

Day-NW  
HD  
3284.148

# Community News

**FREE!**  
PLEASE TAKE ONE

**August 2008**

The monthly newsletter of  
the Moscow Food Co-op



## Celebrating 35 years!

by Kenna S. Eaton, Co-op General Manager

**D**ang, those years just keep mounting up, but I am so proud of every single one of them.

In the fall of 1973, five people started the "Good Food Store" in a small storefront in the alley between Main and Washington Streets. There really wasn't much inventory and sales that year barely broke \$100,000, but by the spring of 1974 we had 25 members and had incorporated the store as the "Moscow Food Co-op," we've been selling groceries to our community ever since.

We've been in many different locations from across the street from the Fire station (currently "Falling Moon Tattoo Parlor") to a building that had most recently housed "Kentucky Fried Chicken" before we moved in, to our most recent and, may I say most welcoming, location here in the

heart of downtown Moscow. Our store now encompasses 15,000 square feet and is on track to break \$7 million in sales this year. Quite something. And something we couldn't have done without our member/owners and our community.

So let's get down to business and CELEBRATE!

On Sunday, September 7 from 4 - 9 p.m. we've planned a fun and educational Annual Membership Meeting with live music, good information, great food, a beer garden and a "Dunk Your Director" extravaganza!

Flyers with times and more details will be



Illustration by Lucas Rate.

posted in and around the store as we get closer to the date, but you have been forewarned. Place it on your calendar now so there's no excuse not to join in the event of the year. See ya' there!

# Community News

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

Opinions expressed in the newsletter are the writers' own, and do not necessarily reflect Co-op policy or good consumer practice. The Co-op does not endorse the service or products of any paid advertiser within this issue. All contents copyright by the Moscow Food Co-op. Contact the editor to secure reprint rights.

Writer's guidelines as well as current and archived newsletter articles are available on the Co-op web site: [www.moscowfood.coop](http://www.moscowfood.coop)

For advertising rates and information:  
contact Jyotsna "Jo" Sreenivasan  
at 892-0730 or [ads@moscowfood.coop](mailto:ads@moscowfood.coop)

Printed on Recycled Paper

Deadline for Articles, Ads, and Photos: 20th of each month

Editor  
Bill London  
[editors@moscowfood.coop](mailto:editors@moscowfood.coop)

Issue Editors  
Marcia Hill Gossard  
Carol Hill

Graphic Design  
Megan Prusynski  
[design@moscowfood.coop](mailto:design@moscowfood.coop)

Advertising Manager  
Jyotsna "Jo" Sreenivasan

Illustrations  
Lucas Rate

Photographs  
David Hall

Distribution  
Donald Stanziano—Moscow  
Kurt Queller—Pullman  
Mary Zuber—Lewiston-Clarkson

Back Page Bulletin Board Editor  
Richard Elgar  
[events@moscowfood.coop](mailto:events@moscowfood.coop)

Webmaster  
Lisa Jennings  
[webmaster@moscowfood.coop](mailto:webmaster@moscowfood.coop)

General Manager  
Kenna Eaton (208) 882-8537  
(208) 882-8082 fax  
[kenna@moscowfood.coop](mailto:kenna@moscowfood.coop)

Board of Directors  
[boardmembers@moscowfood.coop](mailto:boardmembers@moscowfood.coop)  
Kimberly Vincent, President  
Bill Beck, Vice President  
Donal Wilkinson, Secretary  
Kathleen Ryan  
Joe Thompson  
Gary Macfarlane  
Chris Caudill

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



## Kids Day at the Co-op

by Amy Lucker, Co-op Wellness Manager, photos by David Hall

Yoga in the deli and a treasure hunt in the co-op? It didn't seem possible, but yes! It was Kid's Day at the Co-op, on July 19, and it was a ton of fun!

With approximately 15 children participating in each activity, kids were busy being yoga dinosaurs and perfecting their poses, searching diligently for clues in the treasure hunt, and learning how to felt wool and make herbal tea. After all the events, we raffled off gift baskets and goodies to those lucky folks who won. With snacks and samples galore, everyone seemed to have a great time. It was a fun morning at the Co-op, so thanks to all who donated products and energy to this event!



Wool felting, yoga, and a treasure hunt were activities on Kid's Day.



## Back to School Surprises

by Annie Pollard, Co-op Bread Bakery Manager

The beginning of a new school year brings much change to our lives and our psyches. Ideally, we enter this time rejuvenated in spirit and prepared for the adventure that awaits us. It is too easy as the school year progresses to sink into a mire of redundancy and boredom. In the Co-op bread bakery, we are doing our part to keep your school day unique and exciting with a variety of fun foods.

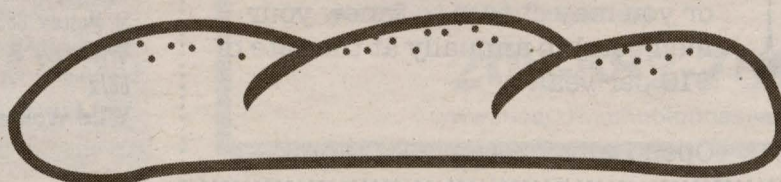
Look on the new bakery rack for fresh and convenient snack-size favorites that will be a welcome surprise to

your child's lunchbox or to your late-night studies. A smaller version of the popular Cheese Stick is now offered in packaged half dozens. Inspired by the popular samples we made for Kid's Day in July, you can now purchase a bag of Pesto Poppers, a bite size rendition of our beloved Pesto Roll.

In addition to these munchie foods, we've created a couple products for the bakery connoisseur—Stuffed

Baguettes and Tea Rings. Filled with either ham and Swiss or portabella and provolone, these golden-crust stuffed baguettes taste awesome for lunch and slice beautifully for a classy appetizer. As for the latter, the Tea Ring is a sweet dough spread with a variety of fillings and shaped into an attractive ring. It is an elegant option for your next meeting, school function, or simply for your family's breakfast.

See you at the bread case!



# Co-Operations



## Tuesday Night Concert Series in August

by Dave Billin, Co-op Music Coordinator

This month's featured artists in the Co-op's Tuesday Night Music Series begin with Pullman's talented songster, Dan Maher, performing favorites from the wide palette of traditional folk tunes and chanteys he has collected. The second Tuesday of August showcases the youthful talents of Palouse group Thorn Creek Express, delivering a set of rousing, old-timey bluegrass and gospel fun. The all-original blues-rock-groove musical inventions of Moscow band Full Circle follow one week later (check out their CD at the Co-op's listening station). Finally, capping off a month of great music: a set of folk favorites and Americana performed by Moscow's Brian Gill and Katrina Mikiah.

If you haven't yet made it to one of the Co-op's free live music events, you're in for a thrill. Performances this summer are held on Tuesday evenings from 5 - 7 p.m. in the Co-op's parking lot. They provide an excellent place to unwind and enjoy the talents of local musical acts while sampling tasty selections from the Co-op Deli's bar-

becue cart and browsing produce from the Growers' Market.

### Featured performers in July include:

✦ August 5: Dan Maher of Pullman, Wash. Traditional chanteys and folk tunes from around the world

✦ August 12: Thorn Creek Express of Palouse, Wash. Old-time, bluegrass, and gospel music from four talented young brothers

✦ August 19: Full Circle of Moscow, Idaho. All-original blues-rock music with a funky soul groove

✦ August 26: Brian Gill and Katrina Mikiah of Moscow, Idaho. Acoustic folk favorites and Americana from the last century on voice and guitar



### Subscribe to the Co-op's Community News



Only \$18 per year for 12 monthly issues mailed to any address in the US.

Now you can take Moscow with you if you move, or share Moscow with friends or relatives!

To subscribe: send check for \$18 (made out to the Moscow Food Co-op) to:  
editor Bill London  
PO Box 8152  
Moscow ID 83843

Be sure to include the full address where the issues will be sent.

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



### Members Save:

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

Any cashier can help you join, just ask!

Lifetime membership fees are \$150, or you may choose to renew your membership annually at the rate of \$10 per year.

Open Daily 7:30 am - 9:00 pm

### Co-op Business Partners

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

**Healing Wisdom:** 10% off Initial Consultation, Please call for appointment, Candace Magnuson, Clinical Ayurvedic Specialist, 882-2578

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

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

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

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

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

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

**Dr. Linda Kingsbury:** \$10 off first session. Herbal Medicine. Clairvoyant Counseling & Holistic Healing for body-mind-spirit. Classes. Community events. www.spiritherbs.com. 883-9933.

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

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

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

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

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

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

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

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

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

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

**Palouse Discovery Science Center:** 10% off on all items in the Curiosity Shop, Victoria Scalise, 2371 NE Hopkins Ct, Pullman, 332-6869

**Pam's Van:** \$10 off first Reflexology treatment & free sauna or Wisdom Eye Massage, Pam Hoover, 1115 S Logan St, Moscow, 596-5858

**Shady Grove Farm:** \$10 off initial English riding lesson or horse training session, Ashley Fiedler, 1080 Sumner Rd, Troy, 835-5036

**Sid's Professional Pharmacy:** 10% discount off Medela breast pumps and supplies, Sid Pierson- owner, Pullman Care Community, 825 Bishop Blvd, Pullman

**Susan Simonds, PhD, Clinical Psychologist:** 20% off initial life coaching session, 892-0452

**SkyLines Farm Sheep & Wool:** 10% off organically raised lamb, handspinning fleeces & prepared roving, Melissa Lines, 4551 HWY 6, Harvard, ID 83834, 208-875-8747.

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

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

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

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



## Art at the Co-op

by Annie Hubble, Art at the Co-op Coordinator

Friday, August 1 marks the opening of Belinda Rhodes' art show at the Co-op, in the continuance of Moscow's Artwalk. You can meet the artist from 5:30 - 7 p.m., and the show will run until Wednesday, September 10.

Even though it feels as though Belinda has always been part of our community, she has only lived in Moscow for about two years, moving here from Friday Harbor. She graduated from The Moscow School of Massage in February and has a private practice

'Madrona Massage'. She also cashiers at the Co-op, volunteers with Hospice, and, somehow still makes time for her art. She started producing watercolors while in the beautiful scenery of Friday Harbor, and began quilting about four years ago. She loves working with fabric and the process of design.

She has previously entered art in the annual staff art shows, and it is certainly time she had her own show. You will enjoy this one! Come and meet the artist from 5:30-7 p.m. on Friday, August 1.

## Return of the Pool Party!

by Bob Goodrich, Co-op Floor Coordinator

The Co-op is happy to announce the return of the summer pool party at Moscow's Hamilton-Lowe Aquatics Center. This year's event will take place from 8 - 10 p.m. on Tuesday, August 12. It has been a few years since the event was last held, so please join us for a night of fun! All of the pool's amenities will be available, including changing rooms, play equipment, water slides, and lanes for lap swimming. (If you have never visited the pool, it is a truly outstanding facility.) All members, volunteers, and

employees, as well as their families, are welcomed to attend; all free of charge. No food will be provided, however, there is a picnic area if you would like to bring your own snacks. The Hamilton-Lowe Aquatics Center is located at 830 N. Mountain View in Moscow.



## Incredible, Edible and . . . Certified

by Peg Kingery, Co-op Chill and Frozen Buyer

I was a mischievous little kid—and gullible. When an older family member once quipped "it is hot enough to fry an egg on the sidewalk," I, well, tried it. He was wrong—and I got in trouble. That incident didn't prevent me from having an appreciation for eggs, however, and the more I learn about how healthful they are, the more I enjoy eating them.

This is especially true when it comes to eggs that are either organic or certified naturally grown. In last month's newsletter, I gave an overview of the eggs the Co-op carries, promising to go more in depth on these types in future articles. Here's what I learned about organic eggs:

All organic products are regulated by the U.S. Department of Agriculture's (USDA) National Organic Program. The national organic standards address the methods, practices, and substances used in producing and handling crops, livestock, and processed agricultural products. All organic growers must be certified by state (in Idaho, it's the Department of Agriculture) or private agencies unless the producer sells less than \$5000 a year in organic products. These producers have the option of being registered organic instead of certified organic. In both cases, the producer must meet the USDA's standards. Registered producers, however, do not have to undergo yearly inspection and pay significantly less for their farm's designation.

Organic hens cannot be given growth-

promoting hormones or antibiotics (except during a disease outbreak). They must be fed certified organic feed, free of animal by-products, or allowed to graze on certified organic pasture. The hens must have access to the outdoors, shade, exercise areas, fresh air, and direct sunlight. Producers are not allowed to cage organic hens or to induce molting (which extends a laying hen's productive life).

The Co-op gets organic eggs from Organic Valley Family of Farms and local producers. On Organic Valley farms, the hens are free to roam within their house or outside. The inclusion of chlorophyll-rich plants, alfalfa, kelp, and oyster shells in their diet yields deep yellow yolks and strong eggshells. The hens raised by Three Sisters Eggerly in Deary, Idaho spend a majority of their days on grass pasture. Erin O'Rourke and her daughters supplement the hens' diet with grain- and soy-based feed from organic suppliers in Endicott or British Columbia, and homegrown crops such as zucchini, sunflower, and corn stalks. I was disturbed to learn from Erin that despite the fact that many of the fields surrounding Moscow are planted to organic wheat and lentils, she is unable to get her feed locally.

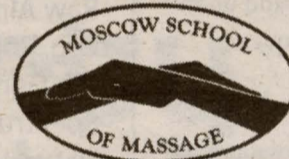
According to the USDA's Economic Research Service, organic egg sales are estimated to increase by 8 to 13 percent annually. This increase could be even greater if it wasn't for the high cost and shortage of organic feed

grains and a lack of certified processing facilities. Consumer concerns for health, the environment, and animal welfare are the main factors associated with the higher demand.

I still get in trouble sometimes, but

not when it comes to choosing the eggs I cook with. In my next article, I'll talk about certified naturally grown, a program that uses the organic standards but is more tailored to small-scale farmers.

WA, OR & ID  
Approved



Career Loans  
Available

## MASSAGE CAREERS

**ENROLL NOW!**  
**Classes**  
**Start Aug. 26**



Classes start August 26! The timing could not be better to begin training for your new career. Massage therapists enjoy part-time schedules, flexible hours, fulfilling work and professional fees (\$58/hour national average). Be employed in medical and chiropractic settings, salon and spa settings, health club and university settings or work in your own home. Change your life with our top notch 800-hour program that is just 3 days/week for 9 months! Call today to ask us Scholarships, an Intro to Neck and Shoulder Massage Class (Tuesday August 19), School Tours & Fast-Track Enrollment.

- Career Loans and Scholarships available
- Enjoy helping others while earning \$50/hour
- New Fast-Track Enrollment

**208-882-7867**

[www.moscowschoolofmassage.com](http://www.moscowschoolofmassage.com)

## Thinking Outside the Box

by Geoff Potter, Co-op Lead Kitchen Buyer/Maintenance

Part of my job description as lead Kitchen Buyer here at the Co-op is to order and stock the cleanest food possible for the Co-op service deli, Kitchen, and the Pastry and Bread bakeries. In the process of doing this I try to keep a few concepts in mind as I make my day-to-day decisions. I think about the Co-op's triple bottom line of People, Place, and Profit as well as the ideas of Reduce, Reuse, and Recycle.

I became aware of a problem in my own decision making when Christie here at the Co-op told me that the corn and potato based plastics we package some of our deli items in are not acceptable in the plastic recycling bin. This blew my mind! I had been making every effort to find recyclable,

compostable, products from local suppliers that demonstrate environmentally sound business practice. I had "assumed" that vegetable plastic was the green way to go, and had encouraged my suppliers to provide me with greater options of products made from vegetable plastics.

So....if we can't recycle them what happens to the new "green" plastic when it gets thrown away? Obviously, I needed to do some more research. Andy Boyd at the Moscow Recycling Center confirmed that the vegetable based plastics are indeed considered a contaminate in the waste stream, and though he is running some tests Moscow currently, the Recycling Center does not have the ability to recycle it. He also said that even

though the plastic is designed to break down eventually, this process is greatly inhibited when it enters the local landfill. When I spoke about this with my managers, Kenna and Amy, the question was raised as to the total carbon footprint of the so-called "green" plastic. Dave Schermerhorn, Supplier Programs Manager at the National Co-operatives Grocers Association, is currently conducting a study describing the difference in the cradle-to-grave carbon footprint of vegetable-based plastics vs. petroleum-based plastics. He is discovering troubling issues regarding "green" plastic including G.M.O.'s, recyclability, fertilizers, pesticides, monocultures, and the diversion of water, land and food.

I am currently researching the subject

myself and would encourage you, the reader, to help me. What do you want as a consumer? Is it important for you to have see-through plastic in your deli? How can I meet your needs and still reduce our carbon footprint? There are other options such as our new "working glass." You will be able to use glass containers to purchase deli items (though glass has a large carbon footprint as well) or maybe Chinese takeout boxes made from 100% recycled papers and vegetable inks. I am currently reducing our use of "Green" plastics as they are not recyclable but I am open to your thoughts on this matter. Please drop me a line at [ktbuyer@moscowfood.coop](mailto:ktbuyer@moscowfood.coop) or ask for Ge-Off at the Co-op Tuesday thru Saturday.



## How Do Co-op Prices Compare?

by Candace Magnuson, Co-op Human Resources Representative

The Board of Directors' Secretary, Donal Wilkinson, wrote an article that appeared in the June Community News addressing concerns about the cost of food at the Co-op. I'm going to expand upon this topic because of the frequency with which it arises.

I took a little field trip to Rosauers and Winco to see how Co-op prices actually compare. Below is an abbreviated table outlining a price comparison between the Co-op and the Huckleberries section in Rosauers.

Although this isn't an extensive list it does give you a good sense of comparison. Overall there are some products for which the Co-op charges the same or a little more, but the Co-op charges less than Rosauers for many, if not most, comparable products.

Winco's prices are significantly less than those at the Co-op. However, the products being offered at Winco, for the most part, can't be compared to what the Co-op offers because they are produced conventionally and therefore nutritionally inferior. (Recent studies comparing the nutritional values of organic and conventional foods can be viewed at [www.organic-center.org](http://www.organic-center.org)).

I could only find three items offered at Winco with enough similarity to compare.

Product	Co-op	Rosauers
Org. Thompson Raisins	\$2.89	\$2.99
Org. Green Lentils	\$1.19	\$1.69
Org. Short Brown Rice	\$1.55	\$1.79
Raw Almonds	\$5.49	\$6.19
Org. Rolled Oats	\$1.05	\$1.39
7th Generation Toilet Paper	\$1.29	\$1.29
Spectrum Org. Olive Oil, 25.4 oz	\$14.39	\$16.89
Natural Sea Tuna	\$1.49	\$1.79
Seeds of Change Pasta Sauce	\$6.15	\$7.29
Org. Apple Juice, 64 oz	\$5.55	\$5.79
Cliff Bar	\$1.35	\$1.39
Yogi Teas	\$3.29-\$4.29	\$3.79-\$4.59
Org. Frozen Broccoli, 1 lb	\$2.25	\$2.79
Rudi's Org. Bread	\$3.99	\$4.99
Shelton Ground Turkey, 16 oz	\$3.15	\$4.29
Amy's Indian Matar Paneer	\$4.65	\$4.99
Veganaise, 32 oz	\$5.89	\$6.19
Woodstock Farm Tofu, 14 oz	\$1.99	\$2.09
Organic Valley Mild Cheddar, 8 oz	\$4.85	\$4.99
Org. Orange Juice, 1/2 gal.	\$5.85	\$6.19
Rice Dream, 1/2 gal.	\$3.89	\$3.99
Organic Valley Milk, 1/2 gal	\$4.15	\$3.99
Organic Valley Butter	\$5.99	\$5.99
Brown Cow Yogurt, Plain / Vanilla	\$3.75 / \$3.09	\$3.79 / \$2.89
Eggs, Org. / Veg-Fed	\$4.79 / \$3.15	\$4.49 / \$3.59

Product	Co-op	Winco
Org. Milk, 1/2 gal.	\$4.15	\$3.28
Rice Dream, 1/2 gal., aseptic	\$4.49	\$3.98
Org. Olive Oil	\$1.76/oz	\$1.69/oz

However, even when comparing organic products there are differences beside price to consider. For example, the milk listed for the Co-op comes

from Organic Valley, a small farm cooperative, compared to the organic milk available at Winco that comes from Stremick's Heritage Foods, "the

world's largest milk producer" (as boasted on their website). Who would you prefer your money to benefit, family farmers or a president/CEO and his investors?

