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Community News

FREE!
PLEASE TAKE ONE

February 2008

The monthly newsletter of
the Moscow Food Co-op



Please Vote

by Donal Wilkinson, Co-op Board of Directors

Please vote. Members of the Co-op elect the Board of Directors, and this year, one of the positions on the Co-op Board of Directors is up for election. There are three candidates and you can read about them in this newsletter.

In addition to reading their responses to our questions, you can meet the candidates in the store from 11 a.m. to 1 p.m., Saturday, February 16. That day is also the "Meet the Makers" Taste Fair, which means you can sample some great local products at the same time.

Voting will be at the Co-op, all day, on both Saturday, March 1 and Tuesday, March 4.

Again, please vote. All who love the Co-op and are involved in its future were elated last election to have a slate of ten candidates for three board positions. However, out of over 4,500 members, we had only slightly more than 200 people vote—just 4.4 percent member turnout.

We could assume that by not voting that you were happy about how things were being managed. Well, what if a bunch of people (as few as 100) disagreed with you and voted someone in with a far different agenda? The Co-op needs you to be involved as an informed voter.

To be an informed voter, read the candidate statements in this newsletter, come meet the candidates on Saturday, February 16, and vote on Saturday, March 1 or Tuesday, March 4.

Right now, we have an abundance of dedicated board members, professional employees, extremely capable management, and loyal customers. Let us not become complacent.

We need you loyal customers to vote. Get your friends to vote. Let's get our participation up to 25 percent—I challenge you!



Illustration by Lucas Rate.

Community News

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(208) 882-8537

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

Name the Earth Tub

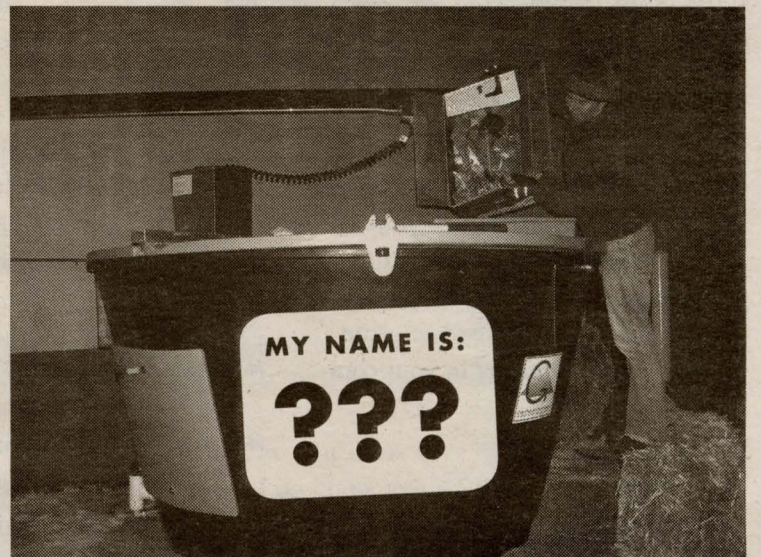
by Kathleen Ryan, Co-op Board of Directors

The Moscow Food Co-op Sustainability committee has been dreaming about garbage and working towards a commercial composter since the spring of 2005. The Co-op's Earth Tub is now in place, with the help of an Environmental Protection Agency (EPA) grant awarded through the Palouse-Clearwater Environmental Institute (PCEI), and hard work to provide an essential piece to the solid waste management puzzle—turning waste into compost gold. The Earth Tub has a presence, and we would like to have a name for her/him/it. Head out to the alley and take a look at this grand machine. Nora Locken, our Compost Champion, has called our obsession "compost fever," and with that comes the need to give a name to the tub. We've called it the hot-tub, and while the temperature

inside is steadily rising as the produce scraps transform into compost, we looking for a more philosophical, humorous, or poetic name. Whoever suggests the winning submission will receive an Earth Machine,

a home-sized composter. The Earth Machine is also available to order from Moscow Recycling if your submission is not the finalist. Drop your suggestions in the flowerpot next to the Earth Machine on display in the Co-op. The

Sustainability committee will review the name submissions and announce the winner at the TubFest on February 29. Tickets for the TubFest are available for purchase from any Co-op cashier.



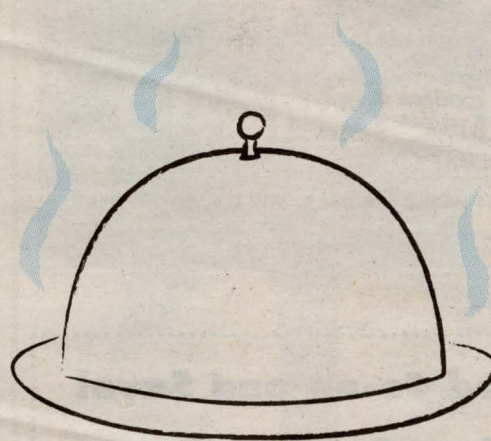
Looking Forward to Springtime Cookin'!

by Jennifer Whitney, Class Coordinator

There is a fresh layer of snow on the ground as I write this article, but the reminder of winter isn't keeping me from planning some wonderful cooking classes for the spring. We already have two classes in the works that promise to expand your horizons: Indian/Nepali Cuisine & Solar Cooking!

Navin Chettri grew up in Darjeeling, India, amongst a predominant Nepali population. A professional musician and music teacher for over ten years, he comes to Moscow as a University of Idaho (UI) student working toward a music performance degree. While cooking started out a necessity as a bachelor, Navin quickly learned to enjoy the subtle flavors and spices in Nepali/Indian cooking and often cooks for friends and family. He will share his culture and talents for cooking with us on a Saturday in March or April to accommodate his busy music performance schedule.

At the request of past participants interested in taking a solar cooking



class from "that woman in the newspaper," I tracked down Sharon Cousins and she was very interested in sharing her knowledge in one of our cooking classes. Sharon's been using solar energy to cook her meals for over a year, and although she values the fact that she is using a renewable energy source, she really does it for the wonderful flavors it produces. The class will include adjusted recipes for "slow" cooking and tips and instructions for making our own cookers. We are currently watching the sun patterns in the UU church's courtyard to determine the best date and time for the Saturday class.

We would like to include Thai, Korean and Japanese Sushi in our spring line up. Do you or someone you know want to earn \$50 in exchange for sharing a small slice of your culture with us? If so, please contact Jennifer Whitney, class coordinator at jenwhitney@gmail.com or 882-1942 ASAP! Proficient English is required. We are looking to fill these slots by February 15 for inclusion in March's Co-op newsletter.

Remember to check out the What's Cookin'! bulletin board/shelf back by the beer cooler and meat section for more updates and class info as spring approaches. You can also sign up for our email list on the clipboard available there or send me a quick email requesting to be added. Then all that tasty information can come directly to your inbox, free of dead trees. Until spring, enjoy the crunchy snow and thoughts of sun-cooked meals from far away!

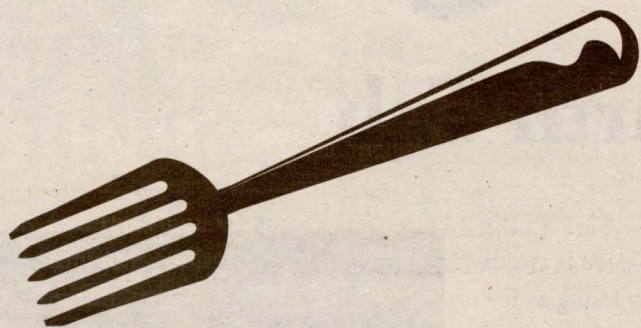
Co-Operations

Co-op Community Dinner

by Emily Melina, Co-op Deli Supervisor

February's Community Dinner will be prepared by Phillip Wrigley, one of the lead cooks in the Co-op kitchen.

This elegant meal will take place at 6:30 p.m. on Valentine's Day, Thursday, February 14. Wine tasting is included. Tickets are \$24 and can be purchased at the Co-op from any cashier. Bring a loved one on this special day or just come to meet fellow members in your community!



Menu:

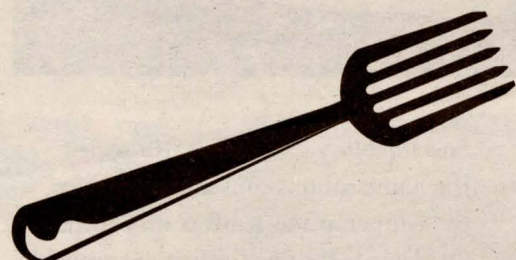
✦ Endive Salad with Gorgonzola and Candied Pecans

✦ London Broil with Chasseur Sauce

✦ Garlic Smashed Root Vegetables

✦ Sautéed Spinach Chiffonade with Shallots

✦ Ginger and Vanilla Bean Crème Brûlée



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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:
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Lifetime membership fees are \$150, or you may choose to renew your membership annually at the rate of \$10 per year for one person, \$17 for two adults, or \$5 for senior citizens.

Open Daily 7:30 am - 9:00 pm

Co-op Business Partners

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

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

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

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

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

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

Healing Wisdom: 10% off Initial Consultation, Please call for appointment, Candace Magnuson, Clinical Ayurvedic Specialist, 208-699-3812

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

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

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

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

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

Kelly Kingsland, LMT: First 2 Massages \$40 each, 892-9000

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

Dr. Linda Kingsbury, Professional Herbalist: 10% off Customized Aromatherapy, Spa Treatments, Holistic Health & Nutrition Consultation, spiritherbs.com, 883-9933

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



Art at the Co-op

by Annie Hubble, Art at the Co-op Coordinator

Kevin Pullen, a photographer from Pullman, will be our February artist. You can meet the artist at the opening from 5:30–7:00 p.m. on Friday, February 8. The show will run until Wednesday, March 12.

I have long admired Kevin's photography, and am thrilled to have him be a part of the Art at the Co-op series. I also admire his artist statement and bio, which is so well written that I am going to quote it in its entirety!

"Kevin Pullen was born and raised in Northeast Oregon, where he spent much of his time on his grandparents' ranch, thus being able to experience the outdoors, and learn an appreciation for hard work and the natural world. As a child, his grandmother would take him on walks down the country road, stopping to peer into wild rose bushes at the young blackbirds in their nests. He continued his interest in Nature as a field biologist, presenter and university zoology instructor.

He writes of his art, 'I originally delved into photography to better represent the

natural world to my students. It suited me nicely as a means of spending time in the outdoors I so enjoy. My work as a naturalist and biologist has provided ample opportunity to photograph. It has produced many interesting experiences as well.

There is beauty and wonder all around us; capturing it on film is a gratifying challenge. I especially enjoy photographing wildlife. Animals lead rich lives filled with drama and humor. The more time I spend with them, the more their worlds open up to me. The reward of taking photos is that I get to preserve what I observe and share it with others...there is a story behind every photograph.

I choose to produce unmanipulated images...no electronic alterations have been made to any print. The colors represented are true to the scene."

Come and meet a photographer who obviously cares deeply both for his environment and for his art form. He will be at the Co-op from 5:30 – 7:00 p.m. on Friday February 8.



Christine Lohman poses in front of some of her art during her opening reception January 11. Photo by David Hall.

The Front End News

by Annie Hubble, Co-op Front End Manager

Welcome back to all of you who travelled over the holidays. I hope you find refuge in the Co-op from the cold weather we are experiencing. Come on in and have a warm drink, and remember that on Tuesday and Thursday nights there is music to enjoy.

The rebate on durable shopping bags has been a great success. I feel that more customers than ever are bringing in their own reusable bags, and that is a good thing for everyone. Now I want to draw attention to another dilemma in the modern world, and that is the problem of bottled water. I was reading the November/December edition of the magazine Eating Well and found the following facts quoted in an article by Chris Ladd:

"In the United States, more than 10 million barrels of oil are used to bottle water annually—and that's just production. Americans throw away 22 billion water bottles each year, over 60 million each day. It can take as long as 1,000 years for the average plastic bottle to

biodegrade...Americans continue to buy more and more bottled water—per capita 27.6 gallons last year, up from 17.8 gallons in 2000, and only 1.6 gallons in 1976."

Here at the Co-op it is possible to buy various kinds of filters for your faucets. You can also bring your own container and buy a gallon of filtered water for a mere 39 cents.

So while we cannot offer a rebate such as we do for your shopping bags and coffee cups, it is obviously cheaper and far better for the environment for us all to buy bulk water or a filter or drink directly from the tap. There are many people in the world who would be ecstatic to have clean piped water.

So that is my little rant for the month! I do know that we folks here at the Moscow Food Co-op can make a difference.

We always enjoy seeing you all each day. As always, your smiles make our day!



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CHANGES!**

**Starting March
10th, 2008, our
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AND exit will be
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Co-Operations



The Grocery Zone: Meet the Makers

by Joan McDougall, Co-op Grocery Manager

Last month I wrote to you about the thought process that went into changing up the Taste Fair concept to better serve our customers' growing concerns about food safety. Because of increasing interest about where food is sourced and how it is produced, we have added another dimension to the traditional sampling concept and invited the producers of local products to offer you samples of their products, giving you the opportunity to not only taste great food, but also to meet the makers and learn more about these products from the owners and representatives of the companies. With that focus in mind, we renamed the event "Meet the Makers." It holds the promise of a very fun and informative exchange that will strengthen connections between producers and consumers. We have dedicated three Saturdays for you to meet the makers: February 16, February 23, and March

1 from 11 a.m. until 3 p.m. I hope that you will be able to visit the Co-op one of these Saturdays and meet the folks who are passionate about bringing you good food.

While the agenda is still coming together as I write, here is how the itinerary is shaping up. More companies are planning to attend, but the date for their participation is not as yet confirmed. Please notice that we have scheduled some new lines in health and beauty that will also be represented on these Saturdays. This is an excellent opportunity to find out about the products and the companies that manufacturing them. There will be signs in the store to let you know in clearer detail just who will be here on each Saturday. Thanks for coming out and supporting the people who bring us great products—they are looking forward to meeting you.

Saturday February 16, 11 a.m. - 3 p.m.

- ✦ Amy's Cakes, Moscow, ID (chocolate truffles)
- ✦ Awareness Through Touch, Moscow, ID (body care products)
- ✦ Caruso Honey, Pomeroy, WA (honeys and mustard)
- ✦ Cowgirl Chocolates, Moscow, ID
- ✦ Craven's Coffee, Spokane, WA
- ✦ Eaton Beef, Pullman, WA
- ✦ Equal Exchange, Hood River, OR (coffee, chocolate, nuts)
- ✦ Rudi's Organic Bread, Seattle, WA
- ✦ Virginia's Salsa, Moscow, ID

Saturday February 23, 11 a.m. - 3 p.m.

- ✦ Bumble Bar, Spokane, WA (gluten, wheat, and dairy-free snack bars)
- ✦ Café Mam, Eugene, OR (coffee)
- ✦ Camas Wine, Moscow, ID
- ✦ Extravagonzo Oil, Boise, ID (garlic oil)

- ✦ Herbs of Grace Cosmetics, Mossyrock, WA (mineral make-up)
- ✦ Orchard Farm, Moscow, ID (soap)
- ✦ Small Planet Tofu, Spokane, WA
- ✦ Traditional Medicinals, Seattle, WA (tea)
- ✦ Virginia's Tortillas, Moscow, ID

Saturday March 1, 11 a.m. - 3 p.m.

