

Day - NW  
HD  
3284  
N48

# Community News

**FREE!**  
PLEASE TAKE ONE

**December 2008**

*The Comfort Food Issue*

The monthly newsletter of  
the Moscow Food Co-op



## Potential Board Candidate Orientations Coming Right Up!

by Carol Price Spurling, Outreach and Membership Coordinator

I know it seems that we just finished voting in a historic national election, but now we can prepare for an election even closer to home: the Moscow Food Co-op Board of Directors elections, that is.

The Board of Directors is a group of volunteers; each elected to serve a 3 year term. They are responsible for the Co-op's financial health and for making broad policy decisions, overseeing the Co-op's general manager through a system of policy governance.

Any member in good standing can be a candidate for the board. Interested potential candidates should pick up a candidacy packet at the Co-op a.s.a.p.; they're on the shelf right under the BOD bulletin board at the front of the store, in between the suggestion boxes. Or contact one of the elections committee members listed below and they can send or email you one.

The 2009 BOD elections will be held in March, but important election-related deadlines are coming up soon.

Potential candidates need to attend at least one of the two BOD candidate orientations; this orientation is mandatory for those who intend to run for election to the BOD.

The first orientation will be at 11 a.m. on Saturday, December 6, in the Friendship Hall of the 1912 Center. The second will be at 6 p.m. on Thursday, January 8, 2009, in the Co-op's mezzanine meeting area.

The filing deadline for candidates is January 10. And if you are not yet a member of the Co-op but would like to vote in the elections, you'll need to join by January 31, 2009. That allows the committee enough time to prepare the eligible voter lists before the election gets underway at the beginning of March. Also note that one membership =

one vote. If your membership is shared with someone, only one person, not two, gets to cast a vote.

We'd like to have our own historic election, too, in terms of voter turnout. So watch the newsletter for news about how we'll be structuring the 2009 election to be as voter-friendly as possible.

Questions? Contact Carol Spurling (outreach@moscowfood.coop or 208-669-0763), Joe Thompson (joet@uidaho.edu) or Donal Wilkinson (donalwilkinson@yahoo.com).



Illustration by Lucas Rate

# 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.

This entire newsletter is posted on the Co-op website in PDF format. Writer's guidelines, as well as selected current and archived newsletter articles, are also 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  
[ads@moscowfood.coop](mailto:ads@moscowfood.coop)

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  
[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.



## Tasteful Thursdays Continue Thru December

by Kenna S. Eaton, Co-op General Manager; Photos by David Hall

Imagine my surprise the other night when rushing around the store I distinctly heard the strains of "The Girl from Ipanema" wafting thru the aisles. I was instantly taken back to my childhood when my parents would put their copy of the LP on the turntable, mix a few cocktails, and relax 60s style.

Ahh...well, we don't serve cocktails at the Co-op, but you can sample some great wines, cheeses, meats, breads, desserts, and appetizers when you come to the Co-op for our Tasteful Thursdays from 5-7p.m. every Thursday in December.

Julie will be featuring wines that pair well with dinners, parties, desserts or any other festive events you can imagine. Throughout the rest of the store our team will be showcasing their favorite tidbits as well.

This week we had a great, new cheese from France called Langes. This lovely creamy cheese has a distinct flavor but paired with our fresh Harvest



A good selection of fruits and vegetables is available.

Levain loaf and topped with a slice of persimmon was heaven. Yum. Not only can you taste great things you'll come away with fresh ideas for your own events.

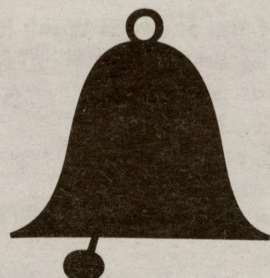
Brennus and the meat dept will

continue to sample their signature items, like our own homemade turkey sausages and bacon meatloaf throughout the month. The Grocery Department has Diana cooking up something hot and tasty and different every week. Last week it was appetizers that you could heat and take to any party. Diana always likes to serve something to drink with her dish like Knudsen's Sparkling Pear juice, quite the treat, and my personal choice for the holidays. Of course, one always needs dessert after dinner so Dianna has some great options to share like our Coconut Bliss ice cream. So simple, and yet so tasty, and perfect for all those vegans and vegetarians at your thanksgiving table. No meal would be complete without something from our produce department. Scott says we'll be sampling all 10 varieties of apples that we carry plus delicious tropical fruits like pomegranates.

Sounds like the Co-op is the place to be on Thursdays this month, from 5-7p.m., doesn't it?



Don't forget to try a bit of wine. Come the first three Thursdays in December between 5 and 7.



### Co-op Holiday Hours

The Moscow Food Co-op will close at 6 p.m. on Christmas Eve and New Year's Eve, and will be closed all day Christmas Day and New Year's Day.



# Co-Operations



## The Front End News

by Annie Hubble, Co-op Front End Manager

As the semester draws to an end, we in the Front End bid a fond farewell to three graduating students who have been part of our hard working team for quite a while. Jenna, Matt, and Sarah W. are all graduating and moving on in their lives. I thank them for all their hard work and wish them well in their future endeavors.

Midwinter celebrations are approaching. Whichever holiday you celebrate, I wish you a happy season and safe travels. The Co-op is a great place to find all your holiday needs: food, drink, and gifts all in one easy shopping trip! And it is also a great place to sit down and rest a weary body and indulge in a warm drink or

a snack. Come in on a Tuesday night, put your feet up, and listen to some wonderful local musicians or on a Thursday evening and nibble at the many samples out around the store.

I am happy to report that the "Dime at a Time" program is working really well. This program is a fantastic way the community can come together to help its own. I thank you for your generosity. And I see more permanent bags in use than ever. I love the way this program benefits the environment as well as local organizations.

So once again we of the front end team wish you happy holidays, and as always look forward to seeing you in the store.

### Fish Folks Winter Schedule

The Fish Folks are usually in the Co-op parking lot every Friday.

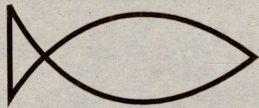
Please note these holiday schedule changes:

Tuesday, December 23, 11 a.m. - 6 p.m.

Tuesday, December 30, 11 a.m. - 6 p.m.

They will NOT be in the Co-op parking lot on Friday, December 26 or Friday, January 2

Friday and Saturday, January 16 & 17: The Fish Folks will reduce the cost of all frozen items by 10 percent. This will be their last visit to Moscow until the first Friday in March.



### 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, choiram@clearwire.net, 106 E Third St, 1C, Moscow ID 83843, 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.bebebella.com, amamaswork@yahoo.com.

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

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

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

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

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

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

**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

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

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

**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

**Maria Maggi, Intuitive Astrology & Gardener:** \$5 off astrological & flower essence consultations, Please call for an appointment, 882-8360.

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

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

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

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

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

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

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

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

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

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

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

**Glenda Marie Rock, III, Healer & Esotericist:** 10% off Clairvoyant readings, past life regression & energy healings, gmrockiii@aol.com, 882-0403

**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, tyedyem@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 Joe Thompson, Co-op Board of Directors

It is time once again for the traditional staff and volunteer art show. The 3rd annual show will open on Friday, December 12, with a reception from 5:30-7:00p.m., and will run through Wednesday January 7.

I consider this to be one of the Co-op's most interesting art shows. The Co-op staff and volunteer body is full of talent and we have artists all over the store disguised as cooks, deli servers, cashiers, stockers, and board members. Many mediums will be represented in the show, including photography, linoleum cuts, quilts, watercolors, pen and ink drawing, and pastels.

These Co-op staff members and volunteers are brave enough to display



Zack Thurmond, Moscow Food Co-op's featured artist for November, on the right. Zack's show ends December 10. Photo by David Hall.

their work, often the first experience of this kind, so do come and support their endeavors. Meet the artists from 5:30-7:00 p.m. on Friday December 12. You will be impressed I am sure.

## December Co-op Kids!: Come One Come All

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

Every December we have the urge to brighten up our winter homes with decorations. Children and adults alike enjoy making many of these by hand and so we are asking that people of all ages come and join us for the next two events. We even have the good fortune to use the new Arts Workshop at the 1912 Center—what an amazing space for our community to have access to. You can find out more about the Arts Workshop by visiting [www.1912center.org](http://www.1912center.org) or calling Jenny Shenemen, executive director, Heart of the Arts Inc. at (208) 669-2249.

Tuesday, December 9: Garlands  
We will meet at 9 a.m. at the 1912 Center in the Arts. Workshop to string old fashioned garlands, make

glittered snowflakes and visit. When we are done we will take some of our decorations downstairs to add cheer to the Great Room for the Seniors Lunch.

Tuesday, December 30: Party Hats  
We will meet at 9 a.m. in the Co-op Cafe to make party hats and crowns to wear as we ring in the New Year. There will be lots of cider and laughter shared so join us no matter your age!

Rebekka Boysen-Taylor is mama to two organically growing little ones here in Moscow and can be reached at [amamaswork@yahoo.com](mailto:amamaswork@yahoo.com).



## Make Your Own Holiday

by Amy Richard, Co-op Staff

As we head into the short days and long nights of winter it is helpful to have a holiday to look forward to. Time with friends, yummy foods, homemade gifts. Each of us celebrates in our own way. We gather together, huddle for warmth, and party down until the sun comes back in spring.

For this winter season the Co-op is offering a few easy ways to make your own holiday unique. Look around the store for two different idea brochures; "MYO Gifts" and "Make it and Take it" party food. In "MYO Gifts" you'll find some great and easy ideas for making unique handmade gifts to give

like scented bath salts, hot buttered rum mix, lemon custard, and scented pinecones. In "Make it and Take it" you'll find yummy recipes submitted by our staff for foods you can make and take to a potluck or serve at your own party. You'll find Kenna's Hot Artichoke and Spinach Dip, Hunt's Mom's Fudge, Joan's German Ginger Snaps, and Brennus' Swedish Meatballs. Best of all, every ingredient is available at the Co-op, except for pinecones of course. At the end of each recipe is a shopping list so you don't forget anything. We hope this helps spur your creativity and save you time. Happy winter!

## Christmas Loaf: Panettone

by Hunt Paddison, Co-op Bread Bakery

This holiday season brings us into the beginning of the end of 2008. In the reflective light of this wonderful year, we have decided to provide you with a classic Christmas loaf. We have selected panettone as this year's holiday bread of choice.

Legend has it that this bread was created back in the 15th century when a nobleman fell in love with a poor baker's daughter. In order to get her hand in marriage, he had to gain permission from her father Toni. The nobleman dressed himself as a baker and put his mind to work. Mixing eggs, butter, flour, yeast and candied fruits he developed a rich, new loaf. In honor of Toni and his daughter he named the bread panettone. The bread was delicious to say the least, and the nobleman was granted permission to marry the baker's daughter.

We are excited to have the opportunity to provide you with our modern version of this loaf. Look for it throughout the month of December.

On another note, we wanted to

briefly inform all of our bread enthusiasts about our bread dating system. All of our breads are bagged on the day that they are made. Using colored twist ties we track the amount of time they spend on the shelves before we remove them. All breads have a shelf life of three days, and anything older than that is removed the morning that it goes out of date. If you have any questions about the age of a particular loaf or just have general concerns as to how this system works feel free to drop by the bakery any time, and we will happily explain this process in more detail. Have a wonderful holiday season!

**MOSCOW  
YOGA CENTER**  
525 S. Main. 208.883.8315

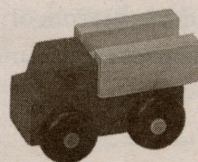
**HAPPY HOLIDAYS from  
the Moscow Yoga Center.**  
Current session ends Dec. 19,  
New session begins Jan. 12,  
2009. Gift certificates available.

View our schedule on line at:  
[www.moscowyogacenter.com](http://www.moscowyogacenter.com)



## Wooden Toys

Made in the USA



The Natural Abode

517 S. Main MOSCOW  
208-883-1040

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

# Co-Operations

## Tuesday Night Music Series: Brighten Up Those Dark Nights with Some Live Music

by Ashley Martens and Noel Palmer, Co-op Music Volunteers

It's 4:30 p.m. as I write this and it's nearly dark outside. Oh, it's going to be a long winter...so come on out to the Co-op on Tuesday nights from 6-8 p.m. and get illuminated by some local music. Here's what's on tap for the month of December:

David Roon, man of Moscow and local Irish band Potatohead, will play a solo gig at the Co-op on December 2. A Minneapolis native, David followed his love of all things wild into the waters of Northern Minnesota, across the waters to the pubs of Ireland, and through the treacherous waters of a doctoral program here at the University of Idaho where he studied the ecology and genetic diversity of grizzly bears. Besides the obvious Irish influence, David has been heavily influenced by Bruce Cockburn—"especially in light of the strong threads of liberation theology styled Christianity in his work, co-mingled with an intense concern for social justice and sustainability," he says.

You might also notice tinges of Luka Bloom, Steve Earle, and Billy Bragg. He plays guitar, flute, bouzouki, and sings a bit, too. This multi-talented fellow will surely please your ears!

The Pullman Jazz Collective will settle in at the Co-op on December 9. Originally a duo, the group emerged from weekly jam sessions between guitarist Bob Dillon and saxophonist Vishnu Manoranjan. These sessions would later include the talents of bassist Nathan Radakovich and drummer Alex Radakovich. Throughout this time period, the Collective made regular appearances at local cafes and continued to jam in Douglas and Water Street basements. The Collective's style of music is best described as straight-ahead jazz, and a speak-less-play-more policy is often adhered to at gigs. So, settle in with us for an evening of snazzy jazz.

Local favorite Dan Maher will play for us on December 16. If you haven't seen him before, you'll likely recognize

his voice as the host from Northwest Public Radio's "Inland Folk" radio show. This time, though, he'll be the one singing and playing guitar. Musically, Dan engages his audience in the style of a true performer. Join us for story-telling, singing, and mug-swinging fun!

Daniel Mark Faller of Lewiston will play for us on December 30. David plays all sorts of tunes, both covers and originals. He can take a song by any artist, and make it completely his own. He has also developed an original song writing style that expresses his country feelings while adding a little bit of rock and roll bite. You'll find his lyrics like this one will shine bright on this dark night, "She came into the room, she outshines the moon." Sounds good to me...

I'll close with a quote from Daniel that seems to sum up the theme of these long, dark winter nights on the Palouse: "If you're going to live in the relatively isolated North Central

### December Tuesday Night Music

- December 2: David Roon, member of Moscow, Idaho Irish band Potatohead, will play a solo gig.
- December 9: Pullman Jazz Collective, straight-ahead jazz.
- December 16: Dan Maher of Pullman, Wash, traditional folk tunes.
- December 30: Daniel Mark Faller of Lewiston, Idaho, country musician with genuine, original songs.

Idaho region, you have to create your own entertainment." Well, on Tuesday nights at least, we've created some for you. All you have to do is come on down!

Ashley and Noel are looking forward to teaching their 3-year-old how to ski this winter. Tips and tricks (even ideas for good bribes) welcome!

## To Run or Not to Run

by Joe Thompson, Co-op Board of Directors

Hello, if you are considering a run for the Moscow Food Co-op Board of Directors, or even if you haven't considered it yet, this article is meant to have you walking into the orientation meeting on December 6 saying, "You had me at hello." Consider what a sampling of board members have said about their tenure:

*"Working with Kenna and the other board members has given me a different perspective and a deeper appreciation of what the Co-op means to me and to this community. It has been a profound honor to serve with such talented people*

*for such a wonderful place. I hope that I have given at least a fraction of what I have gained from this experience. I love this store and trust it will continue to nourish mind, body, and soul."*

*"I view the Co-op as a hub in our community around which rotates the spokes that make up my life; community leaders, people who care about their community, health and children, good food, a model of good employment practices, happy people, art, music, relaxing atmosphere, a place I can call my second home, a place to meet people, and the place in Moscow to go and be in the know. Because it is so important in my*

*life I wanted to do my part in giving back to make it work well. I feel like I can contribute my life experience by being on the board, and be fed professionally by the other board members through the experience."*

The Co-op needs a strong board of committed and passionate individuals with high energy and bright ideas who are skilled at problem solving and communication. If you fit this description, love the Co-op and want it to stay strong, and are excited about the recently unveiled Strategic Plan and would like to help guide that process to fruition, then go ahead and throw

### Board of Director's Meeting:

- Tuesday, December 9, 6 p.m., Fiske Room, 1912 Center
- Board Candidate Orientations: Saturday, December 6, Friendship Hall, 1912 Center; Thursday, Jan. 8, 2009, MFC mezzanine
- Board Candidate Filing Deadline: January 10
- Deadline to Become Co-op Member to vote in March BOD elections: January 31

your weight into it. You might be pleasantly surprised.

## Co-op Gets City Arts Award

by Bill London, Newsletter Volunteer; photo courtesy City of Moscow

Co-op Board President Kim Vincent (on left in photo) and Grocery Manager Joan McDougall were on hand to receive the City of Moscow's award for Outstanding Business Benefactor for the Arts at the awards ceremony at the 1912 Center on October 30. The Co-op received a beautiful hand-turned wooden bowl from local wood artist Jim Christiansen. The bowl and certificate are now displayed on the Deli wall.

The award was given because of the Co-op's support for the arts. The Co-op provides display space for local artists and a regular Tuesday showcase for local musicians, and has done so for about eight years. The Co-op also supports a wide variety of community art projects and markets the work of dozens of local artisans and musicians.



Green Babies Diaper Service  
Go green baby!

(208) 669-0068  
Dorothy Dahmen  
gogreenbabies@gmail.com  
www.gogreendiapers.net



Earth friendly, non-toxic, chlorine-free  
cloth diapers delivered right to your door.



## Membership Desk: Volunteer Program Still in Limbo

by Carol Price Spurling, Outreach and Membership Coordinator

In October the Co-op welcomed 92 new members and had a bunch of membership renewals. The Co-op couldn't exist without its members, old and new, so we all say welcome and thank you for your commitment to the Co-op principles and mission.

Members receive sale prices when they're shopping at the Co-op. They can also take advantage of a 10 percent case discount on special orders, use frequent-shopper cards for bread and coffee, use our Leave Your Car @ Home card, get discounts on almost everything in the store on Member Appreciation Days (next one in January!), receive discounts from our Business Partners, attend What's Cookin' classes at a reduced price, participate in the Food Faves monthly contest, and vote in the Co-op Board

of Directors elections.

One very important member benefit in the past has been the chance to volunteer at the Co-op, a program that has been on hold while the volunteer committee makes sure it isn't a legal and financial liability for the Co-op. This has been frustrating for many stymied would-be volunteers and spawned some rumors that the program will be dropped completely. (Not true!)

I'm a former Co-op volunteer myself and I loved doing it. It was really the first volunteering I'd ever done. But I'll admit that the only thing I cared about, at first, was the discount I got and how it advanced my career goals. Participating in the Co-op community or actually serving the Co-op membership had very little to do with it. Over time my attitude evolved.