The Co-op offers highly competitive prices in addition to numerous other ways to be a thrifty shopper like watching for sales, coupons, Co-op Essentials and the appearances of seasonal produce, taking advantage of special ordering and our extensive selection of products in bulk, and bringing in a long shopping list on Member Appreciation Days. But more important than this is that the food you buy at the Co-op can be trusted not only to be high quality but also to have been chosen with consciousness of social and environmental impacts.

**PIANO  
TUNING  
and  
REPAIR**

Since 1971

**Moss Valentine**  
**892-8239**

## Thank Goodness for the Grill and the Porch

by Julie Gardner, Co-op Wine/Beer Buyer

**N**ow that the sun has finally shown itself in our corner of the world, let us celebrate the fresh produce, sitting outdoors and grilling just about everything! Within the wine and beer areas of the Co-op, you will find the perfect partner for any occasion or meal.

Cavit “Lunetta” Prosecco (dry, sparkling wine from northern Italy) is still one of my best European deals and prime for warm summer evenings. It works with almost any type of fare and is great when having company over for a visit. With the cost of shipping always on the rise, many of our fantastic deals from abroad have disappeared. Luckily, this wine is still a deal at \$9.99\*.

Continuing with wines that are ideal for summer meals, rosé wines are it! Do not be confused by “white Zinfandel” wines that have sugar added to them in order to make them sweet as candy. Rosé wines should be dry. We have several rosés from around the world. Some of our newest include: A to Z Rosé of Sangiovese from southern Oregon (\$13), Paul Jaboulet Parallel 45 Rosé from the Rhône Valley in France (\$13.60) and my personal favorite, Isenhower Cellars Rosé made from classic French grape varietals grown in Washington’s Horse Heaven Hills (\$17). From cheese to fresh fruit to seafood, these wines bring tangy strawberry and spice to the simplest of foods.

Many of you have questions about organic, “sulfite free” and biodynamic wines. We have created a section at the far end of the wine shelf (facing the meat department) especially for these wines. We also have a sign explaining the different types of wine and are glad to answer any questions you may have concerning the different designations—although they are

*“Now that the sun has finally shown itself in our corner of the world, let us celebrate the fresh produce, sitting outdoors and grilling just about everything! Within the wine and beer areas of the Co-op, you will find the perfect partner for any occasion or meal.”*

sometimes tough for us to understand, too. Girasole has been a very popular brand recently offered in our area. They are an organic winery from California whose wines are also vegan. The prices are extremely reasonable for organic quality ranging from \$10 to \$13. They offer two whites—Chardonnay, Pinot Blanc—and four reds—Zinfandel, Pinot Noir, Sangiovese, and Cabernet Sauvignon.

In the realm of beer, we have seen a drop in the amount of seasonals available to us due to a major hops shortage. The prices for this necessity of beer production have steadily risen, making it difficult for many micro-breweries to produce their seasonal specialties at a reasonable price or to purchase hops at all! On a better note, there are some beers out there including my new favorite: Sierra Nevada’s Fresh Hop Ale. This beer is made with hops from New Zealand and is smooth, creamy and, you guessed it, hoppy. It is of limited availability so get your 24-ounce bottle today! Other seasonals include: Anderson Valley Summer Solstice, Snoqualmie Summer, Full Sale Ltd. #2, Big Sky Summer Honey, Blue Moon Honey Moon, Deschutes Anniversary Wit, New Belgium, Lagunitas #13, Pike Monk’s Uncle, Bridgeport Stumptown Tart and Pyramid Curve Ball Blonde.

Please feel free to ask for me if you have any questions about the wine or beer. I would be happy to help you

choose or plan for your next event! Enjoy the sun as it arrives and imbibe responsibly!



Illustration by Lucas Rate.

## Party with a Purpose

**Come to the Co-op Parking Lot  
Sunday, September 7  
4pm to 9pm  
For live music, food, and fun  
...and the Co-op's 35th annual  
membership meeting.**

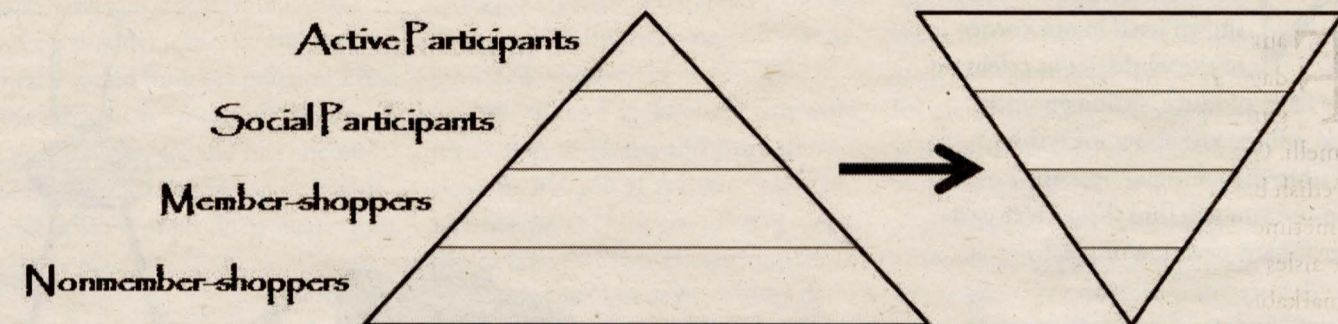
# Co-Operations

## Inverting the Membership Pyramid

by Chris Caudill, Co-op Board of Directors

How do you fit in at the Co-op? Recently, I read an article from a national co-op magazine with a provocative classification of co-op shoppers. Think of a layered pyramid. At the bottom of the pyramid is a large number of people who simply shop at the co-op and do not become members; the rest of the pyramid is made of several types of members. The next slice up is composed of member-shoppers, those members who join and enjoy the benefits of membership, but who are otherwise similar to non-member shoppers. Above these are the so-called social participants or members who recognize the co-op as a community. If you shop at the co-op, read this newsletter, and vote in Board of Director (BOD) elections, you reside in this slice, according to the article. A smaller slice of members are lifetime member-owners who are fully vested members. Finally, the author argued much of the character and feel of a co-op is generated by "active participants" in the relatively small tip of the pyramid.

Well no classification is perfect and



nobody, including myself, likes to be pigeon holed! Nonetheless, I found the image useful because I realized how important it is to straighten the sides of the pyramid and ideally invert it. The strength of the Co-op will be increased by increasing the proportion of shoppers who are members and increasing the number of active members.

What can you do? Well you've already started by reading the newsletter. The next step is also simple-vote in the next Board of Directors election to ensure that your values and views will be represented in the future of your Co-op. And speak your mind by sharing your views with a BOD member, emailing the board, or putting a sug-

gestion in the soon-to-be updated suggestion box.

The next, bigger, step is to become actively involved by joining a committee. Volunteers commit to serve approximately 10 hours a month and receive a discount for their service. Most importantly, committee volunteers directly shape the future and character of the Co-op. Activities in committees range from finding low energy light bulbs to drafting policy revisions. And in the theme of this article, if you have an interest what it means to be a member and how to encourage engagement between members, staff and the BOD, please contact me at [caudill@uidaho.edu](mailto:caudill@uidaho.edu) about joining the Membership Committee.

Let's turn the pyramid upside down!

### Co-op Board of Directors Meeting

Date and Time: Tuesday, August 12 at 6 p.m.

Location: University of Idaho Business Incubator, 121 W. Sweet Ave.

Everyone is welcome. Community comment period is from 6 - 6:15 p.m.



## Seasonal Delights from the Kitchen

by Annie Pollard, Co-op Bread Bakery Manager

Over the past couple months the Kitchen departments (coffee/smoothie, deli, pastry, and bread) have been working on a local / seasonal ingredient project. Although we use as many local ingredients as possible and always incorporate fresh seasonal ingredients in our menus, we have not necessarily communicated that information to our customers. Too often, we get so swooped up in the daily production that we fail to let you know from which farm the ingredients come or which ingredients are unique to that season. As part of our latest kitchen-wide project, each season we will highlight a selection of ingredients, such as a fruit, vegetable, nut, and grain, and you will be able to recognize those seasonal specialties from our unique signage (still in the works!). For example, some of the picks from last month—stone fruits, almonds, and quinoa—were highlighted in products such as Quinoa Edamame Salad, Apricot Almond Quinoa Bread, Apricot Almond Rice Pudding, and Stone Fruit Cobbler. Over time, we

will also focus on the origin of the ingredients and interesting nutritional and cultural information about the featured items.

In August, we will be featuring berries, tomatoes, basil, and eggplant.

### From the Smoothie Bar

At the time of writing this article, we are experimenting with ice cream shakes made with organic vanilla ice cream. Cool down with a refreshing berry shake or liven up your next espresso drink with a shot of your favorite berry!

### From the Deli

Be sure to try the new Roasted Eggplant Bruschetta made with fresh eggplant and tomatoes. Bring it to your next party or pair with a fresh baguette for an enjoyable summer dinner. With marinated chicken and penne pasta tossed in a fresh basil and asiago cheese dressing our new Basil Asiago Chicken Salad explodes with

flavor.

### From the Bread Bakery

Topped with slices of fresh tomatoes, basil, and parmesan cheese, the tri-color Tomato Basil Focaccia is a feast for the eyes as well as the stomach. A buttery dough swirled with cream cheese and fresh berries, our new Berry Swirl bread will shine at breakfast or for your midnight snack.

### From the Pastry Bakery

Satisfy your sweet craving with a Hot Special dessert such as Blueberry Breakfast Bread Pudding, Blackberry Peach Crisp, and Summer Berry



Cobbler. Made fresh each day from the best fresh produce, bite into our hot desserts for a surreal gastronomic experience.



Most Colorful

Little Shop Downtown!

Check out our bigger store!

Behind Mikeys Gyros,

527 S. Main

Monday-Sat 11:00-5:30

\*Don't forget - co-op members

get 10% off!

208-883-4779

[www.tyedye-everything.com](http://www.tyedye-everything.com)

## The Cool Things on the Shelves

by Melynda Huskey, Newsletter Volunteer

Faux-bacon bandages. Xanthan gum. Whole-wheat gemelli. Greek-style yogurt. Swedish bitters. Vouvray. Sometimes I just wander the aisles marveling at the remarkable abundance. Well, and wondering who in the world would microwave and eat a bag of hot vegetarian jerky. Other times, I'm looking for Israeli couscous, and there is none, never has been any, and I'm inconsolable. So what mysterious process puts cool things on the shelf? Why some cool things, and not others? And—this is a Co-op, after all—who does the choosing and on what basis?

There's a short answer. The professional staff chooses the stock, using product selection guidelines, which include an emphasis on organic, local, healthful, and whole foods with minimal, and attractive, packaging. Board President Kim Vincent says, "The General Manager and department managers make those decisions—as they should, since a volunteer board cannot keep track of buying trends."

The Suggestion Box—where customers express their joy and sorrow about products—reveals that distributors have some influence in the process. Obviously, if it can't be bought, it can't be stocked. And products need a customer base if they're going to live on the shelf permanently; hot vegetarian jerky has fans who keep it moving. For those niche items like goat's milk ice cream, there's the option of special-ordering, too. In my experience, staff bend over backwards to hook customers up with whatever their hearts desire. Which can create another set of challenges, because there's controversy in the Suggestion Box, too. I want some grass-fed, organic, local beef; my babysitter the vegan doesn't think the sale of honey is morally defensible. Packaged goods or whole foods only? Chotckes from China or not? Plastic or glass? One stop shopping or niche selling?

What about boycotts? The moral and philosophical terrain co-ops inhabit is fraught. And in a world where Wal-Mart does a booming trade in organic groceries, and there's a Whole Foods or a Trader Joe's on every urban corner, it's a little harder, and far more necessary, to define the Co-op as distinctive, without leaving someone out.

Back in the day, says long-time member Bill London—and he's going all the way back to 1977, when he was involved in creating the St Marie's, Idaho, co-op—local co-ops embraced a model that was very much in the spirit of the times: all-volunteer, consensus-based, and with a mission

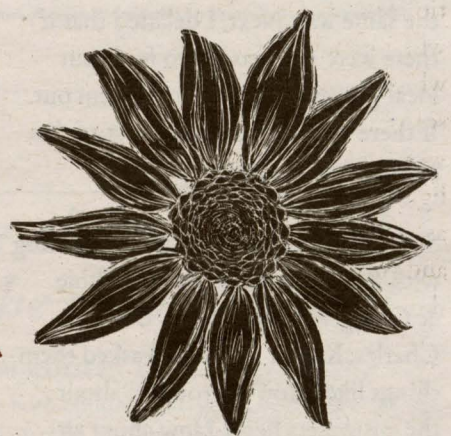
to give the people what they ought to want. There were at least seven local co-ops in northern Idaho back then. The recession of the 1980s, volunteer burnout, internal political struggles, and customers who wanted to buy what they wanted, not just what was available, closed down six of them. And that wasn't just around here: Craig Cox's Storefront Revolution is a fascinating history of the Twin Cities' co-op war of 1975 when the groups he calls the "romantic anarchists" and the "Stalinoid reformers" (guess whose side he was on?) clashed over what to sell and to whom in Minneapolis and St. Paul.

"The co-ops that survived were business-focused," London says. "They broadened their base, and tried to live out the co-op ideal in a new way, instead of narrowing, narrowing, narrowing." Moscow Food Co-op has had to juggle a great many competing ideologies, dreams, and demands over the years. It's currently one of the most successful businesses in downtown Moscow, as anyone who's tried to shop there on a Saturday afternoon can attest. It serves a strikingly diverse clientele. And it's got its growing pains, its controversies, and its hot spots. In my next installment, I'll be looking at some of these issues, and what's driving them.

Melynda Huskey blogs about food, craft, and life at *The Things That Make Us Happy Make Us Wise* (<http://melyndahuskey.wordpress.com>). She missed her deadline last month because she was in California getting (w00t!) legally married to her partner of 16 years. Email her at [melynda.huskey@gmail.com](mailto:melynda.huskey@gmail.com)



Illustration by Lucas Rate.





# Co-Operations

## Tuesday Growers' Market News: Will They Bite? Meet Your Local Growers (Just What Are They Thinking About YOU?)

by Jeanne Leffingwell, Newsletter Volunteer

**Who:** Your Local Area Farmer Neighbors  
**What:** Tuesday Growers Market  
**Where:** In the Co-op Parking Lot  
**When:** 4:30 to 6:30 p.m. every Tuesday

each other? Does it bother you when people walk by and don't even look at you? I asked these and other nosy topics! (I can do nosy. Nosy is my middle name.)

Let's cut to the quick. First off, do



A brief snippet of conversation inspired this month's Tuesday Growers' Market column. I was telling a friend how much I've enjoyed getting to know our Tuesday growers a little bit better, and she confided, "You know, I never go over there, because some of them sell the same things, and I'd just feel a little weird buying from one and not the other when they're sitting right there."

"Wow, that's pretty lame!" I thought to myself. But I didn't say so. I wondered if she had any trouble with the Saturday Farmers Market. But then on Saturdays it's sometimes hard to get to the groceries for all the crowds.

Hmm... it all gave me pause. I wondered if there were many other folks out there walking through the parking lot on Tuesday evenings who thought the same way. Next, I decided that if there were any reasons to fear your local growers, I would sniff them out. If there weren't, I'd do my best to dispel shopper anxieties.

So I spent a couple of markets chatting with Russell & Kelly, Brad, Debbie & George, Deb & David, Linda & Charles, Ken & Betta, and asked them things like: How do you feel about the customers here? How about sitting out here on Tuesday afternoons, rain or shine? How do you feel if your neighbor seems to be doing a brisker business than you are? Do you guys ever get your noses out of joint with

these guys resent each other? A resounding 100 percent "NO!" from each and every one.

Kelly Kingsland of Affinity Farms said, "We have a picture from 2002, when the market first started, of Russell sitting out by his car. He was the only one there! Now it's a real market."

"More importantly," Russell adds, "as more vendors come, we don't sell any less."

When I asked the vendors what they thought about the atmosphere in the parking lot, here's what some of them had to say:

"It's relaxing to be here."

"There's so much less hassle here. You don't have the customer base... but you don't have all the stuff to put up with."

"It's fine if people walk by. You expect it. But of course you're happy when they stop."

About business, every vendor I spoke with told me they've grossed more each succeeding season in the parking lot than the one before. That sounds like steady growth to me. And that's got to be a good thing.

"Not that we couldn't handle more."

"We get new people each week. But

### Tuesday Growers Market: August Produce List

✦ *Affinity Farm (Russell and Kelly Poe)*

Salad mix, spinach, carrots, beets, chard, lettuce, green onion, radish, broccoli, kale, parsley, cilantro, corn, onion, cucumber, summer squash, basil, tomatoes, New Zealand spinach, potatoes, green beans, peppers, garlic

✦ *Avon Eggs (Kyle and Shelly Bujnicki) New Vendor!*

Locally produced eggs (from pastured birds)

✦ *Debbie's Flowers (Debbie and George Durrin)*

Plant starts, fresh flowers

✦ *Living Soil Microfarms (Ken and Betta Bunzel)*

Basil, Kale, Garlic, Green Beans, Onions, Potatoes, Parsley, Peppers, Summer Squash

✦ *Pine Crest Organic Garden (Linda and Charles Christenson)*

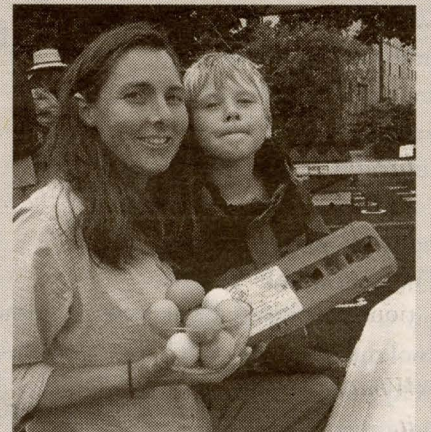
Flowers, Garlic, Basil, Zucchini, Flat Bens, Green Beans, Chard, Onions, Beets. Maybe tomatoes. Scented Geraniums and some other plants.