- ✦ ATP Beverage, Pullman, WA (nutrition beverages)
- ✦ Bumble Bar, Spokane, WA (gluten, wheat, and dairy-free snack bars)
- ✦ Doma Coffee, Coeur d'Alene, ID
- ✦ Landgrove Coffee, Troy, ID
- ✦ Mary Jane's Farm, Moscow, ID (baking products)
- ✦ Namaste Foods, Coeur d'Alene, ID (gluten, wheat, corn, soy, potato, and dairy-free baking mixes)
- ✦ OHA, Seattle, WA (facial care)
- ✦ Small Planet Tofu, Spokane, WA

Tuesday Means Live Music

by David Billin, Co-op Music Coordinator

Greetings Co-op music lovers! My name is Dave Billin. Those of you who are regular attendees of our Tuesday night music series may recognize me (or perhaps the back of my head) from my regular work as sound engineer. I am happy to inform you that I have recently assumed the role of music coordinator for the Tuesday night performances. In this capacity, I look forward to bringing you an exciting lineup of talented artists during the coming months.

As a musician, I find the Co-op to be an excellent venue for musicians to connect and share their work with the community. Similarly, I care deeply about the various musical tastes of our listeners, and welcome comments and suggestions. If you are interested in performing, or want to share your opinions, please contact me at music@moscowfood.coop.

In addition to a number of established local favorites, you can look forward to performances by a number of talented new artists representing styles including jazz, bluegrass, and classical music. Look for a schedule of February's performances posted at the Co-op, or in the Upcoming Events section of the Co-op's website.

certs are held weekly from 6-8 p.m. in the deli area of the Co-op, providing easy access to some of the freshest local musical talent, and delectable meals from the Co-op's kitchen.

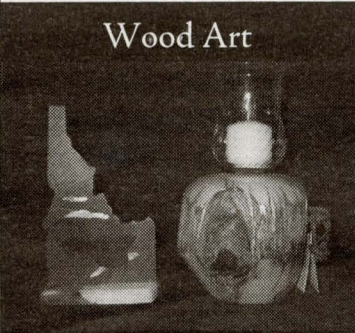
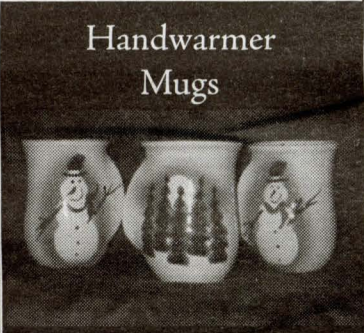
Please join us for these Tuesday Night Music Series concerts in February:

- ✦ February 5 David Otterstrom. A Moscow-based songwriter and pianist with an inspiring array of home-grown compositions.
- ✦ February 12 Zackary O'Connor. Contemporary singer-songwriter from Moscow with striking, original tunes, and poignant lyrics.
- ✦ February 19 Jim Martinez and friends. Lionel Hampton Jazz Festival performers integrating traditional music and the soul and textures of Jazz.
- ✦ February 26 TBA



Our free Tuesday night live music con-

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Our Family of Organic Milks: Organic Valley Family of Farms

by Peg Kingery, Co-op Chill and Frozen Buyer

In December's newsletter, I wrote about Straus Family Creamery, organic dairy producers who provide the Co-op with milk and cream in glass bottles. January's article described operations at Wilcox Family Farms who supply the Co-op with milk in half-gallon containers. This month I'd like to introduce you to Organic Valley Family of Farms, a nationwide cooperative whose milk, cream, and half and half grace our milk cooler's shelves.

According to their web site (www.organicvalley.coop), Organic Valley "began in 1988 with seven farmers who shared a love of the land and a belief that a new, sustainable approach to agriculture was needed for family farms and rural communities to survive." They named their cooperative the Coulee Region Organic Produce Pool (CROPP). They initially grew organic vegetables, but soon branched out into organic dairy products. At the urging of their customers, they developed their own brand name and began marketing under the Organic Valley label.

Today about 1200 farms in 29 states make up the cooperative which produces organic juice, eggs, meat, soy beverages, and produce in addition to milk products. Since Organic Valley is owned and operated by organic farmers, each of them can rely on a stable, living wage to stay in business. In addition,

they receive support in production methods, organic certification, farm planning, feed resources, and veterinary concerns. Being farmer-owned and independent of rising and falling agricultural prices has allowed Organic Valley to stay true to their mission—to keep family farms farming by use of sustainable means.

Organic Valley farmer/owners are true stewards of their land. They practice Holistic Resource Management (HRM), which is a fancy name for rotational grazing. This practice, plus crop rotation, strip or contour farming, and the use of cover crops protects the land from erosion and the loss of nutrients needed for healthy grass. In riparian areas, trees are planted between pastures and streams to keep cows and their waste out of the water.

Animal welfare is a priority. Organic Valley cows have access to lush pasture, fresh air, pure water, sunshine, and exercise. Farmer/owners use holistic methods to address animal health concerns, rather than antibiotics or hormones. They generally accept less than 50 pounds of milk per cow per day, rather than the usual 70 pounds, believing that this reduces stress on the animals and increases longevity. Organic Valley's commitment to the small family farm is evidenced by the fact that many of their farmer/owners milk less

than 20 cows.

Although Organic Valley is headquartered in La Farge, Wisconsin, their farmer/owners are organized into producer pools in their own regions of the country. This means that the milk we sell at our Co-op comes from organic farms in the Northwest and is certified by

Oregon Tilth. Organic Valley works directly with regional milk processing plants to maintain their commitment to local supply.

Many shelves in the Co-op are home to Organic Valley products in addition to those in the milk cooler. Look for a large selection of organic cheeses and lunch meats in the open-face cooler,

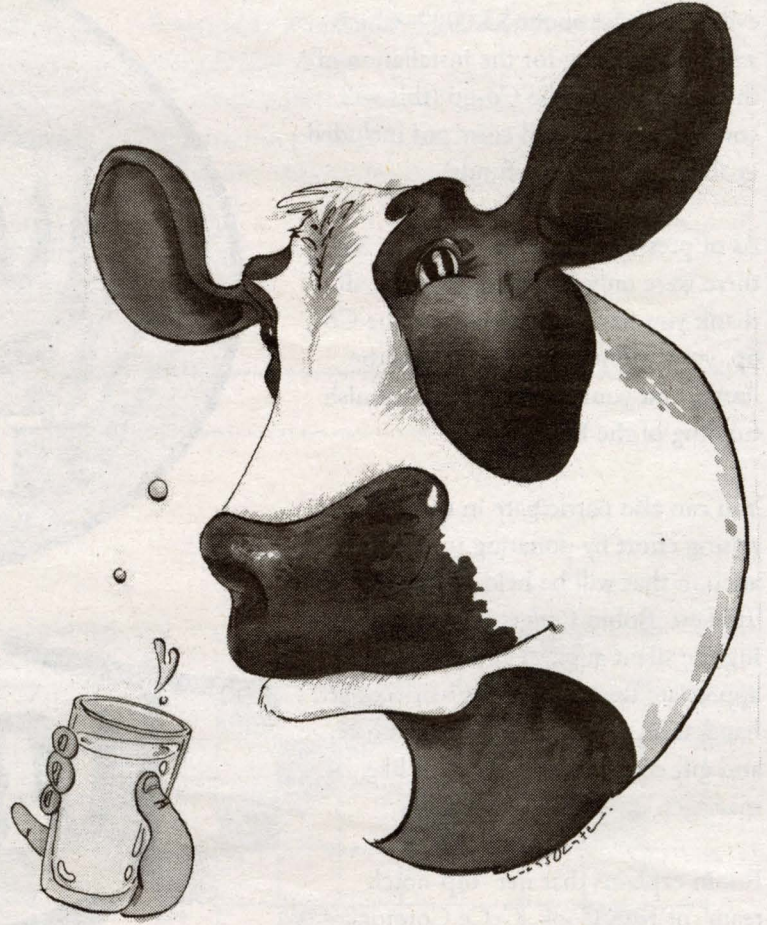


Illustration by Lucas Rate.

organic eggs in the main cooler, and chicken and beef in the freezer.

I hope you've enjoyed learning about our family of organic milk suppliers as much as I have! What I like best about them, what they all have in common, are two of my favorite words—organic and family.

Co-op to Evaluate Working Member Program

by Nancy Casey, Co-op Volunteer Committee

At the request of management, the Co-op Board of Directors decided that it's time to take a look at the working member program—the opportunity for members to work at the Co-op in exchange for discounts of up to 18 percent on purchases. Since the Co-op began, this program has been integral to the mission of the Co-op. For many it ranks high on the list of things that distinguish the Co-op from any old whole foods grocery store. It is the most straightforward way that members can participate in the operation of this business that is somehow "theirs."

So now there is a working group to work out whether the work of working members works. (Sounds like a lot of work.) Currently, the members are: board members Bill Beck and Gary MacFarlane, bulk buyer Seth

Magnusen, and members Dena Neese and Nancy Casey. Our February meeting has not been scheduled yet. If you would like to participate in our meetings check the bulletin board where the co-op minutes are—in the back near the soft drinks. If you'd like a personal notice about the meeting, email volunteers@moscowfood.coop.

How well does the working member program work? Should it expand? Contract? Change? Should we do something else entirely? What do the participants think about it? Why isn't everyone a working member? Is it legal? Are working members employees? Could the gnarly finger of government taxation and regulation tap us on the shoulder with accusations? These are some of the initial questions that we know we face.

Are these the right questions? We intend to research the legalities of the existing program and any proposed changes to it. We intend to contact other co-ops to learn about their experiences with and plans for working member programs. In our roles as shoppers, members, employees, and volunteers, we have some ideas about the working member program, but we are only five people. We have to understand what present, past, and potential volunteers think about the program. What do employees think? We want to know what members in general think. And we're not entirely sure how find all this out. Should we do some kind of survey? What should a survey ask?

We do feel like this could be a Big Deal. Our timeline is to make a recommendation to the board by the end of the year.

If the working member program is at the foundation of what the Co-op is, so is member participation in decision making. To start with, we've set up an email account to take your input on any issue regarding the working member program. Email us at volunteers@moscowfood.coop with your thoughts about the program or what's important to take into consideration while evaluating it. You can also write suggestions on paper and put them into the Suggestion Box near the cash registers and they will find their way to us.

Each month, look for an article in the newsletter to hear about what we are learning. Please pay attention to this issue, and please share your ideas with us. We can't evaluate this program properly without your help.

Co-Operations

TubFest Update

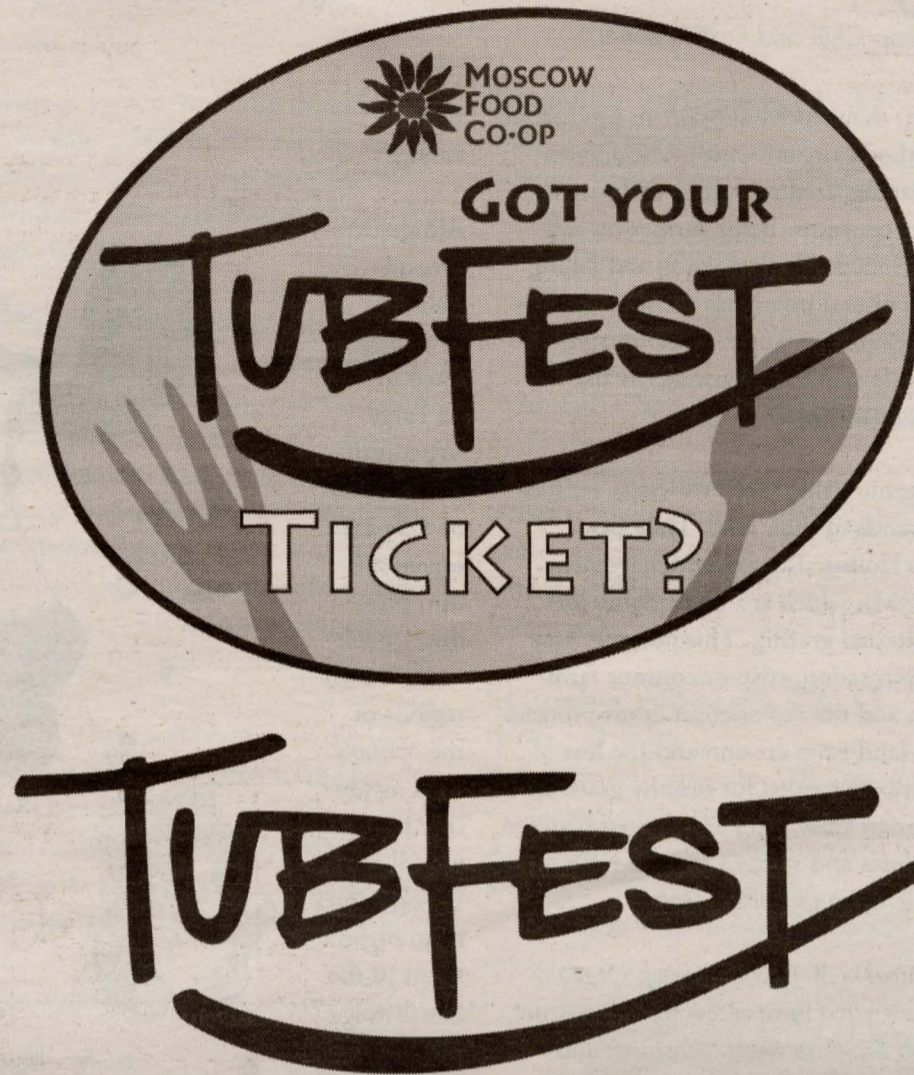
by Bill London, TubFest Coordinator

Tickets for the Co-op's TubFest fundraising feast are selling very well. We hope this fun event will raise about \$3,000—which will finish paying for the installation of the Earth Tub at the Co-op (this will cover the unexpected costs not included in the available grant funds).

As of press time (Sunday, January 20), there were only 25 tickets left. We all thank you for your support for the Co-op, your willingness to help save the Earth, and your commitment to finish funding of the Earth Tub.

You can also participate in this fundraising effort by donating to the silent auction that will be held as part of TubFest. Robin Ohlgren is coordinating the silent auction and she would appreciate the donation of works of art, handcrafts, products from local stores, and gift certificates for services like massages.

Robin explains that her "top-notch team" of Kim Cook, CeCe Connors, and CindyLou Ament has already gathered more than a dozen donations (including fused glass jewelry, concert tickets, organic sheets, and a backyard composter). In addition, a flurry of donations from readers of the January



issue of this Co-op newsletter included an autographed book, music lessons, composted manure, and a selection of hand knitted items. If you would like

to provide a donated item for the auction, please contact Robin Ohlgren at rohlgren@moscow.com or at 882-6241.

"Thanks to everyone involved for their support of this fun fest-TUB-ble. Together we can do our part: saving the Earth, one tub at a time."