A few years later I'm more aware that there are hundreds of volunteers in this community for oodles of other organizations who work for nothing but a pat on the back and a warm feeling inside. Without them we wouldn't have the public library, or Radio Free Moscow, or PCEI, or the Parent-Toddler Co-op or a slew of other things that make this area a great place to live. Volunteering, in essence, is the best way to walk the walk, to help create the kind of society and world you want. So, keeping that altruistic spirit of volunteerism in sight, I'm advocating that the Co-op volunteer program be brought back to life a.s.a.p.

However, I do anticipate that in order to keep the program sustainable and as beneficial to the Co-op (and therefore to as many members) as possible there will need to be some

changes to the way it is structured and how volunteers are thanked for their time.

The volunteer committee wrote about the possible program changes in the November newsletter, and they now want to hear your opinions. Why do you volunteer or want to volunteer at the Co-op? How can the program be improved to benefit more members? You can email or call me and I'll pass your comments on to the committee for consideration.

We're always looking for ways to add member benefits and I'll keep you posted whenever we find a new one! And if you have ideas about additional member benefits that we could consider, please let me know.

Contact Carol at outreach@moscowfood.coop or call 208-669-0763.

## Outreach Programs: The Co-op and the Community

by Carol Price Spurling, Outreach and Membership Coordinator

At the beginning of November the Co-op introduced the A Dime in Time program, where people who bring their own bags and coffee cups can donate their 10 cent refund to the community organization of the month. Word from the front end is that customers have been really enthusiastic and generous with their dimes! Thanks everyone! Keep up the good work!

November's A Dime in Time recipient was the Latah Trail and December's recipient is the Community Action Partnership. The Co-op accepts applications for the A Dime in Time program continually throughout the year; the grant application is available on the Co-op's website

at [www.moscowfood.coop](http://www.moscowfood.coop).

The giant pumpkin that was in the produce department in October was turned into pies in November thanks to an anonymous donor, the cooperation and enthusiasm of the bakery department, and the generosity of Wilcox Eggs and Mrs. Reds. All the proceeds from resulting Great Pumpkin Pie Bake Sale were donated to the local non-profit Backyard Harvest, which does essential work in our community harvesting fresh produce from gardens and orchards (that would otherwise go to waste) and getting it to food banks and meal sites where people can enjoy it and benefit from it.

In late October the Co-op hosted

the first annual Cheese Festival, a free-to-the-public event that was stunningly successful, so much so that customers who just wanted to pick up a few things for dinner were unable to navigate the aisles due to the hordes of happy cheese samplers. (Sorry about that! Next year we'll not schedule it the same weekend as Homecoming.)

We had around 700 people between 10 a.m. and 3 p.m. who filled out their tasting cards and voted on their favorite cheeses. Besides being fun and educational for us all, the information from these cards, once it is tallied, will give the cheese buyer valuable guidance about what cheeses to offer in the cheese case.

November saw the return of Tasteful

Thursdays, with live music and samples to try from every department from 5-7 p.m. I tracked down some local musicians for our acoustic, classical listening pleasure on these evenings. Thanks to Lucas Kreikemeyer and Greg Davis, our November musicians, for their time and talent.

Last month I asked for ideas about how Co-op members could serve the under-served in our community and lo and behold, the Unitarian Universalist Church of the Palouse was way ahead of me, they've already stepped up and offered to maintain a food bank donation station at the Co-op. You'll see it in the store in December and thereafter. On behalf of the local food banks, thanks!

### Your Dollars at Work

During September and October of this year, the Co-op donated cash and merchandise worth \$940.92 to community organizations. Here are the details:

- ▶ Latah Eagle ABC of School Safety Ad - \$30.00
- ▶ Buy Local Moscow Annual Membership - \$20.00
- ▶ Auditorium Chamber Music Series - \$613.09
- ▶ Oranges for Moscow Mountain Madness - \$33.25
- ▶ Cookbook for PCEI Squash

Cook-off Prize - \$10.00

- ▶ Giant pumpkin for Great Pumpkin Pie Bake Sale - \$78.75
- ▶ Moscow Day School fundraiser, water bottle & tote bag - \$29.99
- ▶ Alleycat Bike Race fundraiser, water bottle - \$22.00
- ▶ Moscow High School fundraiser, water bottle - \$22.00
- ▶ Latah Trail fundraiser, water bottle - \$22.00
- ▶ KWSU fundraiser, food for volunteers - \$59.84

### Healing Point LLC

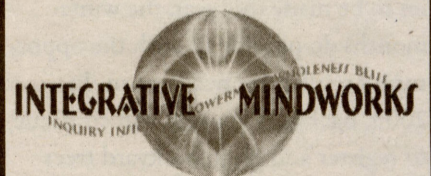
Chinese Medicine Clinic

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



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)

# Co-Operations

## Double your Fun

by Bill London, Salad Daze Coordinator

Imagine walking into the Co-op and finding a beautiful new salad bar stocked with the ingredients for make-it-yourself green salads, as well as tubs full of prepared salads and hot soups. How's that for a delicious fantasy?

Now imagine enlivening your dreary February with a gourmet lasagna feast, complete with live music and elegant food and wine, surrounded by your friends and neighbors celebrating both their community and their Co-op. Does that sound like fun?

The best news is that these are not fantasies. We are going to make both happen.

The Salad Daze gourmet lasagna feast will be on Saturday, February 7, 2009, at the 1912 Center in Moscow. The menu will include bread, salad, a choice of gourmet lasagnas (vegetarian and vegan/glutenfree options provided), dessert, wine and bottled waters. Unlimited seconds will be available on lasagna as well as wine.

Our goal for Salad Daze (besides having unlimited fun) is to raise \$3,000 to install the Co-op's new salad bar. The salad bar unit is expensive, costing about \$20,000. The Co-op has budgeted enough to cover the purchase, but not the installation. That's where we come in.

The salad bar will be placed where the packaged bread is now, between the Deli and the cashiers, where (cleverly) the water and electric hookups have already been set in the floor.

Last February, the Co-op held a similar lasagna feast, called TubFest, to raise the money to install the Earth Tub. TubFest was a rousing success, in both money raised and participants partying. The one major feedback from TubFest participants was that the best part of the event was the interaction and community and that the least favorite part was the silent auction. So, we are not having a silent auction at Salad Daze, just plenty of time to mingle, eat, drink, and be merry.



### Salad Daze Table Hosts

Our thanks to those who volunteered to be table hosts at the Co-op's Salad Daze gourmet lasagna feast in February. The table hosts will decorate their tables and encourage their friends to join in the party fun.

Our table hosts include:  
 Marcia Gossard  
 Aly Lamar  
 Chris and Molly Pannkuk  
 Kim Vincent  
 Barbara Wells

Lois Blackburn  
 Kerri Fedale  
 Deena Neese  
 Nancy Taylor  
 Holly Barnes  
 Nora Locken  
 Paige Buehler  
 Carol Spurling  
 Melissa Rockwood & John Larkin  
 Angila Jaeggli  
 Alice Swan  
 Gina Gormley

We couldn't do it without them.

Tickets will be \$40 per person. The tickets will be available from any Co-op cashier after December 15, just

in time for holiday giving.

## Giving Thanks

by Amy Grey, Director, Backyard Harvest

Thank you pie eaters and Co-op bakers and anonymous pie ingredient donors! Backyard Harvest was so excited to receive the proceeds from the Co-op's delicious "Giant Pumpkin" pies. It was a great way for us to cap off a season in which we collected over 19,000 pounds of fresh, locally grown produce and distributed it to twenty area food banks and senior meal programs.

While there is a certain amount of relief to know that there is no more fruit left to pick or produce deliveries to be made this year, the winter months do provide us with the opportunity to plan for next season. In 2009, Backyard Harvest will continue to register and glean backyard trees with our Town Orchard program, partner with the City to allow people to use their food stamp benefits at the Moscow Farmers Market and collect and distribute the bounty of local gardens and farms.

With the economic downturn, however, we recognize that these programs may not be enough to provide access to healthy foods for all the area families and seniors who will seek assistance in the upcoming months. To expand the amount of fresh fruits and



vegetables available, we are launching a new initiative next summer. Backyard Harvest's "Garden Collaborative" will establish and maintain a series of gardens in both public and private spaces that will grow fruits and vegetables expressly for donation. The Co-op's gift will allow us to buy the tools and supplies to get these veggie patches going. Who knows, with a little luck, one of these new gardens may be able to provide the giant pumpkin for next year's round of pies—allowing us to truly repay the Co-op's generosity!

*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.

## What Happened to the Great Pumpkin

by Christie Garrison, Co-Pastry Manager

Pumpkin is one of my favorite comfort foods. I don't really think about pumpkin until fall. I love when fall comes and there are so many wonderful pumpkin foods: pumpkin cookies, bread, soup, and my favorite pumpkin pie.

This fall the Co-op started out with the Giant Pumpkin Weight Guessing Contest. Then our fun began when Jessica in the produce department, cut up the huge pumpkin for the bakery's Great Pumpkin Bake Sale. One night we cooked it and had extra

help pureeing it and putting it into bags to freeze. From those bags of pumpkin, we were able to make our delicious pumpkin pies. It was a fun and rewarding time to make yummy pies and to know that we were helping the community by donating all the proceeds to Backyard Harvest. I hope everyone enjoyed the Great Pumpkin—one way or another.



Sasha Bearman-Drummond and Sam Warner planting pumpkins for Backyard Harvest this season. They are convinced that next year with a little luck (and no snow in June), that they will be providing the Co-op with the "Great Pumpkin."



## Food Faves Contest Winner

by Carol Price Spurling, Outreach and Membership Coordinator

**W**ow, thanks to all the people who entered our monthly Food Faves contest, it was truly difficult to choose the winner. Don't be sad, though, we'll keep the entries that didn't get picked this time and put them in the running for next month.

The rules: Contest entrants must be Co-op members. Pick one thing from the grocery department (grocery, chill, frozen, beer and wine, but NOT bulk), write around 100 words about why you love it and how you eat it, and send it to me at outreach@mos-

cowfood.coop. Make sure you include your name and the complete name of the product.

The winner will get his or her entry printed in the newsletter and will win five of their food fave as the prize, up to \$50 in value.

Congratulations to this month's winner, Kayla Thomas!

### My Ode to Bakery on Main Gluten Free Granola 12-ounce packages in the cereal aisle, 3 flavors by Kayla Thomas, Co-op Member

I love Bakery on Main Gluten Free Granola. As a celiac, it is difficult to find healthy, delicious breakfast options. This granola provides just that and one would never know it was "special." Every variety is bursting with fruit, crunchy flakes and seeds, and sensational flavor combinations. My personal two favorites are Cranberry Orange Cashew Granola and the Extreme Fruit and Nut Granola. I eat Bakery on Main GF Granola every morning mixed with soy yogurt. It is also very tasty with soy milk. This granola is very nourishing and gives me the energy I need to get through my busy mornings.



## The Gift of Giving and the Art of Buying

by Amy Lucker, Co-op Wellness Manager

**H**ave you ever wondered how the Co-op manages to carry such a diverse and wonderful array of mercantile items, especially around the winter holidays? Many changes have occurred in our gift and house wares selection in the past year, and somehow the person responsible for that change has slipped under the radar. Kelly Uusitalo, mercantile buyer since August 2007, has been for the most part a mystery to our members who don't know the ins and outs of the Co-op.

One reason for Kelly's anonymity is the fact that she is one busy lady. She currently is enrolled in Washington State University's Organic Agriculture program full-time, and she works at the Co-op when she can fit it in to her schedule. I am so thankful for whatever time she can spend here as she is a wonderful person to work with. She came to us from the Seattle area with an amazing amount of experience in the natural health industry with product knowledge.

Kelly started her career in the natural health field at The Herbalist, a popular Seattle-based herb shop. She worked there for two and a half years in various positions including customer service, wholesale management, and laboratory work with botanicals. She was then offered the opportunity to work at the Bastyr Center for Natural Health Dispensary, a naturopathic medical facility within Bastyr University initially designed for dispensing therapeutic prescriptions to patients and students. Kelly co-managed the dispensary and led

the store through many transitions as it became a retail store front as well as a prescription-based dispensary. It was during this time that Kelly began buying mercantile items and found wonderful artisan northwest-based companies and established life-long relationships with many of these people. Kelly stayed with the Bastyr Clinic for eleven years until she and her husband, Mike Hernandez, decided to take a chance and pack up their life and take it to the Palouse for school.

So, you might be asking yourself, what does the co-op carry that's so special? Let me tell you about some items Kelly has brought in this year and what our focus has been on when it comes to picking product and vendors.

Local/ regional, fair trade, and high-quality products made by people, not machines have been our focus. If you add the word attractive into the equation, then it most likely is something we would like to carry as long as the price-point isn't too high! Some of these companies that we support and carry are: AndesGifts Fair Trading Company, the colorful hand-knit alpaca scarves, hats, and gloves you see throughout the store; Big Dipper, a beeswax candle company from Seattle makes amazing hand-dipped tapers; Ganesh Himal Trading is a fair trade distributor based in Spokane. We get all kinds of things from these folks such as hand-knit sweaters, hemp messenger bags, stockings for the holidays, meditation pillows, and felted trivets.

On a more local side to things, look for Potting Shed Creations, a company located in Troy which offers attractive



Kelly Uusitalo, mercantile buyer, with some of her scarves and other wares. Photo by David Hall.

and sustainable easy-to-grow flowers and plants. We are also selling beautiful hand-crafted cutting boards from Phillip Wolfe, a Pullman craftsman. We currently have a limited supply of MaryJane Butters' new book, "Outpost" autographed as well as Orchard Farm gift sets and candles. Here's a quick list of other items to look out for:

- ▶ Namu Baru: A Seattle company which distributes hand-made artisan sake sets, tea tins, and other beautiful house wares from around the world.
- ▶ Salt Crystal Lamps: Calming lamps and candle holders designed to reduce stress by releasing negative ions into the air, just like the ocean.
- ▶ Cagoule: Recycled bottle winter fleece-ware from a Portland company

▶ Baskets of Cambodia!: Fair trade handmade baskets, purses, and tatami mats

**Just Trade**  
Fairly traded crafts  
from around the world  
inside **Brused Books**  
235 E. Main St.  
Pullman WA  
509-334-7898  
Mon-Fri 11-6, Sat 10-6  
Sundays 12-5



## The Board Report: Freakonomics—or a Tranche is a Tranche Unless It's a Pizza Pie

by Joe Thompson, Co-op Board of Directors

I have to give Chris Caudill (board member) credit for being a visionary. Even before the 750 billion bailout package saw the dark of night he posited the question; “Is the Co-op vulnerable?” and “Should we be preparing ourselves for a potential downturn or at least consider what it might look like and how to hedge against it?” I sat there and thought “How astute!” Then he mentioned that his friend, Terry Grieb, (University of Idaho professor of business) could probably give us some insight into the global fiscal fiasco. Kenna and Kim (board prez) were all over it and a 1912 Center dinner with directors and Co-op managers was organized with honored guest Dr. Grieb leading the charge where “No Country for Old Men” met

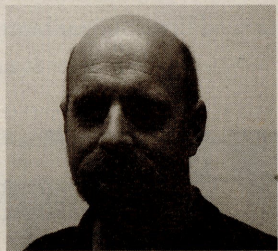
“There Will Be Blood.”

How the world got into this mess is an ugly story of stupidity and greed with plenty of pride, lust, and sloth thrown in. Terry said it was these “moral hazards,” or put another way “men behaving badly,” that took us over the edge. There was a lot of talk about mortgage backed securities getting bundled into bonds being bought and sold and streams of cash flow getting split up into tranches and doled out to financial institutions and insurance companies getting into the act with credit default swaps and with deregulation a total lack of transparency allowed heretofore safe credit like commercial paper to suddenly be at risk resulting in no liquidity and a serious cash flow problem that is

plaguing the world at large. I know I didn't get all of this straight and there were many more gory details. At one point I thought I saw Dante sitting in the corner with his notepad sketching out the tenth circle of hell. Terry went on to answer questions about where responsibilities lie and the unhealthy consumer debt structure. Bill Beck (board VP) even took us into the trenches of the South American economic whirlpool. By this time everyone was ready for a cookie. They say when you're stressed you reach for the comfort food. That's it, the world needs a cookie!

After a break, Steve Kobs, the new store manager, took the stage and gave a stunning presentation on the Co-op's financials and laid out the current and

predicted growth and earnings trends and suggested strategies for improving them. During the brainstorming session that followed, other managers chimed in with more bright ideas that will be fleshed out over the next couple of months and presented for implementation. The important thing for the Co-op membership to know is that your board, Kenna, and all of the managers who have their fingers on the pulse of our store and intend to keep it healthy. And to take advantage of our unique position as a vital community hub and look for opportunities to shine, even in a whacked economy.



## Parking Update: Scofflaws Minor Part of Congestion

by Steve Kobs, Co-op Store Manager

Someone asked me, “How many cars have you booted?” I answered, “None.” The questioner seemed disappointed.

The “boot” is a locking device that fits over a car tire that prevents the vehicle from being driven. Since we got the device a few months ago, we have not used it. When cars are in our parking lot that should not be (parked overnight or the drivers shopping somewhere other than the Co-op) we put a note on the windshield. Repeat violators will be immobilized. There are very few repeat offenders, but finding a space in the lot can still be frustrating.

The main reason the parking lot seems full much of the time is that it is too small for the store. The 31 spaces are just not enough to accommodate all our shoppers at the busiest times. A rule-of-thumb for retail store parking is that the lot should be 2 or 3 times

larger than the store. The Co-op lot is about 20 percent *smaller* than the store. Looking at our “busy hour” is another way to figure out how the parking lot “maxes out.”

In October, our weekday “busy hour” is usually from about 4:30-6:00 p.m. We see about 120 customers per hour and, on average, each customer is in the store a little over 20 minutes. About 80 percent of our customers drive to the Co-op. So, at busy hour, about 95 people are looking for a place to park. Let's say that shoppers conveniently come one after another and fill each available parking space as efficiently as possible. During busy hour, we need 32 parking spaces. Although shoppers really arrive intermittently, many park on the street so, for the most part, weekday parking during our busiest hours can be congested but it is not impossible. Not so on Saturday.

On Saturdays, we routinely have

between 120-180 customers per hour from about 10:00 a.m. to about 5:30 p.m. (During the Cheese Festival, we had 250 customers during the noon hour!). On Saturday mornings, there are also Farmer's Market customers competing for the same street parking spaces that give us needed elbow room during our busy times. Co-op shoppers angling for a lot space on Saturdays will certainly be frustrated because there are just too many cars

vying for too few spaces. The lot congestion is from shoppers, not from the very few cars that occasionally park in the Co-op lot improperly.

Anytime is a great time to be shopping in the Co-op. When it comes to parking, the best time to arrive is before 4:30 p.m. Sunday through Friday or any day after 6:00 p.m.