✦ *Ravencroft (David and Debi Smith)*

Spinach, collard greens, chard, green onions, cabbage leaves for wraps, maybe beans and snow peas, cherry tomatoes, lots of herbs

✦ *WSU Organic Farm (Brad Jaeckel)*

Salad mix, head lettuce, arugula, carrots, beets, garlic, Walla Walla onions, green beans, tomatoes, summer squash, cilantro, basil, raspberries



we have our regulars."

"Oh sure when it's slow, or the weather's real bad, we can look kind of pitiful. But then sometimes there's a wall of people."

"There are definitely bigger crowds with the music."

One of the vendors told me that the best thing about Tuesdays is, "This is LOCAL."

From the standpoint of the Poes and the Christensons (who also do the Saturday Market) I hadn't realized another important aspect of the Tuesday Growers' Market:

"Having a mid-week harvest is really important to a farmer. Your crop is not going to wait a whole week for you to pick and sell it." Think about it. How long ago do you think some of that supermarket produce was picked?

If you still need convincing to check out your Tuesday Growers Market, here's a little challenge for you: Go on over and smell the flowers. Inspect the produce—just like you would if there wasn't a friendly farmer sitting right

there ready to answer any questions you might have. Stand around and listen. Then see if you can figure out which of the vendors makes this claim: "I can start a conversation with anybody about anything at any time."

So if, as one vendor said, "It takes a certain critical mass to make a market," then you should come and be a part of it. Don't be afraid. No one is going to bite you. (Not even Winston.)

P.S. Please welcome a new vendor bringing you farm fresh eggs. Though there may be occasional walk-ons, Avon Eggs, from Deary, has currently filled the last space.

Jeanne Leffingwell, a local artist, secretly admits she's become a Tuesday Growers' Market shopper because it saves her time (over Saturday mornings.) But when you throw in some live music and good grilled "parking lot" food, she sometimes stays a little longer than planned. (That nosy factor.)

## From the Suggestion Box

*"Gluten-Free Pantry" brand favorite sandwich bread mix, please. Very good, and very versatile*  
This will be on our shelves when you read this.  
—Joan, Grocery Manager

*No more Sage bread?! How could you?*

Sage Bakery was closed for the 4th of July holiday and cancelled one delivery. That is the only situation I can imagine that you are referring to. We receive Sage bread three times a week. If it is not on the rack, we have sold out already. —Joan

*Please carry bread from the Panhandle Artisan Bread Company here in Moscow. It is higher quality than the Sage, and not at all the same as Coop breads. Please?*

We are not going to sever our long-standing relationship with Sage Bakery at this time. —Joan

*What happened to Amy's corn soup? My kids love it.*

Amy's Corn Chowder was discontinued by Amy's last winter. They are replacing it with Summer Corn and Vegetables, which will be on our shelves by fall. —Joan

*How about a good grain mill? Grind one's own wheat?*

That would be grand, but both space and funding limitations prohibit the investment at this time. —Joan

*We have been out of tabini for a long time. I'm sure you know this. But I just can't imagine we can't get it through Maranatha. Or even get it in bulk....is there a reason why we can't get any from any source?*

Being aware of this outage, I asked the Maranatha representative at the National Cooperative Grocers Association (NCGA) meeting in Minneapolis for the particulars. He told me they are "having trouble sourcing clean product." We have received it sporadically, but not consistently. The Woodstock brand is also indefinitely out so the problem is not brand-specific. We continue to try to get this popular product for you. —Joan

*Ener G brand boxed flours like potato flours and such. Bob's Red Mill is not a favorite, they are not ground fine enough.*

The Ener-G line of flours is not available from our distributor. They do have many other Ener-G

products but they don't carry the flours. —Joan

*Customer wants to know if we plan to carry duck eggs.*

The duck eggs come from a farm in Boise and are delivered to the Co-op when the farmer can find someone to bring them up. She hasn't had success this summer finding drivers headed this way. We hope to stock them on a more regular basis in the fall. —Peg, Chill/Frozen Buyer

*Can you get a chip called "Spinny Chip"? We bought some at the Olympia Co-op and fell in love with them. They are 25% spinach and so good.*

That product can be special ordered by the case through the grocery department. We did not bring it into the store but will take another look at it. —Joan

*Alter Eco fair trade organic chocolate? Please oh please oh please. Thanks!*

I will investigate bringing these chocolates into the Co-op. —Joan

*Identify those products that are NOT locally raised/made foods and define "local"*

We think it's better to promote those items made locally (rather than vice versa) with our blue tags that say, "Buy fresh, Buy local." If you haven't noticed them it's because there aren't a lot of local products, except for produce right now, that are available for re-sale. We have defined local as made in a county that touches ours but we are looking into re-defining it. I suppose if we made the circle wider there would be more products that fit that definition. What do you think?  
—Kenna, General Manager

*Instead of giving us 10cents when we bring in our own bags why not let us enter a raffle for a certain amount to spend every time we use our own bags? I bet folks would be more motivated then by a dime once a week!*

Well, I can see that would be motivating, but perhaps difficult to administer and potentially expensive to the Co-op. However, I do like the idea of a raffle for a one-time gift card. Thanks for the suggestion. —Kenna

*We like the simplicity of the (new) sign! And logo.*  
Thanks for your compliment. I do too. —Kenna

*I am a co-op member and received no notice of Member Appreciation Day (so we missed it). I would like more notice when this event is.*

Sorry you missed the MADay on June 19. It was the cover article of the newsletter in June, on the web site and we put flyers up around the store. We'll consider other possible options for notifying members for the next one, sometime this fall. —Kenna

*Keep promotes [sic] to only locally produced and sold items.*

Thanks for your nice suggestion; however, it's not really practical for several reasons. First, although we try hard, there is a fairly limited palette of locally produced items. Secondly, our promotions are only possible because of temporary price cuts from the manufacturer and for small local producers this is simply not feasible. Please look for the "Buy Fresh, Buy Local" tags promoting locally made items around the store. —Kenna

*Could you please put some kind of art in the bathrooms, it would be very nice!*

Thank you and I agree. We'll be moving the posters from the "What do you eat in a week" contest into the restrooms after the contest is over. —Kenna

*Suggestion: cardboard boxes at the front of the store would be great to help reduce the use of bags. They are free and would save time knocking them down in the back. I saw that the Skagit and Olympia co-ops do this. Seems like there's plenty of space @ the front of the store for a small stack. Thanks. Mike Forbes, 6/25/08*

Mike, that's a grand suggestion and I have challenged the grocery and front-end departments to see if there's a way to make this happen. —Kenna

*I'm willing to teach a class in making traditional Greek style spanokopita (spinach pie), if you like. Easy and delicious. Seth*

Thanks for the offer Seth. I've passed it on to Jen Whitney; the person in charge of the Co-op sponsored cooking class series. —Kenna

*Could we please get WiFi in the deli?*

No. Our few tables are intended for conversation and eating~ NOT working. —Kenna



Pat Rutter, CMT  
(Since '89)

### A Choir of Angels Massage Center choiramc@clearwire.net

**New Location!**  
106 E. Third, Rm. 1C  
Moscow (@ Main)

#### Students Only!

"Welcome Back" Massage Special (thru 9-30-08)  
1 Hr. Swedish \$39 (reg. \$49)  
.5 Hr. Swedish \$19 (reg. \$25)

7 days • 11:00 a.m. – 8:00 p.m. • C. 208-413-4773 by Appt.



*If you've always wanted to play the cello, you can!*

Call Lois Blackburn, Ph.D., to begin!

- Specializing in both children and adult beginners
- 40 years of cello teaching experience
- 17 years as public school music teacher
- Retired UI music professor

208-882-8936 or Lblackburn@turbonet.com

## Staff Profile: Ehren Moler

by Amy Newsome, Newsletter Volunteer

**I**t might have been the chocolate ganache cake that Ehren was cutting that caught my eye, but then there was his friendly and sincere smile, too. Either motivating factor, it was a pleasure to interview Ehren for this month's newsletter. A deli-server since January, Ehren was an incredibly easy person to interview. He just started talking and seemed to cover just about every question I would have asked.

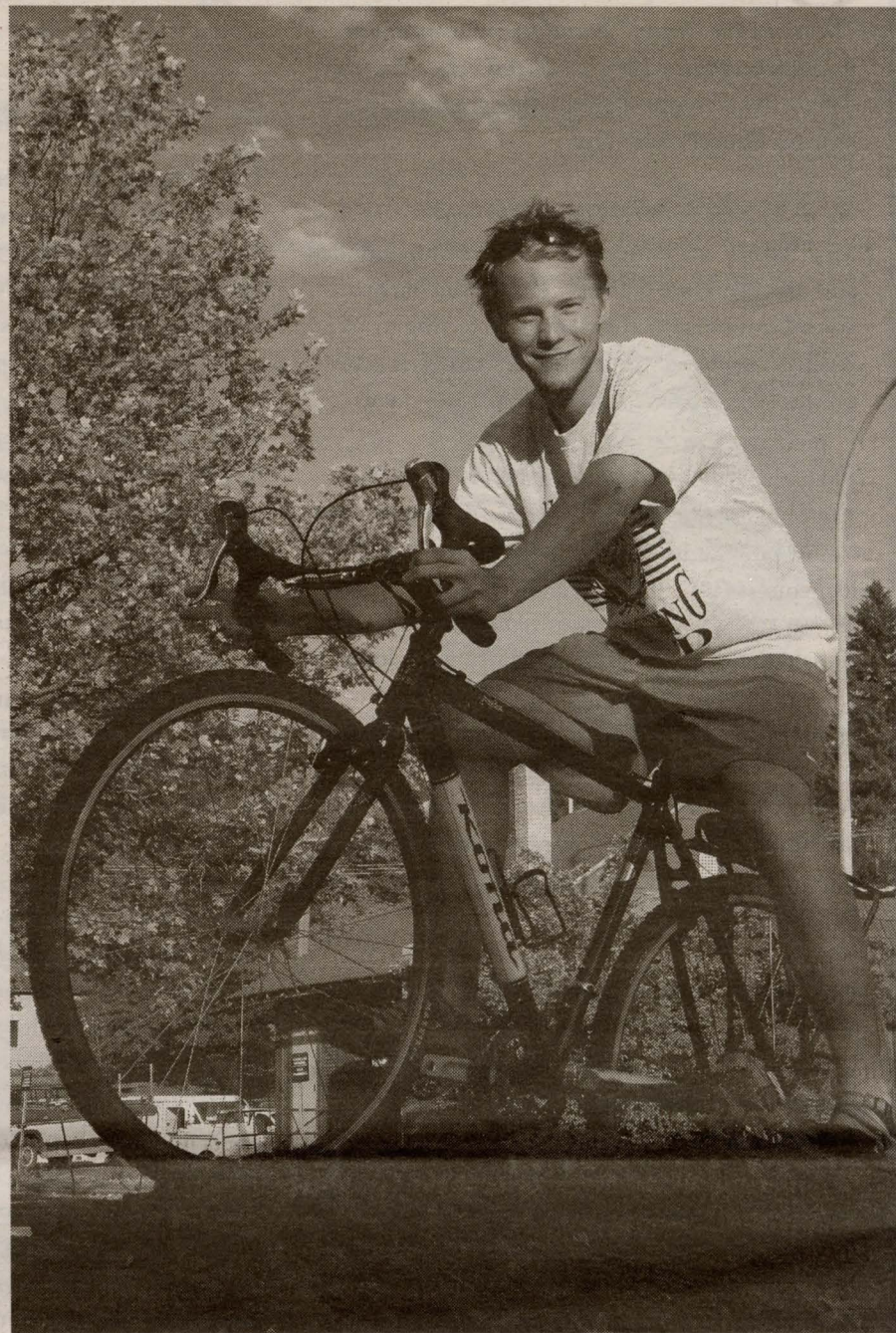
One thing I did have to ask him about was the unique spelling of his first name. "Ehren" is a German verb meaning "to honor." His parents were not aware of the meaning though, he learned it while visiting friends in Germany. He thought it was serendipitous though. Having spent much of his life involved in martial arts, living honorably was an aspect of the sport that particularly appealed to him.

Born and raised in the metro-Detroit area, Ehren attended Wayne State University in the heart of Detroit studying jazz guitar performance. After attending one semester, a romance led him to the middle of the state and he started studying photography at Lansing State Community College. He'd had a passion for photography for several years, an interest first discovered by simply taking a camera along on a visit to Glacier National Park. He also found great inspiration

in the surrealistic work of fellow Detroit native, Jerry Uelsmann. I wanted to see some examples of the type of photography that Ehren described, so I found a great website: [www.uelsmann.net](http://www.uelsmann.net). It's amazing work indeed. Ehren's final gallery project to earn his Associates degree

consisted of this type of conceptual, dream-like photography. Ehren appreciated the availability of Photoshop, a luxury that Uelsmann didn't have at his disposal, at least in his early works. Ehren found steady work in special events photography shooting graduations and weddings. He sensed that he could have stayed in that field indefinitely, but that very fact compelled him into making a change.

After graduation, Ehren decided to take a journey. He packed up his



Honda Civic to explore "everything west of Michigan." He criss-crossed the west about six times and ended up in Southern California, working on his aunt and uncle's avocado grove for close to a year. Ehren came to visit his sister who lives in Moscow with her husband and young child and was struck by the area's natural beauty. He decided to move here to be closer to them and to attend the University of Idaho; he'll study Conservation Biology this fall. An aspect of the program that appealed to him is the opportunity to study abroad, in particular the Rainforest Ecology course in Costa Rica. Upon graduation, he sees himself working in environmental restoration and research. Loving the academic environment, he also wouldn't rule out teaching one day.

Ehren is cognizant of how the people in his life have helped to shape him into the person that he is. An artist, poet and traveler, Ehren's mom certainly encouraged his artistic and adventuresome leanings. On his visits to Florida, his dad taught him how to fish, an activity that teaches so many life lessons that Ehren believes it lies at the very core of who he is. His stepfather, who entered Ehren's life when

he was 10 years old, encouraged Ehren in his musical endeavors. His sister, a massage therapist at the North Idaho Athletic Club in Moscow, introduced Ehren to alternative approaches to health and wellness. That interest is what led Ehren to work at the Co-op. Ehren appreciates the genuine interest and caring among the employees and customers at the Co-op. He recently sold his Honda and bought a cyclo-cross bike. Last month, Ehren and a co-worker rode out to Elk River, an 8 1/2 hour trip! Ehren, of course, figured out how to strap his fishing pole to his bike for that venture. Music is also a vital part of his life, playing both drums and guitar as well as vocals with a few friends. He plays what he could best describe as "a fusion of funk, jazz, and hip hop." At just 23, Ehren has already lived an exciting and meaningful life, but I look forward to seeing how the next chapter of his life will unfold. Amy Newsome and her family are looking forward to having a Japanese exchange student stay with them for a month beginning late July. If you see them around be sure to say Konnichi-wa to Manami Use!

**“After graduation, Ehren decided to take a journey. He packed up his Honda Civic to explore “everything west of Michigan.” He criss-crossed the west about six times.”**

## Much Ado About Tofu: Tofu in China

by Terri Schmidt, Newsletter Volunteer

China is hosting the Olympics this month. I enjoy watching people participating in live sports, but I have never been one to sit and watch sports on TV. That is, until the Olympics are broadcast. Then I can sit for hours watching the talented men and women in this worldwide competition and hearing the personal stories that are aired along with the performances. It is inspiring to see the sacrifices and determination of those participating.

The amazing athletes from around the world gathering in China will likely be sampling the local cuisine. One of the most popular local food items they will encounter is tofu, pronounced "dofu" in China. Tofu is not associated with being vegetarian in China; many of their tofu dishes include meat products such as fish sauce, oyster sauce, shrimp, pork, chicken, and beef. To assist Olympic tourists, recent modifications to the English translations of menu items have been made. Among the changes are: "Bean curd made by a pock-marked woman," a spicy Sichuanese dish, which is now "Mapo tofu." And "chicken without sexual life," now renamed "steamed pullet."

Tofu is a staple in China and they have many more variations of tofu than we do in the west. Tofu is processed in a manner similar to the way we process milk into cheese. Milk products are a big part of western cooking, and the same is true of tofu in China. Olivia Wu said, "In a very fundamental

way, tofu has anchored nutrition and cuisine in the East, just as dairy milk has in the West. Some 19th century Western observers in China even gave soy the moniker of "the cow of China."

In the United States we tend prefer firm tofu and may use it as a meat substitute. In China they have a huge variety of tofu and use it more as we do cheese. William Shurtleff said, "I was blown away by what I found in China. I saw types of tofu I had never seen before, more than anywhere else in the world. The inventiveness and entrepreneurial sense of the Chinese, as well as the large geographic spread of the country, gave rise to a wide spectrum of tofu types and the cuisine."

In China, young tofu products are similar to bland cottage cheese or fresh ricotta. Older, fermented tofu has many variations and intense flavor—similar to an aged blue cheese. There is silken tofu, tofu custard, springy noodle-shaped tofu products and dried sheets of tofu that are used like phyllo dough. "Tofu is stir-fried, deep-fried, braised, poached, and cooked in soups with as many ingredients and flavors as there exist in the Chinese culinary constellation." One of the most interesting tofu products in China is stinky tofu. I will be devoting a full article to that unusual product next month.

The tofu recipes this month are influenced by Chinese cooking. The lettuce tacos only require ten minutes of stovetop cooking so they are a good

recipe for hot summer days. The lettuce leaves are a cool and refreshing alternative to typical taco shells. The bean sauce also has a short cooking time and is flavorful

### Chinatown Lettuce Tacos with Plum Sauce

"Art of Tofu" by permission Mori-Nu

- ✻ 1 package Mori-Nu tofu (extra firm), cut into 1 inch cubes (freeze and thaw first)
- ✻ 1/2 cup minced yellow onion
- ✻ 1 teaspoon peanut or canola oil
- ✻ 1/4 teaspoon salt
- ✻ 1 clove garlic, pressed
- ✻ 2 tablespoons light soy sauce
- ✻ 1/2 cup minced water chestnuts
- ✻ 2 tablespoons pine nuts
- ✻ 1/8 teaspoon fresh ground black pepper
- ✻ 1/8 teaspoon crushed red chili flakes, if desired
- ✻ 1/2 teaspoon chopped fresh Thai chili, if desired
- ✻ 1 head iceberg lettuce
- ✻ 1 head radicchio
- ✻ Plum Sauce (recipe below)
- ✻ hot Chinese mustard, if desired

Pat tofu dry and mince into small pieces. Reserve. Sauté onion, peanut oil, salt and garlic over medium heat for five minutes. Add tofu and soy sauce and cook another 2-3 minutes. Add water chestnuts, pine nuts black pepper, red chili flakes and Thai peppers if desired. Cook 1 minute more.

Cut out core from lettuce and radicchio and break off the leaves forming "taco shells" for the filing. If you have leftover lettuce, save it for a salad or shred it to cover the serving platter for the tacos. You can use all iceberg, but the red radicchio makes a nice presentation.

### Plum Sauce

- ✻ 1 cup plum jam (should be smooth)
- ✻ 1 tablespoon Dijon mustard
- ✻ 1 tablespoon hoisin sauce
- ✻ 1 tablespoon fresh ginger juice (grate peeled fresh ginger and squeeze out juice to make 1 tablespoon)

Mix all ingredients well and serve with tacos.