If you want to offer your appreciation to those volunteers who are doing the actual work of preparing the dining tables for the feast, you can join me in thanking the 13 table coordinators who are each decorating and setting one table. They are: Lois Blackburn; Tom and Aly Lamar; Gina Gormley; Chris and Molly Pannkuk; Judy Sobeloff; Brandy Sullivan; Gerri Sayler and Kenton Bird; Kim Vincent; Betsy Goodman; Barbara Wells; Dani Vargas and Sandi Billings; Kerri Fedale; and Sarah Swett.

Thanks to everyone involved for their support of this fun fest-TUB-ble. Together we can do our part: saving the Earth, one tub at a time.

Bill London edits this newsletter and is very pleased that next month his quiet and borderline boring life will become much more lively and loud with the visit of his extraordinarily adorable granddaughter, Leyna Grace.

From the Suggestion Box

Please bring back the Tolerations beer. It's much better than the Red Bridge.

Tolerations is on our shelf when available. It is a specialty beer from the UK and not consistently available, but we have this beer when the distributor has it in stock. —Julie, Wine and Beer Buyer

Are there any corn chips available that are organic other than the Native chips? It seems that most chip makers recently sold out to the "made with organic..." method of advertising allowing people to think they are an organic product but can use non-organic oils to make them. What a shame! If there are other brands it would be a great addition....

The majority of corn chips are 70 percent organic, which is reflected in our shelf selection. The Native chips are 95 percent organic. We will keep looking for more organic choices to bring in. —Joan, Grocery Manager

On the map for the new parking lot I still don't see a safe way for pedestrians with bikes trailers or strollers to get to the Co-op besides the Washington St. sidewalk. When I bike/walk with my kids I come from 5th street or the alley and the parking lot is not very safe to go [thru]. Please don't put an extra tree or planting pot in the way [E corner of the building] the safe way to come to the Co-op

that way is down the Alley and to the east entrance right there. Thanks for supporting walking/biking—a member

Thanks for being very clear about what you need as a walker/biker with kids. I'll pass your suggestion on to the committee and see if they have a good idea of how to incorporate them into our plans. —Kenna, General Manager

Can you stock soy ricotta? How about other choices of soy cheese?

Soy ricotta is not available from our distributor. What other flavors or brands of soy cheese are you interested in? Call me and I'll see if what you want is available. —Peg, Chill and Frozen Buyer

Just visiting from Olympia. This place kicks ass!

Thanks. We appreciate the endorsement. —Co-op staff

The stench from the composter is unbearable and can be detected a block away. We cannot do this to our community and expect to be treated as good neighbors—a member

Thanks for your comment. I, too, noticed the smell and you are not the first person to comment. However, this is our first month using the Earth Tub and it is taking some time for us to adjust to

it. I asked, and was assured that, as we get used to how the composter works (i.e., how often to turn it and how to get the balance of dry versus wet matter) the smell should be a thing of the past. —Kenna

How about carrying empty oil spray bottles so we can all have our own pan spray set up without all the containers.

We are still trying to source that item. Thanks for the suggestion. —Amy, Wellness Manager

4th time I've asked without a response. Could you please stock whole raw cashews instead of a cooked and seasoned variety?

I'm sorry your suggestion hasn't been addressed. We stock raw cashew pieces because they are more affordable than whole cashews. If there were more demand for raw whole cashews we would consider stocking them. However you can special order them. Call me and I will find the price for you. —Seth, Bulk Buyer

Can you offer coconut milk for your lattes?

I'm sorry we cannot offer coconut milk on a regular basis, but you can bring in your own can of coconut milk and the barista will steam it for your latte. —Derek, Service Manager

From the Suggestion Box

I know the black eye peas in bulk don't sell well but it is a basic bean that any other grocery store sells at least in bags. The Co-op tries to accommodate shoppers in keeping us from having to shop elsewhere for most things – don't we think beans should be one of these items?

By popular demand, the black-eyed peas are back in the bulk bin with the rest of the beans. We will continue to stock them. —Seth

A bulletin board around the back or inside that can be used for poetry/literature/drawings- a member

What a nice suggestion, thanks. We'll look and see if there's any space we can dedicate to the arts in this manner. —Kenna

The nice older lady who buys pizza every Friday and more wishes that there wasn't a snow bank in front of the handicapped parking spot!

Thanks for the heads up about the snow bank, I'll call the service that plows our lot and ask them if there is a different solution. —Kenna

"Feed the People." We just had a quick lunch for 2 for under 10\$. Thank you Deli, for providing affordable, simple nutritious options!!!!

Thanks for the compliment, we are glad to hear that we are providing affordable meals that satisfy and we will continue to do so! —Emily, Deli Supervisor

It would be wonderful if you had Potato Pizza every Friday Night.

We try to offer a variety of meat, veggie and vegan options, but perhaps it has been too long since the Potato Pizza! Look for it in the upcoming weeks!! —Emily

Co-op Crossword Puzzle

by Craig Joyner, Newsletter Volunteer

ACROSS

- 1 They provide MFC with pheasants or board member Gary
- 8 The Garden State and home to Tony Soprano, abbreviation
- 10 Japanese cartoon genre
- 11 Pertaining to muscles or clam genus

- 12 Dynamite
- 13 Erath Vineyards is in this state, abbreviation
- 14 1st blank in The _____ Young Quartet, last month's profiled band
- 16 Sully
- 17 Man's title
- 18 Trendy preposition
- 19 Gem state or a part of the psyche
- 21 Japanese pickled plums
- 23 Diving
- 25 One who dissects political policy
- 26 Homonym of sew
- 27 Abbreviation for francium
- 28 Police in the Nazi era
- 29 Leap Dap party for the Earth Tub
- 31 An orange flavored liqueur, Triple

- 34 Endangered Species Chocolate has two bars graced by this mammal
- 35 Tolkein's monstrous foot soldier
- 37 Female sheep
- 39 Charlie Brown's cartoon cry
- 41 Month for MFC's board of directors election
- 43 MFC baristas can now offer you these syrups
- 45 Paradoxical riddle

- 47 Often before a vowel
- 48 Steinway's claim to fame
- 49 Group of nine
- 50 Maker of milk, _____ Family Farms

DOWN

- 1 Last month's profiled employee 1st name, last is 26 down
- 2 January's profiled volunteer, 1st name, last is 24 down
- 3 Flavor of oranges or lemons
- 4 Radio Free Moscow is 92.5 on the _____ spectrum
- 5 A long, long time
- 6 Purple Haze Raspberry Wheat Brew originates from this state, abbreviation
- 7 Red Cross or Amnesty International
- 8 Group of pheasants
- 9 2nd blank in The _____ Young Quartet, last month's profiled band
- 11 Capital of Belarus
- 14 _____ All Natural Soda
- 15 Humanity's refuge in the Matrix or Israel
- 17 2000
- 20 Homer Simpson's beer brand or coal dust
- 21 Movie maker, abbreviation
- 22 Buddhist tree of enlightenment or a type of staff
- 23 Imagine Cuban Black Bean Bisque
- 24 Last name of last month's profiled volunteer, 1st name is 2 down



- 26 Last name for 1 down
- 28 This divine wort can help alleviate depression
- 30 Burt is the most famous apiarist
- 31 Shrimp recipe
- 32 French brandy
- 33 The east coast Washington
- 36 This animal is on the Endangered Species dark chocolate with hazelnut toffee bar
- 38 Decay
- 40 Exasperate
- 42 Bounder

- 44 Night
- 46 Forward

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

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Staff Profile: Amy Lucker

by Amy Newsome, Newsletter Volunteer

Amy Lucker is the new Wellness Manager at the Co-op. She has held this position since early September. This interview became an opportunity for me to learn some retail lingo. Amy stayed home as a full-time mom with her infant daughter, Doran. But on one of her frequent trips to the Co-op last August, she saw the Wellness Manager job posted. Her daughter had just turned one and Amy felt ready to return to work, so the "timing was perfect." Amy held a similar position for five years in Portland, so she decided to apply. She explains that her job is to do the hiring, training, inventory, and margins for the Wellness Department. [*margins: the percent of profit expected to be made by an individual product*].

Amy moved to Moscow three years ago from Portland, Oregon partly to be closer to her then boyfriend, now husband, and partly to continue her study in Biology at the University of Idaho. Her husband, B.J. Lucker, is a biochemist at the Washington State University (WSU) Center for Reproductive Biology. Amy and B.J. met through a mutual friend while rock-climbing at Smith Rocks near Bend, Oregon, a beautiful area I am very familiar with since I lived

in Bend before moving to Moscow. We lamented a bit about the population explosion and the related changes in Bend before moving on with our interview. She finds the work environment at the Co-op very comfortable and enjoyable. When asked if she'd like to finish her degree in biology someday, Amy said that she is just really happy with her family and work situation right now so doesn't see herself returning to school anytime soon.

In addition to her daughter, Amy has a seven-year old stepson, Keegan. Amy and her family enjoy many outdoor activities year-round. This winter they have done a lot of ice skating and last weekend they enjoyed cross-country skiing at Round Lake. In the summer, they spend a lot of time at the pool. She said that both Doran and Keegan are definitely "water kids." Amy also loves road biking and she is able to bring Doran along in a baby seat. Amy and B.J. have promised each other that they will get back to rock-climbing as soon as Doran is old enough. Apparently, Keegan began rock-climbing at age three, so maybe they don't have long to wait. They also enjoy growing a vegetable garden but found with a busy little one last year their gar-

Department staff has a lot of experience and/or a real passion about the direction they would like to see their department take. Many of them will take on new duties such as ordering. Amy remarked that the Wellness Department is a "really big space" and basically they are working to grow into that space.

While Amy is fostering positive change in the Wellness Department, I see her also doing so for her family as her children grow and change.

Amy Newsome wishes everyone a sweet Valentine's Day filled with lots of love and chocolate.




Amy Lucker came from Portland, Oregon and is now the Wellness Manager at the Co-op.

“Amy was clearly excited to have the opportunity to talk about the changes that will be taking place in the Wellness Department. They will be resetting almost the entire Wellness Department this month.”

den sadly went to the weeds.

Amy was clearly excited to have the opportunity to talk about the changes that will be taking place in the Wellness Department. They will be resetting almost the entire Wellness Department this month. [*resetting: reorganizing all the items in a department*] They've already reset the herb department and by the end of February they will reset the body care section and add new shelving and fixtures. They will be bringing in a few more direct lines that some other co-ops carry. [*direct lines: smaller companies that often hand-make, seal and ship their own products*] Some of the new companies offer fair trade products in particular. Some of the products will be higher end and others will be very reasonably priced. They will also be adding a new line of all natural, mineral make-up. When asked what the impetus for these changes are, Amy explained that the Wellness

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 At the Latah County Fair Grounds

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Members only presale Friday, February 29th 6pm-8pm

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

F.O.L. Memberships available - \$15 Individual, \$25 Family

Volunteer Profile: Angila Jaeggli

by Joshua Cilley, Newsletter Volunteer

When Angila said to me that she appreciates the friendliness and warmth of Palouse people and then added that she is disappointed no one shares the good wilderness spots, I couldn't hold back a laughing response. I then apologized (and I'll do it again—sorry, Angila, nothing personal) but that is the Idaho way. Like I told her during our conversation, as a fly-fisher and backpacker, I can't handle being in the middle of nowhere with people around. The fewer who know a spot, the less chance of running into a crowd (which out there I define as anyone I don't know). I did suggest that Idler's Rest might be a decent place to start.

Dr. Angila Jaeggli is a recent addition to our area. Her husband is in his second year of law school at the University of Idaho (UI), and Angila joined him just over a year ago. Before this, the couple lived in the Seattle area and enjoyed time mountaineering in the Cascades. I can understand their pull to the areas bordering the Palouse. When I moved to Moscow years ago, I had to just start finding my own spots. The saying might go, "Here we have Idaho. Go find it."

But I'm not being at all fair. Good thing Angila has a quick sense of humor. She and her husband have brought a great deal to our community. Free time isn't part of it. In March of last year, Angila opened Sage Naturopathic Medical Clinic in Pullman (www.sagemedicineclinic.com), an integrated family clinic offering primary care, preventative approaches, and an impressive range of medical concentrations. Angila earned her Bachelor's in Psychology from Texas State University, near Austin, and then

returned for her Pre-med degree. Marriage followed, and then the couple moved to Seattle where Angila received a Doctorate in Naturopathic Medicine from Bastyr University and finished her residency in rotation at various Seattle hospitals. Angila has a number of published articles in the naturopathic field, co-authored the book *1000 Cures*,

and remains an adjunct faculty member at Bastyr. Angila volunteers at the Cop by writing the Choices in Wellness

column for this newsletter.

Angila is also involved with a Seattle-based group called "Shoot for Change." The non-profit, charitable group has

populated areas, I have no doubt the move to the Palouse was an adjustment. "Being closer to home and community is a positive thing, though. Such open, friendly, warm people here, you don't



The doctor is in: Dr. Angila Jaeggli writes a wellness column in this newsletter.

"In March of last year, Angila opened Sage Naturopathic Medical Clinic in Pullman, an integrated family clinic offering primary care, preventative approaches, and an impressive range of medical concentrations."

this self-description: "A kaleidoscope of highly skilled photographers, models, designers, stylists, and a creative community with one thing in mind: to shoot for change and inspire the world one click at a time." On their website, look for the collection "You are Beautiful" and find Angila's photographs. Doctor's got an eye. Although not much time lately, Angila enjoys a variety of photographic milieus.

Not surprising, this eye for variety, considering Angila's history of movement. When Angila was seven, her Army mom was stationed in Germany where they would remain until Angila was 17. Texas followed. Then Seattle. Now the Palouse. With periodic travels, Angila "learned something other than U.S. isolation...I think it made me a more flexible, open person." The oldest of seven children and a life spent so far in highly

always get that in the city." Well said, Angila.

I have to close with a confession: I did tell Angila the secret—put a map of Idaho up on the wall, throw a dart at it, go there, and you'll find something beautiful.

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



The Pickle Monster

by Jordy Byrd, Newsletter Volunteer

As school is back in full swing and I have returned from my beautiful German holiday. Now I sit in class, trying to re-teach myself to write and rekindle the sparks in my sleepy brain. But I cannot help but dream of my trip—I experienced culture shock, wandered about castles, drank warm beer, and sampled the oh-so-famous German cuisine.

I must boast that my boyfriend's oma (grandma) is an artist in the kitchen. Unfortunately, due to the language barrier, I was unable to probe this talented woman of her cooking secrets. However, I did have one family member translate the following: "Are you perhaps the witch in Hansel and Gretel, fattening me up with treats until you eat me?" Her response: "Could you come look inside my oven and tell me if it's hot enough?" We didn't need to speak the same language. I loved this woman and her sense of humor already.

Although I loved the culture's breads, soups, salads, and noodle dishes, one thing I did have difficulty with was the meat-centered meals. I am not a vegan or even quite a vegetarian. I am a "person who eats only chicken, but then again only some of the time."

As it may be apparent, Germany is not a country known for its tofu or garden supplements. So, being as polite as

to my boyfriend, "Do they realize that even in small amounts and with different kinds, it's still meat?" He simply said it's their way of being hospitable.

Traditionally, Germans eat slices of meat, rolls, pretzels, butter, and cheese in the mornings, the largest meal at mid-day, coffee and sweet breads, and then again more meat, bread, and cheese in the evenings. So what food did I submerge into my new diet? Pickles. I don't even know how it happened exactly, but I fell in love, again, with pickles. In fact, I ate so many pickles in the mornings and evenings that oma called me the pickle monster (with great delight, my boyfriend's mom translated this to me over dinner one night).