### December Wellness Class: Learn How to Make Lip Balms and Lotion Bars with Orchard Farm

Join us Monday evening, December 15 at 7 p.m. for a “make your own body care” class with Kate Jaekel. Make Orchard Farm's lip balm and a small lotion bar and find out about what goes into the rest of Kate's Bodycare line. This class is a workshop, and there will be a small fee of \$5 for the supplies needed. Sign up for the class with a cashier with payment. See you there!!!

### Holiday Wishes From Bookpeople

*Happy Holidays and peace on earth to all!*

*In this year of a new day for the USA, thank you for your support!*



## Sweet Potato Puffs

by Marie Sita, Co-op Deli Service Manager

I would like to share the recipe for one of my favorite holiday treats with you. It is as much fun making them as it is eating them and my son Odin loves to help!

### You will need:

- ✓ 3 sweet potatoes
- ✓ 1 bag of large marshmallows
- ✓ 2 cups shredded coconut
- ✓ 1/4 cup butter
- ✓ 1/4 cup brown sugar
- ✓ 2 teaspoons cinnamon
- ✓ 1/2 teaspoon cloves
- ✓ 1/2 teaspoon nutmeg

Preheat your oven to 350 degrees. Peel and chop the sweet potatoes into chunks. Place them into a large pot of water and boil for ten minutes or until soft. Once the sweet potatoes are soft, strain them into a colander. Let the sweet potatoes drain really well. Put the sweet potatoes into a bowl and mash them up with a potato masher. This part is really fun for little ones. Once there are no big lumps you can switch to a wooden spoon and add the butter, brown sugar, cinnamon, cloves, and nutmeg. Odin really enjoys helping me measure out and add the sugar and spices. Mix this all up really well.

And place in fridge to cool.

While the sweet potato mixture is cooling, you can toast your coconut. Spread the coconut evenly on a cookie sheet. Bake for 6-8 minutes stirring occasionally. Set aside, let cool, and pour into a bowl. Turn the oven up to 375 degrees.

Open the bag of marshmallows (if you have not done so already). Place one in your mouth, chew, and swallow. This is Odin's favorite step and can be repeated numerous during the whole process.

Once the coconut and sweet potatoes are cool enough to work in hands,

we need to wash our hands. Then the fun really begins! Take a large spoonful of sweet potato mush and place in hand. Then take a marshmallow and work the sweet potato around the marshmallow so it is totally covered in a thick layer. You should end up with a ball or "puff" a little smaller than a tennis ball. Then put the "puff" in the bowl with the toasted coconut and roll it around until coated evenly. Place the "puffs" on a greased cookie sheet and bake for 25-30 minute. Makes ten to twelve "Sweet Potato Puffs." Hope you enjoy them as much and Odin and I do!

## Visions of What's Cookin'! Recipes Dance in Her Head

by Jennifer Whitney, Co-op Cooking Series Coordinator

Various hand-formed and rolled sushi combinations, savory egg custard with Matsutake mushrooms, marinated sliced beef known as Bulgogi and sweet mango milkshakes with springs of mint are all dancing in my head. Although I'm looking forward to the traditional holiday meals this season, I'm still craving ethnic dishes from our last What's Cookin'! series.

As our classes were all well attended (two completely sold out), I'm sure there are a number of you with similar appetizing visions, so our trusty Co-op staff is looking into providing

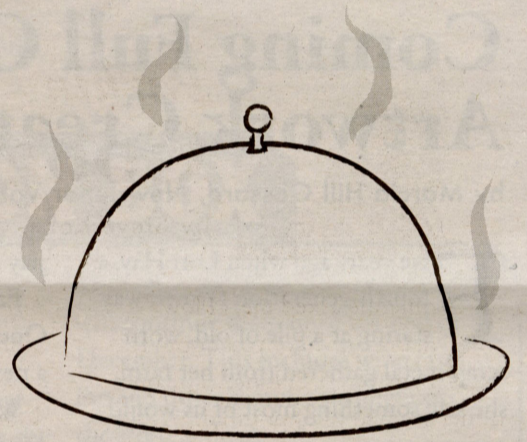
us with all the ingredients to make the delicious recipes from our classes in the near future—just ask about your desired item next time you are in.

In addition to really great food from three different countries, a window was opened for us into their culture. Joohee taught us about the socio-economic status associated with white rice in her Korean class, while Lisa taught us about Japan's traditions for using chopsticks, refusing sake (once you've had enough), and setting a table. In Jaya's Indian cooking class, she taught us there are more uses for a rice maker than just cooking plain rice. With

all this talk about rice, I finally broke down and bought my own rice maker, but Jaya's tips for expanding its use really clinched it for me.

We already have some of our cooking classes for next spring's series planned, which will include a couple of ethnic cooking classes since they are so popular. We'll announce our complete class line up when it is finalized, but I wanted to give you a sneak peak at what else to expect. In addition, Moscow's own organic pioneer, MaryJane Butters, will teach a class celebrating the publication of her third book, "MaryJane's Outpost—Unleashing Your Inner Wild," by sharing some of the ideas and recipes from her book with us. Her class promises to be an instant favorite, so sign up early once tickets are available!

We've also had several requests for a bread-making class and I've finally found the perfect person for the job. Hunt Paddison, the Co-op's bread manager, is willing and eager to share



his love of breads and how to make them in a two part class—Essential Bread-Making and Artisan Breads. Even now, he's busy compiling the details for excellent bread-making and scouring his books to find a variety of fun and special breads to delight us.

On a final note, we're looking for a new or used electric, two-burner hot plate to improve the efficiency of our cooking classes. (Sadly, our location is enclosed, so gas powered stoves would be unsafe.) If you have any information about quality electric hot plates, whether locally or online, please consider sharing it with me via email (jenwhitney@gmail.com) or phone (208) 882-1942). Thanks! We hope to see you this spring!



### Howard Hughes VIDEO

**Come in for the Tuesday Trivia Challenge!**

**X-mas Blowout Sale!**  
Previously viewed movies: buy 2, get 1 FREE! \$6.98 ea.

**Come check out our featured holiday sections. Merry Christmas!**

**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)**

### A Choir of Angels Massage Center

choiramc@clearwire.net

106 E. Third, Rm. 1C  
Moscow (@ Main)

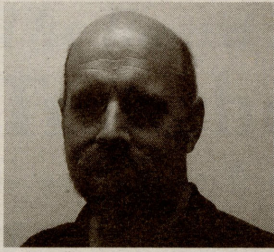


**Pat Rutter, CMT**  
(Since '89)

**Weekend Appointments, Too!**

1.5 hrs. Swedish	\$69
1.0 hr. Swedish	\$49
1.25 hrs Hot Stones	\$69

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



## Case Discount and Special Order Changes

by Steve Kobs, Co-op Store Manager

**B**eginning with the New Year, some of the rules for case and special orders are changing. The biggest change impacts the final price paid on cases.

Co-op members can purchase stock items in cases or bags (like a 25-pound bag of rice) and receive a 10 percent discount. The case change only affects worker-members and employees, who can no longer *add* their discount to the case discount. For member-workers and employees, only one, best discount, will be applied to a case purchase.

This month, everyone can take advantage of the Co-op Advantage (see flyer inside this newsletter) sale price on Nature's Path Hot Oatmeal.

For just \$2.69, the regular shelf package contains eight individual servings. Members may order a case of six boxes, get the sale price of \$2.69 each, or \$16.14 for the case (6 x \$2.69), *plus* get 10 percent off the case. The case order saves an additional \$1.61.

(Remember Co-op Advantage sale prices are only available on orders placed early in the month. To avoid disappointment, order by the 20th of the month. Also, we cannot give case prices on six individual boxes pulled off the shelf.)

Member-workers who are eligible for a discount will receive just one discount on the case. Member-workers who get an 18 percent discount will receive that discount rather than the

member 10 percent discount, for a savings of \$2.90. The new rule, beginning January 2, 2009, is that *only one* discount applies to case purchases.

Members can also place "special orders" for items that we do not carry in stock, but are available from one of our established suppliers. An example is Tom's Toothpaste. One variety we do not carry in stock is Children's Strawberry. A member can special order Children's Strawberry, even if they only need just one tube (some suppliers have a case minimum).

Our new policy of non-stock items is if the special ordered item is refused or returned, we will charge a restocking fee of 15 percent. Why? We rarely can sell a non-stock item at full price.

If it is refused, we end up losing money on it. While we are happy to place orders for non-stock items, it is discouraging and expensive to have them refused or returned.

It is possible to get a case discount of a non-stock special order by ordering an amount equal to a "case." For canned goods, that quantity is usually 12.

If you are not sure about a special order, need to know what the "case" amount is, what is available, or how much it will cost, please call us or ask a cashier to complete a special order form and one of our buyers will call you back.

## Coming Full Circle: Eartha Celebrated in Public Artwork Created from Recycled Agricultural Metal

by Marcia Hill Gossard, Newsletter Volunteer

**F**ive years ago when Lori Hay, a fourth-generation farmer, was staring at a pile of old, worn scrap metal gathered from her farm, she saw something most of us would never see: art.

Hay began collecting interesting pieces of metal on her farm in Tekoa, Wash., learned to weld, and the result is a celebration of agricultural life and history through her artwork.

One of her most recent works, a public art sculpture of the Co-op's giant composter, is hanging on the Co-op façade facing the parking lot.

"What motivates me is the desire to

pay tribute to a way of life," says Hay.

Each piece she creates has a history. Once useful items now discarded, find a new purpose in her art.

When the Co-op's General Manager, Kenna Eaton, first heard about Hay's artwork, it seemed to be perfect match.

"Her art really ties into the Co-op's philosophy to reduce waste where we can, reuse what we can, and recycle," says Eaton.

Made from various piece of recycled metal, the sculpture depicts compostable material added to the Co-op's giant Earth Tub composter, which is

then put back in the earth to grow food.

The Earth Tub, named "Eartha," began making compost on November 28, 2007. The name "Eartha" was the winning entry in the "Name the Earth Tub" contest submitted by Co-op member Cassie Nichols.

The Co-op's Earth Tub is the Palouse region's first commercial composting machine. The giant composter—measuring four feet tall, eight feet in diameter, and three cubic yards in volume—turns the Co-op's biodegradable waste into garden-ready compost, which will divert more than 20 tons of compostable material from the local landfill each year (approximately 100-150 pounds a day).

Palouse-Clearwater Environmental Institute (PCEI) currently uses the compost from the Earth Tub in their Community Gardens.

The Earth Tub, a demonstration project funded by a grant for \$15,000 from U.S. Environmental Protection Agency (EPA), was purchased and installed through a partnership between the Moscow Food Co-op, the Palouse-Clearwater Environmental



Lori Hay's metal sculpture about Eartha, the composter, which is installed near the Co-op entrance door. Photo by David Hall.

Institute (PCEI), and Moscow Recycling. Hay was commissioned to create the sculpture as part of the EPA grant.

For more information about Lori Hay's artwork, visit her Web site at <http://lorihay.smxus.com>. Next spring her art will be for sale again at the Farmer's Market in Moscow.

### New Year Means New Beginnings

by Bill London, Newsletter Volunteer

Expect a new look here in 2009.

We are planning a newsletter makeover. Our ace designer, Megan Prusynski, will be making some changes to reflect a more contemporary look and a more efficient use of space. So, next month our pages will be even more adorable.

In addition, expect changes on the Co-op website ([www.moscowfood.coop](http://www.moscowfood.coop)). We are rearranging the pieces to make it easier to locate information. And we will be posting the entire newsletter, in PDF format, on the website every month.

By posting every page of the newsletter, we make it possible for your friends and family in Boise, Seattle or Amsterdam to read your words, see your photos or locate your advertisement. We are marching boldly into the future.

Bill London edits this newsletter, and has done so since December of 1984 (yikes, that is 24 years!)

### Unitarian Universalist Church of the Palouse

We are a welcoming congregation that celebrates the inherent worth & dignity of every person.

**Sunday Services:** 9:30 & 11:15am

**Coffee:** 10:45 - 11:15am

Nursery & Religious Education

**Minister:** Rev. Kayle Rice

[minister@palouseuu.org](mailto:minister@palouseuu.org)

420 E. 2nd St., Moscow

208-882-4328

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

For more info: [www.palouseuu.org](http://www.palouseuu.org)



## Stricter Pasturing Requirements Proposed For Organic Livestock

by Peg Kingery, Co-op Chill and Frozen Buyer

A dairy cow grazing in knee-deep lush pasture would probably smile if she could. Those of us who buy organic dairy products smile all the time as we drink and eat the products of all that nutritious forage. There are strong health and environmental reasons for requiring pasturing in organic dairy operations. Pasture intake has been shown to be scientifically correlated with increased levels of healthful vitamins and essential fatty acids in milk; well-managed pasture also reduces input and energy costs.

The National Organic Program set forth their standards for pasturing organic animals in 2002. Because the language used to write them was not specific enough, several large-scale organic dairy operations have been able to abuse them. This may soon change.

In response to pressure from certi-

fying agents, farmers, retailers, trade and animal welfare associations and others, the USDA's National Organic Standards Board (NOSB) has released a draft of proposed amendments to the original standards. This document clarifies the requirements for organic livestock producers, chiefly dairy farmers, in an effort to avoid further abuse and to aid organic certifying agents when they make their farm visits. A summary of the proposed changes follows:

### Pasture As Feed:

1. During the growing season, producers must allow their cows to graze pasture; at least 30 percent of the animals' dry matter intake must come from grazing with no more than 70 percent from other feed sources.

2. Producers must document the feed ration on a monthly basis.

### Animals on Pasture:

1. All cows must be managed on

pasture throughout the growing season and provided access to the outdoors throughout the year, including during the non-growing season.

2. Young cows must be on pasture by six months of age.

3. Cows may be kept off pasture due to illness or injury; birthing; or when being milked.

### Animal Living Conditions:

1. Crop matter typically fed to cows must be organic when used as bedding.

2. Living conditions must include: clean, dry bedding during periods of temporary housing; well-drained and maintained passageways and yards; shade and shelter; water at all times; protected feed and water equipment; and hay in a rack off the ground for young animals.

### Pasture Management:

1. Dry lots and feedlots are prohibited.

2. A comprehensive pasture plan is required, with detailed descriptions of pasture crops, crop management, cultural practices, haymaking systems, grazing methods, fences, shade, and water locations.

The NOSB is accepting comments on the draft of proposed amendments until December 23rd. If you are interested in reading it, find it at: <http://www.ams.usda.gov/AMSv1.0/getfile?dDocName=STELPRDC5073426&acct=noprulmaking>

If these amendments are accepted, the new standard will assure (hopefully!) cows live a high quality, holistic life; give certifying agents better tools for measuring compliance with the requirements... and grant consumers greater faith in the organic label on their carton of milk.

## DECEMBER 2008 SUGGESTION BOX

► *I wanted to sign up for the Indian Cookery class, but it was full. Any chance you'll be offering it again in the near future?*

Thanks for your interest in our cooking classes. Our Indian class has sold out both seasons it has been offered, partially because of the topic and partly because both times, by chance, they have been our only Saturday class. The enormous public interest in this class means we'll plan to offer another one in the spring—in fact, we already have someone interested in teaching for us.

Because of its popularity, it has usually sold out a full week before the class, so I suggest signing up as soon as you know it will work into your schedule—just to be sure! If it would be helpful to you, I can add your name to our email list to receive class details about 30 days before the first class of the series begins to give you more notice. Just let me know!

Thanks for contacting us; I hope to see you in the spring. —Jennifer, Cooking Class Coordinator

► *I would like to commend Jena for always being so courteous and polite, even when there's been a mad rush of customers. She deserves a raise for her excellent service. Eva. Thank you for your kind remarks. It is always good to know that customers are*

happy with the Co-op's customer service. And we like Jenna too! —Annie, Front-End Manager

► *Could you stock the Terra exotic veg chips? Terra Parsnip Chips? Kelly.*

This is not an item we plan to stock in the Co-op. You can special order a case through the grocery department. However, as I write, the manufacturer is currently out of the product. Thanks. —Joan, Grocery Manager

► *I was made aware that some of your bakery products contain high fructose corn syrup, and some of the products you use are not organic. How can you justify such high prices when we are not getting quality products? I expect the best from Co-op otherwise I would shop at Winco! Toni.*

Several months ago we had one recipe that used one fourth of one teaspoon of raspberry flavoring in a frosting recipe. We promptly replaced that with organic raspberry syrup. The bakery tries to strictly adhere to the Co-op's policy of using organic ingredients, locally produced when available. We apologize that a small error was made, we are confident that our products are made to the highest standard. —Christie, Pastry Bakery Manager

► *Could sea veggies (wakame, arame, nori, etc) be stocked in the bulk dept? The plastic they come in is so wasteful. Also is it necessary that volunteers pack dried fruit in #5 plastic containers rather than giving customers the option of packaging their own fruit in more sturdy and reusable containers? Thanks Olivia Also could you please stock more local cheeses? Perhaps they could be packaged in butcher wrap to waste less plastic wrap. Thanks for all you do!*

Our distributor does not carry sea veggies in bulk; they are only available to us in the plastic packaging. —Seth, Bulk Buyer

We package dried fruit in recyclable containers to minimize waste and maximize labor. We can put a lot more fruit on the shelves in containers than a bin can hold. The containers we use for the fruit are recyclable. —Joan

We carry local cheese from Idaho, Oregon, Washington, and Montana. Wrapping cheese in plastic not only maintains freshness, but aids the visual aspect of the buying process. Butcher paper would shorten shelf life and take away the visual aspect of cheese selection. —Annie, Kitchen Manager

► *Will you be having wine tasting again? Adam. We began Tasteful*

Thursdays on November 6 and will continue them until the end of December. This includes wine tasting and other samples throughout the store. —Joan

► *I love the new statue/art above the front walk. Also, while I enjoy talkative cashiers, when it's busy they need to prioritize speed. Thank you. Charles.*

I am glad you like the new art. We do too. I will remind the cashiers that while being the wonderful friendly people that they are, they do need to prioritize. Thank you so much for the comment. —Annie

► *Today I was informed that the bag credit will only be given for "re-usable" bags. I keep old plastic bags in my backpack, etc., for impulse shopping because they take up less space and work better when I ride my bike. Is my re-use of my "disposable" bags not the same effort as my re-use of "re-usable" bags? Isn't the point simply to decrease the number of plastic bags that end up in landfills? Doesn't my effort make my plastic bags "re-usable"? I do not think this new policy is sending the right message to consumers. Kate.*

Of course we do appreciate customers who bring in their own recycled plastic and paper bags, either for their own use or for the use of

## DECEMBER 2008 SUGGESTION BOX (CON'T)

the store as a whole. However, what we are trying to encourage, through our bag credit program, is the use of permanent bags, so that eventually perhaps we can do away with the use of paper and plastic altogether.