### Chinese Style Bean Sauce with Tofu

([www.freecookingrecipes.net](http://www.freecookingrecipes.net))

- ✻ 2 tablespoons oil
- ✻ 1 teaspoon grated ginger
- ✻ 1 teaspoon minced garlic
- ✻ 2 small minced red peppers
- ✻ 5 mushrooms, thinly sliced
- ✻ 3 green onions, sliced
- ✻ 16 ounces tofu, cubed
- ✻ 2 tablespoon red miso, mixed with 1/2 cup water
- ✻ 1 tablespoon soy sauce
- ✻ 1 tablespoon honey
- ✻ 1 tablespoon tahini
- ✻ 1/2 teaspoon vinegar
- ✻ 1 teaspoon cornstarch dissolved in 2 tablespoons water

Heat oil in wok. Add ginger, garlic, and red peppers. Sauté for 3 minutes. Add mushrooms & onion whites. Sauté for 3 minutes. Add onion greens & tofu & sauté for 1 minute. Combine miso, soy sauce, honey, tahini & vinegar. Mix well. Stir into sauté mixture & simmer for 1 minute. Stir in dissolved cornstarch and simmer 30 seconds or till thick. Serve over rice.

ful way to perk up fresh or leftover cooked rice.

References/quotes sources: [www.msnbc.msn.com/id/25246774](http://www.msnbc.msn.com/id/25246774) and The Book of Tofu by William Shurtleff

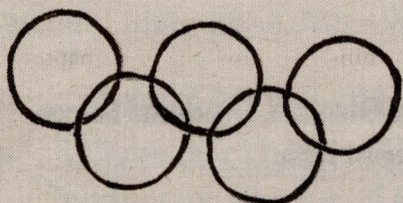
Terri Schmidt has never been to China but she hopes to learn more about the Chinese people and their culture this month when she is watching the Olympics.

## 菜单 Menu 单

#1. "Husband and Wife's Lung Slice"  
(Beef and Ox Tripe in Chili Sauce)

#2. "Chicken Without Sexual Life"  
(Steamed Pullet)

#3. "Bean Curd Made by a  
Pocked Marked Woman"  
(Mapo Tofu)



Welcome to China and the Olympic Games

# I Am My Food and My Food is Me

by Jordy Byrd, Newsletter Volunteer

**H**ello, my name is Jordy Byrd and I'm a vegetarian (crowd says: hi Jordy) It's been about six months since my last piece of meat.

Now I realize this may seem extreme, but what I'm trying to draw is a good old fashion analogy. Please, don't start throwing raw meat at me just yet. Just...listen. By no means am I comparing being a vegetarian to the disease and the addiction of alcoholism. Rather, I'm comparing two alternative lifestyles or subcultures if you will, that are both life changing and life encompassing.

When I first stopped eating meat I thought it would be easy (give me time, I'm young and naive). I assumed it would be as easy as giving up a chicken strip or two, or simply passing on the bowl of chicken fettuccini. For me, I thought the life would be easy because the decision was easy. I knew that my change was long coming and deeply sanctified within the delectate workings of my mind and heart. What I was not prepared for, what I had no verbal or emotional defense to, was the response from others. From even some of my closest friends and fam-

ily members my choice was met with criticism and judgment. I was so hurt and confused as to why my inability to eat or not eat something upset people. So long as I wasn't forcing food...or rhetoric down other people's throats, why did they care what I put in my mine? I just didn't understand what all the fuss was about.

Now that six months have passed, I'm getting used to defending myself. I'm getting used to justifying my life choices conversation after conversation, meal after meal. I'll admit I'm not entirely harmonious, and sometimes this double standard (why must vegetarians explain why they don't eat something, yet omnivores don't have to explain why they do eat something?) makes me angry. But I'm growing patient, and each validation makes me more and more confident in my choice. I finally understand what makes people so uncomfortable. I think that in my decision not to eat meat, it makes people around me question their own eating behaviors. And this can be scary.

But my intention is never really to scare people. If I am to accomplish anything in my discussions about

being a vegetarian, it's this: I want people to understand that I have an active relationship with the food I buy, cook, and eat. I want people to know that food defines us. Far more than a necessity for survival, food binds us to one another as family members, ethnic beings, and cultural creatures. Food is our tradition. It is the centerpiece at our foremost initiations, to our rights of passage, to our ultimate exit from life. Most of all, food is joy. It is the purest pleasure of planting a seed and watching it grow, to sharing a meal, or perfecting a recipe.

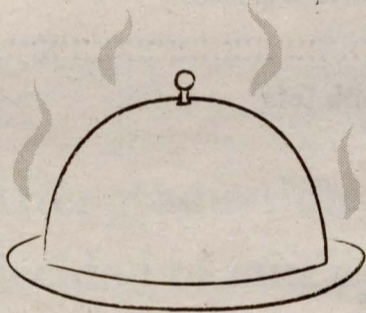
Regardless of our individual tastes or desires, we are connected and affected to what we eat and how we choose to eat it. For me, being a vegetarian is simply reconnecting me to the food I want to eat, and the terms on which I want to eat it.

I never would have come to this conclusion without the Moscow Food Co-op. The Co-op, its values, and overall environment came at such an impressionable stage in my life...college. I am only too grateful to have been given the opportunity to write for you, and in doing so to learn more about myself. For once in my life, I

*From even some of my closest friends and family members my choice was met with criticism and judgment. I was so hurt and confused as to why my inability to eat or not eat something upset people. So long as I wasn't forcing food...or rhetoric down other people's throats, why did they care what I put in my mine? ”*

feel accountable for the relationship between my hunger, my stomach, my hands, and my mouth. I cannot express the joy I receive from eating because I understand that yes, my food reflects my lifestyle, my attitudes and desires. I am my food and my food is me.

.....  
This is Jordy's final food column as she has graduated with a B.A. in Journalism, and leaving WSU. Most importantly, Jordy wants to say goodbye to good food, friends, and the Palouse (those who want to stay in touch can email [jordy@wsu.edu](mailto:jordy@wsu.edu)).



## What's Cookin'!

Sponsored by the Moscow Food Co-op

### Ethnic Cooking Teachers

**Come share your knowledge and love of your homeland cuisine with local community members and receive \$50 or a \$50 gift certificate to the Moscow Food Co-op!**

**Duties are to:**

- Demonstrate how to cook one or two recipes that are unique or characteristic to your culture.
- Give tips for making participant's meals authentic.
- Answer questions about your country's cuisine in general.
- Be available one Wednesday night (4:30pm - 7:30pm), or one Saturday night (3pm - 6pm) during October.

**We are looking for teachers who:**

- Are able to convey quantities of useful information in proficient English while simultaneously preparing a meal (without burning the food)!
- Can energetically and comfortably teach to a group of up to 20 people.
- Have an in-depth knowledge of your country's cuisine.
- Have solid English comprehension and communication skills.

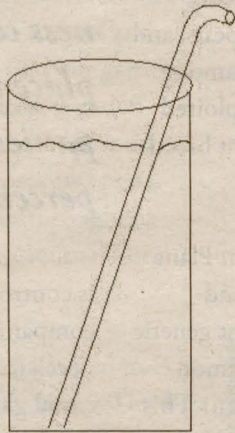
**We are especially looking for Mediterranean, Middle Eastern, Korean, Sushi/Japanese, Turkish, Ethiopian, French and Basque cuisine, but are open to all. To allow time for advertising, we need to fill these positions by August 20th.**

**Contact: Jennifer Whitney • [jenwhitney@gmail.com](mailto:jenwhitney@gmail.com) • 882-1942**

## Veganesque: Clothesline in the City

by Caitlin Cole, Newsletter Volunteer

The sun moving south is good news for my family's laundry. We have six clotheslines strung between stationary metal poles in our very shady backyard facing south. While this may have been an ideal spot to place a clothesline when it was originally put up (my guess, summer-of-love era), there are a couple of huge trees whose



branches thwart our best efforts. One is an extra large conifer that sometimes oozes sap onto our clothes. Another is a tree that drops purple berry juice on a certain portion of the clothesline during August. (We work around that problem by hanging only our purple clothes under that particular tree, rendering the berry juice powerless.) The clotheslines' sunny spots are sparse and are continually shifting as the season plods along, so we need to pay close attention! This daily project often occupies my mind. I am constantly checking the lines and strategizing; wondering are the clothes getting the best sun possible?

Okay, so I thought I was alone in my clothesline obsession until I heard about another kindred spirit, Mrs.

Clothesline, who is so into hanging her clothes out that she wrote a book about clothesline culture titled *Fine Lines*. I don't think I could write a book on the subject yet, but I do like to watch the laundry dry! The ritual goes something like this: after my little sweeties and I hang the wet laundry, I sit in the shade with a cold drink and they proceed with their outdoor

play. They usually pass over our decent selection of Tonka trucks, balls and a sandbox in favor of hunting down cool sticks, which they use to scrape dirt and poke stuff. They can do this for a couple of hours while I keep an eye on the clothesline situation. My favorite thing is to watch a cloth napkin dry. When it first gets hung up it has a freeform quality; being wet allows it to move freely in the wind. It looks like dancing when there is a decent breeze. The water from the cloth slowly evaporates restricting the napkin's movement with each stir of the breeze until after about an hour it is transformed from a soggy, flexible material into a stiff form. The other items, especially our cotton diapers, take three or more hours to dry. I know I will have come a long way with developing patience and

**Wild Watermelon Lemonade**

- ✦ 1 cubed seeded watermelon
- ✦ 1 cup fresh strawberries, halved
- ✦ Juice of two lemons
- ✦ 1/2 cup white sugar, or to taste
- ✦ 2 cups water

Combine the watermelon, strawberries, lemon juice, sugar, and water in a blender. Blend until smooth. Enjoy the fruity goodness!

**Honey\* Ginger Lemonade**

- ✦ 1 cup freshly squeezed lemon juice
- ✦ 1/2 cup honey
- ✦ 1/3 cup peeled fresh ginger slices
- ✦ 2 sprigs fresh chopped mint
- ✦ Pinch of cayenne pepper (optional)
- ✦ 2 cups water
- ✦ 4 cups ice cubes

Put lemon juice, honey, ginger, and mint in a large pitcher to stir while pressing ginger and mint leaves to release flavor. Add water and stir until honey dissolves. Pour over ice. Serves 6.

\*Honey is not recommended for little people under 2 years old.


concentration when I can work my way up to watching a diaper or cotton t-shirt dry! Perhaps that can be a lofty goal for next summer.

A couple of weeks ago we got a dry rack donated to us by someone at David's work. It is a nice big one that can dry almost a full load of laundry. We use this one in the sunny side yard where there are no trees blocking the sun. It is our preferred method of drying diapers. Have you wondered why I am so enthusiastic about all things clothes drying related? It might be because I am a beginner. I don't remember ever seeing a clotheslines hanging up until I was an adult, it was just not what my family or any of our other neighbors did. I will say, it is much easier and the clothes come out softer when we dry using the dryer and

having stiff clothes is the downside of the natural clothes drying lifestyle. The upside? The sublime experience of sitting outside with my little lovies observing the slow shift of the sun and saving 23 percent on our electric bill each of the past two months.

Even if clothesline culture is not your thing, most likely you will most likely be drinking something cool while outside this summer. I hope you will enjoy the following warm weather refreshers.

Caitlin Cole is happily celebrating the one-year anniversary of Veganesque!




**MOSCOW MEDICAL**

Family Practice • Obstetrics • Geriatrics • FAA  
Physicals • Sleep Disorders • Wellness Visits

**John Grauke, M.D.**  
**Maree McHugh, F.N.P.**  
**Deborah Medel, F.N.P.**

213 NORTH MAIN STREET, MOSCOW  
**208-882-7565**



**INTEGRATIVE MINDWORKS**

April Rubino, CHT, RYT, EFT-ADV  
(208) 882-8159

Clinical Hypnotherapy  
Emotional Freedom Techniques  
Yoga & Somatic Therapy  
Reiki & other Energy Therapies

Offering private sessions, onsite or by phone,  
group classes and workshops  
and audio recordings


[www.integrativemindworks.com](http://www.integrativemindworks.com)

**Are you in *The Movie*?**

Missed getting your copy of *The RenFair Movie*?  
**Don't despair!**

For your generous donation of \$20 at BookPeople of Moscow you can share the history, mystery and joy of our community's celebration of spring.

Donations support the cost of our annual Fair and related community improvements.



## The Bottleneck of the Seed Industry

by Julia Piaskowski, Newsletter Volunteer

As summer wanes on the Palouse, the wheat seeds of next year ripen and will soon be ready for harvest. They are part of a greater seed industry. In the second of a four-part series on the agricultural seed industry, this article will focus on socioeconomic and political issues pertinent to the global seed market.

In the last decade, a series of under-reported agribusiness consolidations took place resulting in ten companies controlling over 50 percent of the seed market. Highlights of this include the 1999 buyout of the corn hybrid giant Pioneer Hi-Bred International by Dupont and the acquisition of the horticulture seed king Seminis by the world's largest seed company, Monsanto, in 2005. The corporate concentration of the seed industry should be of wider concern because it directly threatens our genetic resource pool, consisting of the total number of varieties, heirlooms, wild relatives, and various different genetic strains of a crop that exist in the world which can number into the hundreds of thousands for a single crop species.

Seed production can be grouped into crops whose seeds can either be

saved and replanted each year (such as wheat) or open pollinated crops, or hybrid seeds that must be purchased each year from a seed company to maintain performance, such as maize hybrids. Since hybrids require farmers to return to the company for fresh seeds, many companies focus the bulk of their breeding and seed supply efforts on this. Good for business, but less beneficial for genetic diversity. Furthermore the seeds industry is largely focused on high-value crops to maximize profits. Thus, over time fewer seed varieties are available as companies decide it is more efficient and economical to reduce the number of cultivars offered.

Private companies also try to expand their control of the seed market by introducing proprietary traits into crops. A proprietary trait is a gene that is patented and privately owned (e.g., "Roundup Ready" gene). When that gene is introduced into a crop variety, it is sold exclusively by a company and is often accompanied by restrictions on saving seed, an act practiced by farmers since the birth of agriculture.

Why are plant genetic resources important? They are important to

farmers and consumers because the traits they offer to improve yields, provide natural resistance to pests, and improve nutritional content, among others. These traits can be exploited for crop production with plant breeding.

The United Nations Treaty on Plant Genetic Resources for Food and Agriculture declared that plant genetic resources are "humanity's common concern." What does that mean? This particular treaty sought to establish rules for ownership of genetic resources. The very existence of these treaties compels us to address how plant genetic resources are humanity's common heritage. Should any individual, private company, public entity, or nation be allowed to claim ownership over something so essential to survival? Should this ownership entail a responsibility to manage those resources for public interest?

The concentration of the seed industry threatens the foundation of all agriculture as the gradual erosion of genetic resources and farmer-based breeding knowledge threatens the success modern agriculture is built on. When the first link in the food supply chain

*"In the last decade, a series of underreported agribusiness consolidations took place resulting in ten companies controlling over 50 percent of the seed market."*

is controlled by a handful of private companies hungry for profit, a human necessity becomes subject to the mercurial global marketplace—an unsettling thought.

There are some outstanding exceptions to this trend—small seed companies that continue to thrive and provide a wide variety of seeds such as High Mowing Seeds. In the next two articles, I will focus on two alternatives to the large multinational seed company model—small private seed companies and the public seed industry.

Julia Piaskowski is a graduate student in plant breeding at Washington State University. She works with wheat, when she is not entertaining her 7-month-old daughter, Suzka.

## Letter from the Land: Watching the Young

by Suvia Judd, Newsletter Volunteer

I've been watching other people's offspring. I was hanging out some laundry today and a commotion in the old yews caught my eye. Three young chickadees were flitting around their parent, hanging upside down and getting in the way and crying out, apparently, "feed me, feed me." "No me, feed ME!"

At dawn, I discovered a tiny quarter inch long slug on the sprinkler I was carrying to the pasture vegetable garden. Small enough to be cute, steaming across my palm with waving horns, but I thought about how we don't have any slugs in the pasture garden—yet—and I returned it to the backyard.

In the house, I looked out the window and saw a speckled fluff ball on a low branch. A smooth dark head stuck out one end and a set of smooth dark tail feathers out the other, but its middle was a white-dotted ball of down. The young robin stood looking goofy as its parent zipped in and crammed something in its mouth and took off, but as soon as the parent left it hopped competently down to find something for

itself in the leaf litter.

The young magpies grow up in our yard eating catbits and cherries. They are apparently hardwired to eat green caterpillars, so we have learned to protect our leggy squash starts and treasured pole bean seedlings with inverted yogurt containers (bottomless).

The mama raccoon got so hungry during her nursing she started following me around the yard in the night for catbits. Now she takes the whole crowd to the feeding station. When they hear us coming you can hear them all scrambling up the Chinese elm: very loud toenails!

The Bewick's wrens have been nesting in our yard for a couple of years. I enjoy the striped eyelines and jaunty tails of the adults. Sitting in our kitchen last night we could hear several young wrens around the yard making a buzzing "ehhhnzt" call, most unlike the musical phrases of the parents.

The best show all year was the fledging of the three baby redtail hawks from

the nest at The Humane Society. We had a front row seat from the dog park over a two-week period. First one, then another youngster began experimenting with leaping up from the nest hovercraft style, shrieking the while, and the first two moved to other locust trees over a couple of days. But the parents couldn't seem to shift the third one, until finally one day fledglings had all left and were learning to fly and hunt all around the cemetery. But the nest was hanging in pieces, so we wondered if the parents finally resorted to dismantling it: "Honey, I finally figured out how to get Junior to move out!"

*"The best show all year was the fledging of the three baby redtail hawks from the nest at The Humane Society."*

Suvia Judd watches nature from her backyard farm in Moscow and on Moscow Mountain or wherever she is at the time.

**MOSCOW  
YOGA CENTER**  
525 S. Main. 208.883.8315  
Fall Session begins  
August 25th- October 18th.

Offering Beginning, Level 1, Level 2,  
Level 3 & 4 and Gentle yoga classes.  
View our schedule on line at:  
[www.moscowyogacenter.com](http://www.moscowyogacenter.com)



Healing  
Point LLC

**Chinese Medicine Clinic**  
Lauri McKean, LAc & Meggan Baumgartner, LAc

Holistic health care featuring  
acupuncture, Chinese herbs and  
therapeutic bodywork

Call **208-669-2287** or visit  
[www.healingpt.com](http://www.healingpt.com) for  
more information

Discounts for  
Co-op members



## In The Garden: Color in the Late Summer Garden

By Holly Barnes, Volunteer Newsletter Writer

The garden is a riot of color in June and into July. As summer winds down in August and September we usually find our gardens looking washed out, tired, and definitely showing that they are past their prime. Deadheading roses and perennials, as well as annuals, throughout the summer delays the eventual floral decline.

The perennial gardens I planted in 2007 are lovely this year, but as I look around, I see that many plants will not still be blooming by late summer. Where shall I go to find out what plants to add to my palette, plants that will bloom in August and later? My personal gardening library is my favorite resource when I need to research a topic. I have also been known to do a little research at bookstores. With a personal gardening library of over 60 volumes, I don't feel too guilty doing my research at the bookstore since I often end up buying.

Additionally, I usually "Google" gardening questions and find many good answers online. The websites offered are good starts for plant names to research. Once you have the names of some suggested plants, look them up in *The Sunset Western Garden Book*, a journal I'd never be without. It very specifically mentions bloom time for all plants in its encyclopedia.