Most pickles are produced by one of three methods: refrigerated, fresh-pack, or processed (also called "cured" or "fermented"), which gives each pickle a distinct flavor and texture. For my recipes, I used Bubbles of San Francisco Kosher Dills from the Co-op. In pickle lingo, "kosher" means garlic has been added to the brine. Now, some tasty fast facts about the pickle: Americans consume 26-billion pickles a year, about nine pounds of pickles per person. More than half the cucumbers grown in the U.S. are made into pickles and pickling has been used to preserve food for almost 5,000 years. And knowledge



When delicious pickles are in the house, you may have trouble keeping the pickle monster at bay.

possible, I passed on the vast variety of meats, getting strange and shocked looks from all parties involved. After a few days, the family knew of my eating preferences. Yet still people offered me small pieces of meat, and classically said, "Don't worry; we also made duck for you to eat." I just smiled, thanked them, and later in the evening ranted

you can share with your friends and co-workers! The pickle is both a fruit and a vegetable.

For my dishes, I made Potato Pickle Soup, and Grilled and Pickled Chicken Sandwiches. Soup and sandwiches make a great combination on a cold winter day. The cooking processes

Pickle Potato Soup

Serves 4

- ✦ 3 medium white potatoes, pared (1 pound)
- ✦ 2 large zucchini
- ✦ 1 large stalk broccoli, stems trimmed
- ✦ 1 medium onion
- ✦ 1/3 cup sliced sweet pickles
- ✦ 2-1/2 cups chicken stock or broth
- ✦ Salt and pepper to taste

Cut potatoes, zucchini, broccoli, and onion into small chunks and place in a 3-quart saucepan. Add pickles and chicken stock. Cover; bring to a boil. Simmer 20 minutes or until vegetables are very tender. Puree in food processor or blender in 3 to 4 batches. Return to pan and heat through, or serve cold. Season with salt and pepper.

Grilled and Pickled Chicken Sandwich

Serves 4

- ✦ 2 large boneless, skinless chicken breasts
- ✦ 1/4 cup pickle juice
- ✦ 1/4 cup olive oil
- ✦ 2 large red peppers
- ✦ 8 leaves radicchio or oak leaf lettuce
- ✦ 12 sliced-for-sandwiches bread and butter pickles
- ✦ 1/3 cup low-fat mayonnaise
- ✦ 8 slices whole grain bread

Cut chicken breasts in half lengthwise to obtain 4 chicken pieces. Mix together pickle juice and olive oil. Marinate chicken pieces in pickle juice mixture for 30 minutes. Cut peppers in half and remove stem and seeds; place skin side down on grill and cook until peppers are blackened and wilted. Place in paper bag to cool; remove skins, reserving any juice. Cook chicken breasts on grill until done (5 to 7 minutes per side). Toast bread slices on grill. Stir pepper juice into mayonnaise to thin slightly. Spread mayonnaise onto toasted bread slices. Assemble sandwiches by placing lettuce leaf, 1 chicken breast, a red pepper half, 3 sliced-for-sandwiches pickles, and another lettuce leaf on top of 4 toasted bread slices. Top with remaining toasted bread slices.

were simple and the results even better. What I also enjoyed about these pieces was the fresh, healthy ingredients. I love these recopies so much I don't even want to give away their taste (they were both...divine). Unfortunately, I am not as experienced cooking with tofu, and did not make a second sandwich with such a replacement. If interested, I urge you to try it. If all else fails, just reach inside the jar

for a handful of pickles. For, there are far worse things than being a pickle monster, such as myself!

Jordy's fingers seem to have taken too long of a vacation. They refuse to work, and are now on strike.

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Much Ado About Tofu: Hearts and Horses

by Terri Schmidt, Newsletter Volunteer, illustration also by Terri

Many moons ago my parents had a lovely Valentine's Day dinner together. Later they arose in the middle of the night, jumped in the car, and followed a snow plow through a blizzard to the hospital where I was born. I popped out on the 15th; just missing being a Valentine's baby, but it was still close enough to give me a special affection for Valentine's Day.

Valentine's Day is laden with land mines for some people. I hear that men find it very intimidating. On the one hand, they would like to do something to impress the woman in their life. On the other hand, they feel a lot of pressure to choose just the right expression of their affection. I can understand their trepidation. As a woman, there was a time when I secretly hoped for a dramatic expression of affection on Valentine's Day. I envisioned going to my bedroom window to find that special guy outside on the lawn serenading

me Romeo and Juliet style or having a princely man show up on a handsome horse bearing an armload of roses. OK, I would still be delighted to have either of those things happen. But I would also be pleased to have a healthy Valentine's Day dinner prepared for me. A single rose in a vase on the table would be a nice touch.

When my parents had their last Valentine's meal as a childless couple, healthy food was not a high priority. They had never even heard of tofu and would have found it to be pretty strange. In the time I have been on the planet, however, tofu production and sales in the United States has increased dramatically. While once thought of as a strange foodstuff, it has now gained wider exposure and acceptance. If you like the idea of preparing an appreciated dinner for someone special in your life, a meal made with tofu is an enjoyable and nutritious option.

Most people think of chocolate on Valentine's Day. The chocolate peanut butter tofu pie recipe is a sweet treat to share with your loved ones. I experimented with various combinations before landing on this one. You can't go wrong with chocolate and peanut butter. I don't usually use a microwave oven, but I have to admit it is the easiest way to melt chocolate without it burning or getting dry. If you have a wheat allergy, this recipe can also be served as pudding in dessert cups.



Chocolate Peanut Butter Tofu Pie

- ✦ 1 box soft tofu (12 ounces)
- ✦ 1 cup semi-sweet chocolate chips
- ✦ ½ cup peanut butter
- ✦ 1 teaspoon vanilla
- ✦ 2 tablespoons almond milk (or other milk)
- ✦ 1 graham cracker or chocolate cookie crust (make ahead of time)

Melt chocolate chips in microwave or over low heat on the stove.

Blend the peanut butter, tofu, vanilla, milk, and melted chocolate in a blender or food processor until smooth. Pour into pie crust and refrigerate until firm, about an hour.

For an added touch, you can make a heart shape with dried cranberries or chocolate chips in the center of the pie, or top it with sweetened whipped cream.

Easy Tofu Hearts

- ✦ 1 or more packages of firm tofu
- ✦ Olive oil
- ✦ 1 or more bottled toppings:
 - Sweet options: Mango Peach Chutney, Kumquat Marmalade
 - Savory options: Korma Mild Curry Simmer Sauce, Peanut Satay Sauce, Lime Ginger Marinade

(If using one of the savory sauces, you can marinate the hearts for 1 to 24 hours before cooking.)

Preheat oven to 350 degrees. Oil a 9 x 13" pan with olive oil.

Slice the tofu into ¼ inch slices. Cut the slices into heart shapes with a heart shaped cookie cutter. (The scraps can be cooked alongside for leftovers) Place the hearts in the pan and bake for 20 minutes. Open oven and flip the hearts. Spoon one or more of the toppings onto the hearts and bake for about 25 more minutes. Reserve some of the topping.

Arrange tofu hearts on a plate. Heat up the reserved topping and pour some over the hearts.

To add a touch of red for Valentine's Day, place some sliced red peppers or tomatoes alongside the savory hearts—strawberries or cranberries alongside the sweet ones.

I'm also offering something simple for those of you who have great intentions when it comes to cooking, but who find complicated recipes intimidating. The tofu hearts are very easy to prepare. I experimented with pre-made and very tasty bottled products from the Co-op, three savory ones and two sweet ones. Not many people would consider pairing kumquat marmalade with baked

tofu, but after sampling all the noted options, it was actually my favorite. You can experiment to find your own favorite. Marinating the tofu allows it to absorb more flavor.

Terri Schmidt will be enjoying some form of chocolate on Valentine's Day while keeping an ear out for possible neighing.

February Hot Specials	
Breakfast / Lunch	Dinner
SUNDAY	
Egg or Tofu Scramble, Berry Pancakes with Maple Syrup, Hashbrowns	Chicken, Mushroom and Spinach Alfredo Lasagna, Spinach, Mushroom Four Cheese Lasagna, Garlic Bread, Mean Greens, Apple Crisp
MONDAY	
Gourmet Pizza by the Slice	Orange Rosemary Baked Chicken, Lemon and Garlic Broccoli Stirfry, Roasted Potatoes, Molten Chocolate Cake
TUESDAY	
Beef Shepherds Pie, Veggie Shepherds Pie, Buttermilk Biscuits, Berry Cobbler	Taco Tuesday!!! Beef, Fish, Tofu, \$2 Tuesday: Black Bean Croquettes, Spanish Rice
WEDNESDAY	
Mac and Cheese, Mean Greens, Roasted Rosemary Potatoes, Apple Crisp	Sticky Chinese Chicken Drumsticks, Stir-fried Tofu and Shiitake Mushrooms in Spicy Black Bean Sauce, Rice, Egg Rolls, Honey Poached Pears
THURSDAY	
Smothered Burritos: Chicken, Veggie & Vegan, Gluten Free Enchiladas	Chicken Parmesan, Eggplant Parmesan, Pasta with Marinara, Garlic Bread, Berry Cobbler
FRIDAY	
Greek Bar! Beef-Lamb or Falafal, Fried Zucchini or Eggplant, Saffron Citrus Rice Pudding	Gourmet Pizza by the Slice
SATURDAY	
Egg or Tofu Scramble, Homefries, Bacon Lunch: Meat or Veggie Chili in a homemade bread bowl!	Eggplant and Beef Casserole, Thracian Tomato Casserole, Garlic Bread, Maple Date Bread Pudding

Omnivoria: Homemade Stock

by Alice Swan, Newsletter Volunteer

The kitchen renovation progresses: it was recently time to move food from the old refrigerator to the new one. The old fridge was a large, white, side-by-side affair that took up far too much precious floor space in our very small kitchen. The new one is a tall, skinny, European affair in stainless steel that only has a 24" x 24" footprint. It also has a smaller capacity than the old one, but as we shop frequently, and the old one was never full, that didn't seem like a problem. The freezer, however, is significantly smaller than the old one, and I was left with two gallon-sized bags of frozen chicken bones that just wouldn't fit.

Why, you may be wondering, did I have bags of chicken bones in my freezer? Several years ago when I learned that cooking a whole chicken (rather than just boneless, skinless breasts) is easy and tasty, part of what convinced me it was worthwhile was the suggestion that I put the bones and other leftover/undesirable parts in the freezer until there were enough for making stock. I had always thought cooking a whole chicken seemed excessively messy, since there was the carcass left to dispose of. But if you save it for stock, nothing goes to waste. (You do, of course throw out the bones after making the stock, but at that point you've extracted every possible ounce of flavor from the chicken). So of course, I had to make stock with my homeless frozen chicken bones.

I have to confess that before beginning research for this article, I probably would have said that I was making broth, because I didn't know the difference between broth and stock. Let

me enlighten those readers similarly unaware: stock gets its flavor primarily from bones, and has a more velvety texture, derived from the gelatin in said bones, while broth is made primarily from meat.

Learning that distinction solved a mystery for me. The first time I spent Thanksgiving with my husband's family, I helped his mom make a wonderful turkey soup out of the turkey carcass. The following year, when we hosted Thanksgiving dinner, and then had a turkey carcass of our own to deal with, I dutifully put it in a pot with some veggies and herbs and water, boiled for several hours, then put the pot on the back porch to cool so the fat would solidify and could easily be removed. But when I went to retrieve the cooled pot, the whole thing had turned into a gelatinous mess that bore no resemblance to my mother-in-law's lovely stock, and frustrated and disgusted, I threw the whole thing away. I never knew what had gone wrong.

Now I know that I simply had too little water for the bones, probably due to the fact that I had stuffed the carcass from a 20-pound turkey into a 5-quart soup pot. If I had used a 10-quart stockpot, it would have turned out much better.

Making stock is a nice thing to do on a cold winter weekend, because it warms up the kitchen (especially if you keep your thermostat turned down as low as we do) and it smells wonderful. It was also easy to do with my limited, under-construction kitchen resources. The stove, a large pot, and a colander or sieve are about all you need.

Chicken Stock

adapted from many sources

- ✦ Start with several pounds of chicken bones and trimmings.
 - ✦ Standard vegetable/herb ingredients are onions, leeks, carrots and celery, with a bouquet garni (which is a bundle of herbs tied together, either in a square of cheesecloth or just by the stems) of parsley, thyme, bay, and maybe a few peppercorns.
 - ✦ I suggest not wasting your time cutting vegetables into careful 1/2" dice for stock—save that for when you make soup with the stock. I usually cut them into pieces that fit well into my pot (which is usually quarters for onions, and halves or thirds for carrots and celery, depending on their size).
 - ✦ As far as whole vegetables vs. trimmings goes, celery leaves in particular add good flavor, and onion ends and skins work as well as the whole ones. I don't usually peel my carrots, so I seldom have carrot peels around that I need to find a use for. One recipe suggested saving the vegetable trimmings in a bag in the freezer, just like the chicken bones, for making stock later. Maybe if you don't have a compost pile that would seem more appealing.
 - ✦ Add other things according to your liking and what you have around. My two favorite additions are parsnips, for a nice hint of sweetness and cloves stuck in the onion for a bit of spice. Mushrooms, especially dried ones soaked in hot water to reconstitute them, add earthiness. Unpeeled garlic cloves can also be added, or fresh ginger for an Asian flavor. Feel free to experiment, but don't add cabbage.
 - ✦ Now for the most important step: put all your ingredients in a large pot and cover with enough fresh, cold water to keep them all submerged. Bring the water to a boil, then turn it down to a simmer and skim off the foam and other yucky stuff that floats to the surface, frequently for the first 1/2 hour, and about once an hour afterwards.
 - ✦ Cook your stock for several hours (up to 4 or 5), depending on how much time you have, and how rich a flavor you want. Add water if the water level gets too low.
 - ✦ When the stock is done cooking, strain it through a sieve or colander (depending on what you have, and how clear you want the end product to be). You can then chill it and easily remove solidified fat from the top before using or freezing.
- Variations:**
- ✦ For a richer, brown stock, roast the chicken bones and vegetables in the oven at 425 degrees for 45-60 minutes before putting them in the pot. Then add water to your roasting pan, and deglaze it on the stovetop, and add that liquid to the stockpot also.
 - ✦ To make bouillon or glaze, continue cooking your strained, de-fatted stock for several more hours, until it reduces to a thick, syrupy consistency. You can keep this in a tightly covered container in the fridge for a long time, or let it cool and solidify, cut into cubes and freeze them.
 - ✦ Try it with beef bones, too. Then you can make a really outstanding French Onion Soup, and stale bits of Co-op baguettes make great croutons for the top.

I had made successful stock since the turkey incident, but I never really used a recipe. This time, since I knew I would be sharing it, I spent a lot of time searching for the perfect stock recipe, and what I came up with was wildly different advice from different sources. One recipe said to cut the onions and carrots into 1/2" dice. Another said to add them whole. Another said to just use vegetable trimmings. So, after much research and a little experimentation, I have no holy grail of stock recipes, just some guidelines. High-quality natural or organic meat bones, such as those

you would have left over after cooking meat from the Co-op do, of course, produce better stock.