By the way, have you seen our "Tucker Bags"? They roll up in their own pouch and can be tucked into a pocket or shoulder bag. I love them, and now always have a shopping bag with me. —Annie

➤ *Promoting bottled water in the Deli might be profitable, but it seems irresponsible (because it is inconsistent with the Co-op's sustainable practices goal).* Erik

In addition to selling bottled water, we sell stainless steel water bottles and reverse osmosis (RO) water. In the Deli, there is free RO water and reusable drinking cups available for our customers in our seating area. We have many Deli customers who

purchase food "to go" and having locally produced bottled water available is convenient for them. The bottled water is neither more nor less profitable than the other things we sell. I think that giving our customers a choice of products and packaging is reasonable. As a retailer with a purpose, it is appropriate to meet customers where they are, not dictate where they should be. —Steve, Store Manager

➤ *Will the Co-op provide wireless in the near future? Pastrama*

No. At meal times, our seating area is already standing-room-only so extending the length of time people sit there is not beneficial. We also feel the Co-op is a place to engage with people face-to-face, not so much over the Internet. I would welcome comments and ideas about adding wireless at my e-mail, manager@moscowfood.coop. —Steve

## Corrected Recipes

by Bill London, Newsletter Editor

Isn't technology grand? Usually. But last month we experienced a mild example of techno-dumbness. On the way from writer to editor to designer, some fractions of ingredients were translated from 1/2 or 1/4 to a small rectangular box. The recipes on page 18 and 21 were infected in that way and rendered pretty useless. Sorry.

We are trying again this month.

First, from page 18 of the November newsletter, from Ivy Dickinson's very nice piece on apples, here are her two recipes:

### Bell Family Apple Cake (pictured at right)

- 5-6 apples, peeled and cut in cubes (the Co-op's Fujis are a great apple choice)
- 2 teaspoons cinnamon
- 5 Tablespoons sugar
- 1/2 small can crushed pineapple, well drained

Combine above and set aside.

- 3 cups flour
- 2 cups sugar
- 3 teaspoons baking powder
- 1 teaspoons salt
- 1 cup oil
- 4 eggs
- 1/4 cup orange juice
- 2 1/2 teaspoons vanilla

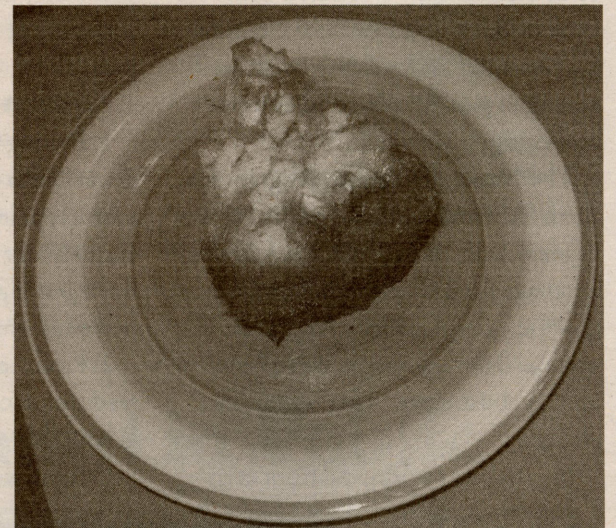
Preheat oven to 350°. Grease and flour a tube pan. In a large bowl, mix the second group of ingredients until smooth. Spread half the batter (batter will be quite thick) in the tube pan. Layer with half the apple mixture, and then spread the remaining batter over the apples. Top with the remaining apples. Bake 1 1/2 to 2 hours. Cool 5 minutes, and then turn out onto a wire rack to finish cooling.

### Apple Leek Galette

- 1 1/2 cups all purpose flour
- 1/2 cup vegetable shortening (I like the Spectrum brand carried at the Co-op because it makes for a very flaky crust)
- 3 Tablespoons cold water
- 1 Leek -white part only, chopped
- 1 Tablespoon butter
- 1 Macintosh apple, peeled and thinly sliced
- 2 oz. Bleu cheese, crumbled - I used Oregon Bleu Cheese by Rogue Creamery
- 2 oz. Parmesan Reggiano, shredded

Preheat oven to 350°. In a large bowl, cut shortening into flour using a pastry cutter, until mixture resembles coarse meal. Add water 1 tablespoon at a time until dough forms a ball. Dough should be rolled out onto a lightly floured surface until it is approximately 1/4 inch thick (can be a circle, rectangle, hexagon, or whatever you desire). Transfer onto a cookie sheet, minimizing handling and roll edges to create a shallow well. Sauté leeks in the butter until they are translucent and starting to brown. Spread the leeks thinly on top of the crust, top with crumbled bleu cheese, arrange the apples over the top, and then top with the shredded parmesan. Bake approximately 30-40 minutes until crust has turned golden and the cheese has started to brown. Serve warm.

Second, from Judy Sobeloff's "Kids in the Kitchen" article, here are the two dessert recipes from page 21:



### Pumpkin Pie

- 1 pie crust (homemade or frozen from the Co-op)
- 3 eggs (or substitute Egg Replacer)
- 3/4 cup sugar
- 1/2 teaspoon ground cinnamon
- 1/8 teaspoon ground nutmeg
- 1/2 teaspoon ground ginger
- 1 pinch ground cloves
- 1 pinch salt
- 2 cups canned or fresh pumpkin puree or cooked (see below)
- 2 cups half-and-half, light cream, whole milk or milk alternative

Optional: if using a pie pumpkin, cut off top and scrape out stringy insides and seeds. (Set aside seeds for roasting or planting.) Cut pumpkin in half and place face up on baking sheet. Bake about 1 hour at 350 or until pumpkin is soft. When cool, scrape pumpkin pulp from skin and either puree in blender or by hand. Beat the eggs with the sugar, then add the spices and salt. Stir in the pumpkin puree and then milk/cream of choice. Place the pie plate on a baking sheet. Pour this mixture into the crust and bake 30-40 minutes, until the filling is starting to get firm but is still moist. Cool on a rack. The filling may firm up further after pie is refrigerated.

NOTE: We went for speed, using a frozen crust from the Co-op, substituting multiple ingredients, and hand-mixing the puree. Extra filling can be baked without a crust in an oven-proof baking dish as Pumpkin Pudding. For gluten-, egg-, and dairy-free pumpkin pudding, simply use Egg Replacer and the milk alternative (e.g. rice milk, soy milk) of your choice.

### Banana Bread

- 1/2 cup margarine or butter
- 1 cup sugar
- 2 eggs
- 3-4 mashed bananas
- 1 teaspoon baking soda
- 1 teaspoon salt
- 2 cups flour
- 1 teaspoon vanilla
- Optional: 1 cup chopped nuts

Cream margarine/butter and sugar. Add eggs and mix. Add bananas. Sift flour, salt, and baking soda. Add vanilla and optional nuts. Put in greased pans halfway full. Bake at 350 for 40-50 minutes until firm with a crack on top.

## Staff Profile: Jordan Yeatts

by Amy Newsome, Newsletter Volunteer

Jordan Yeatts may be new to our Co-op, joining just over three months ago, but he is not new to co-ops. In fact, it seems that Jordan has steeped in co-op culture his entire life. Jordan's mother has been a co-op volunteer in his Upper Peninsula Michigan hometown since his earliest memories.

"I was raised in the Marquette Food Co-op" Jordan reflects.

Jordan is a Kitchen Stocker and Information Technologist. He compiles data on the "movement analysis" worksheet, which tracks the kitchen's production and waste. He also creates the labels for the breads and salads. He recently helped to install a wireless broadcaster for the store. This broadcaster will enable the use of hand held scanners for recording inventory. Gone will be the days when one person calls out received items while another person records with paper and pencil. The Co-op will also soon have scanners that allow ordering of grocery items electronically.

Jordan and his wife, Jennifer, moved to Moscow so Jennifer could attend the Master of Fine Arts in Poetry program at the University of Idaho this fall. Jennifer applied only to schools in the Pacific Northwest that had a co-op nearby.



ship. They'd liked to check out Hawaii since they both love warm weather and Jordan hasn't been back to Hawaii since he was 4. Given that both Jordan and Jennifer have family in Michigan they also don't rule out moving back there one day. Being raised near Lake Superior and Michigan's many streams and rivers, Jordan also really misses the water.

"I always enjoyed fishing and would like to find more time to do that in the future."

In Marquette, Jordan and a friend produced their own bio-diesel fuel. Jordan bought a 2000 Jetta and converted it to bio-diesel. He gets 48 to 53 miles per gallon and he figures it costs about \$1.40 per gallon to make. He brought 20 gallons of bio-diesel with him but he hasn't needed to use much of it yet since he and Jennifer ride their bikes in town and use their car only for long trips.

When asked what he does for fun, Jordan admits, "Since February, I've been a political junky." On quiet nights together, Jordan and Jennifer enjoy watching DVD's of television shows. Their favorites are Arrested Development, Heroes, Scrubs, and Friday Night Lights. Jordan and Jennifer both enjoy cooking good food and usually have guests over for dinner once a week.

I asked Jordan what he and Jennifer have planned for the holidays. Jordan said that his family was never big on holiday traditions but Jennifer's family was. So, last year, their first year together, they spent with Jennifer's family in Michigan

and Jordan's mom joined them too. Jordan really likes cooking turkey so he was in charge of cooking the 36 pounder. This year they are spending Thanksgiving with Jennifer's cousin and family in Seattle. They are tasked with bringing some good Idaho potatoes. If he gets time off near Christmas, they will drive to Sacramento to spend it with Jennifer's brother.

Amy Newsome lives in Moscow with her husband of nearly 20 years, Richard; daughters Haley, 13 and Jamie, 11; terrier-mix dog, Mitzy and tabby cat, Sweetie.

**“Jordan met Jennifer at the co-op while she was volunteering. They started dating in March of 2007 and were married ten months later. A true co-op romance!”**

"Given a choice, there is nowhere I'd rather work than a co-op," Jordan expressed.

Jordan's first job was at the Marquette Food Co-op and he worked there for six years. He was the grocery manager for the last three. He met Jennifer at

the co-op while she was volunteering. They started dating in March of 2007 and were married ten months later. A true co-op romance!

Like the Moscow Food Co-op, the Marquette Food Co-op grew exponentially. When Jordan was first hired he was one of only four employees. Six years and two expansions later, they had 47 employees.

Jordan was born in Hawaii and lived there until he was 4-years-old when his mom and two younger brothers moved to Michigan to be closer to her family. Jordan's mom is still living in Marquette and is earning a nursing degree. Jordan's dad is a massage therapist living in Boise.

Jennifer's program will last three years and when she graduates they'll go wherever she can get a professor-

**Tye-Dye Everything!**

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)

## Volunteer Profile: Alan Solan

by Todd J. Broadman, Newsletter Volunteer

Amongst Co-op volunteers, Alan Solan must be considered a veteran.

"It's the kind of people that frequent the Co-op—that's been the attraction for me," Alan shares with me. "I first volunteered with the Co-op back in 1994 and at that time the Co-op was located on Third Street in the old Kentucky Fried Chicken building. That evolved into a part-time job in the produce section." Volunteering is a part of Alan's character. He and his wife Virginia also volunteer at KRFP radio. You can listen on Thursday nights at 9 p.m. when you'll hear them play a mix of folk, indie, classic, and comedy.

When I got up from my seat to get some water, Alan used the break to check out the headlines embedded in the Co-op's dining area table tops. His gesture soon made sense to me. He works for the Moscow-Pullman Daily News as copy editor.

"Not just copy editor," he clarified, "but as part of what we call the universal desk." I was intrigued. "We rotate each week; one week I do copy editing, the next it's front page, and then onto placing copy on the web."

As I sipped my water, Alan traced his career back through various newspapers. "After I received my journalism degree from the University of Idaho (UI) in 1989 (where Alan wrote for the *Argonaut*), I worked at a newspaper in Libby, Montana. My wife got a job at Gritman Medical Center, so we

moved back to the area and I began writing articles on agricultural research at the UI's College of Agriculture. Then it was onto the Priest River Times and the Whitman County Gazette."

I know that writing for newspapers means lots of dislocation, so I was interested what brought

Alan back to Moscow. His eyes lit up. "My three children live here, and my first grandchild—born to Casey, my oldest son!" It became clear that newspapers and family were inextricably tied. "I met Virginia when she was with the *Daily News* as city editor. And am now a stepfather to her son, Sam."

Our conversation veered to the creative side and Alan pointed out that there were two things that he "can't imagine being without." The first was linked to his great admiration for Bob Dylan. "Used to listen to him all the time. I went to see him in '88 at the

"You can't think about it. Just write. It's exciting. As a writer, you are waiting to find out what happens next!"

Each Sunday evening at the Co-op, Alan helps with closing: bagging bread, taking out the trash, and cleaning the break room. During the day



Gorge." Alan plays guitar and is a song writer, an interest that began in the sixth grade and was taken up more seriously in 1993.

"What's the other creative passion?" I asked. "I'm writing novels," he said, leaning forward for emphasis. "National Novel writing—50,000 words in a month's time." I thought to my own writing, plodding along, perhaps a page every few days. "There is no luxury of time," he encouraged.

though, you can be sure he was writing. "I'm gonna write a thousand words every day from now on."

Todd is unsure, after years of globetrotting, how he ended up in northern Idaho. He loves it though. Todd, Corinna and son, Micah, reside in a strawbale house amidst the pines. His current project, telepsychiatry, will use videoteleconferencing to connect psychiatrists and patients.

“Each Sunday evening at the Co-op, Alan helps with closing: bagging bread, taking out the trash, and cleaning the break room. During the day though, you can be sure he was writing.”

### 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

# Much Ado About Tofu: Holiday Comfort Food, Tofu Style

by Terri Schmidt, newsletter volunteer, illustration also by Terri

“I’ll be home for Christmas; you can count on me...” Each December you can hear Bing Crosby crooning out those words on the radio. There is something about holidays that make us long for home and days gone by when we were young and full of excitement. Children can sense a certain magic in the air this time of year.

Like other families, we had holiday traditions. One tradition was designed to keep us from going crazy with anticipation when the Christmas season neared and more focused on the spiritual side of the celebration. We had six children in our family and in December we drew names to see who we would be an “advent angel” to. We had to do something nice for that brother or sister every day until Christmas, but not get caught doing it. It was quite a switch from the normal routine of sibling interactions as we found delight in sneaking around doing good deeds. For that blissful period of time, my brothers were no longer battling, my sisters were no longer tattling, and life was peaceful.

Another of our holiday traditions was eating oyster stew on Christmas Eve. Soup is comfort food for those cold winter months when the air outside is frosty. However, my mother was the only person in the family who really loved oyster stew. Most of us just sipped the buttery broth, finding those squishy slippery critters a little too much to take. But we humored

*“There is something about holidays that make us long for home and days gone by when we were young and full of excitement.”*

Mom because the stew was a treasured tradition from her own childhood. As we grew up, we also began to look forward to the kitchen being filled with the pleasant scent of oyster stew each December 24.

If you too are a bit adverse to oysters, the recipe on this page for tofu soup may be more to your liking. Like oyster stew, it has a rich creamy broth, but with cubes of tofu instead of sea life. The coconut milk makes this soup one of those fat laden comfort foods, but coconut oil is a healthy fat, so you can also comfort yourself with the notion that it is good for you.

Each person has their own idea of comfort food. It is tied to special moments growing up that fed your soul as well as your tummy. I’m an Idaho girl raised in south Idaho where you could always find real Idaho potatoes. Potatoes were often a part of our meals and always on the table at Thanksgiving and Christmas. Potatoes became my favorite comfort food. There is nothing like mashed potatoes with a melting puddle of butter in the middle to sooth the savage beast. However, those of you watching your fat intake can still enjoy the pleasure



of this comfort food; the tofu mashed potato recipe on this page gets its creaminess from tofu and is fat free.

I hope you will be enjoying your favorite comfort foods this holiday season. And if you are not able to actually go home where your heart is, at least enjoy recalling your own favorite

memories from days gone by.

**Terri Schmidt won't be going home for Christmas, but she will be contacting her much loved siblings who have grown up to be lovely human beings.**

## Tofu Garlic Mashed Potatoes

Recipe courtesy of *Vegetarian Times* ([vegetariantimes.com](http://vegetariantimes.com))

- 6 medium cloves garlic, peeled
- 3/4 cup vegetable broth
- 1/2 cup firm silken tofu (4 ounces)
- 2 teaspoons extra virgin olive oil
- 1 1/2 pounds Yukon Gold potatoes (4 medium) peeled and cut into 2 inch chunks
- 1 1/2 teaspoons salt
- 1/4 teaspoon freshly ground pepper
- pinch of ground nutmeg

In small saucepan, combine garlic and broth and bring to a simmer over medium-high heat. Reduce heat to low, cover and simmer until garlic is tender, 15 to 20 minutes. Transfer broth to blender or food processor. Add tofu and oil and process until mixture is smooth and creamy. Cover to keep warm.

Meanwhile, in a large saucepan, combine potatoes with enough water to cover. Add one teaspoon salt and bring water to boil over medium high heat. Reduce heat to medium, cover and cook until potatoes are tender 10 to 15 minutes. Reserve 1/2 cup potato cooking water; drain potatoes well.

In large bowl, mash potatoes; gently stir in warm tofu mixture and enough potato water to make a smooth puree. Season with remaining salt, pepper, and nutmeg and serve.

calories 210, protein 6g, total fat 3g., saturated fat 0g, carbohydrates 26, cholesterol 0, sodium 333, fiber 3g. sugars 0

## Coconut Tofu Soup

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

- 1/2 pound extra-firm tofu
- 2 cloves garlic, minced
- 2 tablespoon vegetable oil
- 1 can coconut milk
- 1 1/2 cup vegetable stock (or water)
- 1 tablespoon light soy sauce
- Keffir Lime leaves to taste (very marginal substitutes, although still good, are: 1/4 cup coarsely chopped lemon grass, or the juice from 1 lime. This has to be experimented with; it is used to reduce the sweetness of the coconut milk. You do not want this flavor to dominate, though. Add a little at a time, and taste to get it right. )
- 1 ounce Galanga -Kah (Galanga is Thai ginger)
- 1 to 3 Thai or Serrano Chiles to taste

Drain the tofu of extra water by placing a heavy weight over the tofu surrounded by 3 layers of paper towels. Cut tofu into bite size pieces. Stir fry the garlic in the oil until golden (do not burn), then stir fry the tofu until it is an even golden brown. In a medium size sauce pan mix the coconut milk, stock (or water) and soy sauce. Add the tofu, Keffir Lime leaves (or substitute), and Galanga. Cook over low to medium heat for 15 minutes, do not allow to boil! At this point, taste the soup. If the coconut taste is too strong add a little more of the Keffir Lime leaves (or substitute). The idea is to reduce the sweetness of the coconut milk. With the flat of a heavy knife (or something similar) pound the chilies until they are split in several places. Add to the soup, and let cook a couple minutes more. Serve over steamed rice (preferably, Jasmine Rice)



## Omnivoria: Start a Holiday Tradition with Choucroute Garni

by Alice Swan, Newsletter Volunteer

The holidays this year mark a turning point for our family. That time that inevitably arrives to families with small children has come for us—our children are too much of a pain to travel with. Last July, at the end of a wonderful two weeks visiting family around the Midwest, memories of the trip were permanently marred by a solid three hours of crying on our flight home from Minneapolis. On the drive back from Spokane, Nick and I decided we would stay home for Christmas this year.

