteer

A departure this month from the solar electric system, and an intro into our solar hot water system. I apologize for hoppity nature of my articles, but in keeping things current, I must write about what system the weather allows me to work on. Next month I hope to have the solar electric done and will update you then.

Solar domestic hot water (SDHW) systems became common during the 1970s when President Carter passed tax incentives making them affordable to homeowners. There were many innovations (both good and bad) during these years and it wasn't uncommon to see these systems on homes across the nation. When the incentives went away and we entered the era of cheap electricity, solar hot water became obsolete. Recently we've seen a resurgence of interest in this technology, in my opinion, due to the rising cost of energy and the state/federal incentives available.

The basic components of a SDHW system are a collection device (flat plate collector or evacuated tubes), controller and pump, and a storage tank. The flat plate collector is typically a 4 x 8 foot insulated panel with copper tubing inside. As sun shines through the glass, it heats the copper tubing and the liq-

uid inside. These devices have no moving parts and have proven themselves over the years. Evacuated tubes have been around for years and are the dominant collection device in Europe. They are more complex in that a tube inside a tube in a vacuum has a small absorber inside. As sun shines on the absorber, it warms the liquid and evaporates rising to where the heat is transferred to liquid in another pipe. Advantages are they operate better in cold and cloudy environments although they can cost twice that of a flat plate collector.

The controller and pump control the flow of the liquid in the system. The controller has sensors that tell the pump to turn on and off based on the temperature of the tank and the collector. There are redundant protections built into controllers that ensure the fluid in the system won't freeze or over-heat.

The storage tank is where the heat you capture is stored. There are systems that allow you to use your conventional water heater with modification to the tank. Storage tanks manufactured for SDHW systems have heat exchangers that transfer the heat from the collectors into your domestic hot water. Plumbing codes require that your



Installing the solar hot water panels on the Forbes' roof this past September.

domestic water be isolated from the fluids in the system by utilizing a heat exchanger. It is common to have an electric backup built-in to the system for those times when the sun isn't shining.

There are many configurations of these components that depend on climate and house design. I'm going to focus on the two systems that are applicable to our area, closed-loop glycol and drain-back. Both of these systems work in our climate because they are designed to operate in freezing weather, any other type of system will not work properly

year-round here on the Palouse.

The closed-loop glycol system is the most commonly installed because it offers the most flexibility during installation and can be retrofit into most homes. The collector and plumbing are filled with anti-freeze under pressure. The controller tells the pump to circulate the fluid when the sun is shining thereby transferring heat to your hot water tank. This simple system works well and is reliable.

*Continued on next page...*

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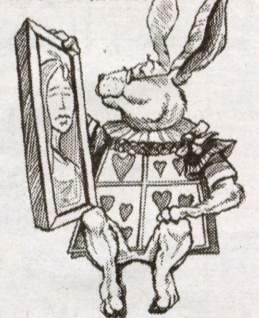
- Fletcher 3000 Professional 60 Inch wall-mounted cutter for mat, glass and acrylic
- Fletcher 2100 professional mat cutter, cuts up to 48" matboard with measuring stops
- VacuSeal 3444H professional mounting system, combo hot/cold vacuum press. Programmable systems controller, digital microprocessor and touch pad controls on custom made heavy duty table with storage
- Morso DK-8900 foot-operated frame chopper. Made in Denmark with two sets of perfect blades
- Cassese CS88 foot-operated V-nailer/joiner, made in France
- Traco SuperSealer, industrial quality model SS-40SS, seals shrink film, 40 inch capacity
- Corner vises
- Steelcase desk, 65" x 30"
- Service counter, 7' x 28"
- Framemate fitting tool
- Fredrix canvas pliers
- Glass pick-up stick
- Kraft 36" paper dispenser

- Fletcher point driver
- Display cabinets
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## Backyard Harvest: Helping Indeed Families in Need

by Sean M. Quinlan, Newsletter Volunteer

There's a new organization in our town and it's growing big. It's called Backyard Harvest.