Alice loves her new cabinets, refrigerator, and dishwasher, and is looking forward to having counters to go with them.

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In The Garden: Weed Pharm, A New Organic Herbicide

by Holly Barnes, Newsletter Volunteer

“The only two herbicides we recommend are cultivation and mulching.”

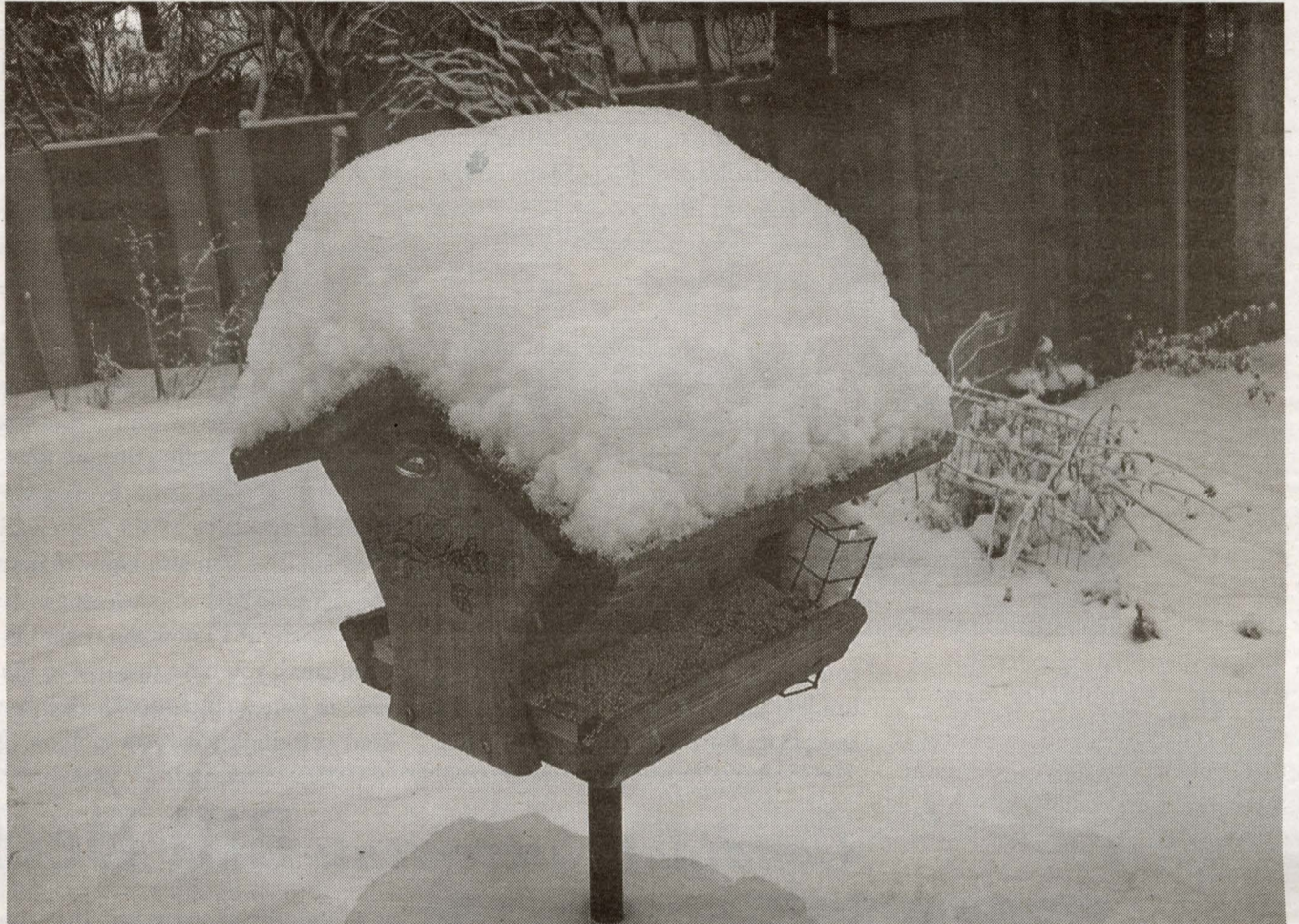
—*Organic Gardening Magazine*

A better mousetrap? Pharm Solutions, Inc. thinks so.

The Washington Corporation has recently received Environmental Protection Agency (EPA) registration for “the world’s first food-grade organic herbicide.” Weed Pharm is a non-selective weed and grass killer with food-grade vinegar as the active ingredient. Pharm Solutions manufactures a wide variety of chemical garden products which includes the only U.S. Department of Agriculture (USDA) Certified organic pesticide. Many extension offices are only permitted to recommend the use of products that have been registered by the EPA so it is important to have an approved organic product for Extension Agents and Master Gardeners to suggest when requested. Weed Pharm is certified organic by Oregon Tilth and will be commonly available this year in lawn and garden supply stores.

Studies have shown that for vinegar to be most effective as a weed killer the percent of acetic acid must be stronger than the 5 percent acetic acid/vinegar we have in our kitchens. Herbicidal vinegar with a 20 percent acetic acid composition is fast acting and most effective on young, actively growing annual weeds. Vinegar does not move into the roots of treated plants, so only top growth is killed. This means that it will not be effective on perennial weeds. Non-selective means that you must take care during application as the solution will kill any and all plant tissue it touches.

A weed control research study done on wine grapes in San Joaquin County found Weed Pharm to be the most effective (of three commercial brands) herbicide used on a test vineyard over the short term, three days after application. However, after 28 days it was the least effective. This result will be acceptable for certain applications though not for others. Since the product is so new, there is very little practical information available and it remains to be seen how adaptable it will be to farm and garden. I imagine that it could be quite valuable to small farms and gardens which have an organic designation and are able to apply the



This winter, take care of our feathered friends.

herbicide frequently enough.

Weed Pharm is claimed by the manufacturer to be an alternative to chemical herbicides. All material things, however, can be broken down into chemical compounds. Vinegar is a chemical compound; therefore, Weed Pharm IS a chemical herbicide that also happens to be organic.

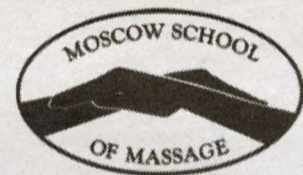
There are dangers associated with the use of Weed Pharm, as with the use of any synthetic or organic chemicals so the warning label must be carefully read and followed. Desirable plants need to be protected from potential spray drift.

A postscript to my recent attempts to resurrect year old paperwhite narcissus bulbs: The experiment failed. I had always heard that bulbs were exhausted after being forced and I will have to agree that is the case. Some of the bulbs did grow long lanky leaves but none set buds or bloomed. From now on I’ll treat the bulbs as annuals.

In the February Garden:

✦ Work in the garage this month to make and/or repair birdhouses and feeders, and mason bee blocks for nesting native bees.

Holly Barnes is enjoying the snowy winter and getting lots of quilting done but she always has one eye on the garden, looking for the first signs of spring.



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Board of Directors Election Summary

by Joe Thompson, Co-op Board of Directors

This year, one of the positions on the Moscow Food Co-op Board of Directors is open for election. There are three candidates for that position. Bill Beck is seeking re-election, and there are two challengers: Kelly Moore and Lida Saskova. All three candidates have supplied photos and statements that appear in this newsletter.

In addition to reading their responses to our three questions, you can meet the candidates in the store from 11 a.m. to 1 p.m., Saturday, February 16. That day is also the "Meet the Makers" taste fair, so you can wander through the aisles, meet the local producers who sell their products at the Co-op, have your free lunch, grab a cup of coffee and then talk with the Board candidates. It's bound to be a rewarding experience for everyone involved. And

by all means, when you've chosen your candidate, please vote (voting will be at the Co-op, all day, on both March 1 and March 4).

And now my message specifically to Co-op members: with the election coming up, I wanted butter you up a little and thank you for supporting your store. Did you know that members generally buy 40 percent more per basket than non-members? You people are awesome! I know, you're just doing what comes naturally. Anyway, now that you feel good about being a Co-op member, I have a little constructive criticism. Did you also know that only about 4.4 percent of you voted in last year's election? I know the system is antiquated; you have to come to the store to vote on a particular day. But don't you think it's worth it? Don't you

“Did you know that members generally buy 40 percent more per basket than non-members? You are awesome!”

care who's on the governing board of the heart and soul of this community? Why not go out of your way a little, you'll probably feel good about it. Why not take an active role in this year's election, read what your candidates have to say in this newsletter, and visit with them at the February 16 event, and then vote March 1 or 4. OK, back to your lives, citizens.

Candidate Statement: Bill Beck



My name is Bill Beck. I was first elected to the Co-op Board of Directors in 2004, and am now running for re-election to a second term. I am currently Vice President of our Board. Our Board has accomplished a lot in the last three years. I would like to continue to serve our membership on the Board of Directors.

1. Do you feel the Co-op's mission and values are reflected in the products and services it offers? How could the Co-op better fulfill its mission to members and community through products and services?

The Co-op's mission and values are clearly reflected in our products and services. Our professional staff are able to choose well what products to offer. We serve a diverse population who want to purchase a variety of products. I think it is important to provide a wide range of products for our customers to meet their needs. I would like our customers to think of the Co-op

as a "one-stop shop," where they can count on getting what they need for a quick snack, for making dinner, for a selection of gifts, or for a local musician's CD. Our focus on providing local, organic and natural food, deli, health and wellness and a variety of other products is meeting the needs of our community. Evidence of our success is found in our strong and continued growth—and in the importance of the Co-op as a social hub for all of Moscow.

It is important that we always seek to better fulfill our mission. I would like to see us bring back the "Market Basket" that provided a selection of basic staple products at sale prices.

2. The Co-op has changed significantly over the last decade, moving from the former Kentucky Fried Chicken building on Third Street to the Post Office Square at Third and Jefferson, and now to the old Safeway store at Fifth and Washington. What changes do you think the Co-op could undertake during the next five years to best serve the members and the community?

Our Board is currently in the process of developing a strategic plan to address ways to better serve our members in the future. We have formed a strategic planning working group to set short and long term goals. I think we need to find ways to increase membership, increase communication with members, prepare to own our building and provide better wages for our staff. I like the idea of patronage refunds as incentive for membership (similar to

REI). This idea is in the early stages of consideration. I would also like to see more member sale items as an incentive to become a member. We need to listen to our members and constantly seek their input. I look forward to reviving "Dinner with Directors." Continued growth and sound oversight of our finances is necessary to prepare to own our building and provide better wages for our staff.

3. Please describe your experiences and interests that would help Co-op members understand why you are running for the board and how they demonstrate expertise in providing governance.

I am running for re-election to our Board because I have lots of experience with our Co-op and I think I have more to give. I volunteered at the Co-op in the late 1970's. I worked at the Co-op and became the General Manager of our Co-op in the mid 1980's. We then left Moscow and I spent 17 years managing a business before returning to Moscow, and joining the Co-op Board, in 2004. I believe that my experience working with our current Board, my previous experience volunteering and working with our Co-op, combined with my other experiences running a business, make me well-suited to continue my service on the Board of Directors.

Our Co-op is growing and vibrant. Your vote for me will help keep our Co-op strong and ensure progress toward meeting the increasing and changing needs of our community. Thank you.

Candidate Statement: Kelly Moore

1. *Do you feel the Co-op's mission and values are reflected in the products and services it offers? How could the Co-op better fulfill its mission to members and community through products and services?*

I do feel the Co-op's products and services reflect the mission and values of the Co-op. I think the Co-op can expand on the excellence personnel and products it already has by perusing more local products, furthering public education, and working toward energy independence.

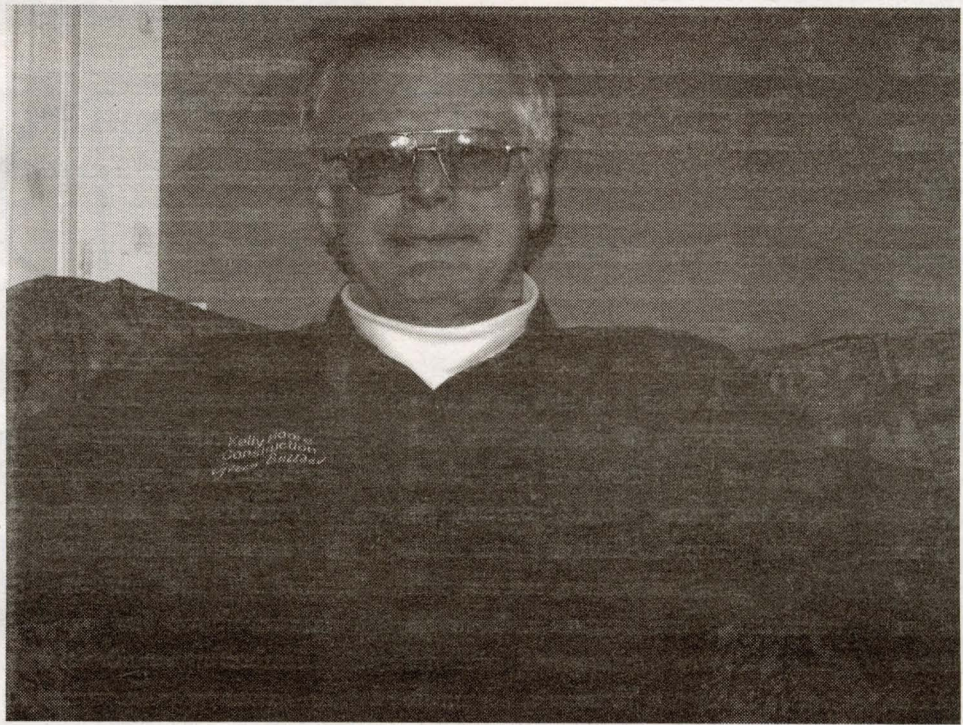
2. *The Co-op has changed significantly over the last decade, moving from the former Kentucky Fried Chicken building on Third Street to the Post Office Square at Third and Jefferson, and now to the old Safeway store at Fifth and Washington. What changes do you think the Co-op could undertake during the next five years to best serve the members and the community?*

What changes do I think the Co-op, as a well run business, that doesn't have room to expand at it current location,

should undertake in the next five years? The idea that comes foremost to me is energy independence. Given that the Co-op needs to stay down town, lowering the impact it has by reducing the energy it consumes is a lofty goal for the next five years. Lowering other inputs such as water consumption is another goal.

3. *Please describe your experiences and interests that would help Co-op members understand why you are running for the board and how they demonstrate expertise in providing governance.*

I have been a long time resident of Moscow and have watched the Co-op grow over past thirty years from a group buying in bulk to a community hub. My experience in engineering and



owning my green building company, which built the first gold certified green home in Moscow, will help me guide the Co-op toward energy independence. I am also involved in retail trade as a partner in Howard Hughes Video and am very interested in keeping a vibrant downtown.

Candidate Statement: Lida Perez Saskova

My name is Lida Perez Saskova. I have been a member of the Moscow Food Co-op since moving to Idaho in the early 90's.