In my library, I often refer to *The Cottage Gardener's Companion*, a British book compiled by the Cottage Garden Society. I love this book

### In the August Garden:

- ✂ Deadhead roses and perennials to encourage continued flowering.
- ✂ Make a final feeding of perennials and shrubs to harden them off for winter.
- ✂ Keep compost piles wet.
- ✂ Plant lettuce starts for the last crop.
- ✂ Enjoy warm summer evenings in the garden whether it is your own or one of the Palouse country's many beautiful parks.

*"In summer, the song sings itself."*

—William Carlos Williams



Summer color blooms from every corner of the garden.

because it deals only with cottage gardens, described as a style where

"borders are crammed with an informal jostle of herbs and flowers, paths lined with scented pinks and primroses, lavender bushes by the garden gate and roses round the door..." The Companion mentions when a summer plant blooms only in the early part of the season. Penelope Hobhouse, a well-known English garden writer and lecturer, notes in her book, *Flower Gardens*, whether a plant blooms in early, mid, or late summer.

The rose and clematis families claim hybrids that will bloom throughout the summer and on into fall. The

late summer blooming clematis are *Viticella* hybrids. Late blooming roses are generally those that have been blooming off and on all summer and they include Hybrid Teas and Floribundas, some of the English Roses, and Climbing Roses. This information was gleaned from my copy of *The Rose and the Clematis* by John Howells.

A really great way to find out what is blooming in August is to visit your local nurseries right in the middle of the month and see what they have.

I think all of these methods will work for researching any of the gardening questions you might have.

### Presenting our 2008-2009 Season

**Music From the Palouse**

September 23, 2008

**Trio con Brio Copenhagen**

October 28, 2008

**Fountain Ensemble**

December 2, 2008

**Biava Quartet**

January 27, 2009

**Fireworks Ensemble**

March 3, 2009

All concerts 7:30 PM in the UI Auditorium

A *Season Subscription* is the most convenient and economical way to purchase tickets and assures you seats for sold-out events.

To purchase, see our website [www.auditoriumchambermusic.org](http://www.auditoriumchambermusic.org) or call 208-885-7557

Concert tickets available at BookPeople, through

[www.auditoriumchambermusic.org](http://www.auditoriumchambermusic.org) or at the door.

Students: \$10, Seniors: \$15, General: \$18

### Camas Prairie Winery

Made in Moscow since 1983.

Grape wines, fruit wine, honey wine.

Try before you buy!

Mon-Sat 12-7

@ 110 S. Main St.

Holly Barnes has spent way too much time away from her garden this summer, sailing on Lake Pend Oreille, and training for a sprint triathlon in the middle of August. She looks forward to settling in to her garden for the rest of the summer.

Auditorium Chamber Music Series  
UNIVERSITY OF IDAHO  
2008-2009

Music...  
Live & Intimate



## Meals Kids Might Eat: Campfire Food!

by Judy Sobeloff, Newsletter Volunteer

If you can't stand the smoke, get away from the campfire. But if eating unidentified oil-soaked substances in the dead of night awakens some long-buried sense of adventure, read on.

The sky was already darkening as we started to cook, so we have no way of knowing if these foods would have been as appealing if we could see what we were eating. To maximize our chances of success, we moved from the most vegetable-like selections to the sweetest. To maximize ease of production, we wrapped all food items in foil, stuck the packets into the fire, and checked on them periodically to see if they were ready. The kids, ages 4 through 8, were all eager to help remove the packets from the fire with oven mitts and tongs, under the supervision of trained adults.

While I now think that pretty much anything would taste good cooked with olive oil over a campfire, we started with separate packets of mushrooms, zucchini rounds, eggplant rounds, and potato cubes, each flavored with olive oil, salt, and pepper. While using enough olive oil seems to be key, caution is advised. As Fred noted toward the end of the meal, "My shirt is completely soaked with olive oil! I should have brought another shirt!"

While our friends' 8-year-old took to all the fire-cooked veggies right away ("This is too good! I like all of these! It's like a snack bar!"), my children took longer to warm up, so to speak, both of them initially expressing shock. "Mom! I don't like cucumbers! It's hot and gross!" my daughter first said of the zucchini. Of the eggplant, her brother's first reaction was, "Mom, I wasn't supposed to have that in my bowl!" but later he said he really liked it, adding, "Mom, can you help me get stuff? Because I want more stuff to eat!"

The "french fries," however, were immediately and universally appreciated by everyone. As we began passing around pieces of food in the dark and musing about what made everything taste so good, the adults agreed that the smoky flavor was probably as essential as the olive oil. "I don't know if you could duplicate this by bundling things together on a barbecue," Fred said.

Moving along, we sampled our first dessert, apple crisp, made by throwing sliced apples and granola together in



Foil-wrapped dinners, fresh out of the fire.

foil and putting the packet into the fire. In this case, however, as we waited (and waited) for the crisp to cook, we learned another valuable lesson about campfire cooking: Start cooking the dessert when you cook the rest of the dinner—otherwise the fire will die down too much. As it was, the crisp wasn't ready the first time my friend, Nancy, checked, and still wasn't ready when she checked another 15 minutes later: "It's less cooked now than it was before!" Those of us who ate it anyway still appreciated the smoky flavor of the cold apples though.

By then it was really too dark to see, despite our ever-useful headlamps, and our hosts were falling asleep, so we opted to delay the piece de resistance, Banana Split Canoes (a.k.a. vegan s'mores) for another occasion. Apart from carrying kosher (non-vegetarian) marshmallows for Passover, the Co-op carries Ricemellow Creme in place of regular marshmallows year-round. In trying to come up with a way to use this fluff over the fire, Nancy remembered having eaten "banana split" s'mores made with marshmallow fluff while she was growing up, and I remembered cooking bananas with chocolate chips over a fire in fourth grade during our unit on Africa—go figure.

Despite the opportunity to cook these variant s'mores in a friend's solar pizza box cooker, we ended up baking them less glamorously in our own kitchen. Though I'm sure they would have

### Foil-Roasted Veggies

Dice veggies of choice; douse or spray with olive oil; add salt and pepper, as desired. Wrap in foil and place closed packet onto campfire for 30-45 minutes.

### Campfire Fries

Add olive oil (or spray) to foil and cut potatoes. Add salt and pepper as desired or seasoning such as Old Bay. Wrap in foil and place closed packet onto campfire for 45 minutes.

### Apple Crisp

Spray canola oil or other vegetable oil on foil wrapper. Place diced apples and granola inside. Optional: Add peanut butter chips. Close and roast on fire for 20-30 minutes.

### Banana Split Canoes (Vegan S'mores Alternative)

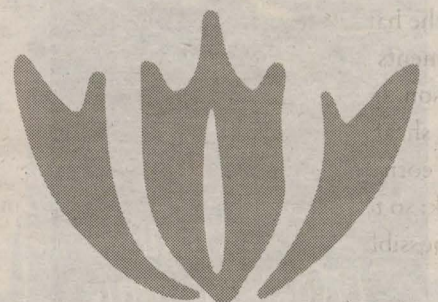
Leaving the skin on a banana, cut a slit the long way. Spread Ricemellow Creme on one surface and insert chocolate chips. (Note that Enjoy Life chocolate chips at the Co-op are dairy, gluten, and soy-free.) Wrap the banana in foil and place packet on campfire or grill (or home oven at 350 degrees) for 5-10 minutes.

been even better cooked outside in fire or pizza box alike, we liked the indoor version just fine.

For those seeking new frontiers in food preparation this summer, consider the method used by Nancy's parents on long car trips when she was growing up: cooking on the engine block.

Veggie and Apple Crisp recipes inspired by Kelby Carr, familytravel.suite101.com

Judy Sobeloff fondly remembers all the food she learned to cook in Girl Scouts.



## Old Fashioned Summer Fun with Co-op Kids!

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

Co-op Kids! happens twice monthly and is free for families in the Moscow-Pullman area. Please join us for nature inspired, earth friendly activities geared toward the young child and the young at heart. We are trying out a new Tuesday meeting day to see if more families can make it, let me know what you think!

Homemade Bubble Fun at Friendship Square!

On Tuesday, August 5 at 9 a.m., we will meet at Friendship Square to play outside with homemade bubbles and enjoy a morning in Moscow's beautiful downtown. There will be



Stella, Jack and Bella enjoy a sunny morning together at Friendship Square.

water and healthy snacks donated by

the Co-op.

Windpower 101 at the Co-op Cafe

On Tuesday, August 19 at 9 a.m., we will meet in Co-op Cafe or out front at the picnic tables to make pinwheels together. We will experiment with using beautiful papers and recycled items to make these fun wind powered toys!

Rebekka Boysen-Taylor is the Co-op Kids! volunteer and mama to two organically growing little ones in Moscow. You can reach her at [amaswork@yahoo.com](mailto:amaswork@yahoo.com).

**PALOUSE**  
*Ocularium*   
VISION CENTER



Thorough, Personal Eyecare  
High-Tech, Quality Materials  
Down-to-Earth Atmosphere  
Your Best Value

*Dr. William R. French, Optometrist*  
*Dianne French, Optician*

202 E 7<sup>th</sup> St, Moscow  
883-EYES (3937)  
[dfrench@moscow.com](mailto:dfrench@moscow.com)

## Mama Can We Make...?: Harvest Dollies

by Nancy Wilder, Newsletter Volunteer

How the summer is flying by! It is nearly time again for kids to head back to school...and it is also nearing that time of harvesting the glorious abundance offered here on the Palouse. The bright green fields of July are mellowing into warm golden waves of wheat with the dry heat of August, as our thoughts turn to enjoying the waning days of summer. At harvest time, the growing year has come full circle, and the bringing in of the ripe grains, vegetables, and fruits is cause for celebration. Throughout Europe, the concept of a Corn Mother figure or spirit in the grain was kept for centuries, with counterparts in the Americas in the form of Indian Maize goddesses. Given the vital importance of the harvest for survival, this is easy to understand. But few of us today can realize the significance of a "corn dolly" before the invention of the threshing machine. In northern England, for example, the last sheaf left standing in the field was braided and made into a doll-like figure called the "kirk-dolly" and carried to the harvest feast to symbolize the elements needed for the next growing season. In some areas, whoever cut the last sheaf was thought to be killing the corn spirit and bound to have bad luck; so to spread the ill luck as widely as possible, all the reapers threw their

sickles at once so that everyone carried the responsibility (now that's community!). They would then make the corn dolly to keep until the following year when a new one could replace it.

To make your own maize (corn) dolly for good luck or happy harvesting (or just plain fun), here are the simple steps. You'll need:

- ✦ Fresh maize leaves (corn husks)
- ✦ Light colored thread or string
- ✦ Any child-sized handful of material (a baby-size sock works great)

First, if possible, use the fresh maize leaves not long after they are stripped from the ear of corn (this is great fun for kids, and they can set aside the corn silk to use as dolly hair). This way the leaves are fresh, and moist for easy folding. The head, arms, and body are each made separately and then fitted together. Now fit the small ball of fabric (or little sock) into one corn leaf and tie down, moistening and tucking in the sides to form the head. Next roll up a long strip (keep lengthwise) and tie off ends to form arms. For the main body, cut the narrow ends off a large leaf and cut a slit width-wise in the center to slide the "neck" into. Finally,


slide in arms across the width of the center slit, fold the leaf down, and tie off to form a waist. If you want a strong and sturdy corn doll, use several thicknesses of leaves

for the body to add weight and balance. You can also snip patterns or frills at the hem of the "skirt." The rest is up to your imagination; with paints, markers, glitter, moss, twigs, etc. you can create any style or gender of doll. These are so simple to make, you can whip up a whole family of dolls to adorn your harvest table with, or to liven up any garden space.

Nancy's entire garden could use some harvest dolly energy after that last mid-summer's-eve cold snap.



Harvest Doll "Maizy" relaxes in the garden.



**Animal Care Center P.A.**

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

Certified Acupuncturist  
Nancy Maxeiner, D.V.M.

## Around Town with the Bicycle Brothers: Human-Powered Hero and August Bike Events

by Isaak Jule and Emmett Breedlovestrout, Newsletter Volunteers

For Bruce Hoff, bicycles are more than just a form of transportation or lifestyle, it's his livelihood. Bruce has been professionally wrenching on bicycles in Moscow since 1987—first at Velo Sports, then Northwest Mountain Sports from 1989 to 2005, and now at Follett's Mountain Sports in Moscow—so there's a good chance he has repaired yours! He doesn't actually remember why he got into bikes, "it was just the thing to do, the best way to get around." And that's the idea he enjoys sharing with the customers he meets.



*How far is your daily commute?*

It's a half-mile to work, but after all my errands it adds up to about three miles. Trips across the street to the Co-op, Mikey's, you know, really add up! I've only set foot in a car twice since April!

*Tell us about your commuter bike.*

It's a Specialized Globe with an internally geared hub that provides smooth shifting under all weather conditions, generator powered light system, full coverage fenders, rack with bags, bell, and to top it off a well broken in Brooks leather saddle.

*That sounds like a full on commuter rig, what would you recommend as the most critical piece of commuter gear?*

Rack, bag, and fenders. That's what makes a bike a commuter machine!

*With your years of bike mechanic experience, what riding tips would you give people?*

Lube your chain, have your seat height set correctly (a shop can help you with this), ride your bike following the rules of the road. And did I mention, lube your chain!

*Where is your favorite place to ride on the Palouse?*

All over town. It's all good!

*What do you do with all the money you save by living the low car lifestyle?*

Save it.

*So, you must be the Palouse's only mil-*

*lionaire bicycle mechanic?*

No comment...

### Palouse Rideshare

The other day, we noticed on a gas station sign that a gallon of fuel had broken the magic \$5 per gallon barrier. Cause for celebration? Maybe not, if you live in Harvard and drive to Moscow for work. But, on our way to Pullman that day we also noticed a different roadside sign advertising something that actually is a cause for celebration.

Imagine if someone told you it was possible to take your existing car—that Hummer sitting in your driveway, or even your smart little Prius—and double, yes, double, its fuel efficiency. Who wouldn't want to buy this thing? Now, you might assume this great technology would be too expensive. But wait, what if we said you can save your economic stimulus check—this miracle is actually free! Just go to [www.PalouseRideshare.org](http://www.PalouseRideshare.org).

The Palouse Rideshare program matches drivers and riders heading in the same direction throughout a large area of north central Idaho. Enter the town you are departing from and the program finds others departing from the same location. Give someone a ride, average 110 miles per gallon per person, and the paint job on your Prius turns a little bit greener. Give six people a ride in your Ford Excursion, and you'll rival the fuel economy of any hybrid on the road.

So why was this program recently

### August Bike Events

☛ *Women's Weekly Mountain Bike Ride*

Every Monday in August at 5:30 p.m.

Meet under Rosauers sign, carpool to trailhead. Women of all abilities are encouraged to ride! Contact Aly at [aly@pcei.org](mailto:aly@pcei.org) or (208) 882-1444.

☛ *MAMBA Trail Building Parties*

Saturday, August 2 and August 30 at 8:45 a.m.

Meet at the Rosauers parking lot for a day of work on Moscow Mountain trails. No experience necessary! Check out [bikemoscow.org](http://bikemoscow.org) for more information.

☛ *Latah Trail Cleanup*

Wednesday, August 27 at 10 a.m.

Meet on the Latah Trail (corner of Blaine and the Troy Highway). Bring food, water, weather protection for an afternoon of bike riding and trail cleaning. Contact Bruce Hoff at Follett's Mountain Sports, (208) 882-6735.

☛ *Basic Bike Repair Class at the Palouse-Clearwater Environmental Institute (PCEI)*

Thursday, August 14 at 7 p.m. or Sunday, August 17 at 3 p.m.

☛ *Second Step Bike Repair class follows at 6 p.m. Sunday, August 17.*

Cost is \$10; \$8 for PCEI members; fee waivers and scholarships available.

Space is limited. Contact [vbp@pcei.org](mailto:vbp@pcei.org) or (509) 330-2681.

Instructor Dave Peckham designed a bike repair curriculum taught to more than 4000 people in Ghana, West Africa.

☛ *Farmers Market Bike Repair: Latah Trail Fundraiser*

Saturdays 9:30 - 11:30 a.m. at the Farmer's Market

Contact Bruce Hoff at Follett's Mountain Sports, (208) 882-6735.

ranked the number one "Totally Underrated Thing to do on the Palouse that makes you the Greenest Person Ever"? We spoke with Tom Lamar of the Palouse-Clearwater Environmental Institute (PCEI)—the group spearheading the program—to find out. In the past, two things have slowed the success of the program: 1) the matching algorithm only matches people departing from the same location even though drivers pass through multiple towns on the way to their destination, and 2) the relatively low cost of fuel. "It used to be a short 15 miles from Moscow to Potlatch," Tom said, "But at \$5 per gallon, 15 miles each way seems pretty far." As for the matching problem, the website should be completely overhauled this month, making it more efficient and user friendly. Head over to [www.PalouseRideshare.org](http://www.PalouseRideshare.org) and check it out!



The Bicycle Brothers are fresh off the plane this month from a tour of East Coast transportation including, but not limited to, subway, pedicab, taxi, elevator, bus, escalator, horsedrawn carriage, pedicab, ferry, and walking filthy urban streets.

## Support Groups Starting

by Rebecca West, Alternatives to Violence of the Palouse Representative

**A**lternatives to Violence of the Palouse (ATVP) will begin free peer support groups Wednesday, August 6 and Thursday, August 7. Support groups enable survivors to share experiences and to find and offer support to one another in a safe, confidential setting. We focus on education, empowerment, self-esteem,

problem solving, and reduction of anxiety and stress resulting from victimization and safety issues.

These two support groups are for victims and survivors of family/domestic violence and for sexual assault survivors. Support groups for male survivors of sexual assault/abuse, for part-

ners of sexual assault/abuse survivors, and for non-offending parents of sexually abused children are also offered. Child advocacy is available. There is no cost to you to attend group.

Please call for more information, to 883-HELP (4357) in Latah County or 332-HELP (4357) in Whitman

County. You will be treated with respect and in confidence.

ATVP is a non-profit organization whose vision is to end domestic, sexual, and individual violence and victimization in our communities.

## First Annual Oktoberfest and Chalk of the Town Competition

by Darrell Keim, Moscow Chamber of Commerce

**P**lease come to Moscow's first annual Oktoberfest and Chalk of the Town

artists create works of art out of chalk on Friendship Square in downtown Moscow.

Competition. The fun starts at 7 a.m., Saturday, September 6, with the Chalk of the Town chalk art competition. You can watch local art-

Then at noon, Oktoberfest will kick off in Friendship Square with sausages, beer, games and live music. The day will conclude with a community dance

in the evening. This day of family fun is brought to you by the Moscow Chamber of Commerce. Chalk of the Town features eleven local artists working in 5 foot by 7 foot, 4 foot by 6 foot, and 4 foot by 4 foot spaces on the square. These artists will receive a small stipend for their efforts. The

public is also invited to participate, and can purchase 2 foot by 2 foot squares for \$5 each, including all the supplies they will need. Interested artists should contact the Moscow Chamber of Commerce at (208) 882-1800 as soon as possible.