Backyard Harvest was founded by Amy Grey, one of our local Moscow residents, not two years ago. This non-profit organization wants to solve a straightforward but daunting question: how to bring fresh produce to food-banks in order to serve local families in need? The numbers are grim: every year, 14 percent of Idaho families seek assistance so they can put food on their table. Charity they might receive—but not going hungry doesn't mean you can eat healthy.

Enter the Backyard Harvest. "It all began," Amy reflects, "when I was doing some gardening. I had overplanted, and all of a sudden I had 200 heads of lettuce. Now, I like lettuce, but really there's only so much you can do with it in a short time. So I took it to a local food bank."

While she was dropping off the lettuce, Amy was struck by what she saw.

"At a food bank, there's a lot of canned food and non-perishable or processed stuff," she noted. "But there isn't fresh produce."

Naturally, one starts thinking about all the data that's out there, linking poverty and nutritional problems. One intractable problem remains the relationship between poverty and obesity.

"It just seemed to be a problem that we, as a community, could potentially meliorate," she says. "So I started to get other gardeners together to see what we could do."

In 2006, Amy created a website and worked with Tom Lamar at PCEI to launch a pilot project. The idea was simple: the Backyard Harvest would provide a produce pickup for people

who had overgrown or wanted to get rid of excess produce. "There was no hassle. You just call; we come get it."

The goal was 4000 pounds. They collected 4500. By the end of the year, they were serving seven different food banks in Moscow and Lewiston.

Emboldened by this success, Backyard Harvest developed four new programs for 2007.

First, Backyard Harvest launched the Town Orchard Initiative. The idea is that you can register your fruit tree for gleanings, and they've already put 200 trees on their list. "I really love this," says Amy, "because it fits with our whole vision of putting private space in the public domain. It's very much based on the old colonial idea of common land." There's even a possible IRS tax deduction—at one buck per pound!

The second idea was "to grow more to share more." Backyard Harvest offers seeds and starts for you to overproduce in your backyard. You can also volunteer your backyard for planting, and they've been doing some outreach projects through local elementary schools.

Third, Backyard Harvest has launched a "gardened kitchen" idea. They want to provide easy information to help

into the tank. There is never liquid in the collector during freezing weather. This is the system we have installed on our home.

Any installer will be able to help you with your system design. Locally, The Natural Abode installs systems or you can go online at [www.findsolar.com](http://www.findsolar.com) to help you locate an installer.

Mike is enjoying the warmer weather and looking forward to capturing its rays this spring and summer.



Tom Warner and Grace Bailey show off their tomato harvest last year.

extend the life of vegetables, and they are also collecting recipes.

Finally, Backyard Harvest has called for an "every town initiative"—in short, every town should have its own Backyard Harvest. And steps are being taken in this direction. There's interest in California (notably in Santa Barbara), and the networks are growing in Lewiston and Moscow.

How effective has it been? Well, last year, Backyard Harvest collected 13,800 pounds of produce.

This new year promises even more.

Backyard Harvest has officially constituted itself as a non-profit organization, and it aims to collect 20,000 pounds locally.

How can you participate? Well, first, you can start with the website. There you can find basic facts and guidelines. You can sign up for the monthly newsletter, which also tells you about the ways you can volunteer. Or you can register your fruit trees. You can offer your backyard, or use the seeds and starts program. Finally, you can donate tools and labor.

"It's all very empowering," concludes Amy. "And it all fits into our vision of a hybrid between public and private life."

Social responsibility, it is usually said, begins in one's own home. In this case, it can begin, more precisely, in one's own backyard.

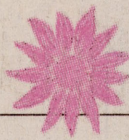
Sean Quinlan is an historian of science and medicine at the University of Idaho.