1. *Do you feel the Co-op's mission and values are reflected in the products and services it offers? How could the Co-op better fulfill its mission to members and community through products and services?*

I feel that the Co-op should be about buying locally: reducing the miles products, whether imported crafts or flour from distant mills, must travel to market is an urgent issue both for Moscow and our planet. One of the strengths of our community is the rich diversity of local artisans and crafts people. Just as local growers are given an opportunity to sell their products in our store so do local crafts people deserve to have a place in what many feel is our community's heart.

2. *The Co-op has changed significantly over the last decade, moving from the former Kentucky Fried Chicken building on Third Street to the Post Office Square at Third and Jefferson, and now to the old Safeway store at Fifth and Washington. What changes do you think the Co-op could undertake dur-*

ing the next five years to best serve the members and the community?

The Co-op should be about value: I believe we need to reward Co-op members by reintroducing the various discounts the members enjoyed in the not so distant past. As a board member I will work toward that goal.

The Co-op should be about democracy: I believe we need to encourage more members to participate in the decision making process and as a board member I will work to insure that the Coop's activities and relationships remain transparent to the membership.

3. *Please describe your experiences and interests that would help Co-op members understand why you are running for the board and how they demonstrate expertise in providing governance.*

I am an owner of a successful multimedia business, Buffalo Girls Productions. Currently I serve on the board of Latah Arts and Culture Committee and I was a long time member of the White Pine School District Board. Prior to moving to Idaho, I was a member of various Cooperatives in the Boston and Los Angeles areas. I have always appreciated food co-ops' focus on local resources



and integrity and have incorporated these values into my own life.

I hope that my professional experience in diverse fields: film, arts, and education, as well as my commitment to Cooperative principles, will make a positive contribution to the Co-op board.

I am looking forward to serving the Co-op membership and the community.

Wild & Free: Curly Dock

by Sarajoy Van Boven, Newsletter Volunteer

My love, My Dearest, Curly Dock,

As snowflakes pile around my door today, my house is warm and my tea is hot. I should be happy, but you are not here. I should curl up in a blanket, read a book. Yet I pace the floors, thinking only of you. My heart pounding, my blood racing, as I imagine our spring reunion.

You'd hate it in here, inside, so hot and soft. You are happy beneath your frozen snow, wedged between jagged rocks, and sleeping along roadsides. When the time is right, you will rise up. Soon we shall be together again. But I miss you now.

How blind I was when we were first introduced! I saw you around town and took you for decorations, adding your rusty red seed stalks to fall bouquets. I heard gossip that your long, lance-shaped, rough, wavy-edged leaves were edible. How I laughed, fool that I was!

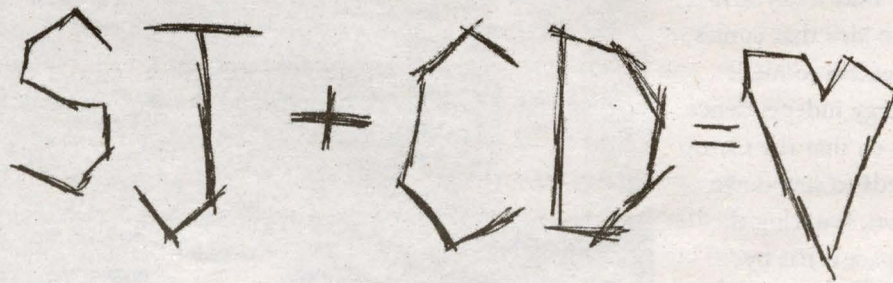
Secretly, I tried one. I knew it was you, Curly Dock, by your stalk of rattling old seed pods, brick red, and rising 2-4 feet tall. You were on a city trail, behind warehouses, along railroad tracks. Do you remember? I took one of your alternating leaves straight from the stalk. No branches interfered. But you were tough, and ridiculously bitter. "Maybe, if it were the last food on earth!" I ignorantly laughed.

All over the Palouse, plants hibernated for winter, but along the Snake River on that fateful day, you were there. You'll remember the freezing night, the frosted sleeping bags. Down in that canyon, the sun, like my love, was long in rising. It seeped through the river fog, and climbed above the craggy buttes. I climbed a little too and found a perch to watch the sun dance with the cold river as the fog slip into nothing, like a specter finally satisfied. I stopped shivering and melted into the lichen-splotched rocks.

When I opened my eyes again, I saw you there, nestled by my side. Yellow green, the gold sun shone through your newest leaves. For the first time, I saw you, really saw you. You were young and fresh, soft and juicy.

I look your tender leaf. And the two became one. You were lemony and light, the flavor of sunshine, with a refreshing bitterness, like the cold of early spring.

That day gleams bright in my memory.



The day I first loved you for who you are: a beautiful, wild soul, sweet and sharp all at once. Cities and roads make you intolerably tough, but this is where you shine, in the wild.

Surprisingly, we have similarities: both European introductions, long since naturalized.

You're wealthy with protein, calcium, iron, and potassium. With more vitamin C than oranges, more vitamin A than carrots, I've found a diamond in the rough. Rumors has it you're good for liver, blood, lymph nodes, sores, and joints. Some say you are anti-bacterial and anti-fungal (Edible and Medicinal Plants of the Rockies by Linda Kershaw). I love that strong vein of resistance in you.

More adventures await we two! Member of the buckwheat family, your seeds could be boiled for a thrilling mush or ground to deeply satisfying flour.

We might even boil you large leaves, changing the hot water as we steam the kitchen.

This is what makes winters so hard: being without you, unable to reach you, and waiting, waiting for early spring to find you. You won't make me wait long, though. I can trust that. You'll be easy to spot too, because last year's seed stalk will still be tall and red.

I've noticed your cousins, Sheep and Mountain Sorrels, almost mistaking them for you. They're fine, but what an embarrassing faux pas that would be! Before I pluck you again, I will know that you are none other than *Rumex crispus*.

When I am finally plucked from this world, I vow to return to you the nourishment and sustenance you have given me. That is love: giving and receiving.

It sounds trite and simplistic, but it's the only way I know how to express

it: I love you, Curly Dock. Happy Valentine's Day.

Yours truly and forever, Sarajoy Van Boven

As with Curly Dock, Sarajoy began by hating him, but eventually fell in love and married that Huckleberry.

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Letter from the Land: Bagged Leafy Greens at the Expense of the Environment

by Suvia Judd, Newsletter Volunteer

Since July 23, 2007, lettuce and greens growers in California have been bulldozing out farm ponds, fencing off rivers, and surrounding land from their fields, trapping rodents, and poisoning frogs, all in the name of "food safety." Under the "leafy greens marketing agreement," auditors inspect greens growers' premises to make sure there is no possible contact with cows, pigs, deer, birds, rodents, dogs, frogs, or any animal deemed a potential carrier of human pathogens. Signing the marketing agreement is voluntary, but it is being administered by the state of California as if it were a law, and of you want to grow leafy greens in California and sell through any of the main distributors, you have to sign.

The leafy greens marketing agreement was drafted in reaction to the 2006 outbreak of bacterial infections from tainted spinach. More than 200 people got sick, 30 had acute kidney failure, and five died, from eating spinach contaminated with E coli O157-H7. The particular strain of E coli O157-H7 was traced by genetic markers to a particular farm. None of the organism was ever found in the farm's fields, but it was found in cows, feral pigs, and water, at a ranch a mile away.

There were multimillion-dollar losses, the bagged spinach industry was even shut down for a time by the Food and Drug Administration (FDA), and the industry organized to prevent a recurrence by drafting the leafy greens marketing agreement.

Dave Runsten of Community Alliance with Family Farms (CAFF) says that ever since the leafy greens rules went into effect his organization, and others, have been fighting a constant battle

on the "metrics"—how high must the fences be, how far away must livestock be, etc. He worries because of the anti-progressive effect the rules are having on conservation practices, and the very destructive effects on wildlife and the environment. He worries because there has been a move to extend this agreement to the federal level, (although it has made no progress so far.) And he worries because there is a move in California to extend the agreement to other crops, including tomatoes, melons, and onions. And, he is disturbed because he does not think the regulators are aiming at the right target.

Because the driving force behind the agreement is the insurance companies, and big distributors of bagged greens, the farmers have been made the ones responsible for eliminating the problem. The rules are not based on good science or a rational policy on how to keep pathogens out of the food supply, partly because the drafters have ignored science and partly because the research is incomplete. Also, there are also other points for appropriate intervention. Thousands of batches of greens for bagging are washed in the same wash water, for instance, so that contamination can be transmitted from one source to multiple batches. And Dave Runsten pointed out that pathogens such as E coli O157-H7 originate in the corn-fed beef industry, but no effort is being made to keep the pathogens out of the environment.

I found Dave through my efforts to learn how the new rules are affecting organic growers. He said if they want to sell greens to any of the big distributors, as opposed to locally, they have to comply too. "Industrial organic" growers may not care, but if you are a

grower who cares about being in tune with biology and the environment, this is painful. "What about manure?" I asked Dave. Yes, growers can still use composted manure, but it has to be tested and certified.

Other farmers, such as conventional dairies, are free to continue applying raw uncomposted manure directly to their fields; no rules keep the pathogens out of the environment at the source.

All the cases of poisoning in the spinach outbreak were from bagged cut salad greens. Cut greens are much more likely to pick up and carry bacteria. So what price convenience?


Resources:

"Lettuce Liability: programs to keep salads germfree raise wildlife and conservation concerns." *Science News*, volume 172, December 8, 2007

www.caff.org. This is the website of the Community Alliance with Family Farms, and has lots more information.

Suvia writes, eats, and farms in Moscow.

"Dave Runsten pointed out that pathogens such as E coli O157-H7 originate in the corn-fed beef industry, but no effort is being made to keep the pathogens out of the environment."



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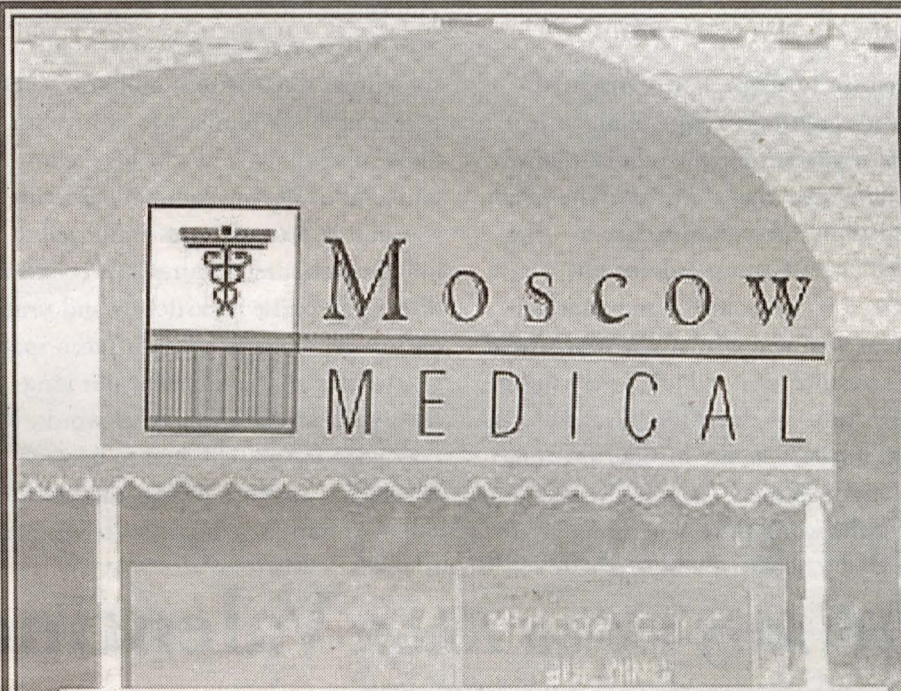
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Co-op Poetry Corner

Ode to the Earth Tub

by Bill London

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Meals Kids Might Eat: In Praise of Green Spaghetti

by Judy Sobeloff, Newsletter Volunteer

Making muffins a while back, my six-year-old became more interested in eating plain flour off of the table. "If you spill a bunch of flour, I will clean up after you," she offered. "Mama, can I lick your hands?"

When friends came over for green spaghetti recently, a dinner she had always liked, my daughter was intent on consuming only napkins. "I need more," she requested. "I chewed mine all up." So she had.

These are the times that, while not exactly trying men's souls, at least prompt parental puzzlement: what strange chain of chemical reactions is responsible for "like" and "dislike?" How might we harness it, or at least walk alongside it?

As it turned out that night, our ace-in-the-hole kid guest, She Who Loves Green, slated to lead the masses into blissful eating, was completely uninterested in even tasting green spaghetti. "When you get a bunch of them together, nobody eats," my friend, Sarajoy, observed.

Even so, I still give green spaghetti (recipe courtesy of my friend, Lesley) rave reviews in the relevant categories of taste, ease, and nutrition. The assembled adults all seemed to like it—She Who Loves Green's dad, for one, deemed it "awesome"—and another parent commented that his six-year-old "ate a bunch of it, which is very unusual for him. He doesn't eat a lot of foods, and normally he doesn't like anything on anything else." (In other words, normally he won't abide sauce, and green



Yummy and beautiful: Green Spaghetti.

spaghetti is all about sauce.)

In any case, this month my attention shifted away from the usual questions about what to eat to larger questions raised by a book I found among the bestsellers and bodice-rippers at an airport newsstand: *Unconditional Parenting: Moving from Rewards and Punishment to Love and Reason* by Alfie Kohn. As one who enjoys (and sometimes recoils from) nibbling at the parenting-book buffet, I found Kohn's ideas compelling. The gist here, counter to much of conventional parenting wisdom, is that strategies employed to influence children's immediate behavior (like using praise and stickers and timeouts to get them to eat their green spaghetti) may well undermine our long-term goals for them. In other words, we may hope for our children to become self-reliant, creative, loving, thoughtful clones of ourselves, but our actions may

encourage not those things, but only compliance.

Kohn says the use of praise and exter-

nal rewards to influence children's behavior is likely to backfire, eroding their intrinsic motivations and desires: "Every time they heard 'Good sharing!' or 'I'm so proud of you for helping,' they became a little less interested in sharing or helping." I found profound Kohn's seemingly simple suggestion that we value our relationships with our kids more than getting them to do what we want.

In the meantime, seeking that which my family might eat for dinner as we stumble toward enlightenment, I still think green spaghetti is stellar ("Good job, Mom!" I tell myself.) I look forward to finding other dishes of its ilk.

Which bumper sticker would you choose? This Valentine's Day, Judy Sobeloff picks "More love, less attitude."

Green Spaghetti

Sauce:

- ✦ 1 package (10 ounces) frozen spinach or broccoli, cooked
- ✦ 1 cup yogurt or milk
- ✦ Optional: ¼-½ cup vegetable broth
- ✦ Optional: ½ cup grated cheese
- ✦ Spaghetti, cooked
- ✦ 1-2 tablespoons butter
- ✦ Salt and pepper to taste

Puree cooked spinach or broccoli and other sauce ingredients in blender and set aside. Add butter and optional salt and pepper to cooked spaghetti. Pour sauce from blender over spaghetti. Mix well and serve immediately.