## Brush Up on Idaho's Bike Laws

by Chris Huck

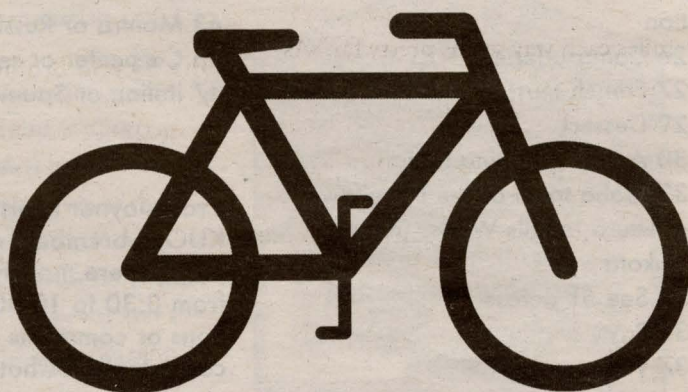
**W**ith summer in full swing, many people in Moscow are taking advantage of the beautiful days to commute and run errands by bicycle instead of driving. Bicycle racks around town are increasingly full in places where they previously weren't. Competition for bike rack space is a good sign that people are embracing a non-polluting, fun, and safe means of transportation. While it is a good thing that more people are riding their bikes, some new riders may be unaware of, or misinformed about, Idaho's bike laws. This can lead to unsafe conditions for both riders and drivers. Drivers in Moscow and the surrounding area are very courteous to cyclists. Moscow is also very progressive by providing bike lanes on city streets. However, cyclists need to respect drivers and other cyclists by following the bike laws.

to see examples of people riding on the wrong side. State law 49-717 states that bicycles are to be operated on the right-hand side of the roadway because law 49-714 states that cyclists have the same responsibilities as drivers of any other vehicle.

The State of Idaho has made the bike laws easily accessible through the website provided below. Regardless of whether you ride a bike or drive a car, I encourage all readers to read more about the Idaho bike laws. Cycling is a very safe means of transportation as long as everyone understands and plays by the same rules. Always remember to have fun, share the road, and ride safe!

Bicycle related Idaho Code: [http://itd.idaho.gov/bike\\_ped/ID\\_Vehicle\\_code\\_for\\_Bikes\\_05.pdf](http://itd.idaho.gov/bike_ped/ID_Vehicle_code_for_Bikes_05.pdf)

The most common misconception among the public pertains to which side of the road bicycles are supposed to travel. This is especially true in Moscow where it's easy



## Moscow: Rolling Toward Sustainability

by Heather Smith, City of Moscow Sustainability Intern

**S**ustainability is becoming a part of the City of Moscow's identity and it is exciting to share this progress with the community. Various departments and commissions throughout the city are sharing ideas and following them through to implementation.

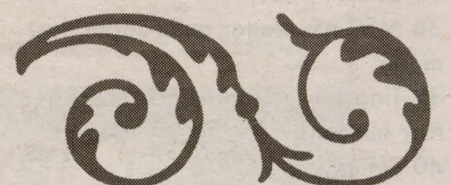
An idea for a sustainable purchasing policy encouraging employees to consider the economic, social, and environmental costs of a product was initiated last spring in the Health and Environment Commission. Moscow City Council passed the resolution April 22, 2008. Employees are encouraged to buy local when possible, and take into consideration where the product comes from, what material the product is made of, the amount of packaging, and waste disposal of a product. Kara Whitman and KC Wagner, the previous sustainability interns for the city, developed a Sustainable Purchasing booklet, which was handed out to the purchasers in City departments. The policy is comprehensive, covering everything from landscaping practices and office supplies to industrial cleaning products and the fleet of vehicles.

Citizen volunteers on the Health and Environment Commission suggested implementing a non-mandatory

employee bike-share program. Last spring, 11 bikes were approved for use in our new program encouraging employees to use alternative forms of transportation. Paradise Creek Bicycles is working with us to provide tune-ups, helmets, locks, and baskets or racks for each bike. The bikes will be available at city buildings for employees to ride to meetings around town, during lunch breaks, and other errands. We are excited about this program because bicycling improves health, decreases fuel costs, decreases carbon emissions, and provides an enjoyable form of transportation. Employees interested in riding the bikes home may do so as long as they bring them back the next day.

We welcome your ideas! Please contact me at [hsmith@ci.moscow.id.us](mailto:hsmith@ci.moscow.id.us) or (208) 883-7122.

Heather has been enjoying the beautiful weather and can't believe that fall semester starts next month.



## Women's Writing and Backpacking Expedition

by Caroline Pechuzal, Palouse-Clearwater Environmental Institute (PCEI) Environmental Educator

If you are a woman living in the Palouse who is interested in writing and backpacking, join us this Labor Day Weekend for the first ever Women's Writing and Backpacking Expedition! This expedition is designed as an opportunity to help women connect with nature and gain personal insight through backpacking and writing. Women of all experience levels, both in writing and backpacking, are welcome to apply. Don't be intimidated if you have never backpacked before, this trip will teach you the skills you need to know to have a great experience and to plan your own trips in the future.

The trip will take place over Labor Day Weekend, from Thursday, August 28 to Monday, September 1, 2008. We will travel about four hours by car to the Eagle Cap Wilderness in the Wallowa-Whitman National Forest. The cost of the trip, which is subject to change, will be about \$70 per person and includes all food, transportation, and instruction. Group gear is also included in that cost, but participants must provide their own personal gear, such as sleeping bags, packs, and

tents.

This event is sponsored by the Palouse-Clearwater Environmental Institute (PCEI) and will be led by AmeriCorps member Caroline Pechuzal. Writing instructors Debbie Lee and Andrea Mason of Washington State University will provide daily craft lessons and writing prompts that use common themes to explore the natural environment and your personal experience. Basic backpacking skills, including: map reading, trip planning, what to pack, how to pack your pack, how to set up a good camp, how to be safe in bear country, and proper care and use of gear, will be provided.

For more information or to apply visit [www.pcei.org/explorewilderness.htm](http://www.pcei.org/explorewilderness.htm) or email Caroline at [cpechuzal@pcei.org](mailto:cpechuzal@pcei.org).

.....  
**Caroline Pechuzal is an AmeriCorps member serving at PCEI. She loves the sun, doing handstands, cooking, and leading people in the outdoors.**

## Moscow Renaissance Fair Says Thank YOU!

by Ren Fair Committee Members

The Moscow Renaissance Fair is pleased to inform the general public that we were able to recycle or compost over 75 percent of the solid waste generated at our fair. A big thank you goes out to our community; first of all, to the City of Moscow staff and the countless volunteers for helping to reduce our environmental footprint!

Thousands of friends turned up for our annual celebration of spring. Some highlights from this year's fair include: two days of miraculous sun and light breezes, "balmy" temperatures, snow drifts almost melted. kids painting faces again, a big dragon parading with hidden help to drums and pipers, elegant royalty reading poetry to the peasants, all ages Maypoling to music, raptors spellbinding rapt young watchers, old hippies dancing "forever" to Main Stage music in the sunlight (imagine!), scrumptious strawberry rhubarb pie, dazzling arts and "crafty" crafts, longtime family fair-goers greeting old friends, and new families discovering new neighbors at the biggest community party hereabouts.

committee work worth the effort. We have some new board members that we would like to introduce to our hard-working crew. Our new president is a "forever" Ren Fair supporter, Andee Chosch-Pittenger. Longtime Friend of the Fair David Willard will be taking over the vice president of stage. Dave Remington, our master of funds will be staying on for one more year as treasurer and Erin Howard is going to move from the recycling coordinator position and act as our new secretary. If you've always wanted to help out with our community's fair, it's not too late to start! Contact President Andee at [andrea@moscow.com](mailto:andrea@moscow.com) or (208) 882-0211.

If you missed our fair's fun this year or just want to have a hard copy of the everlasting memories our fair creates, stop by BookPeople of Moscow, 521 S. Main Street and for your \$20 donation, the history, mystery and fun of the fair can be yours. Your donation contributes to the quality of our fair and improvement projects the community can enjoy year-round.

These good memories make all the

## Co-op Crossword Puzzle

by Craig Joyner, Newsletter Volunteer

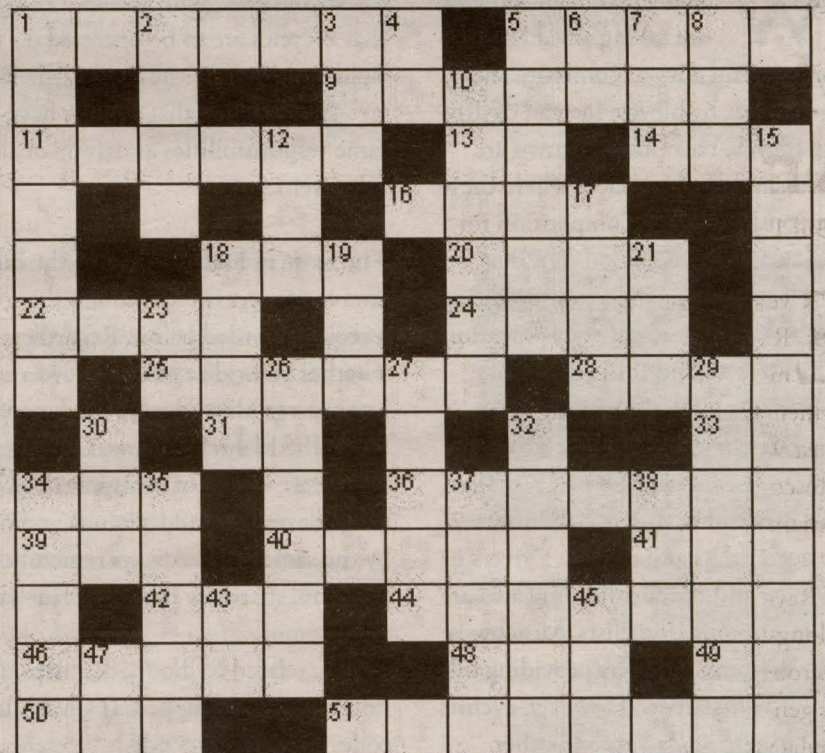
### ACROSS

- 1 Her quilts and watercolors will grace MFC in August, 1st name, 2nd is 10 down
- 5 See 9 across
- 9 Farewell to Wild & Free writer, 1st name, 2nd is 7 down, last is 5 across
- 11 Parisian tower
- 13 Genuine Kona coffee originates from this state, abbreviation
- 14 Computer company
- 16 Noble or the other half of Taylor
- 18 Fortified wine typically originating from South Africa, similar to port
- 20 Blot
- 22 Caffe Ibis coffee originates from this state
- 24 TV award
- 25 What bread needs
- 28 Whines
- 31 Vista or Linux, abbreviation
- 33 Tabloid for television
- 34 Distant
- 36 MFC newsletter naturopath, last name
- 39 Tina Turner's infamous and former husband
- 40 Suites
- 41 Criticize
- 42 French pronoun

- 44 Gluten free brand of cake mixes
- 46 Art Nouveau painter who formed the Vienna Secessionists
- 48 Top number for lists
- 49 Spectrum our eyes cannot see, abbreviation
- 50 MFC is one of the best places in town to do this
- 51 Last month's profiled staff member, 1st name, 2nd is 34 down

### DOWN

- 1 Meat department manager's first name
- 2 Brand of dairy and soy free chocolate Enjoy \_\_\_\_\_
- 3 Cactus Computer can provide this service
- 4 2 year college degree
- 5 Muslim festival
- 6 Citrus drink, abbreviation
- 7 See 9 across
- 8 Improve your vision with Natural Factors \_\_\_ Factors
- 10 See 1 across
- 12 The kind of candle you don't burn for illumination
- 15 Local vintner
- 17 Foolish
- 18 Mr. Bill's exclamation
- 19 Tazo or Numi
- 21 Farewell



- 23 State with the highest point, Mt. McKinley, in the country, abbreviation
- 26 Camaraderie
- 27 French mustard
- 29 Dessert
- 30 Acorn sprouting tree
- 32 Idaho town or the hometown of Laura Ingalls Wilder in South Dakota
- 34 See 51 across
- 35 Pay
- 37 Violin maker

- 38 Tech toy tool for hikers, abbreviation
- 43 Mantra or Russian river
- 45 Carpenter or red
- 47 Italian or Spanish, the

.....  
 Craig Joyner is also known as KUOI's brentbent 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)

## Fun Flix

by Bill London, Newsletter Volunteer

Here's the best videos we've watched lately. What are your favorites?

**"The Business of Being Born":** This 2007 very intriguing and well-produced documentary focuses on the birthing choices facing American women. If you are pregnant or considering parenthood, SEE THIS MOVIE. The doctors and midwives in this documentary ask the right questions. Why are the rates of Cesarean birth (about one-third of all births)

so high in the US? Why do all other industrialized nations spend less on birthing? Why are American rates of both infant and maternal death higher than in any other industrialized nation?

**"Lars and the Real Girl":** This 2007 comedy carefully teeters on the edge. The premise (oddball man buys sex doll on the Internet and decides she's real) is stupid, but the portrayals are sweet. Through the very human and very compassionate interactions, this

movie manages to lift our understanding of love and community. This is a remarkable movie.

**"The Dish":** This movie was shot in Australia in 2000 and is based upon a true story. In 1969, the video from the American moon landing, specifically Armstrong's first steps on the moon surface, were received on earth by a radio dish located in remote Parkes, Australia. Part comedy, part thriller, this film focuses on the moment when the group of Australians staffing that

*"Here's the best videos we've watched lately. What are your favorites?"*

dish had a chance to play a role in the biggest scientific and political event of the decade—if they don't blow it.

Bill London edits this newsletter, and with this month's visit, will again be surrounded with the high-decibel joyfulness of the world's most adorable grandchild.

## Palouse Prairie Charter School Update

by Nils Peterson, president of the Palouse Prairie Charter School Board

Twelve months and counting until Palouse Prairie opens an Expeditionary Learning (EL) charter school at the Now & Then Antiques location on Palouse River Drive in Moscow. With the help of many supporters, the Charter was approved June 26. If you want to catch up on the news, try <http://WhyPalousePrairie.blogspot.com>

Here's a timeline. We are working on a conditional use permit (CUP) now. This fall we'll be designing the school facility, and planning food and

transportation. Children will apply to attend in winter. Hiring teachers will happen in the spring and remodeling and landscaping work will begin June 2009.

We are ready for volunteers! Getting a CUP involves designing a landscape buffer between the building and the street. Natural Abode donated "Greening School Grounds" and Amy Grey of Backyard Harvest pointed us to the Edible Schoolyard work by Alice Waters. Help with landscape design, or other CUP work is wel-

come.

We are also looking for a volunteer to write 300 words each month to keep friends of the school updated. Venues will include the Moscow-Pullman Daily News letters and the Co-op Community News. We also need a calendar-minder to think of, and maintain, the list all the events on the Moscow civic calendar (e.g., Ren Fair, Rendezvous in the Park) where Palouse Prairie should be involved. In addition to warm fuzzies and learning more about EL, volunteers will have

a hand in deciding the 1001 things needed to open a school.

In September, there will be several events for parents to learn more about EL, including a workshop and a trip to see an EL school in Spokane Valley. Watch our website for the most up to date information.

For volunteer opportunities and news, if you have an idea of something you want to contribute, and to get on the email list, contact Nils Peterson at [nilspete@gmail.com](mailto:nilspete@gmail.com).

## Memorial Service for Ann Raymer

by Bill London

Everyone who knew Ann Raymer is invited to share their memories of her at a community memorial to be held on Saturday, August 9, at 3 p.m. at the 1912 Center in Moscow. Her daughter, Jessie, is organizing and hosting the service.

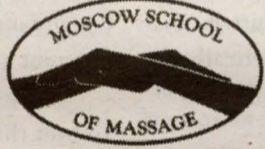
Ann Raymer, Moscow chiropractor and long-time Co-op member, died in October. Ann was one of Moscow's most generous benefactors. She supported a wide variety of community organizations with her donations and regularly purchased locally produced artwork to support area artists.

Ann had a strong connection to the Co-op, as a member and supporter. She regularly counseled her clients to seek healthful alternatives at the Co-op and advertised in the Co-op newsletter in every issue for more than two decades -- from the newsletter's inception in 1984 until her death in 2007.

Jessie requests that those attending the community memorial bring photos, stories, or memories to share. Jessie will provide food and beverages.

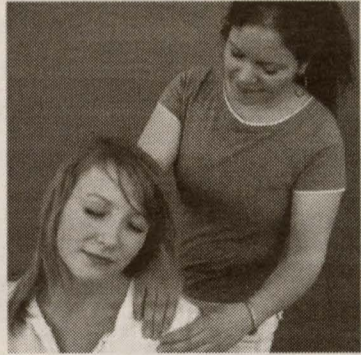
Jessie, who now lives in California, will be attending with her daughter, Tiana Ann, who was born November 20.

**Kurt "Sam" Obermayr**  
 Renovations, Remodels,  
 Energy Efficiency  
 Idaho Registered  
 Contractor RCT-23826  
 (208) 669-0189  
[Kurt@samaree.net](mailto:Kurt@samaree.net)  
 References and portfolio on  
 request



### Intro. Massage Class: Neck & Shoulders

**Tuesday, August 19<sup>th</sup>, 7-10 pm**



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

Call to register. \$10 / person  
**208-882-7867**  
 S. 600 Main Moscow, ID [www.moscowschoolofmassage.com](http://www.moscowschoolofmassage.com)

## Organic Encounters of the European Kind: The Paris-Berlin Dispatch

by Sean M. Quinlan, Newsletter Volunteer

It's summer again, and my time at the university ends. No more teaching history. My family and I pack our bags, and it's off to Europe. We're not going for vacation, but for academic work. And this year, we've been dividing our time between the national archives in Berlin and Paris.

Research in Europe allows me to indulge in two passions: food and travel. And I'm delighted that the Co-op newsletter has given me the chance, yet again, to share my overseas "organic encounters." If you are traveling soon, I hope you might find them useful...

Paris and Berlin: two great cities, two great culinary traditions. Both cities have an expanding market for organic goods—what are called "bio" products. Last year, Germany had its biggest, biggest bio year: some 4.5 billion euro in sales, according to the Bund Ökologische Lebensmittelwirtschaft. In France, polls show that 43 percent of the population regularly consumes organic products, with 7 percent purchasing them each day.

A couple of things are going on. Over the past decade, Europeans have become concerned about food quality. There's been, after all, serious panics about mad cow and avian flu. Ecologists have raised public consciousness about agroindustry. Consumers worry about genetically engineered produce (called *aliments "transgénétiques,"* or ATDs).

People are also reacting against junk food (what the French call "malbouffe"). France has declared it a national plague. By law, fast food—including giants like McDonald's—carry health warnings, just like you see on cigarettes and alcohol.

In 1825, the founder of French gastronomy, Brillat-Savarin, declared, "The fate of nations depends on the way they eat." For the French, at least, this aphorism still holds true!

For American tourists, this skepticism means they can readily enjoy organic goods in Paris or Berlin—whether produce, baked goods, household items, or even clothing.

In Germany, for example, there are more and more organic chains. The most popular is "Alnatura," where you can find a wide range of organic items, ranging from oatmeal to soap. This popularity extends even to supermarket chains (such as Reichelt), which prominently feature organic sections.

However, success breeds problems. The small cooperatives that pioneered "organic products" are now being squeezed out by the chains they sought to challenge. Some say: The same businesses that ruined the food industry can now capitalize upon their critics! Bio-organic, malbouffe: same store, different aisle.