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<b>MONDAY</b>	
Gourmet Pizza by the Slice	Chicken Fried Steak, Peas and New Potatoes, Caramel Banana Bread Pudding
<b>TUESDAY</b>	
Baked Ziti w/Spinach and Sausage, Three Cheese Baked Ziti, Garlic Bread, Fruit Cobbler	Taco: Beef, Tofu, fish, Spanish Rice, Beans, Corn Fritters
<b>WEDNESDAY</b>	
Curried Stirfry Noodles w/Veggies: Tofu or Chicken, Egg Rolls!	Penne with Greens, Olives, Feta, Chicken; Penne with Greens, Olives, Feta; Garlic Bread, Fruit Crisp
<b>THURSDAY</b>	
Smothered Burritos, Green Chili Chicken Enchilada, Molten Chocolate Cake	Salmon with Lentils in Mustard-Herb Butter, Mean Greens, Mango Coconut Rice Puddin
<b>FRIDAY</b>	
Black Bean Banana Empanada, Chicken Empanadas, Spanish Rice, Fruit Crisp	Gourmet Pizza by the Slice
<b>SATURDAY</b>	
Breakfast: Biscuits and Gravy; Sausage/Mushroom, Homefries, Egg or Tofu Scramble Lunch: Mac n' Cheese, Green Beans	Dinner: BBQ Firecracker Chicken, Baked Sweet Potato Wedges, Mean Greens, Fruit Cobbler

...Continued from previous page.

The drainback system is a bit more finicky to install, but offers protections the closed-loop glycol doesn't. This system requires that the collectors be located above the storage tank and sloped to allow the fluids to drain. There is a drainback tank in the system to allow for this draining. When the pump turns on at the controller's direction, it moves water from the drainback tank through the collector and through the storage tank. When the pump turns off, the fluid drains from the collector back



# Bulletin Board

Moscow Food Co-op  
121 East Fifth  
Moscow ID 83843

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## Co-op Events

### Art at the Co-op

**Friday Apr 11, 5.30-7pm**

Opening of annual exhibit by Moscow High School Art Show.

### Tuesday Music

**Free Tuesday live music 6-8pm in the deli**

This month, our Tuesday musicians will be:

- Apr 1 - David Roon
- Apr 8 - Daniel Mark Faller
- Apr 15 - Porch Swing
- Apr 22 - Greg Davis
- Apr 29 - Potatohead

### "Compost Happens" Event

**Saturday Apr 12, at 10am, 11am, 2pm, 4pm**

The event will consist of kids/ adult workshops on the wonders of composting, raising awareness about the importance of composting and how easy it is to compost at home.

### Wellness Class Series at the Co-op

**Wednesday Apr 28, 6.30pm**

First Wellness class on the difference between tonics and detoxifying with our very own Sequoia Ladd, the Herb Buyer here at the Co-op. Please sign up for classes by the bulletin board near the beer cooler.

## Community Events

### Moscow Library Events

**Apr 7, 7pm:** "Selling on eBay and usps.com" Moscow Library.

**Apr 15, 1pm:** The Kite Runner by Khaled Hosseini. Moscow Library Third Tuesday Book Club.

**Apr 21, 6pm:** The Sunday Philosophy Club by Alexander McCall Smith. Moscow Library Evening Book Club.

Info: chriss@latahlibrary.org

### Introduction to Back Massage Class

**Tuesday Apr 8, 7-10pm**

Learn how to help loved ones de-stress and indulge your interest in massage therapy. The cost for the class is \$10/person. [www.moscowsofmassage.com](http://www.moscowsofmassage.com)

### Free Your Mind Forum

**Thursday Apr 10, 7pm** in the SUB Ballroom of the University of Idaho. This free event is to spread ideas, promote solidarity, network, and most importantly have fun!