There's a lot of pressure attached to having the first Christmas at our house—our older son is 3 1/2, about the age of both my husband's and my earliest memories, and the traditions we

establish now will (hopefully) live to be passed on to our grandchildren. But it's also exciting, an opportunity to combine our pasts, expunge some old, tired traditions (I know Nick would put the "spiced peaches"—canned peaches with cloves stuck in them, then poached in the canning syrup—that are a ubiquitous holiday side dish in my family, at the top of the list!) and incorporate new ones.

One tradition that we've already begun, and will definitely be continuing, comes from a friend of Nick's parents. He is retired to his family farm on Michigan's Upper Peninsula, and we spent quite a few lavish New Year's Eves at his house, pre-children. I say New Year's Eve, but this was really a four-

day affair that involved excesses of rich food, copious drinks, and hours and hours of football. And every New Year's Day Frank would make Choucroute Garni, which is a decidedly more elegant name for it than what Frank called it—"The Festering Mess."

Now, don't let Frank's nickname put you off. Choucroute Garni is a very rich dish, warm and hearty for a cold winter day, and perfect for a last hurrah before the New Year's resolutions set in (and all the fat and salt can help cure a holiday hangover!). It cooks for a long time, which makes it perfect for a lazy winter-holiday day of hanging out at home, and the smell of it cooking adds instant comfort to any home. Did I mention that it's *really* rich?

By now perhaps you're wondering what exactly Choucroute Garni is. It's an Alsatian dish that consists of lots of different types of pork cooked in sauerkraut. Choucroute means sauerkraut in French, and garni simply means garnished (in this case the garnish is meat). One could also make it, per Julia Child's suggestions, with roast goose, duck, or pheasant, but pork is the tradition in our house.

If you want to be really traditional, start the whole Choucroute Garni process by making your own sauerkraut. You can find instructions (and

information on the health benefits of sauerkraut, and fermented vegetables in general) at <http://www.maryjanesfarm.org/SimpleSolutions/sauerkraut.asp>. Someday, I plan to try this, but it probably won't happen this year, and the jars of sauerkraut found in the refrigerated section at the Co-op (with the pickles) work just fine. Just be sure to rinse it really well to remove the briny taste.

The pork that the Co-op sells comes from Beeler's Natural Pork, based in Iowa. Beeler's pigs are not confined to small pens, have plenty of fresh air and sunshine, are fed an all-vegetarian diet, are not given hormones or antibiotics, and are mighty tasty. Try whatever cut of pork strikes your fancy, plus a couple of different kinds of the Co-op's own pork sausages in your holiday Choucroute Garni. Be sure to serve it with plenty of mashed potatoes, and maybe this decadent, homey dish will become a tradition for your family also.

Alice is excited to see what holiday traditions will develop spontaneously for her family over the next several years.

### Choucroute Garni

From Julia Child to Nick, via Frank.

The types and quantities of meat (other than the bacon) are just suggestions—you can also try pork chops, ham, other types of sausage, or a different kind of meat entirely, but aim for 3-4 pounds total. And having something smoked (such as the kielbasa) is nice.

- 2 pounds sauerkraut, fresh or canned raw
- butter or oil for browning the meat
- 1 pound bratwurst
- 1 pound kielbasa
- 1-2 pounds pork loin roast
- 1/2 pound bacon
- 1 sliced medium carrot
- 1 sliced yellow onion
- 4 tablespoons fat (butter, bacon fat, or rendered goose fat if you have some on hand)
- A bouquet garni of 4 parsley sprigs, 1 bay leaf, 6 peppercorns & 10 juniper berries tied in cheesecloth)
- 1 cup dry white wine
- 2-3 cups chicken broth

Drain the sauerkraut and soak it in water for 15-20 minutes, changing the water several times. When most of the briny flavor of the sauerkraut has been removed, drain it and squeeze out as much water as possible.

Before you begin cooking, trace a large oven-proof skillet or Dutch oven on parchment paper. Cut out the circle, and butter it. Preheat the oven to 325 degrees.

Heat butter or oil in your pan, and brown all the meat (except the bacon) well on all sides. Remove it from the pan. Slice the bacon in 1/2 inch pieces, and blanch in boiling water for 10 minutes. Drain.

Cook the bacon, carrots, and onions in butter or fat over medium-low heat for about 10 minutes. They should be soft but not browned. Add the sauerkraut, and stir well to combine. Pour in the wine and enough stock to just cover the sauerkraut. Bury the browned meats and the bouquet garni in the sauerkraut and season lightly with salt. Bring the whole thing to a simmer on the stove, cover it with the buttered paper, add an oven-proof lid, and put it in the middle of the oven. Bake for 4 1/2-5 hours (adjust your oven heat if necessary to keep it simmering), until much of the liquid has been absorbed.

You can pull the pork roast into pieces, and cut the sausages, if necessary, before serving, but chances are that they will be so tender after cooking so long that they'll just fall apart. Serve over mashed potatoes and alongside a glass of Riesling.

## medical care for the whole family



FAMILY PRACTICE

OBSTETRICS

GERIATRICS

FAA PHYSICALS

WELLNESS VISITS

We are now accredited as a Rural Health Clinic. Accepting new patients, including Medicare and Idaho Medicaid patients.

JOHN GRAUKE, M.D. | MAREE MCHUGH, F.N.P. | DEBORAH MEDEL, F.N.P.



213 N. MAIN ST.  
208.882.7565

WWW.MOSCOWMEDICAL.COM

## Vegan-esque: Pro-Dessert Vegan—The Case For Chocolate

by Caitlin Cole, Newsletter Volunteer

**M**ost vegans I have known love dessert, and I don't mean a baked apple. Fruit desserts are great, I am sure we have all had plenty of cobblers and fruit pies at this point in the season. For me, when apple and berry season come to an end, I am looking to chocolate to meet my dessert needs. What do you think of when someone says "chocolate dessert"? You think yummy, right? Velvety, smooth, rich, and luscious? Me too. But is chocolate vegan? The answer is: sometimes.

Although cocoa butter is one of the ingredients of chocolate, its name is misleading. It is butter from the cocoa bean, not dairy butter, so cocoa butter is vegan. Milk chocolate, however, is made with milk which adds saturated fat and cholesterol and does not have the anti-oxidant properties of dark chocolate. I was stunned by just how many anti-oxidants dark chocolate has. The USDA did a study of foods and rated them with a score according to their level of anti-oxidants. Chocolate was far and away the winner, beating out such foods as blueberries and spinach! (see [www.grinningplanet.com](http://www.grinningplanet.com) for more information). Here are some other possible benefits of eating chocolate:

Chocolate is believed to potentially improve blood flow and elasticity in blood vessels; lower blood pressure; improve overall heart health; and reduce the risk of death from cardiovascular disease.

It may decrease LDL (bad) cholesterol as well as the body's inflamma-

tory immune responses.

Chocolate also may be able to improve insulin resistance and sensitivity.

It may increase alertness, lessen pain, and promote a general feeling of well-being.

I have spent some time thinking about it and I have concluded that chocolate is almost as healthy as vegetables. Cocoa butter is defined as a vegetable fat, is chocolate a vegetable? It is a plant food packed with nutrients, right?

Have you ever had a vegan truffle? The recipe below uses coconut milk instead of cream and I don't know if you will believe me when I say I cannot tell the difference, and if you don't like the taste of coconut you don't have to worry because you cannot taste it in this recipe. Of course, if you like coconut, you could roll the truffles in coconut at the end instead of cocoa powder. Or you could roll them in chopped nuts. This recipe is versatile; you can mix it up with the extract and the coatings. I like that it has only four ingredients, blending simplicity with creativity. They make excellent gifts. Who would not love to receive a hand rolled chocolate made with love?

If you are looking for a lighter dessert with lots of chocolate taste to serve at your holiday gatherings, I hope you will try this cake recipe. It makes a delicious moist cake with no saturated fat. It is quite chocolatey and can be enjoyed without frosting, but it is also good with the chocolate mint frosting.

### Mint "Butter cream" Frosting

- 1/2 cup cocoa
- 1 cup spectrum, softened
- 2 1/2 cups powdered sugar, or to taste
- 4 tablespoons soy milk
- 2 teaspoons mint extract
- dash salt

Blend or whisk together all ingredients. Add more liquid or sugar as needed.

### Chocolate Orange Truffles

- 1 small can coconut milk (5.5-ounce size)
- 1-9.7 ounce bar Scharffen Berger 70 percent cacao (no substitutions)
- 2 tablespoons orange extract
- cocoa powder for coating

Chop the chocolate into small pieces or grate well. Bring the coconut milk to a boil in a heavy bottom saucepan. The milk should bubble. Take the milk off flame and add chopped chocolate pieces. Whisk well until the mixture (called ganache) is silky, smooth and shiny. Add the extract and mix well. Chill the ganache in the freezer for three hours till it is well set. Using a melon baller or a spoon, scoop a portion after the second hour to see if the mixture is set. A well set mixture is easy to scoop, shape and is not very sticky. Line a tray or cookie sheet with parchment or wax paper. Keep a flat bowl with outer covering (nuts or cocoa) ready. Take out the ganache from the freezer. Scoop out a small portion and shape into a round ball using the tips of your fingers. Make 5 to 6 such balls about 1-inch diameter, put into the bowl with toasted nuts/ cocoa and shake to coat all over. Transfer to the tray. Repeat for rest of the ganache. Freeze truffles for an hour until set.

### Chocolate Velvet Cake

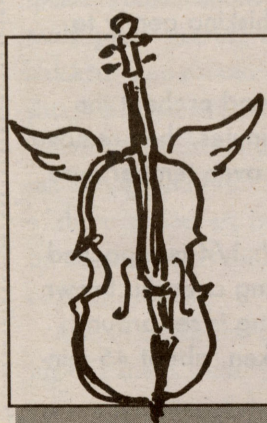
- 3 cups flour
- 2 cups raw sugar
- 6 tablespoons cocoa
- 2 teaspoons baking soda
- 1-1/2 teaspoons salt
- 2/3 cup oil
- 2 cups water
- 2 tablespoons white vinegar
- 2 tablespoons vanilla

Mix dry ingredients with fork in a large bowl. Add wet ingredients and mix well. Pour into 9-inch x13-inch pan. Bake at 350 degrees for 30 to 35 minutes.

Although the question of whether chocolate is or is not a vegetable did not get answered in this column, one thing is for sure; chocolate is a plant food that is good for you and is deli-

cious. Enjoy!

Caitlin Cole wishes you the very best this holiday season!



*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](mailto:Lblackburn@turbonet.com)

## Recycled Cotton Insulation

No Formaldehyde or Fiberglass



*Back Again!*

Available In

**R-13**

**R-21**

**R-30**

  
[www.TheNaturalAbode.com](http://www.TheNaturalAbode.com)  
 517 South Main Street  
 Moscow ID, 83843  
 208 883-1040

## Into the Cupboard: Sweets for the Season

by Ivy Dickinson, Newsletter Volunteer

The sweet potato and yam are often interchangeably referred to in conversation, yet they are very different, and in truth are not even distantly related. Sweet potatoes are yellow or orange in color and are from South America originally, while yams are often brown or black, can resemble tree bark, and are native to West Africa and Asia. Yams are often naturally sweeter than sweet potatoes and can grow to be seven feet long and nearly 100 pounds. True yams are rarely seen in American markets, so don't be fooled when you see something that looks very similar to a sweet potato at the store, but they have called it a "yam."

The one thing that these two tubers actually have in common is that it is

best to store them at cool, but not cold temperatures (between 55 and 60 degrees). Chilling them too drastically can actually damage them and will sometimes result in a condition where the core of the tuber will remain hard even after cooking. When choosing your sweet potato, keep in mind that the darker, slightly red varieties have a nutty aroma, a milder flavor, and will darken after cooking. The orange varieties are quite dense and are sometimes described as being similar to pumpkin. My favorites are the garnets located in the Co-op's produce department

I can remember attending many holiday dinners over the years that included baked sweet potatoes (a.k.a. candied yams) drenched in butter and brown sugar and topped with

marshmallows. For some people, the mention of this popular side dish is probably making your mouth water; however, this dish has never been a highlight for me. In fact, I can think of times where my mom would force me against my will to "taste" this dish just on the off chance that it would become a new favorite (it never did).

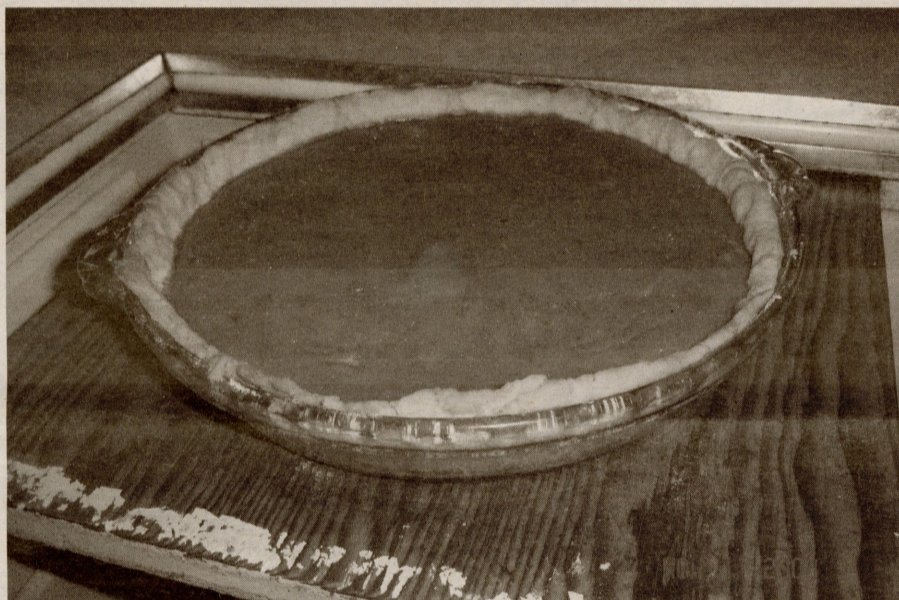
For all you lovers of baked sweet potatoes, don't fret, it was probably the marshmallows that turned me off. I've never liked marshmallows and doubt I ever will, but I love sweet potatoes and have discovered several ways to prepare them that I am quite fond of and can't wait to share.

For my first recipe I wanted to balance the sweetness of the sweet potatoes with something acidic, so I made roasted sweet potato chips to dip in a

tangy, red pepper apple chutney. This recipe is great for any occasion; I've even served it at a vegan thanksgiving I attended.

For my second recipe, I made a sweet potato pie. This is one of my favorite deserts because it has a great texture, is rich and creamy, and satisfies that need for something sweet. It is similar to pumpkin pie, but the spice blend I use helps to differentiate the two, and the brown sugar at the bottom makes this pie divine. Top with whipped cream and it may be the best thing ever.

Ivy is wondering if there is such a thing as too many sweet potato pies in any given holiday season. She thinks not! You can email her with questions and comments at [ivyrose7@hotmail.com](mailto:ivyrose7@hotmail.com).



Sweet potato pie: a holiday favorite.

### Roasted Sweet Potatoes and Red Pepper Apple Chutney

- 2 red peppers, seeded and diced
- 2 onions, diced
- 1/4 cup sugar
- 2 Tablespoons dried currants
- 1/4 cup cranberries, halved
- 3 garlic cloves, slivered
- 1 teaspoon mustard seeds
- 3/4 teaspoon ground ginger
- 1/2 teaspoon sea salt
- 2/3 cup cider vinegar
- 1/4 cup apple cider
- 1 apple, peeled, cored, and diced

Combine all ingredients except the apples in a non-reactive saucepan. Bring the mixture to a boil over medium heat, stirring occasionally. Reduce heat, cover pot, and simmer 30-35 minutes. Stir in apples and cook uncovered until they become tender and the mixture thickens, approximately 10-15 minutes.

- 2 large sweet potatoes, peeled and thinly sliced
- 1 clove garlic, diced
- 1/2 teaspoon rosemary, diced
- 1/2 teaspoon sea salt
- pepper to taste

Toss potatoes with olive oil, rosemary, and garlic. Arrange in a single layer on a baking sheet, sprinkle with salt and pepper and roast the slices at a high broil until surface starts to bubble and is slightly brown, flip and repeat on the other side. Potatoes should be slightly crispy around the edges, but still somewhat soft.

Spoon chutney onto the potato rounds and enjoy.

### Sweet Potato Pie

- 1 1/2 cups all purpose flour
- 1/2 cup vegetable shortening (I like the spectrum brand carried at the Co-op because it makes for a very flaky crust)
- 3 Tbsp cold water

In a large bowl, cut shortening into flour using a pastry cutter, until mixture resembles coarse meal. Add water 1 tablespoon at a time until dough forms a ball. Dough should be rolled out onto a lightly floured surface until it is approximately 1/4 inch thick and placed in a 9-inch pie pan. Chill in the fridge while you prepare the filling.

- 2 pounds sweet potatoes
- 2 tablespoons unsalted butter, softened
- 3 large eggs, plus 2 large egg yolks
- 1 cup sugar
- 1/2 teaspoon freshly grated nutmeg
- 1/4 teaspoon ground ginger
- 1/8 teaspoon ground cardamom
- 1/4 teaspoon salt
- 2-3 tablespoons bourbon
- 1 tablespoon molasses
- 1 teaspoon vanilla extract
- 2/3 cup whole milk
- 1/4 cup packed dark brown sugar

Prick the sweet potatoes several times with a fork and place them on a double layer of paper towels in a microwave. Cook at full power for 5 minutes, turn each potato over, and continue to cook at full power until tender but not mushy, about 5 minutes longer. Cool 10 minutes. Halve a potato crosswise, insert a small spoon between the skin and flesh, and scoop the flesh into a medium bowl. Discard the skin. (If the potatoes are too hot to handle, use paper towels as a wrapper.) Repeat with remaining sweet potatoes. You should have about 2 cups. While potatoes are still hot, add butter and mash with a fork or wooden spoon. Small lumps of potato should remain.

Whisk together the eggs, yolks, sugar, spices and salt in a medium bowl. Stir in bourbon, molasses, and vanilla. Whisk in milk. Gradually add egg mixture to sweet potatoes, whisking gently to combine. Set aside.

Adjust an oven rack to the lower-middle position and preheat the oven to 375 degrees. Bake the crust for 5 to 6 minutes, then remove from oven transfer to a wire rack and reduce the oven temperature to 350 degrees.