To beat this conundrum, you can shop

the markets. One of the best is the "Bauernmarkt" at Wittenbergplatz. Here, local farmers sell their wares, and you can enjoy a wide variety of produce and meats. A colleague of mine bought a crate of organic tomatoes. It made the best spaghetti sauce I've tasted. In the summer season, you can't believe the strawberries, which are truly a national phenomenon. There's also great opportunities at the Turkish market at Maybachufer, as well as the central market at Wittenbergplatz (both open on Tuesdays and Fridays).

Like Berlin, Paris offers notable organic stores and markets. There's an expanding franchise called the Bio-Coop, which is more intimate than bigger chains like Naturalia. The newest is opening on the boulevard Saint-Sébastien, right by the Pompidou Center. I have also discovered a fun indoor market: Le Marché St. Germaine (métro: Mabillon). There, you simply have to look for the label "AB," the official sign of organic farming.

Paris now boasts a charming species of organic restaurants. Some juxtapose styles like "biodynamie" (which mixes organic eating with astrology), or "macrobiotics" (which mixes food and yin-and-yang philosophy).

An extraordinary example is the two-story restaurant Bio Art at the quai François-Mauriac. It combines Feng Shui decor, a "high quality environmental construction" (designated "HQE"), and filtered air. Dishes start at 14 euro. Depending on your taste, you might find it just what you need,

“People are reacting against junk food. France has declared it a national plague. By law, fast food—including giants like McDonald's—carry health warnings, just like you see on cigarettes and alcohol.”

or perhaps—with a skeptical French grimace—"c'est un peu de trop" ("it's a little too much").

Fabrice Pliskin has recently complained that ADT critics have invented a new "teratology of the earth." In the Marché St. Germaine, I paused to watch the throngs of yuppies and bobos as they shopped. Some had their toddlers swaddled in Armani jeans and D&G shirts. And yet historical epidemiologists have shown that the greatest impediment to health is—lower income.

Sean M. Quinlan teaches history of science at the University of Idaho.



### Kenworthy Performing Arts Centre

Your Downtown, Community Theater

<b>Kung Fu Panda (PG)</b>	Aug 1-3
<i>Gritman presents</i>	
<b>The Spiderwick Chronicles (PG)</b>	Aug 6
<i>New Saint Andrews and Seventh-day Adventist Churches present</i>	
<b>Expelled: No Intelligence Allowed (PG)</b>	Aug 8-10
<b>WALL-E (G)</b>	Aug 13-17
<b>Priceless (PG13)</b>	Aug 22-24
<b>Dark Knight (PG13)</b>	Aug 29-31

Call or visit our website for up-to-date times and ticket info  
Titles and dates subject to change

www.kenworthy.org • 882-4127 • 508 S. Main Street

### Brused Books



- buy • sell
- trade
- hardbacks - paperbacks
- science to science fiction
- literature to psychology

**Hours:**  
Sunday: 12-5  
Monday-Friday: 11-6  
Saturday: 10-6

509-334-7898

235 E. Main  
Pullman, WA 99163

## New at the Library

by Chris Sokol, Latah County Library District

### Fiction:

**Banana Heart Summer** by Merlinda Bobis. Winner of the Philippine Golden Book Award, this debut novel is a tale of food, family, and longing.

**Club of Angels** by Luis Fernando Verissimo. Ten well-to-do Brazilian men meet every month to dine and celebrate their friendship but when one of them dies and is replaced by mysterious Lucidio, bewilderment and death follow.

**Devil May Care** by Sebastian Faulks writing as Ian Fleming. A masterful continuation of the James Bond legacy, celebrating the centenary of Ian Fleming's birth in 2008.

**My Sister My Love** by Joyce Carol Oates. A dark, wry, satirical tale inspired by an unsolved true-crime mystery.

**Oxygen** by Carol Cassella. Seattle anesthesiologist Cassella spins a tale of relationships and family that collides with a high-stakes medical drama.

**Siren of the Waters** by Michael Genelin. The commander of the Slovak police force in Bratislava tracks a master criminal across Europe.

**Panic in Level 4** by Richard Preston. Cannibals, killer viruses, and other journeys to the edge of science.

**Standing in the Light** by Sharman Apt Russell. An invitation to skeptics, scientists, and seekers everywhere to explore the soul of pantheism.

**This Land is Their Land: Reports from a Divided Nation** by Barbara Ehrenreich. American in the 2000s-- skewered, dissected, and diagnosed by a best-selling social critic.

**Washington Heritage Tours** by Jens Lund. Take a self-guided driving tour through historic regions of Washington State with these six tour books, accompanied by CDs of traditional music and narratives by local residents.

### Nature and Outdoors

**Dead Lucky** by Lincoln Hall. The morning after collapsing from altitude sickness on Everest and being pronounced dead, Hall was discovered alive and well on the summit ridge.

**Gardening in Idaho** by John Cretti. What to do each month to have a beautiful garden all year.

**High and Dry** by Robert Nold. Gardening with cold-hardy dryland plants.

**Shopping for Porcupine** by Seth Kantner. A life in Arctic Alaska.

**Small Wonders: Nature Education for Young Children** by Linda Garrett and Hannah Thomas. The Vermont Institute of Natural Science offers age-appropriate exercises, experiments, and explorations to use children's natural curiosity.

### Food and Cooking

**660 Curries** by Raghavan Iyer. The vivid, saucy, sensational gateway to Indian cooking.

**The All-Natural Diabetes Cookbook** by Jackie Newgent. The whole food approach to great taste and healthy eating.

**Arthur Schwartz's Jewish Home Cooking**. Authentic, updated versions of the dishes that connect so many American Jews to their pasts.

### Nonfiction

**Bead Romantique** by Lisa Kan. Elegant beadweaving designs inspired by the Gothic, Renaissance, Victorian, Art Deco, and Art Nouveau eras.

**Children's Literature** by Seth Lerer. A reader's history from Aesop to Harry Potter.

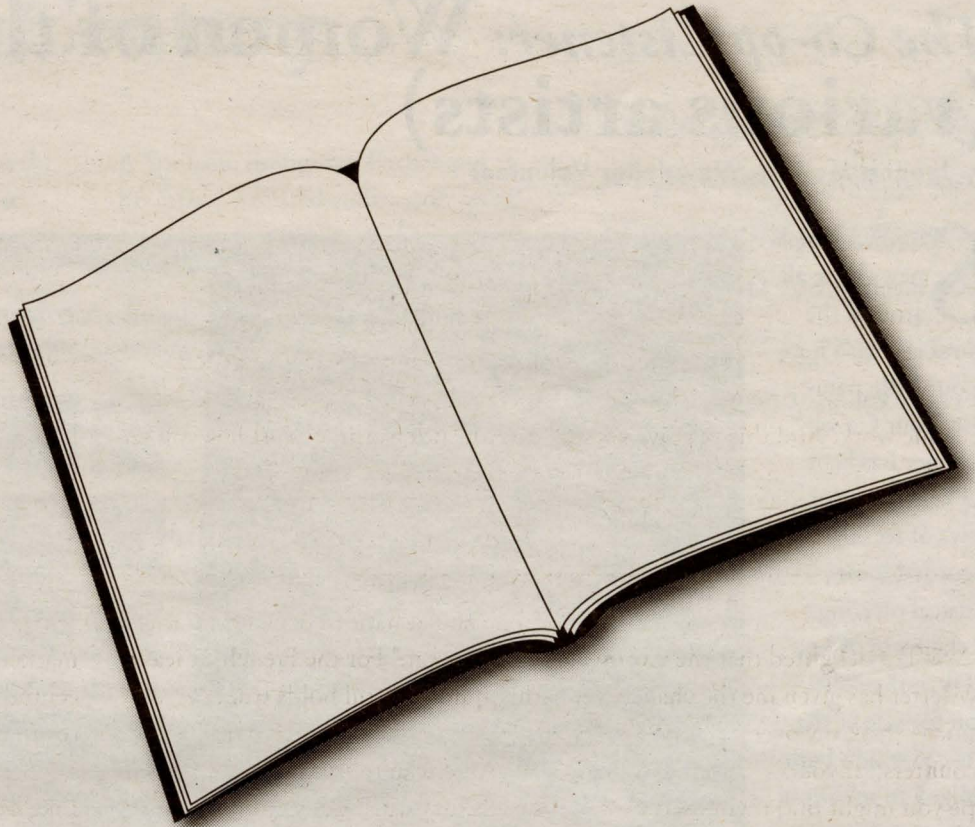
**Conquistador** by Buddy Levy. WSU professor Levy records the last days of the Aztec empire and the two men at the center of an epic clash of cultures.

**Daring to Look** by Anne Whiston Spin. Dorothea Lange's photographs of the despair and greed unleashed by the Great Depression have become defining images of that time.

**Earth: The Sequel** by Fred Krupp and Miriam Horn. The race to reinvent energy and stop global warming.

**Green Guide** by the editors of Green Guide magazine. The complete reference for consuming wisely.

**Feeding Your Demons** by Tzultrim Allione. Ancient wisdom for resolving inner conflict.



**Keeping the Harvest** by Nancy Chihoffi & Gretchen Mead. Discover the homegrown goodness of putting up your own produce.

**Outstanding in the Field** by Jim Denevan. A farm to table cookbook.

**You Won't Believe It's Vegan!** by Lacey Sher and Gail Doherty. 200 recipes for simple and delicious animal-free cuisine.

**CD**  
**Maudite Moisson!** by Le Vent du Nord. "La musique folk canadienne à son meilleur" from Québec.

**DVD**  
**Arranged** (U.S., 2007) Two young women—one an orthodox Jew, the other a Muslim of Syrian origin--teach at a Brooklyn school and both are participants in arranged marriages.

**The Book Binding Guy Video Workshop** (U.S., 2007) Learn to bind elegant books with simple household tools and affordable materials.

**Flight of the Conchords** (U.S., 2007) "New Zealand's 4th Most Popular Folk Parody Duo" attempts to break onto the New York City scene in these 12 HBO episodes.

**Her Name is Sabine** (France, 2007) A sensitive portrait, spanning a 25-year period, of the autistic sister of French actress Sandrine Bonnaire.

**Persepolis** (France, U.S., 2007) A precocious and outspoken Iranian girl comes of age during the Islamic Revolution (animated).

**Saint Clara** (Israel, 1996) A Russian immigrant teenager with clairvoyant

powers disrupts the whole town in this off-beat Israeli comedy.

**T'ai Chi for Health** (U.S., 2004) A complete, easy-to-use guide to this timeless tradition.

**Two-Lane Blacktop** (U.S., 1971) Singer-songwriter James Taylor and the Beach Boys' Dennis Wilson star in this classic road movie.

**War Dance** (U.S., 2007) Three children living in a displacement camp in Uganda compete in a prestigious music festival.

Chris Sokol works for the Latah County Library District and invites you to harvest more new books, audiobooks, DVDs, CDs, and magazines at [www.latahlibrary.org](http://www.latahlibrary.org).

 Above the Rim  
Gallery  
All Original Art  
Gifts  
Up the Stairs in Paradise Creek Bikes  
513 S. Main St. - 208 882-3361

KONA GIANT RALEIGH HARO  
**PARADISE CREEK BICYCLES**  
SALES • REPAIRS • RENTALS  
**208.882.0703**  
513 S. Main  
Moscow 83843  
Open 7 Days a Week



## The Co-op Listener: Women of the World Acoustic (various artists)

by Jeanne McHale, Newsletter Volunteer

Summer is slow news time all around the world and also here in our little paradise. Your Co-op Listener has kept her ears open for news of freshly recorded local musical offerings in the form of new CDs in the collection for sale at the Co-op, which I am obliged to mention in every column. Alas, I have turned to the cornucopia of worldly treats in the Putumayo World Music Collection, to tide me over until new local releases appear.

You have probably seen the colorful array of World Music CDs in the display at the Co-op. Here are some choices! My gaze settled on *Women of the World Acoustic*, a compilation of 11 songs from 11 different women from more than 11 different countries. None of the artists are from the US, and only two songs are in English. The album cover states that a portion of the proceeds from the sale of each CD are donated to the Global Fund for Women, in support of human rights for women and girls. I thought it would be fun to listen to these tunes, though sadly I cannot interview these amazing women to get their personal stories. So I will try to tell you how the songs on the album give some glimpses into these stories.

A number of European contributions are heard, including the first track,

which is a little anthem of self-love: "M'envoyer des Fleurs," by French actress-songstress Sandrine Kiberlain. With the help of the liner notes and a vague recollection of high school French class, I gather that this silver-throated jeune fille is either very narcissistic—sending herself flowers and looking at pictures of herself—or perhaps on a path of recovery from low self-esteem. No matter—she has a lovely voice. The second tune on the CD is an interesting Latin folk song sung by a Czech native Marta Topferova, who now lives in New York. Venezuelan harp and husky vocals are featured on this one. A song in English, "Sunnyroad," is sung by a woman of mixed Italian and Icelandic heritage who sounds a little

bit like Madeline Peyroux if she had listened to Björk a lot. It is a simple guitar-backed plea to an old lover to get together again. This is an artist, Emiliana Torrini, I would like to hear more of.


Track 4 brings you Brazilian Luca Mundaca singing "Não se Apavore" in sultry bluesy style. I can't understand a word here, but the song still speaks to me. The words sound fun to sing, and there is fine guitar playing on this one. The fifth track takes you to Cape Verde off the coast of West Africa, where Luca serenades you in a song about a mother's advice to her son. An Algerian singer named Mona plays and sings a breathy folk tune with Arabic-Andalusian roots. Track 7 is my favorite. Here, Croatian singer, composer and flutist Tamara Obrovac, backed by accordion and mandolin, displays an impressive emotional and tonal range in a soulful song for which the title translates to "Touch the Moon." The snippet of translated lyrics on the liner notes is beautiful poetry. Track 8 features Greek folk singer Anastasia Moutsatsou singing a plaintive love song.

(Absent Paula) by Marta Gómez of Columbia, was inspired by a book written by Chilean author Isabelle Allende about the loss of her daughter. In the same vein, Kaissa of Cameroon sings of her departed sister in "Wa" (You). The rhythms and lyrics here have a soothing, meditative repetitiveness. Wrapping up the album is "One Voice" by the Wailin' Jennys, whom you may have heard on the *Prairie Home Companion* radio show. This song is all about harmony, on at least a couple of levels. "This is the sound of all of us," they sing. It's a nice finale for this collection.


The Co-op Listener is written by Jeanne McHale, who likes to listen globally and play locally.



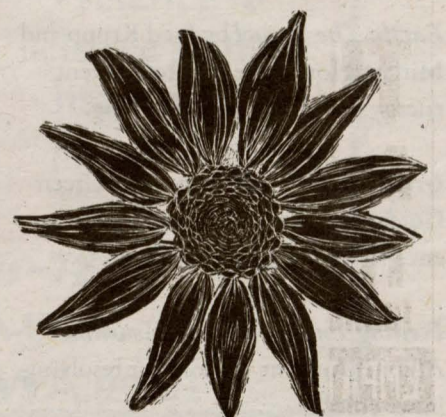
You can find the Putumayo World Music collection, including *Women of the World Acoustic*, near the hair care products.



**CHALLENGING BUILD. MODEL AUTHENTICITY. REALISTIC FUNCTIONALTY.**



**HODGINS DRUG & HOBBY**  
 Dependable Prescriptions since 1890  
 307 S. Main • Downtown Moscow • 882-5536  
 Monday - Friday 9 - 6 & Saturday 9 - 4,  
 Sunday 12 - 4 (pharmacy open)



A sad song called "Paula Austente"

## A Home For the 21st Century

by Elaine Williams, Lewiston Tribune reporter

*Editor's Note: Mike Forbes has been writing on alternative energy and sustainable building topics for the Co-op newsletter for several years. This article about him and his family's home first appeared in the Lewiston Tribune on Sunday, July 13, 2008, and is reprinted with permission.*

The Forbes family wears shorts and T-shirts inside its 1,350-square-foot home when the thermometer outside dips below 20 degrees and snow is piled 4 feet deep.

Yet the household's use of energy is so efficient the family sells some of the solar power it generates to its utility, Clearwater Power.

The home near Robinson Park in Latah County is proof that it's possible to live an environmentally friendly lifestyle without giving up everyday luxuries such as washing machines, computers and even hot tubs, says Mike Forbes, who studied environmental science at Evergreen State College in Olympia.

But it does require careful planning and a change in mind-set. Forbes had the advantage of designing the house from scratch, making it easier to include features such as a wood-burning masonry heater.

The heater is similar to a fireplace except that a system of ducts is installed that trap the heat rather than allowing it to immediately escape through the chimney.

An armload of wood is placed in the heater each winter evening and it warms the house for 24 hours.

The efficiency of the heating system helps with another challenge. A high volume of heat escapes through even the most energy-efficient windows, but large windows are critical to making the house function.

The windows provide natural light, reducing the need for electricity. Left open in the summer, the windows allow enough cooling breeze into the house that the Forbes family opted not to install air conditioning. And the large windows make the house feel larger.

Water used in the home comes from rain. It is gathered on a metal roof, stored in tanks and then filtered before coming through the water-conserving faucets and showers in the home. The water is heated with solar electricity, which also powers appliances such as the family's stereo system.

Family members have just one television and they use it mostly to watch movies, but that's more about how they like to spend their time than conserving electricity.

As much as possible, the Forbes family tried to use recycled lumber and lumber from local mills to reduce the amount of fuel used to transport the building materials to the property. That choice also helped Forbes verify the wood came from forests that were being managed correctly, he said.

A Spokane firefighter, Forbes and his father, a retired contractor, spent months over the course of construction cutting individual boards to the dimensions they needed.

And while the daily routine the Forbeses follow of cooking, showering and cleaning varies little from those who live in traditional homes, part of what makes their lifestyle work is choices they make.

Forbes believes that while it's possible to put green features in large homes, a house that is sustainable is one that is proportional to the people who live there.

Forbes and his wife, Lahde Forbes, and their two children, Owen, 6, and Loren, 4, have made choices about the possessions they have. The boys share a room with a bunk bed. All of their toys and clothes fit on a few shelves,

*“Forbes believes that while it's possible to put green features in large homes, a house that is sustainable is one that is proportional to the people who live there.”*

and in a small closet.

A built-in shelf along the staircase provides storage for books. Holiday decor and outdoor gear are tucked into built-in units throughout the house and Forbes keeps many of his tools in outbuildings on the property, he said. “We're definitely not knickknack collectors.”



The Forbes family home in progress.