February Co-op Kids!: Valentines and Healthy Snacks

by Rebekka Boysen-Taylor, Co-op Kids Volunteer

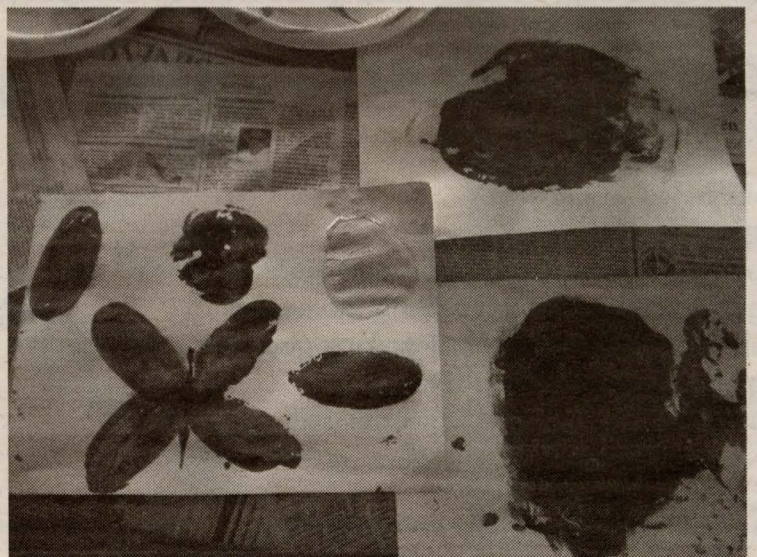
We had such fun making potato prints in January with new friends from New Zealand, I just love the way our community draws interesting people from all over the world!

Come join us in the Co-op Cafe to make Valentines at 9 a.m., Wednesday, February 13. People of all ages will enjoy this time to sit, visit, and create handmade cards.

On Wednesday February 27 at 9 a.m.,

we will meet in the Co-op Cafe at the round table to make healthy snacks. This activity is always a hit—we will talk about portions, measuring, and keeping healthy snacks in a drawer or basket that kids can access themselves, fostering independence for preschool and young elementary age children.

Rebekka Boysen-Taylor is the Co-op Kids volunteer and you can reach her via email at amamaswork@yahoo.com



“Mama Can We Make...?”: Pinecone Skier

by Nancy Wilder, Newsletter Volunteer

Winter seems to be firmly settled in here, and by all accounts is likely to stay with us for quite a while longer. With that in mind, we’ve been seeking some balance between indoor and outdoor activities. After all, we can’t ski, sled, snowshoe, and skate all the time, right? Although my kids (and many of their friends) would beg to differ, there does come a time, usually after the sun sets, when we must head indoors. And the fun doesn’t have to stop there. So we came up with this crafty little skier. S/he can be created in about twenty minutes, and can even go back outside to play when the kids (or grown-ups!) feel the itch to get out again. Alternately, make several little skiers, sledders, or snowboarders to put a winter scene together indoors or out.

You’ll need:

- * 2 popsicle sticks or craft sticks
- * glue, a craft knife, or kid’s scissors
- * a ping-pong or other small ball
- * permanent markers

- * felt
- * pinecones about 4 inches high
- * pipe cleaners
- * 2 wooden skewers, twigs, or stiff pipe cleaners

To begin, with an adult’s help, make a pair of skis from popsicle or craft sticks by carving, or cutting with kid’s scissors, points at one end and making the other end straight across. Glue the sticks together in an “X.” Next, draw a face with markers on the ping-pong ball. Glue on a small triangular felt hat. Then glue the head to the flat bottom of the cone (note: if you wish to make this a hanging ornament, you can now wrap a pipe cleaner around the neck and form a loop at the back of the skier for hanging it up. Now wrap a rectangle of felt scarf around the neck and knot or glue in place. Wrap a pipe cleaner around the cone and make small loops at the ends for hands. Next glue ski poles made from the sharp ends of two skewers (or twigs or pipe cleaners) to the hand loops. Slide a

dime-sized circle of felt onto the end of the poles. Finally, glue the narrow end of the cone to the sticks.

Voila! You now have a little pint-sized skier friend to add winter flair to an indoor scene or to outdoor playtime. This easy project is especially great when you don’t have a lot of time or materials, since it is easy to improvise with materials you may already have on hand. Older kids and adults can enjoy dressing up the cone-friend with cut materials, or making intricate detailed drawings on the face, skis, or cone.



Nancy and her family thank their lucky stars for all the beautiful snow we’ve been having thus far...but talk to us again at the end of March.

PALOUSE REPORT : Kids in Winter

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Critter Corner: Eat Your Vegetables, Part 2

by Janice Willard DVM, Newsletter Volunteer

After reading the research about the possible healthful benefits of supplementing the diets of dogs with vegetables (see Eat Your Veggies Part 1 October Newsletter), I decided to implement a plan to add more color to the diets of my dogs. Not willing to go completely into the homemade diet route, I decided to take a middle road, still feed the commercial diet but, as a veterinary nutritionist had advised me, replace 10 percent of the commercial diet with colorful veggies.

This, it turned out, was not as easy as it first seemed. I have two dogs on the opposite ends of the canine spectrum: Raven is a kibble purist who views anything not from a bag or of animal origin with complete disdain. Veterinary publications recommend using baby carrots or frozen green beans as a crunchy alternative to high calorie treats for overweight dogs. Offering these and most other veggies to Raven resulted in a single sniff followed by an expression that could only be translated, as "You want me to eat that? Surely you jest." Rosie, on the other hand, owing to the portion of her life spent homeless, will eat practically anything vaguely resembling food, but unfortunately has a delicate digestive system that is upset by almost every-

thing. When Rosie eats something she shouldn't, we are usually greeted in the morning with a smelly mess on the living room floor. (Spring, my third dog, seems willing to try and able to digest pretty much anything I offer him).

So this gave me two of the most important challenges when supplementing my dogs' diets with veggies—getting them to eat it and making sure it was what they should be eating.

Getting my finicky dog to try something new was a matter of changing the size or texture until I found things he liked. For example, Raven rejected raw carrots, but he likes them cooked, and they are probably more easily assimilated this way. People who feed raw food homemade diets to dogs often puree the veggies to increase acceptance and ease of assimilation of the nutrients (remember, dog's molars weren't made to grind food as ours are). Veggies that are finely chopped and cooked in scrambled eggs are a big hit with Raven (and the high quality protein in eggs is also a good choice for an aging dog). He also enjoys cooked Brussels sprouts, a choice that surprised me, after trying for so long to get my human family to eat them.



For a dog with delicate digestion like Rosie, the watchword is "go slowly and keep a good eye on what is coming out the other end." Many of my attempts to start supplementing with a homemade diet for Rosie have been greeted by gleeful guzzling followed by complete rejection by her digestion. A dog on a diet that she is assimilating well will have well formed stools and a minimum of gas. Anything other than this and you need to look at the specific ingredients to see what your dog isn't able to digest. (However, chronic diarrhea or diarrhea that is not in response to a dietary change, especially if accompanied by lack of appetite or depression, means a trip to the veterinarian without delay is in order).

Commercial pet food manufacturers have also paid attention to the research showing that healthful benefits for pets might be derived from the antioxidants in fruits and vegetables and have started adding these compounds or even dried vegetables to their foods. However, because I don't know for any particular manufacturer, how much is a demonstrated improvement and how much is advertising hype, and because natural foods contain a greater complexity of interacting antioxidant compounds, I still feel like hedging my bets and supplementing their diets with vegetables that I prepare for them myself.

Important to remember: According to the ASPCA (American Society for the Prevention of Cruelty to Animals), Animal Poison Control Center, food and beverages dogs should never consume include alcoholic beverages, chocolate, coffee, fatty foods, macadamia nuts, moldy foods, raisins/grapes, onions, garlic, yeast dough and anything containing the sugar substitute xylitol.

Janice Willard DVM is a long time Co-op member who was surprised to discover that she likes Brussels sprouts as much as her dog Raven does.

Get Your Own Home Composter

by Andy Boyd, Director of Moscow Recycling

Moscow Recycling, the Moscow Food Co-op, and Palouse-Clearwater Environmental Institute (PCEI) are pleased to sponsor a sale of the Earth Machine backyard composter. The sale is in celebration of the Co-op's new Earth Tub composter that will compost the entire store's organic waste.



Environmental Protection Agency (EPA) estimates the average household can divert as much as 650 pounds of organic waste every year by composting. And this sturdy home composter makes that easy.

The date for this celebration has been set for April 12, 2008 in the Co-op parking lot and we want to take your pre-orders for the backyard composters so they will be available for pick up at the celebration. The last day to pre-order your composter will be March 8 so please be sure to order on time. The Earth Machine will be sold at cost (not to exceed \$45, and less depending on how many are ordered). The Earth Machine features a large 80-gallon capacity, is large enough for a family of five, comes with composting instructions, and is made from recycled plastic! To pre-order, or for more information, please call Moscow Recycling at 882-0590.

This backyard composter will help you to compost most of the organic waste produced in your home. The

Food Allergy & Intolerance Group Starting in Moscow

by Raechel Medina

Last year I learned that I'm intolerant to gluten, dairy (casein), and soy. More recently, I found that my three children, ages 2, 6, and 8 are also intolerant to gluten and dairy. What a major life change! Thankfully, I enjoy cooking and baking, though, and decided to look at this as a journey—expanding my cooking skills, palate, and creativity. I've spent a lot of time researching food intolerances, gathering recipes and learning new cooking skills, which has helped me through this transition. I know it's not that easy for many people. Such a huge change is intimidating for anyone, but if you've never been much of a cook or you're dealing with multiple food restrictions, it can be overwhelming.

Throughout the last year, I've gone at this alone. I don't know anyone else who is or has gone through such a drastic change in diet. I'd like to be able to connect with others in the local area to

share knowledge and support. I envision a friendly, informal group in which we can offer each other support, help, and recipes. I'd like the group to be open to people with any type of food allergy or intolerance or for anyone who is interested in learning more.

Whether you're new to the realm of "limited" dining and would like help or if it's second nature to you and you can offer some insight and support to others, please consider joining us. We will be meeting at 7 p.m. on the third Thursday of each month at Success By 6 of the Palouse (110 S. Jackson, Moscow). Please call or email if you have any questions or suggestions: raechel.medina@gmail.com 208-882-7387.

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Choices in Wellness: Herbal Medicine

by Dr. Angila Jaeggli, Newsletter Volunteer

Walking on trails throughout the stunning landscape of Mount Rainier's protected lands, we are surrounded by lush, green and overflowing flora that hold the potential to heal, soothe and cure. As we saunter up hills and through valleys, we come upon a field of False Hellebore (*Veratrum viride*), a beautiful plant with large, stunning leaves. While many of the neighboring plants are small, False Hellebore's size is a testament to the toxin that lies within. Animals have learned to avoid the tempting leaves. Close to the False Hellebore we find Yarrow (*Achillea millefolium*), so named after the Greek warrior Achilles in honor of its ability to astringe and heal wounds, and Foxglove (*Digitalis purpurea*), a plant from which a potent cardiac drug, Digoxin, has been derived. These plants are a gift, and I feel thankful for the people in centuries past who have experimented with them and documented their properties.

And although the plants on Mount Rainier are beautiful and diverse, you don't have to be there to find plant medicine. Many of us just have to step into our yards. Considered by most a weed, dandelion (*Taraxacum officinale*) leaves are an excellent diuretic and liver tonic. The ubiquitous catnip (*Nepeta cataria*), not just for cats, soothes the nerves and relaxes the body. A few examples of other local native medicinal plants include hawthorne, juniper, Oregon grape, blackberry and elderberry.

Before the advent of pharmaceuticals,

humans relied on plants to prevent and treat disease. Plant medicine, also known as botanical or herbal medicine, is still the primary method of treatment in many non-industrialized countries around the world. Evidence and documentation of the use of medicinal plants has been well noted over the centuries. Cave drawings of plants being used as medicine have been found in France as early as 25,000 B.C. The study of herbs by the Sumerians dates back to over 5,000 years ago, while evidence of ancient Greek herbal knowledge is preserved in the works of the father of medicine, Hippocrates. And even as early as 100 years ago, the Merck Manual, a commonly used guide for modern medical practitioners, listed herbal cures for most conditions. Today, herbal preparations are readily available to the public, and more and more research on plant efficacy and effectiveness is being done for specific conditions and drug research. According to WHO (World Health Organization), approximately 25 percent of drugs have been derived from plants, including aspirin, ephedrine, and quinine.

So, what makes a plant "medicinal" and how do you choose the best plants for you?

Any part of a plant can potentially be used as medicine. The flowers, leaves, stems, seeds, fruit, roots, and bark may all contain potential healing phytochemicals. Many of the foods and spices we use on an everyday basis can be used as medicine; especially when prepared correctly, given as an

extract or in higher doses. For example, turmeric (*Curcuma longa*) is a common spice that is high in antioxidants, and has shown to effectively reduce inflammation in the body. The trick is knowing which plants are helpful and which are potentially toxic. And interestingly, even plants which have some toxicity can still be therapeutic when dosed correctly.

When it comes to choosing herbs for your health, seeking advice from a qualified practitioner is your best bet. Qualified practitioners include registered herbalists, naturopathic physicians and others who have certified training in herbal medicine. One such local practitioner is Dr. Linda Kingsbury (208.883.9933) who has been creating herbal remedies and teaching about herbs for over 20 years. Other local western herbal practitioners include myself, Dr. Jaeggli (509.335.7225), as well as practitioners of Chinese herbal medicine, Master Sun and Charlotte Sun (208.285.0123) and Lauri McKean, L.Ac. and Meggan Baumgartner, L.Ac. (208.669.2287).

Dr. Angila Jaeggli is a naturopathic

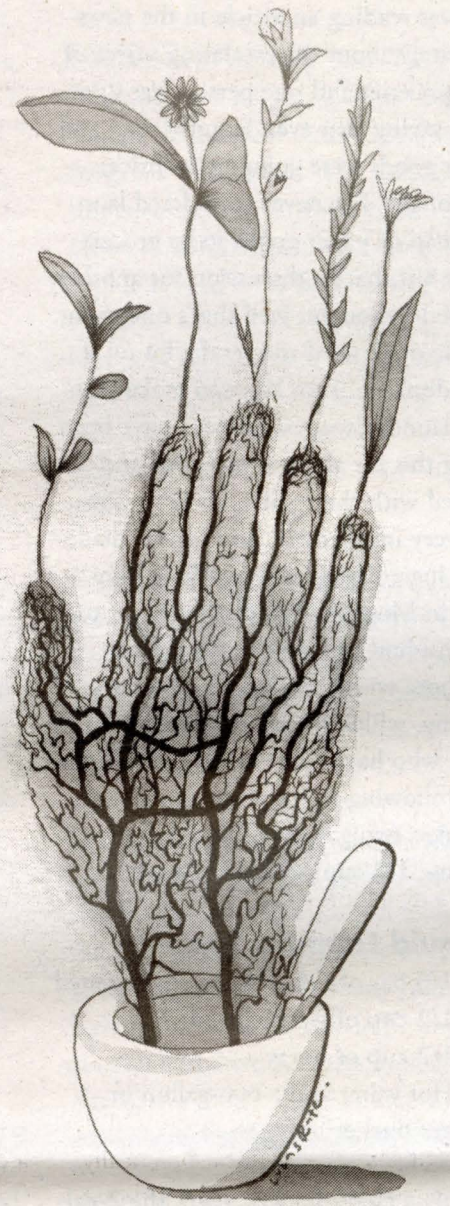


Illustration by Lucas Rate.

physician who practices in Pullman, and specializes in integrative, holistic family medicine. She lives in Moscow with her husband and three cats. For more information, visit www.sagemedicineclinic.com.