While the crust is still warm, cover the bottom with 1/4 cup packed dark brown sugar and the pie filling. Pour pie filling over the brown sugar. Bake on the lower-middle rack until the filling is set around the edges but the center jiggles slightly when shaken, about 45 minutes.

## In The Garden: A Homemade Holiday

by Holly Barnes, Newsletter Volunteer

Usually for the December issue I like to do a "Gifts for Gardeners" column stating the gifts I'd like to receive or have found valuable with my garden chores. Given an economy this year that requires many of us to find a new way of gift giving, I'd like to suggest some ideas for making gifts that gardeners and other lovers of the outdoors will enjoy.

My husband, the sailing guy, and I have tried the last few years to make gifts together that we give to family and friends. This year's project is birdhouses and we are having a great time together right now in the design and prototype stage. He found one he liked for sale on the internet for \$400. We couldn't imagine paying so much for a birdhouse! So the challenge was on to make one like it for a few dollars. He scoured our home library and found three books with specifications for homemade birdhouses. He has modified one of those to look like the \$400 model. I will begin painting it today, each house has four colors, and

we'll install it in time to take a picture to go along with this article (sorry, not in color!). If it all works we'll be making several more for holiday gift giving. We are enjoying the whole process together so much more than we would have a shopping trip to the mall.

Winter bird treats are fun and easy (if a little messy!) for both adults and children to make. Birds have four favorite foods: seeds, nuts, fats, and fruit. Suet, lard, and/or peanut butter can be used as the fats to bind the other three foods together. You can buy suet and lard at most grocery stores and also use crunchy or creamy peanut butter. The basic recipe is to melt the fat in a saucepan on low heat. If using peanut butter too, add at this time and melt it as well. Remove from heat and let the liquid cool somewhat, until it is slightly thickened. Then add the other three components: seeds, nuts, and fruit. Assuming you use a cup of suet or lard and a cup of peanut butter you can then mix in several more cups of the goodies, stirring to

mix well. At this time you may be ready to fill the vessels you are using. Be creative! Some ideas are pinecones tied with wire or string, or a red ribbon, for hanging; cookie cutters; small muffin tins; or a half slice of dried bagel. If you have a dead tree branch available, drill holes in it and stuff the holes with the tasty mixture, then hang. Or put the treats in commercial blocks intended for suet cakes. Get imaginative! Consider the vessel and how the suet will be offered and decide whether you want to put the whole thing in the freezer for a while to set. This might be necessary for cookie shapes and muffin tins.

You may want to do a little reading to find out the favorite foods of your local winter birds and add ingredients accordingly. Some birds love to eat insects. You can add to your mix a cup of turtle, reptile, or fish food that contains only insects. Yum! Woodpeckers love corn and would enjoy a mix with corn

*"The little things? The little moments? They aren't little."*

—John Kabat-Zinn

meal added. Recipes are what you make them and these bird treats make great gifts for everyone who has an outdoor area to hang them in.

Gifts made at home bring double pleasure, both in the making and the giving. I hope you'll try to make some gifts this season and find the joy that simple holidays can bring.

Holly Barnes is looking forward to a simple holiday season at home in Moscow.



## Letter from the Land: Diversity in Local Agriculture

by Suvia Judd, Newsletter Volunteer

The swans flew over last night, while I was up on the mountain. Later than last year, I think, but like last year heading west southwest, and again I wondered where their next stop is.

I have been considering the diversity of agricultural enterprises we have in the county, and the diversity in viewpoints about agriculture.

In October, I attended a workshop on sustainable livestock production put on by the University of Idaho, Washington State University, and Rural Roots. The keynote speaker, Joel Huesby of Thundering Hooves Ranch in Walla Walla, Wash., talked about his multi-species rotational grazing program and the innovative meat processing plant on wheels he built to give him the flexibility to supply his regional customers without being dependent on a distant meat packing plant. Local speakers talked about their operations: multispecies grazing with sheep and chickens, and rotational grazing with sheep, sheep and goats, and turkeys. Themes included farming practices, marketing, and processing issues. Most of the attendees are raising livestock on small acreages for local customers or their own use.

Also in October, I attended a meeting of Latah County wheat growers as a member of the Planning Commission to get input and direc-

tion for the County Comprehensive Land Use Plan. But I also got to hear the end of a presentation on marketing malt barley to South American beer producers. These were large acreage farmers, farming hundreds of acres and selling to an overseas market. Their input on our Comprehensive Plan questions overlapped with what we have heard from the other twenty groups we have met this year, but a few statements stood out. One person expressed that if we want to protect farmland, not to delude ourselves that that is necessary in order to protect food production, because science and technology can meet the need for world food production; instead be honest that we want to protect farmland for other values, like scenery.

A couple of weeks ago I attended a lecture at Washington State University by Vandana Shiva, a physicist turned food activist from India, who spoke about the impact international commodity agriculture has had on food self-sufficiency in her region. I saw a number of familiar faces at that talk, including some Latah County small acreage vegetable growers.

In Latah County we have diverse kinds of farmers. Among large acreage grain producers, some farm conventionally, while some incorporate conservation practices such as no till. Most of these farmers are market-

ing overseas, with the exception of the Shepherds Grain group, which is developing a local market. We have a few large scale livestock producers, and a number of smaller cow calf operations, that are marketing through conventional channels. And we have a variety of small acreage producers of livestock, and fruit and vegetables, who by and large are more likely to be practicing sustainable or organic agriculture, and marketing locally or regionally.

What do we all have in common? Well, first of all, we are all trying to make a living, we are all self-employed, and we are all subject to the vagaries of the weather and the natural environment as well as the fluctuations in economic environment. Also, perhaps we share a kind of Jeffersonian idea that there is something special about being a farmer; that being a farmer is a kind of statement of ideals of liberty and independence.

I think people farm for three reasons: they grew up farming, they like doing it, and/or they believe in what they are doing. Even among diverse practices and beliefs I see an underlying commonality of purpose, around food security. Some people see the path to food security as being addressed through increased production, supported by advances in technology. Others are working for

The Latah County Planning Commission is available to give workshops and collect input on the possible revision of the County Comprehensive Plan UNTIL THE END OF DECEMBER. If you want ground level input, please call to arrange a workshop (208) 883-7220, or go on the county planning and building website and fill out the individual questionnaire. What direction do you want land use to take in the county in the future?

food security from the angle of local production, reduced contamination of food and the environment, and reduced dependence on foreign oil for transportation and fertilizer.

Under this one tent of agriculture, I think in Latah County we mostly manage to maintain face to face civility and respect, even when we think the other guy's viewpoint is cracked.

"The farmer is the man, the farmer is the man, lives on credit till the fall; the farmer is the man, the farmer is the man, the farmer is the man that feeds us all."

Farmer Suvia Judd raises alpacas for fiber, not food, and grows large amounts of squash and fruit for her own use.

## Meals Kids Might Eat: Deceptively Delicious

by Judy Sobeloff, Newsletter Volunteer

When I was a kid my family went every week or so to a local fast food restaurant, often enough that I assumed we had a membership there, the way we did for our neighborhood pool. When the milkshakes suddenly stopped tasting good, we asked if we could switch to a different restaurant, at which point my father “fessed up”: he had secretly diluted the shakes with milk, turning two shakes into three.

I was reminded of my father’s failed ploy upon encountering Jessica Seinfeld’s cookbook, “Deceptively Delicious”. (Yep, Jerry’s wife, though the book practically screams, I’m a regular parent like you!) Tired of cajoling her kids into eating their vegetables, Seinfeld took another tack, instead sneaking pureed vegetables (and fruits) into foods her unsuspecting kids would like.

With Jerry apparently looking on, Seinfeld weekly purees a variety of fruits and vegetables and pops them in the freezer in zipper-lock plastic bags for ready use when the time comes. (For those who want to start a variation of this theme with babies and young toddlers, I highly recommend Ruth Yaron’s book, “Super Baby Food.”)

The cookbook’s look is retro, and it’s filled with practical ideas. In addition to the purees, Joy Bauer, Seinfeld’s nutritionist-collaborator, emphasizes that parents should also include at least one “visible veggie” with lunch and dinner: for example, steamed green beans, sautéed broccoli, raw baby carrots, sugar snap peas, or red, yel-

low, or orange bell pepper strips, plain or with dips. “You want your kids to get used to seeing vegetables and, of course, eating them.”

Setting aside questions about the surreptitiousness strategy, I agreed with fellow kid food writer Carol Spurling that we could instead act like it’s normal, for example, to put spinach in brownies.

In keeping with December’s comfort food theme, I sampled recipes for macaroni and cheese, brownies, and mashed potatoes. As my kids eat box o’ mac ‘n cheese for lunch pretty much all the time, I decided to start there, choosing the butternut squash variation over the cauliflower. I was gung ho at first, but changed horses midstream: after adding olive oil, flour, milk, and cheddar cheese, I just couldn’t bring myself to up the artillery with cream cheese.

I did follow the script by leaving a decoy Annie’s box on the counter, but their mama didn’t raise no fools, and the kids immediately set out to solve the puzzle.

“It’s surprisingly yummy!” said the 7-year-old after one bite. “It’s really gooey. It’s so cheesy that I don’t even like it!” countered her 4 1/2-year-old brother. Seven-year-old: “It tastes like it has something other than macaroni. Four-year-old: “It tastes like it has cinnamon.” Seven-year-old: “There’s stuff that’s really crunchy, big chunks that taste like parsley.”

Clearly I needed to work on my pureeing skills, so I concentrated harder when I tried a subsequent variation with white beans. This time both kids

liked it, but the extra steps seemed like a lot of hoopla for the sake of a few beans. As one whose spouse used to sneak eggs or tofu into the kids’ mac ‘n cheese, I think next time I’ll try beans and cauliflower together.

With the brownies, I planned to disclose the suspect ingredients, but the kids were so excited about making dessert for Fred’s birthday that I didn’t want to risk having them think these were some second-rate veggie brownies.

As it turned out, the older, savvier child was totally engrossed in decorating a container for the brownies. “What’s that?” the younger one asked when he saw the pureed carrots and spinach. “Oh, just some orange glop and green glop,” I said. “Go ahead and dump it in.” Deception intact—and yes, the brownies were perfectly good.

Lastly, we made mashed potatoes. Though two months had passed since the crunchy mac ‘n cheese, my daughter suspected something was awry as soon as she looked in the pot. “Hey, Mama, isn’t mashed potato not sup-



Potatoes of Deception.

posed to be foamy? Usually it looks more like white ice cream, and this looks more like applesauce.”

Nonetheless, both kids liked the cauliflower-enriched taters. “It’s good, unusually good,” my daughter said upon tasting it. “I mean, it’s good and it’s unusual.”

Judy Sobeloff’s most recent comfort food choice is graham crackers, hold the vegetable puree.

### Macaroni and Cheese

(slightly modified from Deceptively Delicious)

- 1-1/2 cups elbow macaroni
- Nonstick cooking spray
- 1 tablespoon olive oil
- 1 tablespoon all-purpose flour
- 1/2 cup nonfat (skim) milk
- 1/2 cup butternut squash or cauliflower puree
- 1-1/2 cups shredded reduced-fat cheddar cheese (about 8 oz.)
- 4 ounces (almost 1/4 cup) reduced-fat or nonfat cream cheese
- 1/2 teaspoon salt
- 1/8 teaspoon paprika
- 1/8 teaspoon pepper

1. Cook macaroni until al dente and drain. 2. While the macaroni is cooking, coat a large saucepan with cooking spray and heat over medium heat. Add the oil, then the flour, and cook, stirring constantly, until the mixture resembles a thick paste but has not browned, 1-2 minutes. 3. Add the milk and cook, stirring every now and then, until the mixture begins to thicken, 3 to 4 minutes. Add the vegetable puree, cheddar cheese, cream cheese, and seasonings, and stir until the cheese is melted and the sauce is smooth. Stir in the macaroni and serve warm.

NOTE: For a variation with white beans or chickpeas, substitute 1/2 cup pureed beans and 1 cup nonfat milk for the 2nd-5th ingredients here. Stir in 1/8 teaspoon garlic powder along with the other seasonings.

### Mashed Potatoes

(from Deceptively Delicious)

- 1 pound baking potatoes, peeled and cubed
- 1 teaspoon salt
- 1/2 cup cauliflower puree
- 2 tablespoons trans-fat-free soft tub margarine spread
- 1/2 cup lowfat buttermilk

1. Put the potatoes and salt in a large pot and add enough water to cover the potatoes by about 3 inches. Bring to a boil over high heat, then reduce the heat and simmer until the potatoes are tender when pierced with a fork, 15 to 20 minutes. (Or steam them for about 30 minutes.) Drain well in a colander.

2. Mash with a potato masher or potato ricer. Add the cauliflower puree, margarine, and buttermilk, and beat with a large spoon until the potatoes are smooth and creamy.

### Brownies

(from Deceptively Delicious)

- Nonstick cooking spray
- 3 ounces semisweet or bittersweet chocolate
- 1/2 cup carrot puree
- 1/2 cup spinach puree
- 1/2 cup firmly packed light or dark brown sugar
- 1/4 cup unsweetened cocoa powder
- 2 tablespoons trans-fat-free soft tub margarine spread
- 2 teaspoons pure vanilla extract
- 2 large egg whites
- 3/4 cup oat flour or all-purpose flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt

1. Preheat oven to 350. Coat an 8X8-inch baking pan with cooking spray. 2. Melt the chocolate in a double boiler or over a very low flame. 3. In a large bowl, combine the melted chocolate, vegetable purees, sugar, cocoa powder, margarine, and vanilla, and whisk until smooth and creamy, 1 to 2 minutes. 4. Whisk in egg whites. Stir in the flour, baking powder, and salt with a wooden spoon. 5. Pour the batter into the pan and bake 35 to 40 minutes. Cool completely in the pan before cutting into bars. (NOTE: Just don’t serve them warm—it’s not until they’re completely cool that the spinach flavor totally disappears.)

## “Mama Can We Make...?": Holiday Countdown Calendar

by Nancy Wilder, Newsletter Volunteer

December is a month of many celebrations among a wide variety of different cultures and traditions. And rightly so; the long dark colder days find us turning inward and spending more time indoors—the human equivalent of hibernating I suppose. But this inward and indoor time gives us a chance to reflect and celebrate all that is warm and light. And to find creative ways to fill the hours, especially with children, whose energy levels seem impervious to the cold and dark.

One of the most joyous aspects of this season of celebration is the sheer delight of anticipation. I imagine this is part of the reason that the advent calendar came to be. We can enjoy the weeks leading up to any celebration, such as the Winter Solstice, Hanukkah, Kwanzaa, Christmas, or any Special Day (we even made a countdown calendar for back-to-school). And if we can make a creative project out of our excitement and anticipation, so much the better (oh, and less I'm bored" is also a bonus).

To make this fun and easy project you'll need to gather the following items (or any similar items that suit

your fancy and will function as a sort of calendar):

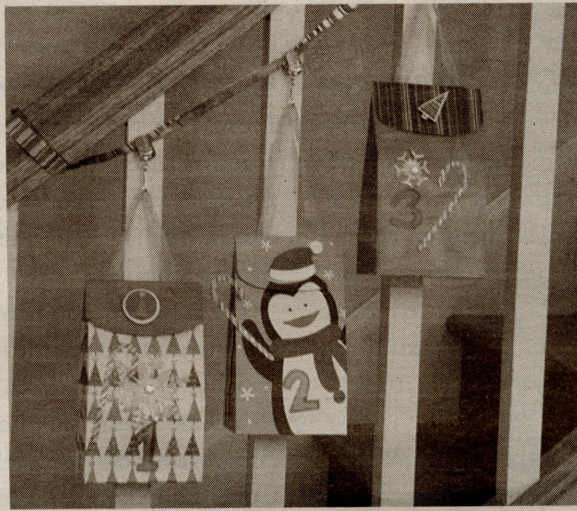
- ✓ One or two dozen re-used or recycled mini-bags (depending on your celebration and your tolerance for “How many days left now??!”).

- ✓ One or two dozen clothespins (small work best)

- ✓ Approx 2-3 yards of twine, rope, or sturdy ribbon

- ✓ Various decorating supplies (paints, crayons, markers, glue, glitter, sequins, stickers, etc.)

Now simply spread out some newspaper or an old cloth (old sheets are quite useful this way), and gather together your bags and decorating supplies. You can help very young children



write the numbers on the bags, or fill in your open-block numbers with paint, markers, etc. Once each bag has a number on it (fairly large for visibility), every-

one can add other sorts of decorations to personalize the bags. One idea: If you fill in the traced numbers with glitter glue and hang them below or near a string of holiday lights they will sparkle festively at night.

Next, tie up or tack your rope or ribbon along a wall (at kid height), and attach each bag in numerical order (or not!) with a clothespin. Ideas for small “treats” to put in each bag: nuts, marbles, a polished stone, a small bell, wrapped cookie, a caramel or chocolate, shells, a small photo, etc. Remember, it's mostly the anticipation that makes it fun. To keep little hands

from prematurely robbing all the bags (or even just peeking), you can add just one item each day or at night after their bedtime. And don't forget to have that camera ready for those glowing little faces. Enjoy!

Nancy's kids seem to have figured out all her good hiding spots for goodies...but at least shells and marbles won't rot their teeth.

Heather Alexander  LMP, NCTMB

Licensed Massage Practitioner

Relaxation  
Swedish  
Deep Tissue  
Hot Stone Massage

Handcrafted Massage and Body Care Products

600 S. Main St., Moscow ID 83843

By Appointment  
208-596-8248

Awareness through Touch

## PALOUSE REPORT: Winterize Your Ride



THANKS TO BRIAN OHLEN OF PARADISE CREEK BICYCLES. WWW.FROGBLOG-ACARTOONDIARY.BLOGSPOT.COM © ANNA BREWER

## December A Dime in Time Donation: Community Action Partnership

by Janet Richards and Dina Napier, CAP

**O**n behalf of the Moscow office of Community Action Partnership, we would like to extend many thanks to the Moscow Food Co-op for choosing us as the December "A Dime in Time" donation recipient. The funds from this donation will help to meet the needs of our clients as we work to end poverty in Latah County.

Community Action Partnership (CAP) is a private, non-profit agency created in 1964 under legislation signed by President Lyndon B

Johnson. Approximately 1,000 CAPS across the country serve as a premier network for community building, service delivery and low-income advocacy in this country. CAP works to help individuals and families achieve their full potential, and is committed to act as a catalyst for building relationships that inspire and equip people to end poverty.

The Moscow office of Community Action Partnership administers several low income energy assistance programs to include Project Share, Helping

Hands, and LIHEAP, (the Idaho Low Income Energy Assistance Program). It also received funds from the FEMA Emergency Food and Shelter Program to address the needs of the homeless in Latah County.

The staff of the Moscow office CAP routinely refers clients to a variety of social service agencies on the Palouse to include Home Weatherization, Area Agency on Aging, and Housing Counseling and Childcare information through our Lewiston office.