**UI Women's Center & B.E.A.R. Present...**

**WALK IN HER SHOES**

**Women's Equality Day 2008**

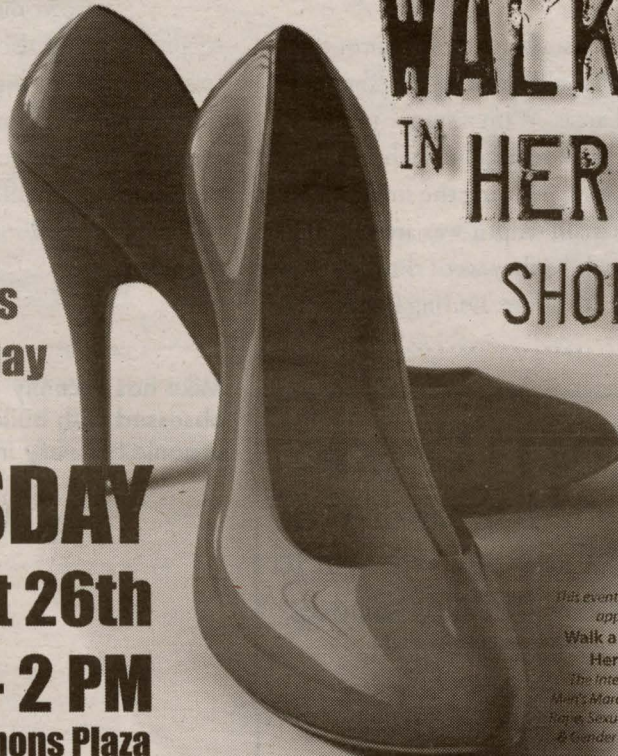
**TUESDAY August 26th 11 AM - 2 PM**

**Idaho Commons Plaza**

**EMPATHY. RESPECT. CHANGE.**

[www.walkamileinher shoes.org](http://www.walkamileinher shoes.org)

This event has been approved by Walk a Mile in Her Shoes® The International Men's March to Stop Rape, Sexual Assault & Gender Violence.



B	E	L	I	N	D	A		B	O	V	E	N		
R		I				S	A	R	A	J	O	Y		
E	I	F	F	E	L			H	I		N	E	C	
N		E		A		L	O	R	D			A		
N				O	R	T		D	A	U	B	M		
U	T	A	H		E			E	M	M	Y	A		
S		K	N	E	A	D	S		B	E	G	S		
	O		O	S		I		D				E	W	
F	A	R			P		J	A	E	G	G	L	I	
I	K	E			R	O	O	M	S		P	A	N	
S		M	O	I			N	A	M	A	S	T	E	
K	L	I	M	T				T	E	N		I	R	
E	A	T					B	R	I	T	T	A	N	Y

in a couple of drawers in the bunk bed

## The Sustainability Review: Our Solar Hot Water System, Part 2 of 2

by Mike Forbes, Newsletter Volunteer

We've been living in our house for over a year now and last June when the weather became hot we noticed a smell in the air that was characteristic of tar paper and foam; not a smell you'd want to live with and probably not healthy to breathe. It was a little disconcerting so the investigation began. I checked several void spaces near the roof that hadn't been sealed yet since the airspace could allow fumes to travel into the house and pick up smells from the foam and tar paper. While sealing I noticed the smell was percolating through the gaps in the pine ceiling. Hmm...more sealing to do but why was it coming in through there? At this point, I began a long process of caulking gaps and cracks that led to the roof panel. I also started asking questions of people that dealt with air handling and green home design.

The conclusion: Since this smell only occurs when it's over 80 degrees and sunny, the probable explanation is that the heating of the roof metal creates a temperature difference between the area under the roofing and inside the house. Pretty obvious, but what happens is this difference creates negative pressure inside the house thereby driving the fumes inside.

It's odd that the process of building an energy efficient house can create other problems. These issues didn't rear their heads in older homes because leaks were many, air moved through them rapidly, and pressure differences weren't great. With tight, efficient home ventilation, it is key to take steps to change your air regularly

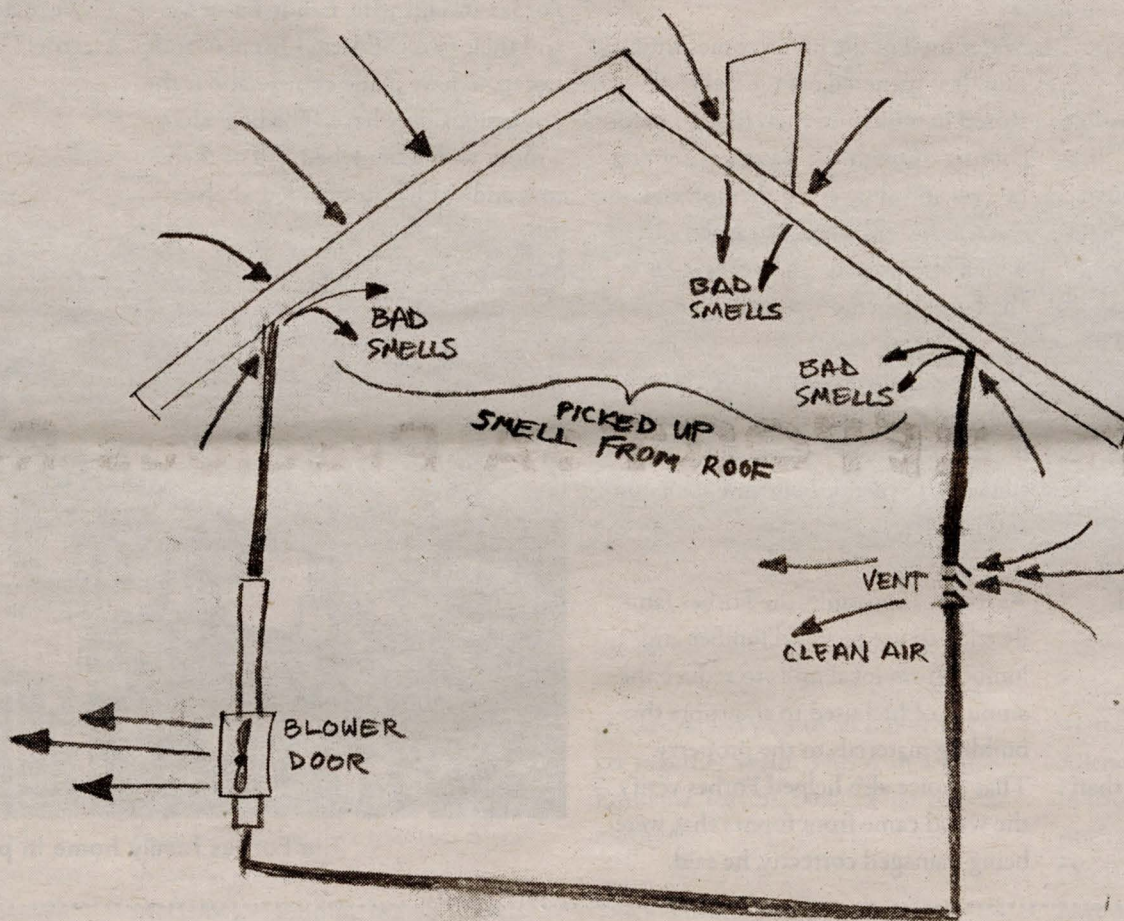
and seal penetrations to eliminate these issues.

How did we solve this? I'm confident I did but we'll see when the 100 degree weather comes. So far, with temperatures to 94 degrees we haven't had the smell yet... There are companies that look at various energy issues in the home like electricity use, water consumption, air handling and perform what is called an energy audit. In the air handling aspect, they use a blower door which is a large fan that can sim-

is moving through your home. There are some fancy calculations you can do that can reveal your air changes per hour (ACH) and thereby show you how tight your home is and if it's too tight making it unhealthy to live in.

What we did: We hired Mike Carlton of Palouse Synergy Systems ([www.palousesynergy.com](http://www.palousesynergy.com)) to come to our home and run a blower door test. Mike was able to negatively pressurize our house simulating this hot weather condition we experience. Within a

*"The blower door test was an excellent way to help solve our indoor air quality problem and also show potential sources of energy loss. I'd recommend this test for any home as a step to improve energy efficiency by reducing drafts and when building a new home to show potential sources of future problems."*



of the rafters, we foamed/caulked around them but they shrunk over the year pulling away from the wall and creating a small gap that allowed air through. I went to work with the caulking gun and to date the smell hasn't reared its ugly head again.

In addition to finding leaks, Mike was able to calculate our ACH of the house to see if it is too tight or not. The test revealed our ACH at 0.65 (the air changes itself in the house 15 times per day naturally), ideal for energy efficiency and healthy air.

The blower door test was an excellent way to help solve our indoor air qual-

ity problem and also show potential sources of energy loss. I'd recommend this test for any home as a step to improve energy efficiency by reducing drafts and when building a new home to show potential sources of future problems.

Mike has recently become obsessed with building a 15-gallon organic brewery in his shop.

moscow **wild @ art**  
explore the artist within

a pottery painting and mixed media art studio

Summer's here! (or coming we hope!)

We've got creative options for every schedule.

Camps, classes, workshops  
and all the usual drop-in fun!

in eastside marketplace  
1420 s. blaine street, moscow, idaho  
208-883-3405 [www.moscowwildatart.com](http://www.moscowwildatart.com)

Keith Smith Carpentry

Level, plumb, & square with the world

Timberframes  
Additions  
Remodels  
Custom woodwork

882-4938 

**Just Trade**

Fairly traded crafts  
from around the world  
inside Brused Books

235 E. Main St.  
Pullman WA  
509-334-7898  
Mon. - Sat. 10am - 6pm  
Sunday 12 - 5pm



## Howard Hughes VIDEO

Come into Howard Hughes Video for the Tuesday Trivia Challenge, and test your knowledge for a chance to win a free "dinner and movie" coupon. Just rent a 1 or 2 day New Release, and enter to win. Come follow the red brick road and checkout our great movie titles today.

Specials: Sunday-Thursday: All (5 day) \$2.50 rentals are \$1.50, or rent 5 movies for 5 dollars.

Friday and Saturday: Rent two (5 day) \$2.50 titles, get one free.

1 and 2 day New Releases are \$3.48 each

520 S. Main St. | 208-882-3456 (FILM)

## BE GOOD TO YOURSELF

Start treating yourself today!!!

Every Friday at the Moscow Food Co-op Deli is MaryJane's ORGANIC **FOLDOVER™** day.

What's a FoldOver? It's a luscious little pocket of food pleasure with either a meat or vegetarian filling baked inside a golden crust using MaryJanesFarm fabulous new ORGANIC Budget Mix® baking mix (available in the grocery section).

"And I don't even have to warn you to consult your physician first before you start 'treating' yourself."

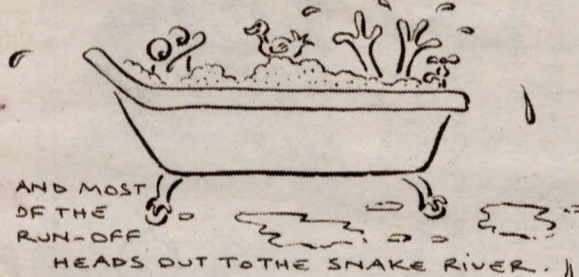
*MaryJane*

MaryJanesFarm  
1000 Wild Iris Lane • Moscow, Idaho 83843 • 882-6819

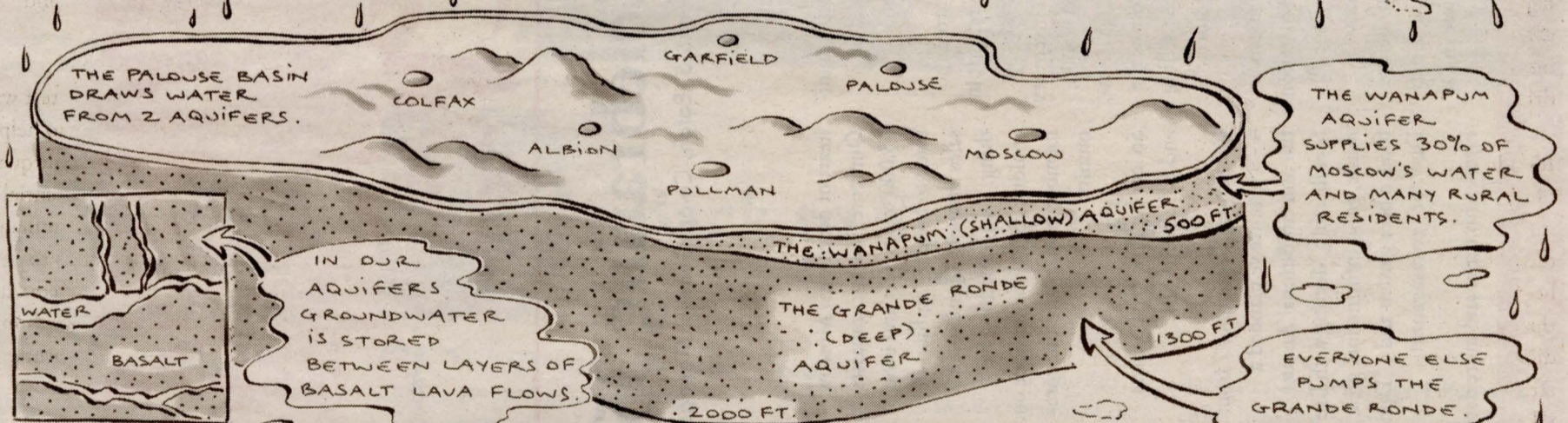
# PALOUSE REPORT: A Precious Resource

ON THE PALOUSE OUR RAINFALL IS A MERE 15-25 INCHES ANNUALLY.

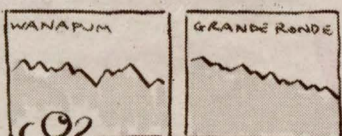
WE DON'T HAVE LAKES OR RESERVOIRS



WHERE DOES OUR WATER COME FROM?



WHILE WATER LEVELS FLUCTUATE IN THE WANAPUM,



IN THE GRANDE RONDE THEY'RE DROPPING ABOUT 1 FT. A YEAR

SO FAR, HYDROGEOLOGISTS THINK THERE IS LITTLE OR NO RECHARGE TO THE GRANDE RONDE AQUIFER.



THEY DO KNOW THAT THE WATER IN THE GRANDE RONDE IS PRISTINE, DATING BACK TO THE LAST ICE AGE, 20,000 YRS. AGO



IRRIGATION IS THE HEAVIEST DEMAND.



TO HELP CONSERVE THIS PRECIOUS RESOURCE, WE CAN SHIFT TO MORE DROUGHT-TOLERANT LANDSCAPING.

SOME WATER DEPARTMENTS OFFER FREE WATER CONSERVING GOODIES



AND CHECK OUT MOSCOW'S "WISESCAPES" - A PRIZE FOR WATER-WISE GARDENS.\*

THANKS TO STEVE ROBISCHON, PALOUSE BASIN AQUIFER COMMITTEE, AND DIANNE FRENCH, PALOUSE WATER CONSERVATION NETWORK  
\*WATER DEPARTMENT GOODIES: PULLMAN 509-338-3278, MOSCOW AND "WISESCAPES" 208-883-7114. AUGUST 2008.  
WWW.FROGBLOG-ACARTOONDIARY.BLOGSPOT.COM © ANNA BREWER



# Bulletin Board



MOSCOW FO

Moscow Food Co-op  
121 East Fifth  
Moscow ID 83843

## Co-op Events

### Co-op Board of Directors Meeting

**Tuesday Aug 12, 6 pm**

UI Business Incubator, 121 W. Sweet Ave. Everyone is welcome. Community comment period 6—6:15 pm

### Art at the Co-op

**Friday Aug 1, 5.30—7pm**

Reception for the opening of Belinda Rhodes' art show. The show will run until Wednesday September 10.

### Music at the Co-op

**Tuesdays, 5—7pm in the parking lot**

Enjoy the talents of local musical acts while sampling tasty selections from the Co-op Deli's barbecue cart and browsing produce from the Growers' Market.

Aug 5 - Dan Maher

Aug 12 - Thorn Creek Express

Aug 19 - Full Circle

Aug 26 - Brian Gill & Katrina Mikiah

### Co-op Kids! Meet at 9am

**Aug 5:** Meet at Friendship Square to play outside with homemade bubbles and enjoy a morning in Moscow's beautiful downtown. There will be water and healthy snacks donated by the Co-op.

**Aug 19:** Meet in Co-op Cafe or out front at the picnic tables to make pinwheels together. We will experiment with using beautiful papers and recycled items to make these fun wind powered toys!

### Co-op Pool Party

**Tuesday Aug 12, 8—10pm**

Summer pool party at the Hamilton-Lowe Aquatics Center.

All Co-op members, volunteers, and employees, as well as their families are welcomed to attend, all free of charge.

**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)**

## Co-op Wellness Class Series

**Monday Aug 25, 7pm** Co-op deli area

Sound Healing with Linda Kingsbury. Sign-up sheet located at the bulletin board by the meat department, across from the beer cooler.

## Membership Meeting and Party

**Sunday Sept 7, 4—9 pm**

A fun and educational Annual Membership Meeting with live music, good information, great food, a beer garden and a "Dunk Your Director" extravaganza! See you in the Co-op parking lot.

## Community Events

### HAI Summer Plaza Concert Series

**Monday Aug 4, 6—8pm**

Last concert of the season at the 1912 Center with the keyboardist Jeanne McHale. Free admission available by Patty's Kites

### Support Group

**Wed/Thu Aug 6 & 7**

Alternatives to Violence (ATVP) will begin free groups to enable survivors to share experiences and to find support from one another in a safe setting. There is no cost to attend.

☎ 883-HELP (4357)

☎ 332-HELP (4357)

### 11th Annual Appaloosa

**Fri/Sat/Sun Aug 8, 9**

The Appaloosa Museum is hosting the 11th annual Appaloosa Trail Ride with Dutch-Oven Dinner & Wagon Rides on at the Pony Club Grounds near Deary, ID.

☎ 882-5578 x279 or [museum@appaloosa.com](mailto:museum@appaloosa.com).

### Concert in the Country

**Friday Aug 15, 6—9pm**

With Stephen Ashbrook, 1 mile north of Colton, off the 195.

Tickets \$8 (kids 12 & under free)

☎ (509) 995 6335

[www.red-barn-farms.com](http://www.red-barn-farms.com)

## Palouse Folklore Society Dance

**Saturday Aug 16, 7.30pm**

Blaine School House. Potluck and instructions given before the dance from 7.30—8pm. Cost is \$4 for newcomers.

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

## Slate Creek and Lakes Day

**Sunday Aug 17, 7am—5pm**

Explore the western Gospel Hum Wilderness on an eight-mile, round-trip hike up Slate Creek to Slate Lakes with the Palouse Group Sierra Club and Friends of the Clearwater Hikes. Meet at the Rosauers sign in Moscow.

## Women's Writing & Backpacking Expedition

Leaving **Thursday Aug 28**

Women's Writing and Backpacking Expedition in the Eagle Cap Wilderness with Debbie Lee and Andrea Mason of WSU's English Department. Cost of \$70 per person includes food & transportation.

[www.pcei.org/explorewilderness.htm](http://www.pcei.org/explorewilderness.htm)

## Dahmen Barn Events

**Sunday Aug 3, 1—4pm**

Opening reception for exhibit of works by Lewiston's Judith Mousseau, "This Wonderful World". The exhibit continues through Sunday Aug 31.

### Wednesday mornings

Pastel course taught by Judy Fairley The cost for the three sessions is \$75.

Register by August 11.

**Saturday Aug 9, 7.30pm**

Outdoor Bluegrass Concert with Will Williams and Gravel Road. Cost is \$8.

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

## Vigil for Peace

**Moscow: Fridays 5.30—6.30pm**

Ongoing since November 2001. Meet at Friendship Square. Respite, encouragement, and opportunity for action.

Dean or Gretchen

☎ 882-7067, [sperrine@potlatch.com](mailto:sperrine@potlatch.com)

**Pullman: Friday Aug 1, 12.45—12.48**

Under the clock by the Public Library.

☎ 334-4688, [nancycw@pullman.edu](mailto:nancycw@pullman.edu)

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