**We want to hear from you!** Send us your community announcements by email to [events@moscowfood.coop](mailto:events@moscowfood.coop) by 24th of the month. If your event is at the beginning of the month, please send it for inclusion in the previous month's newsletter! For more events & information, visit [www.moscowfood.coop](http://www.moscowfood.coop)

### Renewing The Body

**Saturday Apr 12, 1.30-3pm**

By Pauline's Health Ministry featuring the Hallelujah Diet and Lifestyle. At Neill Public Library. Info: [www.hacres.com](http://www.hacres.com) or Pauline at ☎ 332 4833.

### The Empty Bowls Event

**Saturday, Apr 19, 10am-2pm**

1912 Building in the great room. With the purchase of a handmade pottery bowl, purchasers will also will receive a bowl of soup and bread. Co-sponsored by the Palouse Studio Potters Guild and the Moscow Food Coop.

### 12th Annual Hemp Fest is Happening

**Saturday Apr 19, 10am till dusk.**

East City Park. They have lots of great things planned again - education, entertainment, interesting crafts and several food booths. The theme this year is Hemp and Marijuana - Dispelling the Myths, Facts and Fiction - the Straight Dope.

### Buy Local Mos

**Thursday, Apr 24, 5-**

Party at the 1912 Center. Live music, samples of food, live music, and fun for all. Free. See [www.buylocalidaho.com](http://www.buylocalidaho.com)

### Stress R

**Friday Apr 25, 7.30-**

Experience a free hal and Chakra Balancing Session, or Polarity I the Self Healing Foun #3A, Moscow. Please reserve your space

### Moscow Co

**Friday Apr 25/ Sat**

MCT invites you to come and enjoy the comedy of David Ives. They will perform 5 staged readings of his short plays on at the Kenworthy Theater. Tickets cost 5\$ per person. [www.kenworthy.org](http://www.kenworthy.org)

### 2nd Moscow CommUNITY Walk '08

**Saturday Apr 28, Noon** at Friendship Square

We will all walk together with music, balloons and banners to East City Park for games, entertainment, and speakers. Community meal at about 1.30pm. Main dishes will be supplied—bring a side dish or dessert if you wish

### 35th Annual Moscow

**Saturday and Sunday Ma**

East City Park, and free to a

### Build a Back Yard

**Thursday Apr 26, 1 - 4pm**

Build an affordable, but sturdy back yard for less than for the class. Registration: ☎ 882 6819, or [sunny@mar](mailto:sunny@mar)

### One World Musi

**8:30 start unless otherwise noted**

- Apr 4 - Joe Paisley
- Apr 5 - Joan Alexander with Marci Stephens and Tom Drake
- Apr 11 - Adam Hill Portland
- Apr 12 - Tendai
- Apr 18 - Dave Hannon
- Apr 19 - Emily Brock
- Apr 20 - Lonnie Mardis (3-5pm)
- Apr 25 - Martha
- Apr 26 - Turning Left

### Palouse Folklore Society - April

**Thursday Apr 3, 7pm**

Concert in the Attic with Porch Swing

**Thursday Apr 10, 7pm**

Tom Rawson in the Attic Admission to both by free-will donation.

**Saturday Apr 19, 7.30pm**

Contra Dance at the 1912 Building

**Apr 25, 7.30pm**

Heidi Muller and Bob Webb in Concert at the 1912 Center.

### Dahmen Barn—April

**Sunday Apr 6, 1 - 4pm**

Opening of "Just the Beginning", contemporary works by Christie Alexandre-Zeoli.

**Saturday Apr 12, 12-4pm**

Wood Crafters' Exhibition. Many of the participants will have their unique creations for sale during the exhibition. Free to the public.

**Friday/Saturday Apr 18 & 19**

Rustic Furniture Building Class

[www.artisanbarn.org](http://www.artisanbarn.org)

### Vigil fo

**Moscow: Fridays 5.30-**

Ongoing since November at Friendship Square. Reservations and opportunities for act

☎ 882-7067

**Pullman: Friday, Apr 4,**

Under the clock by the P.

☎ 334-4688, [nancy@pullman.com](mailto:nancy@pullman.com)

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