The Moscow CAP also assists

clients with funds for gas, transportation, lodging, rental assistance, and stocks an on-site pantry with food, diapers, school supplies, and personal care items. The Moscow office relies on monthly donations from Salvation Army and Moscow Interfaith Association, grants and private donations, to assist the population we serve and help them in the move toward self-sufficiency.

## Help the Hungry at the Moscow Food Co-op

by Peggy Jenkins, Unitarian Universalist Church of the Palouse Social Action Committee

**O**n these short, cold days, it's good to remember all the things we depend on to get through the long winter: a sturdy roof over our heads, fuel to light our fires and stoves, and good hearty food to fill our tummies. It's also a good time to think about what we can do to help those who aren't as fortunate.

Did you know one in eight Idaho children, or 49,570 children, go to bed hungry some time each month? Idaho is the 8th hungriest state in the United States. As winter 2008 closes in, there can be no doubt that hunger is on the rise in this time of economic uncertainty.

This is where Co-op members and

supporters can make a difference. Starting December 1, the Co-op Food Bank Donation Station will be located near the front door. Look for the colorfully decorated shopping cart with donation suggestions. Each week members of the Unitarian Universalist Church of the Palouse will pick up donated items and take them to food banks in Moscow or Pullman.

You can drop off items purchased elsewhere at the food bank donation station. Or better yet, purchase a few extra non-perishable Co-op essentials, or other sale price items, to place in the cart. Steve, the new Co-op operations manager, suggests that you make picking out food bank items a family

affair, so young children learn a little about the value of giving to others in need.

Thanks for reading, and we hope you'll all pitch in to make the Co-op Food Bank Donation Station a success. If you'd like to get involved, please email me at [jenkinsresearch@yahoo.com](mailto:jenkinsresearch@yahoo.com).

### Food Bank Most Needed Items

Peanut Butter  
Jelly  
Canned fish or meat  
Canned fruits including juice  
Canned vegetables including tomato sauce  
Canned soup or chili  
Rice  
Pasta  
Macaroni & cheese  
Cereal  
Canned or dried beans  
Olive oil  
Laundry and dishwashing soap  
Paper goods: toilet paper, paper towels, facial tissue  
Personal items: toothpaste, toothbrushes, dental floss, deodorant; razors, diapers

## Fun Flix

by Bill London, Newsletter Editor

**H**ere are the best videos we've watched lately. What are your favorites?

"Juno." This 2007 film, a deserving Oscar winner (best screenplay), is the tale of a pregnant teen and her search for adoptive parents for her baby. With some incredibly snappy dialog and a plot with remarkable twists, it's a coming of age story with a very modern veneer. And this film is both fun and poignant. Parents and their teens can both enjoy this PG-13 rated wonder.

"Waking Ned Devine." Ned Devine may be dead, but in this 1998 film, dead Ned has a winning lottery ticket. His buddies want to collect, and they have to organize everyone else in their remote Irish village to bamboozle the authorities and collect the cash. The result is a lesson in community for everyone. This film, loaded with Irish vistas and Irish characters, is great fun.

And while it is PG rated, everyone can enjoy it.

"Young at Heart." This 2007 documentary chronicles an unusual choir of 80-year-olds from Massachusetts. These seniors don't sing old ballads, instead they cover recent songs written by Jimi Hendrix, the Clash, and Sonic Youth. In other words, they rock. They also inspire and amaze and entertain. You certainly don't have to be 80 years old to get their message. If this PG-rated film doesn't inspire you, you may already be dead.

These are all available at Howard Hughes Video in downtown Moscow.

**Bill London edits this newsletter and reports that his beloved granddaughter Leyna has now started pre-school (loving it and fitting in fine as the only 3-year-old in a class of 4-year-olds).**

## Kelly Riley's CD Release Party

by Bill London, Newsletter Volunteer

**K**elly Riley and Zugunrue will be performing together again for the release of Kelly's new album, "Clear Burn" on her Coyote Rim Records label. Like her first album, "My Kind Of Road" that was released in December 2006, this collection of Americana, folk and blues tunes will lead you through the next set of stories from Kelly's journey.

Kelly, the former Bulk Foods Buyer for the Co-op, started her songwriting and musical path while living near Troy, Idaho in 2004. Kelly and Zugunrue performed frequently on the Palouse until spring of 2008 when she left the area to live and work in the wilds of the John Day River Basin in Fossil, Oregon.

The CD release event will take place

Saturday, December 6 from 8-11p.m. at Mikey's Gyros, 527 S. Main Street in downtown Moscow. Admission is free; everyone is welcome.

Kelly's vocals and rhythm guitar will be embellished with the talents of Henry C. Willard (electric guitar and dobro), Doug Park (upright bass and mandolin) and Paul Anders (fiddle, mandolin, and harp). Kelly will be singing original compositions from the new CD, the past CD and some tunes 'hot off the press' inspired by the current life she is living in central Oregon.

"Clear Burn" and "My Kind of Road" will be available for purchase at the release event, at Paradise Ridge Records in Moscow, Idaho and through Kelly's website: [www.coyoterim.com](http://www.coyoterim.com)

## Hams on the Air: The Palouse Hills Amateur Radio Club

by Sean M. Quinlan, Newsletter Volunteer

One of my fondest childhood memories is sitting with my grandfather, in his ham radio shack, dialing up far-away places. On the wall, next to the stacks of equipment, he had plastered QSL cards—the ham operator’s currency—that showed he’d contacted people across the globe. Sometimes he’d let me talk to these distant voices. I remember once being too flummoxed to speak with a gentleman from Australia.

As aficionados know all too well, amateur radio is anything but amateur. It meets a serious need, throughout our country, for emergency communication, and the operators maintain the highest professional standards. For some, it goes beyond this, and becomes a whole way of life. You can see this every year, when hundreds of ham operators descend upon Dayton, Ohio, for the national conference. My grandfather never could afford the journey, but my uncle Tom—who has carried on the torch—wouldn’t miss it for the world.

Given this perennial interest, it should come as no surprise that there’s an active ham radio community right here in the Moscow vicinity. And it’s called the Palouse Hills Amateur Radio Club (PHARC).

“We’ve been around at least 20 years,” says Harvey Howard, a Navy veteran and outgoing Club president. “I can’t even remember how long I’ve been a member!”

PHARC has about 10 dedicated members and 20 affiliates. The fees are minimal: 10 bucks per year.

The Club meets the fourth Wednesday of every month, usually at the local Jack-in-the-Box. Every third month, the group gathers in Pullman to give the Washington members a break on the driving. And then there’s the “Hams for Lunch” meeting that happens at the Sandpiper grill on the second Monday of each month. The chat starts at noon. “It’s strictly a social gathering to shoot the bull,” says Harvey.

The Club provides a number of key community services. A subgroup focuses on Amateur Radio Emergency Services (ARES), which deals with community emergency planning. Other members are active in planning with the Latah County Search and Rescue, which provides mutual aid assistance to neighboring counties.

“It’s no joke,” reports member William Antonelli. “When the Oklahoma City federal building got bombed, and on 9/11, all the communications went down. So it was the ham operators who were relaying emergency measures.”

Ham operators usually provide local services. Harvey tells a recent story of a woman whose car broke down outside of Lewiston. She was out of cell phone reach, but a truck stopped with a hand-held operator. He went on the air and found Harvey, who relayed the message to law enforcement officials. They arrived immediately.

PHARC also trains people who want to get their ham radio license.

One question you don’t need to worry about: the origin of the term “ham radio.” “No one knows,” chuck-

les Harvey. “Every ten years or so, that debate flares up. But no one can find the answer.”

Every September, PHARC helps sponsor the ham festival in Spokane. Ham opera-

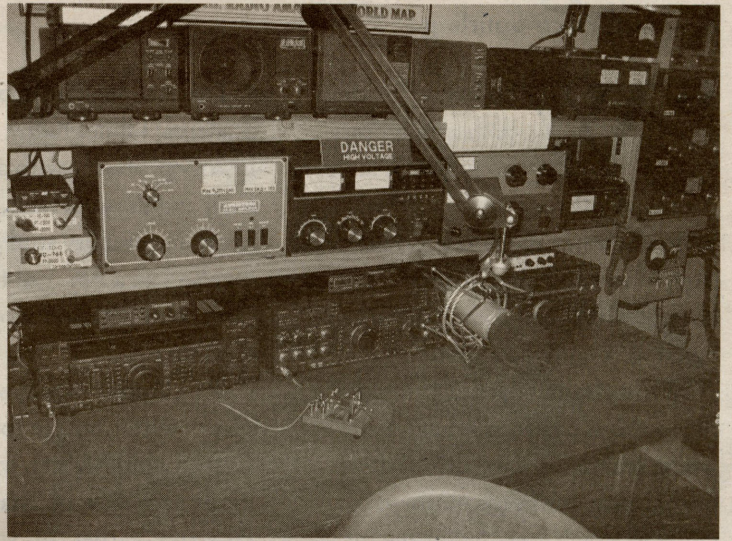
tors can find all sorts of seminars—ranging from ARES data to the latest in digital technology—and there’s a huge flea market to swap and sell. The major equipment dealers are also represented.

“That’s the great thing about ham radio,” says Harvey, “there’s a lot to get into. It’s not just restricted to talking. With digital stuff and satellites, there’s a wealth of opportunities for people with interests in all sorts of media.”

“There’s been an upsurge in interest in ham radio, especially with truckers,” he avers. “They’re sick of all the potty-mouth talk you encounter on CB radios. You couldn’t leave a CB radio on in the car with a wife and kids. But you could with a ham radio. We keep the strictest standards.”

“Nevertheless,” he says, “we’re hoping to recruit even more young people into ham radio. The old timers are getting old, and it’s time for a new generation to step in.”

Ham radio is a wonderful communi-



ty of like-minded interests. With their new digital technologies and satellites, operators have one foot in the future, but the call of radio roots them firmly in time-honed traditions of the past.

Please visit the Palouse Hills Amateur Radio Club at their website: <http://palousehills-arc.org>.

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



### 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.



## bellanina® FACELIFT MASSAGE



### “Creating Beauty with Healing Hands”

Bellanina Facelift Massage, a **Multi-Faceted** technique/treatment:

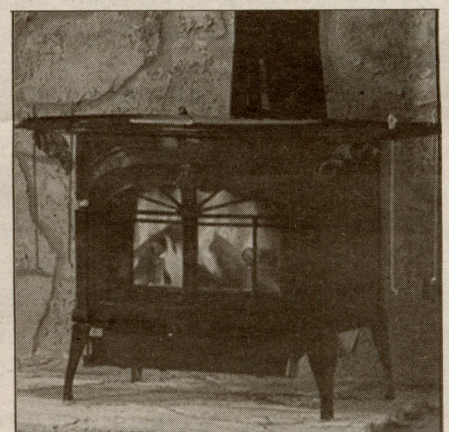
- Pampering, Relaxing treatment
- Firming, Lifting, Contouring, and muscle Toning treatment
- Healing treatment for TMJ, head, neck, and sinus tension
- By Appointment

Receive 20% off your first Rejuvenating Facelift Massage.  
For more information regarding this Holistic massage oriented treatment, contact Janice Neglay, 882-3401.



Janice Neglay LMP  
Certified Bellanina  
Facelift Massage  
Specialist &  
Teacher

Gift Certificates Available: ~ Mother’s Day ~ Anniversary ~ Birthday



### Vermont Castings Wood Stoves

Lowest emissions at  
0.7 grams/hour!



The Natural Abode  
517 S. Main St Moscow  
208-883-1040

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



## Book Review: "Beans: A History" by Ken Albala, Berg, 2007

by Carol Price Spurling

"Who knew?" is the phrase that pops up in blurbs about "Beans: A History" by Ken Albala. Who knew beans could be so interesting? Who knew that history could be illumined through beans? Who knew beans were so significant?

Well, nobody. Most of us know beans about beans, at least in America, where we have always looked down our noses at the beans on the table while we reach greedily for the meat. That's why readers of Albala's book are so surprised. In the first place the reader is staggered by the sheer amount of information compiled into one source, and in the second place by the happy discovery that the subject is so darn compelling.

This is a popular book with an academic bibliography, compiled by a history professor with a penchant for food and unusual facts. It will serve many a university student well. But it's also just a fun read for anyone who cares to understand more about the food we eat.

(Disclosure: Albala was the book review editor for the Journal of Food, Culture, and Society, which published my book review of "Market Day in Provence" earlier this year. I also love his food blog: [www.kenalbala.blogspot.com](http://www.kenalbala.blogspot.com))

Beans is divided into a sort of bean genealogy, with chapters devoted to the various branches of the bean family and their geographic origins. Included are lots of recipes, historical as well as

Albala originals. Those of us on the Palouse could have hoped for a mention in the chapter on lentils but alas, next to the 10,000 years of lentil history since they were first domesticated, our century of lentil cultivation fades into oblivion.

There have been a few successful books in the same single subject vein in recent years, such as *Cod*, and *Salt*. *Beans* succeeds as well—winning the International Association of Culinary Professionals Jane Grigson award in 2008—because Albala is passionate about his subject, and yet not afraid to be funny, or irreverent.

You'd have to be, to undertake what Albala did. As he writes in the preface, "To truly understand beans, to become one with my subject, I resolved to eat

beans every single day, ideally a new species or variety with every meal." He made it through an entire year like this before giving up, but he still eats beans once a week or so despite beans' one main shortcoming.

"No matter what anyone says," Albala writes, "Tolerance for the bean and its gaseous effects does not develop over time. You just get used to bloat. At least I can say I am full of beans."

.....  
**Carol Price Spurling is now full of beans, too. She immediately made split pea soup and homemade refried beans after finishing *Beans*, and is soaking a pot of kidney beans at this very moment.**

## Co-op Crossword Puzzle

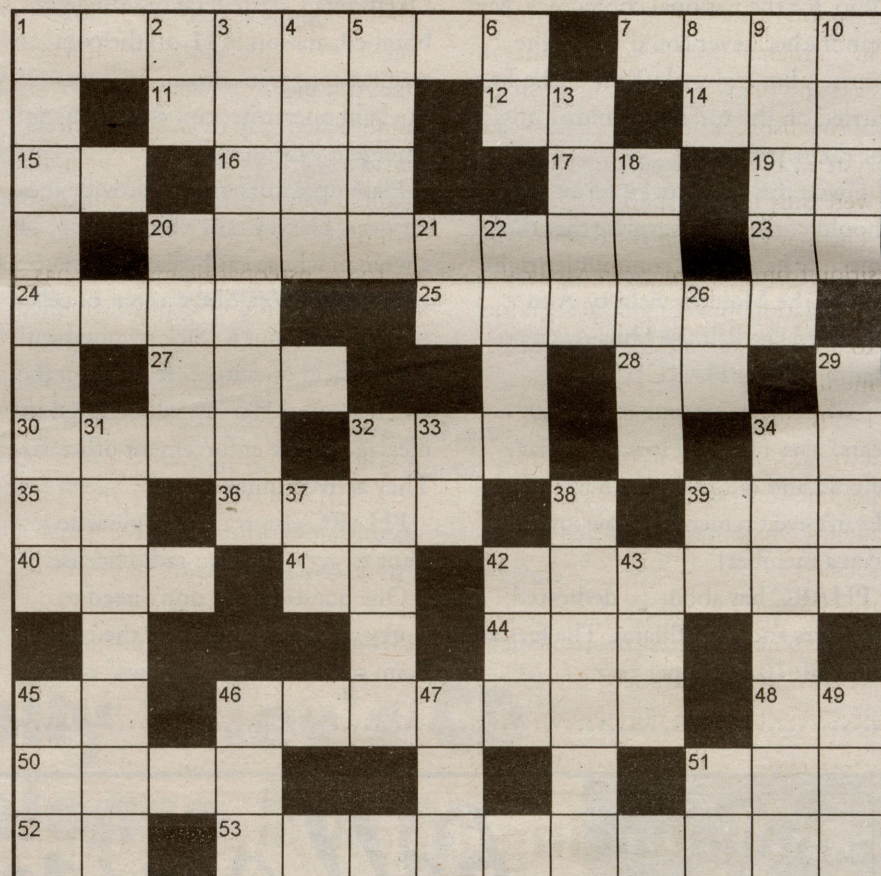
by Craig Joyner, Newsletter Volunteer

### ACROSS

- 1 The return of this MFC cultural commission, 1st word, 2nd is 1 down
- 7 His acrylic on canvas in on display at MFC, 1st name, last is 3 down
- 11 Spicy sweet tea
- 12 This or 45 across is available at 15 across
- 14 Bovine bellow
- 15 School for vandals, abbreviation
- 16 America
- 17 This commonwealth turned blue for Obama, abbreviation
- 19 The other half of 'and J'
- 20 Last month's profiled volunteers; last name is 46 across, also see 29 down
- 23 Canadian Public Broadcasting news radio show "\_\_\_ It Happens"
- 24 Other examples: whole or two percent
- 25 Burrow
- 27 Plenty of treats for this pet next to the bulk spices and dried fruits
- 28 Ego's companion
- 30 Prayer finale
- 32 Arranged
- 34 Exercise class at school, abbreviation
- 35 Archaic pronoun popular at renaissance fairs
- 36 Dried fruit
- 39 In Tonga, Tongatapu's sister island
- 40 The shrewd member of The Family Stone
- 41 This red state gave one electoral vote to Obama, abbreviation
- 42 MFC produce stocker with a seasonal name
- 44 Home of Deadwood, Entourage, and Real Time with Bill

### DOWN

- 1 See 1 across
- 2 Its northern neighbor did not vote for McCain, abbreviation
- 3 See 7 across
- 4 Unburden
- 5 Proclamation or Italian automobile
- 6 Bulk bin items are priced by the ounce and this, abbreviation
- 8 730 is to this as 900 is to pm
- 9 Traditional resin source for incense
- 10 New MFC Operational Manager, last name, 1st is 32 down
- 13 Co-op Pastry Bakery Manager, \_\_\_ Krempel
- 18 Co-op Kitchen Manager, \_\_\_ Pollard
- 20 French author and 1947 Nobel winner for literature
- 21 Home state of Joseph Lieberman, abbreviation
- 22 Co-op Bread Bakery Manager, \_\_\_ Paddington
- 26 Local produce grower \_\_\_ Steele
- 31 Co-op Service Manager, \_\_\_ Culton
- 32 See 10 down
- 33 Poet, \_\_\_ cummings
- 34 Buy this MFC dessert and



- you've donated to the food bank, also see 51 across
- 37 Often before a vowel
- 38 See 53 across or organic cosmetics company
- 39 Europe's USA
- 42 Triumphant interjection or 80's rock band
- 43 French fry's squat cousin
- 45 MFC Deli savory treat Bok \_\_\_ Salad
- 46 Sun
- 47 Misery
- 49 Hank Hill's wife on King of the Hill
- 51 Smelly or periodic symbol for plutonium

.....  
**Craig Joyner is the sound of one hand clapping.**



### Short-Term Rental

- One bedroom upstairs apartment
- Near downtown Moscow
- Fully furnished & equipped
- High-speed wireless internet
- Cable television
- Daily, weekly, and monthly rates

Carol Spurling (208) 669-0763  
[writer@plumassignment.net](mailto:writer@plumassignment.net)

## Choices in Wellness: Osteopathic Medicine

by Dr. Angila Jaeggli, Newsletter Volunteer

*“To ask a (medical) doctor’s opinion about osteopathy, is equivalent to going to Satan for information about Christianity.”*

—Mark Twain, 1901

While much has changed in the medical profession since 1901, this quote reflects the struggle that osteopathic medical practitioners have had over to past century to bring recognition and acceptance to their profession. Osteopathic medicine was initially founded in 1892 by a medical doctor (M.D.), Dr. Andrew Taylor Still, who was frustrated with the movement of medicine towards drugs and unsanitary surgery, which he felt did more harm than good. He believed that disease and physiologic dysfunction lied in the disorder of the musculoskeletal system, and that drugs and surgery were only needed sparingly, if at all. The new profession faced strong opposition from the American Medical Association, resulting in many efforts to discredit and eliminate osteopathic medicine, even as recently as the early 1960s. Mark Twain became a strong advocate after he and his daughter became well with osteopathic treatments, when traditional medicine seemed to, in his opinion, only make them worse.

The tenets of osteopathic medicine are a lovely declaration of whole-person wellness, in mind, body, and

spirit. A few excerpts of their tenets include: the body is capable of self-healing; structure and function are reciprocally interrelated; the body has an inherent ability to defend and heal itself; a person represents mind, body, and spirit; and rational treatment is based on the interrelationship of these principles. The practice of osteopathic medicine combines the application of these tenets, typically within a family practice style environment, with osteopathic manipulation techniques.

Osteopathic manipulation is a manual adjustment, or movement, of the extremities and vertebrae of the spine, very similar to chiropractic manipulation. Other techniques are regularly incorporated such as cranial osteopathy (very subtle movements of the cranial plates), soft tissue and joint manipulation, myofascial release, and trigger point therapy. The goal of these treatments is to restore pain-free movement and encourage optimal functioning of the body. These techniques are regularly used to address headaches, back pain, joint pain, nerve pain, organ dysfunction, asthma, and whiplash.

Today, osteopathic medicine has joined the ranks of mainstream medicine, and in many cases, the medical training and practice of an osteopathic physician differs little from the training and practice of an M.D., much to the dismay of some in the profession. While recognition and acceptance into “traditional” medicine has been won, some feel that the very thing that made them different is now being lost. In a recent survey done by the American Osteopathic Association, they found



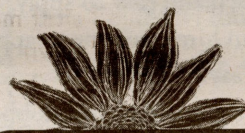
Illustration by Lucas Rate.

that less than five percent of patients received osteopathic adjustments. The Association is working hard to try and change that, by increasing the number of classes and continuing education on manipulation, funding more research and promoting awareness.

Luckily, our one local osteopathic physician, Dr. Paris Kharbat, (509.432.5053, [www.theheartofmedicine.us](http://www.theheartofmedicine.us)) has held true to her osteopathic roots. Her practice combines

a whole-person centered approach, osteopathic manipulation, functional medicine, and acupuncture with the training and experience of a board-certified family practice physician.

.....  
**Dr. Jaeggli is a board-certified naturopathic physician who practices in Pullman and specializes in integrative family medicine, (509) 332-2221. [www.sagemedicine-clinic.com](http://www.sagemedicine-clinic.com)**



## Letter to the Editor

### Thank You, Moscow

A little while ago I was contemplating my sense of place. I decided that besides my general attitude on life, a number of things would have to be in place in order for a town to feel like “home” to me, including its environment, life opportunities, and most importantly, its community.

Since my car accident back in July, I’ve had unconditional support from an enormous number of people in this town who sent me letters, called me on the phone, and—when I was able to permanently come back to town—paid me house visits, watched my cat, and helped me with everything from hefting my groceries up the hill to hefting me up the radio station stairs to do my weekly radio show.

This October 25, I attended a birthday fundraiser party thrown in my honor at Mikey’s Gyros (thank you for staying open so late, you guys!). Thanks to the people of Moscow, I had the best birthday of my life, with the possible exception of my first.

If I can be cheesy and compare the happiness I experienced to a storm, I found myself content in its eye one moment and flailing around its periphery the next.

I hadn’t expected such an abundance of party attendees, gifts or financial donations. Any initial shyness I felt as the center of attention at this amazing party was far outweighed by everyone’s overwhelming support and love. People donated their cakes, loving gifts, musical expertise, and even items for a raffle. Thanks to the Co-op for their donation of two community dinners and helping to advertise the event in the October newsletter.

Friends like you truly make this town a home for me. I can’t thank you enough!

—Emily Poor, Moscow

## Announcing Open Auditions!

For the University of Idaho Women’s Center V-Day Benefit Production of Eve Ensler’s

# THE VAGINA MONOLOGUES

**AUDITION ON**

**FRIDAY | Dec 5 @ 6 PM**

**SATURDAY | Dec 6 @ 6PM**

Please call the Women’s Center at 885-6616 for Location of Auditions

**Campus and Community Members Invited to Audition.**

No theatre experience necessary! Prepared monologues accepted, but not required. Tentative Production Dates: February 6/7/8, 2009 at the Kenworthy Performing Arts Centre. As per TVM rules, only women may be cast in speaking roles. Transgender women welcome and encouraged to audition. Men are invited to participate in V-Day 2009 in non-acting roles.

**WOMEN’S CENTER**  
WORKING FOR GENDER EQUITY SINCE 1972

**{{V DAY}} 2009**

wcenter@uidaho.edu ~ 208-885-6616 ~ www.uidaho.edu/womenscenter

## The Sustainability Review: Getting Ready for Winter

by Mike Forbes, Newsletter Volunteer

The cold is upon us and our houses are going to see the challenge of keeping us warm soon enough. Hopefully we can go into the winter with a house that does this efficiently and as cost effectively as possible. I hear stories of people's electric and gas bills regularly and can't help think that some improvements in their existing systems' efficiency couldn't do anything but help and certainly not hurt.

This month, I'm going to write a bit about what little things you can do that will improve your ability to keep warm. I'm going to stay away from the utility bill pamphlet style of ignoring the do-it-yourself improvements and telling you only to turn your thermostat down and buy a new water heater. Those are good things to do, but I'd like to offer a couple up that you might not hear of as often.

**#1:** Have an energy audit done of your house by someone that knows what a blower door is (and has one too) and will do a thermal scan to boot. The gist of this audit is to identify air leaks in your house and help you strike a balance between good indoor air quality and leaky to the point of heating the outdoors with your furnace. There is actually a calculable number of what is termed Air Changes per Hour (ACH) that you want your house to do. Anything less than optimum means you live in a plastic bag and is bad for your health. Anything more than optimum means you are losing precious heated



air to the outdoors. An audit will tell you these numbers and the auditor will tell you what leaks need to be fixed or what other air handling methods you need to implement (i.e., running your whole house fan as was designed when you built the house).

Another critical thing that an audit will do is a test of your heating ducts. This is obviously something

only done on houses that have forced air systems, but since most people have this I'll address it here. It is interesting to note that most HVAC (heating, ventilating, and air-conditioning) contractors are not able to install ducts properly. I know this will ruffle the feathers of some, but it is the case. If I remember correctly from my days of audit training, more than 40 percent of the heat you generate is lost to leaky ducts. Unless you live in a house where the ducts are completely in the living space, this heat is lost to the outdoors. Ducts in your attic or crawlspace are leaking heated air into those spaces in turn heating them. There is one way to seal ducts and that is with duct mastic available at Home Depot and it's non-toxic, water based and easy to apply. I'm sure you can hire someone to apply it, but I would say it's easy to do yourself as well. The gist is that you slobber it on all duct seams in a thick coating. I advocate all ducts be sealed tight, but some aren't as accessible as others. The person performing your audit will do a duct test with the blower door and will show you which of your ducts are leaking most. The only auditor I know of

in the area is Palouse Synergy Systems ([www.palousesynergysystems.com](http://www.palousesynergysystems.com)).

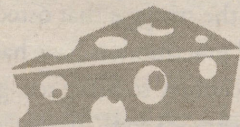
**#2:** Get good window blinds. We installed double cellular shades on all of our windows and noticed a huge comfort improvement in our house. If you think about how much colder a window feels when you are near it versus a wall, you can see that blocking that heat transfer is a good thing. Manufacturers will claim outrageous R-values, which is misleading since the blind isn't sealed on the edges. The benefit comes from blocking the radiant heat loss going toward and out the

windows. I recommend the cellular shades that are either double or triple cell. If you are interested in who we used, e-mail me and I'll let you know. We spent approximately \$70 per window.

Hopefully these two items spark some interest and can help you improve your bills/comfort during the winter.

Mike can be reached at [bodie-selmike@gmail.com](mailto:bodie-selmike@gmail.com).

## Cheese Festival!



Photos of the cheese sampling fair October 25, 2008, by David Hall.



## Brused Books



### Hours:

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

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

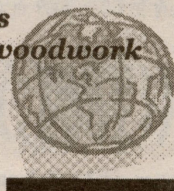
509-334-7898  
235 E. Main  
Pullman, WA 99163

## Keith Smith Carpentry

Level, plumb, & square with the world

Timberframes  
Additions  
Remodels  
Custom woodwork

882-4938



## 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

## The Co-op Listener: Dan Maher

by Jeanne McHale, Newsletter Volunteer

**D**an Maher will be at the Co-op for Tuesday Night Music from 6-8 p.m., December 16, 2008

"Wow, what great songs! Who the hell was that?" That is the response Dan Maher prefers to get from his audience. Long-time listeners of live local music won't be saying that, as they will instantly recognize this familiar and beloved icon of local music when he performs at the Co-op on December 16. Along with all others within musical reach, they'll be smiling, toe-tapping, singing along, and generally having a good time. Preparing to write this column, I fondly recollect numerous performances by Dan, at venues as diverse as the Moscow Renaissance Fair, the Kiwani's Pancake breakfast, the Farmer's Market, the old Moscow Mule, and the Moose Lodge. His songs can be uplifting and introspective: "To worry does nothing but steal from the loving and rob from the pleasure that's there." They may tax your sing-a-long skills with infinitely nested lyrics like the lip-flapping "Rattlin' Bog," a traditional Irish children's song. At last summer's Farmer's Market performance, Dan incited much audience participation on "Old Dun Cow," a rousing drinking song about the bleedin' pub being on fire. "Somebody hollered MacIntyre!" (the crowd shouts "MacIntyre!"), "and we all got blue-blind paralytic drunk when the Old Dun Cow caught fire."

Dan is well-known throughout the Pacific Northwest, traveling regularly to Seattle, Tri-Cities, and Wenatchee. He has a longstanding radio show,

Inland Folk, on NPR. He has created four albums, and has opened for folk giants such as Dave Van Ronk, John Prine and Tom Paxton. I have so enjoyed his performances over the years; I am aghast when he claims he is "phasing out music." I sit rapt and scribbling as he explains the sage ripening of his musical philosophy. It's a relief to learn that he is working on a new album, one that will include for the first time some of his own compositions. Slowly, I begin to understand his heartfelt desire to share music on a more mellow scale than fame permits. The singer is secondary to the song, he says. Thankfully Dan's idea of phasing out includes gigs at the Green Frog Café and the One World Café on occasion, where we can continue to witness Dan breathing life into a song, swinging the lyrics, thumping his guitar, invoking participation, or singing a cappella. Once I witnessed him change a string as he sang without accompaniment. I have heard him render ordinarily corny yuletide songs with gusto and joy, throwing his head back in laughter. I am enamored of his musical Cliff's notes rendition of Hamlet. If I heard him sing Danny Boy I would cry.

As we bask in this bright musical spirit we should thank Dan's parents, whose approach to the challenge of raising visually impaired twins was to sit Dan and his sister in front of the radio to be entertained. Back then, Dan explains, AM radio was not so rock-oriented, and one could hear Johnny Cash, Marty Robbins, and the Kingston Trio. The ASCAP strike led to the blossoming of Motown and the rebirth of Folk, at least until those

British boys (what was their name?) caused Folk to dwindle back to "where it should be," says Dan. A lover and promoter of Irish music, Dan balances his propensity for popular participation with songs that encourage you to sit back and soak in the story.

As a lad, Dan played drums in the marching band at North Central High School in Spokane. But he soon realized the drums were not so portable, and more to the point, not so useful for enthralling girls with song. After five guitar lessons he got the basic idea, he says, claiming not to be a guitar player, but a singer. He has the right to feel that at the present stage of his career it is very exciting to "transcend the idea that people have to know who you are." Here on the Palouse, we literally consider him royalty, as he and his



Queen Annie Hubble and King Dan Maher at the 2007 Moscow Renaissance Fair.

sweetie Annie Hubble served recently as King and Queen of the Moscow Renaissance Fair. I highly recommend catching Dan Maher at the Co-op on December 16. You will have a royally good time, or if reading this later in December, may already have had one, at least I hope so. Happy Winter Solstice and Happy Listening.

The Co-op Listener is written by bonnie wee Jeanne McHale, working till the bonnie wee hours of the morning.

### SPURLING HOUSE & GARDEN

Landscaping ~ Gardening  
Handyman Services

Walter Spurling  
(208) 669-0764

### PIANO TUNING and REPAIR

Since 1971

Moss Valentine  
892-8239

  
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

**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

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



# Bulletin Board

MOSCOW

Moscow Food Co-op  
121 East Fifth  
Moscow ID 83843

## Co-op Events

### Co-op Board of Directors Meeting

**Tuesday Dec. 9, 6pm**  
Fiske Room, 1912 Center.

### Co-op Board Candidate Orientation

Orientation is mandatory for those who intend to run for election to the Co-op Board.

**Saturday Dec 6, 11am**, in the Friendship Hall of the 1912 Center.

**Thursday Jan 8, 6pm**, in the Co-op's mezzanine meeting area.

**Saturday Jan 10**—Board Candidate Filing Deadline

**Saturday January 31**—Deadline to Become Co-op Member to vote in March BOD elections:

### Co-op Kids – Meet Tuesdays at 9am

**Dec 9:** Meet at the 1912 Center in the Arts Workshop to string old fashioned garlands, make glittered snowflakes and visit. When we are done we will take some of our decorations downstairs to add cheer to the Great Room for the Seniors Lunch.

**Dec 30:** Meet in the Co-op Cafe to make party hats and crowns to wear as we ring in the New Year

### Art at the Co-op

**Friday Dec 12, 5:30-7pm**

Opening reception for the 3<sup>rd</sup> Annual Co-op Staff and Volunteer art show. The co-op staff and volunteer body is full of talent and we have artists all over the store disguised as cooks, deli servers, cashiers, stockers and board members.

### Co-op Tuesday Music Series

**6-8pm in the deli**

- Dec 2 David Room
- Dec 9 Pullman Jazz Collective
- Dec 16 Dan Maher
- Dec 30 Daniel Mark Faller

### Co-op Wellness Class Series

**Monday Dec 15, 7 pm**

'Make your own bodycare' class with Kate Jaeckel. Make Orchard Farm's lip balm and a small lotion bar. This class is a workshop, and there will be a small fee of \$5 for the supplies needed. Sign up for the class with Co-op cashier.

## Community Events

### Dickens' "A Christmas Carol"

**December 5, 6, 12, & 13 at 7:30pm.**  
**December 7 & 14 at 2 pm.**

Moscow Community Theatre at the Kenworthy Performing Arts Centre. General Admission \$12, Seniors (60+) and Youth (12 and under) \$9. Tickets available at Bookpeople in advance, and at the box office half an hour before each performance.

### "Mysteries of the Mind"

**Friday Dec 5, 7pm**

Maticintin, Buddhist Wisdom Master, will give a free public talk at the HÜMÜH Meditation Center, 107 East Second Street.

office 3-1808

### Winter Market

**Saturday Dec 10**

In the Great Room. Vendors will be selling cheeses, pottery and paintings, greens, knitted handmade creations and more items. Come take photos with Santa at Habitat for Humans.

### Appaloosa

**Saturday Dec 12**

Don't miss seeing the Appaloosa, ride up to the Appaloosa Museum in Moscow. Santa's Appaloosa will be available for petting and children can decorate their own delicious Appaloosa cookie. Free and open to all. ☎ 882-5578, x 279

### Kelly Riley and Zugunrue

**Saturday Dec 6, 8pm—11pm**

Performance for the release of Kelly's new album, 'CLEAR BURN', at Mikey's Gyros in downtown Moscow. Admission is free, everyone is welcome.

### 1st Annual Sustainable Holiday Fair

**Wed/ Thu Dec 10/11, 11am - 2pm**

UI Sustainability Center, in the UI Commons Whitewater Room.

[communications@uidaho.edu](mailto:communications@uidaho.edu)

## First Annual Kenworthy Film Festival

The Kenworthy Student Film Festival is open to students currently enrolled at area colleges and universities. Deadlines are:

**December 15, 2008** (early bird)  
**January 15, 2009** (final). Complete guidelines and entry forms may be downloaded at [www.kenworthyfilmfestival.org](http://www.kenworthyfilmfestival.org)

## Moscow Library Book Groups - December

**Monday Dec 15, 6:30pm:** *The Condor's Shadow: The Loss and Recovery of Wildlife in America* by David Samuel Wilcove

**Tuesday Dec 16, 1:00pm:** *Snow in the River* by Carol Ryrie Brink, and *Water for Elephants* by Sara Gruen.

[chriiss@latahlibrary.org](mailto:chriiss@latahlibrary.org)

## One World Café Music - December

All music starts at 8:00 pm

- Dec 3 Irish Music
- Dec 4 Finn Riggins, Super XX Man, & Bart Budwig
- Dec 5 The Oolongs
- Dec 12 Brian Gill and Katrina Mikiah
- Dec 20 Jakob Wells - Local

## Vigil for Peace

**Moscow: Fridays 5.30—6.30pm**

Ongoing since November 2001. Meet in Friendship Square. Resources, encouragement, and opportunities for action. *Dean or Gretchen Stewart*  
☎ 882-7067, [sperrine@potlatch.com](mailto:sperrine@potlatch.com)

**Pullman: Friday Dec 5, 12.15—12.45pm**

Under the clock by the Public Library.  
☎ 334-4688, [naneyew@pullman.com](mailto:naneyew@pullman.com)

We want to hear from you!

Send us your community announcements by email [events@moscowfood.coop](mailto:events@moscowfood.coop) 24th of the month.

If your event is at the beginning of the month, please send month early for inclusion in the previous month's newsletter.

For more events & information visit [www.moscowfood.coop](http://www.moscowfood.coop)