Moscow Renaissance Fair Poster Contest

by Michelle Carr, Fair Publicity Coordinator

The Moscow Renaissance Fair is proud to announce our 35th annual Poster Contest! The contest is open to everyone: children, teens, adults, amateur and professional artists, working in media to include, but not limited to: pencil, pen & ink, watercolor, acrylic, pastel, oil paint, photography and digital imaging.

Applications may be picked up at BookPeople at 512 N. Main St. in Moscow, or downloaded at: www.moscowrenfair.org. All posters submitted for the contest must comply with the guidelines supplied on the application.

Posters are due to BookPeople no later than noon on Saturday, February 23.

Public judging of finalists begins at 2 p.m. on Saturday, February 23 at BookPeople.

The first prizewinner will have their work featured as the 2008 Moscow Renaissance Fair Poster and will receive a \$200 award. The second prizewinner will have their work featured on the 2008 Moscow Renaissance Fair Program and will receive a \$100 award.

Artists are responsible for claiming their entries no later than March 1. After this date, unclaimed artwork left at BookPeople will be recycled.

The fair encourages all artists, young and old to participate in this fun, com-

munity event! We look forward to seeing the wide variety of interpretations of fair themes, as well as the vast talent of the local Idaho arts community.

We would also be delighted if you would join us for the unveiling of the winning posters and the premier of the Moscow Renaissance Fair Documentary at 7 p.m., Thursday, April 10, at the Kenworthy Performing Arts Centre. We look forward to seeing you there!



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Home Made Laundry Soap

by Mary Hughes, Co-op Member

I was reading an article in the news lately about the escalating prices of groceries and one person was quoted as saying that even laundry soap and paper goods were going up in price. (Personally, I've never considered laundry soap or paper goods to be grocery items but that's a discussion for another article.) I thought: well that's one thing people don't need to spend a lot on if they don't want to. You can make your own laundry soap at home. I have been doing this for about a year now and am pleased with the results. It's fairly simple, very inexpensive, and can be made with ingredients easily available right here in Moscow. Best of all you get to control how perfume-y it is, a boon for those with allergies. It's also low sudsing, which is particularly useful for those who have front loading machines. The following recipe is the one I use. It makes two gallons of liquid soap and you use 1/2 cup per load of wash.

Liquid Laundry Soap

- ✦ 1/3 bar of Fels Naptha soap, grated
- ✦ 1/2 cup of washing soda
- ✦ 1/2 cup of borax
- ✦ Hot water and a two-gallon or larger bucket

If using a larger bucket, mark the 2-gallon level with a permanent marker. In a 3-quart or larger saucepan, mix the soap flakes with three pints of water, heat on low until dissolved. Stir in the washing soda and borax. Stir well and continue heating on low until the mix-

ture thickens to about the consistency of corn syrup. Remove from heat. Add 1 quart of hot water to the bucket. Add soap mixture to bucket and mix well. Fill bucket to the 2-gallon mark with

hot water and stir thoroughly. Cover the bucket with a piece of cardboard and a rag blanket or towel to keep in the heat. Let sit for 24 hours. The resulting mixture may be uniformly

thick and or more like egg drop soup. Either way it will work fine. You can store it in the bucket or in empty gallon or half gallon jugs. If it's more like egg drop soup, just shake or stir it up before using. Since you use 1/2 cup per load, you now have enough soap to do 64 loads. This recipe and others including one for powdered laundry soap are available at: <http://www.thefrugalshopper.com/articles/detergent.shtml>

I did the math when I bought my ingredients and the price per load came out to about a penny. Compare that to the highly advertised brands! If you don't like to smell of Fels Naptha, other bar soaps can be used. Be sure to compensate, size wise to get about the same amount of soap. Fels Naptha is a 5 1/2 ounce bar, so you need a little less than 2 ounces of grated soap. If you use an unscented soap, essential oils can be added to make a desired fragrance. Or use an unscented soap and no fragrance at all. Did you know you can use white vinegar in place of fabric softener? Just pour it into the dispenser of your washing machine to the same level as you would for fabric softener. It will help get soap residue out of your clothes and leave them smelling clean rather than perfumed.



Illustration by Lucas Rate.

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Mary Hughes is a staunch supporter of line drying clothes and has not owned a clothes dryer in over a decade.

Co-op Crossword Answers

Apologies for neglecting to include last month's answers! Below are the answers for last month's (January issue) crossword puzzle on the left, and this month's answers on the right.

January

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February

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The Conscious Consumer: Lifting My Vision

by Sharman Gill, Newsletter Volunteer

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

I remember my mother speaking of my oldest brothers, now in their late forties, as keen observers in their own right. From the time they were youngsters they focused their sights differently. Michael was often looking downward at the rocks, bugs, and other earth-bound novelty. Richard tended to look toward the sky, pointing at noontime moons, contrails, or other airborne novelty. They each had plenty to observe as they filled their different senses of wonder.

I tend to cast my sights downward because it wasn't until last August that I looked high enough to notice the four large signs in the produce section of the Moscow Food Co-op: Why Buy Local, Local Organic Produce (a rotating list), Understanding the Organic Label, and Why Buy Organic. Key points of the "organic versus local" perspectives are synthesized nicely in these Co-op signs. Most importantly is the list that brings together the best of both worlds, local and organic foods. In January, the list reads: green cabbage, red cabbage, beets, green beans, plums, peaches, grapes, chard, garlic, salad mix, onions, tomatoes, cherry toms, shallots, summer squash, leeks, zucchini, cucumber, potatoes, carrots, basil, fennel, Anaheim pepper, and lavender. This compilation of local and organic produce is actually

longer than I would have expected for bleak mid-winter.

I am learning to raise my vision in ways that better capture food-sourcing options and trade-offs. Researching and writing "The Conscious Consumer" series (which has explored local and organic food sourcing, the organic label, sustainability, and food imports) has triggered a new sensitivity on my part. I'm paying more attention to what "local and organic" food is available. I'm paying more attention to what is in season. I'm better able to weigh the various food sourcing issues, especially when we must choose between two less than desirable options—organic but imported (from as far away as China) or local but with pesticides. In general, I've become more sensitive to how my food gets to my table. This increased sensitivity is complex and triggered by weighing some key issues.

Following are some significant issues to keep in mind when sorting out food-sourcing complexities.

Local Purchases

- ✦ Support family farms and stimulate the local economy.
- ✦ Connect us more directly to our food sources.
- ✦ Require less oil for transportation.
- ✦ Taste better because the food is usu-

ally fresh and not grown for long-distance transport.

- ✦ May be grown using organic and other "sustainable" practices, using reputable third party verifications.

USDA Organic Purchases

- ✦ Free of synthetic pesticides, fertilizers, hormones, and antibiotics.
- ✦ Free of irradiation or genetically modified organisms.
- ✦ Protect farm workers from pesticides.
- ✦ Ensure quality control for a specific set of standards.

As we weigh these factors in our food-sourcing decisions, it is important to keep in mind the spectrum of "sustainability," including environmental, economic, and social values, and the potential for corporate organics to distort the larger perception of classic organics, which is more akin to "sustainability." Furthermore, as we face the realities of an imbedded global food supply, there is concern for the safety and "sustainability" of imported foods, although America has the market power, and perhaps regulating authority, to reshape the global food supply rather than re-route tainted products to vulnerable countries with no regulating authority.

The above factors complicate the trade-

offs between "organic" and "local" food sourcing, and for me, blur the debate. Rather than a clear tension between "organic" and "local," I've come to understand that our food sourcing is a web of complexities that must be explored with every food choice. The closer we can get to encouraging a local and organic food supply, the better (my future set of articles will focus on Palouse initiatives toward local and organic food production, particularly wheat).

Recently, an aspiring applicant for a professorship at Washington State University (WSU) visited the Palouse. She was receiving a tour of the region, and as they drove by our Moscow Food Co-op, she said, "Oh, the Co-op. This place is famous." Apparently, she had known a number of people who had spent time on the Palouse and their experiences were intertwined with the Co-op. We are fortunate to have a thriving co-op when many others haven't been able to stay in business. It's an alternative business model for an alternative food culture and continues to break ground for us in the difficult task of food sourcing. Let's follow along, as conscious consumers, with our eyes wide open and our visions raised.

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Sharman Gill currently enjoys caring for her children, writing, reading, and dreaming about gardening.

Book Review: Moveable Feasts

by Bill London, Newsletter Volunteer Editor

When we eat, we become part of a complex network of global food movement.

This mammoth transportation system links consumers and growers and a host of packagers through shipments of food that move in ways that are both wasteful and practical. And difficult to understand or evaluate.

Here's one example of the surprising relationships inherent in this modern international food system—China is now importing tea from Britain. Huh? China, where tea-drinking began and where tea has been grown for millennia, now imports tea from Britain, which over the last several centuries has elevated the consumption of imported tea to a national obsession. Yes, now tea, grown all over Asia and Africa, is shipped to Britain, where it is blended and packaged and then shipped to

China where it has become the favorite of the young sophisticated Chinese urbanites.

Just to help reveal the incredible complexities and unexpected implications of this global process, here's another example—American efforts to end child labor in Asian production resulted in significantly increased suffering by those children. A U.S. Senate bill was proposed in 1992 that would prohibit importation to the United States of any products made with child labor. Fearing the loss of the U.S. market, producers in Bangladesh fired all their young workers. Without jobs, many of those children had to become street urchins and prostitutes.

OK. One more example. Given the rising concern about "food miles" (the huge number of miles food products

travel and the high fuel costs involved), recently many analysts have compared the per-pound transportation costs of food grown and sold locally versus food grown on another continent. Without including other values (like food freshness and nutrition), they have discovered that given the huge volumes carried and the efficiency of the system, imported food can cost significantly less in petroleum use per pound. How can that be? If you go to your neighborhood store and buy New Zealand apples, they found that you will spend less gasoline (per apple) than if you drive to a farmer's orchard. Or growing local tomatoes in northern climates can include heated greenhouses, which requires more petroleum input than tomatoes grown in Mexico and shipped north.

There is nothing simple about the global food system, and there are no simple answers to questions about how to refocus food to reliance on local or organic sources. And here in Moscow,

there are no obvious solutions to the recent controversy about the choice between flour grown and milled locally versus imported organic flour.

That complexity is the essence of Sarah Murray's new book, *Moveable Feasts*. Murray focuses on the history of a dozen food products—like olive oil, wheat, yogurt, and bananas—to tell the story of how our modern global system of food shipment got started and why it kept growing.

The book is very readable and even fun. Murray has a great eye for the just-right detail, and does an excellent job in bringing this entire saga together. This is a great addition to the difficult discussion about ways to humanize and improve food shipment, if only because Murray reminds us how complex the relationships have become and how co-optive and resilient are the multinational food processors.

Commentary



Letter to the Editor

While disappointed that the Co-op bakery continues to use non-organic flour in its bread, I want to make sure other members and shoppers are aware that there is in fact some organic bread to be found at the store. It is in the freezer case.

My wife and I recently started trying some of it and think Rudi's is a pretty good product. We have tried the sourdough and the multi-grain flaxseed. And the price has been good as of late at \$2.50 a loaf.

This bread is no substitute for the good old days of fresh, warm, organic bread coming out of Co-op ovens, but it is an option and an organic one.

—Greg Meyer, Moscow

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New at the Library

by Chris Sokol, Latah County Library District

"I don't believe that libraries should be drab places where people sit in silence, and that's been the main reason for our policy of employing wild animals as librarians."

—Monty Python's *Flying Circus*, series 1, episode 10

FICTION:

Beaufort by Ron Leshem. To the handful of Israeli soldiers occupying this ancient crusader fortress in southern Lebanon, Beaufort is a fear-soaked enclave of hell.

The Crazy School by Cornelia Read. The acerbic ex-debutante Madeline Dare signs on to teach at a boarding school for disturbed teenagers and discovers the academy's dark secret history.

Darkmans by Nicola Barker. An exhilarating examination of the ways in which history can play jokes on the unsuspecting.

The Silk Train Murder by Sharon Rowse. A mystery of the Klondike.

NONFICTION:

Bears: A Brief History by Bernd Brunner. Delightfully illustrated history of the complex relations between people and bears around the world.

Beyond the Zonules of Zinn by David Bainbridge. A fantastic journey through your brain.

Endless Universe by Paul J. Steinhardt and Neil Turok. Stephen Hawking calls this a challenging alternative to the accepted picture of the Big Bang and the future of the universe.

Here's the Bright Side by Betty Rollin. Of failure, fear, cancer, divorce, and other bum raps.

How to Build an Igloo and Other Snow Shelters by Norbert E. Yankielun. By a research engineer for the Army Corps of Engineers at the Cold Regions Laboratory.

Jeff Herman's Guide to Book Publishers, Editors, & Literary Agents. Who they are, what they want, and how to win them over.

Nigella Express by Nigella Lawson. 130 recipes for good food, fast.

Personality by Daniel Nettle. What makes you the way you are.

Plowed Under: Agriculture and Environment in the Palouse by Andrew P. Duffin. A candid look at our region and the repercussions of our land use decisions.

Undecided Voter's Guide to the Next Election by Mark Halperin. Who the candidates are, where they come from, and how you can choose.

Yurts by Becky Kemery. An illustrated resource guide to living in the round.

TRAVEL:

Around the World on Two Wheels by Peter Zheutlin. One woman, one bicycle, one unforgettable journey—in the year 1894.

Lodging in Spain's Monasteries by Eileen Barish. Inexpensive accommodations off the beaten path. (See also companion books for France's and Italy's monasteries.)

The Ordeal of Elizabeth Marsh by Linda Colley. This 18th century woman traveled farther and was more connected to global events than the vast majority of men.

BOOKS ON CD:

The Ultimate Anti-Career Guide by Rick Jarow. The inner path to finding your work in the world.

DVD:

Cautiva (Argentina, 2003) The teenaged daughter of "disappeared" Argentinian activists discovers the nightmare of her country's "Dirty War".

Once (Ireland, 2006) A modern-day musical about a busker and a feisty immigrant as they write, rehearse and record songs that tell their love story.

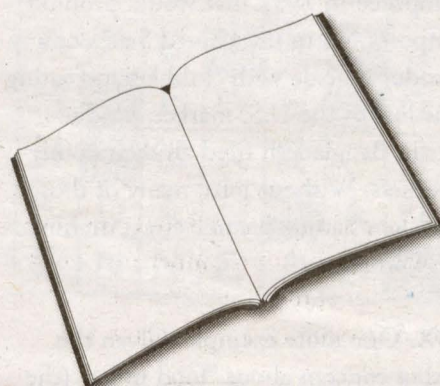
Killer of Sheep (U.S., 1977) In the L.A. community of Watts, Stan, a sensitive dreamer, is growing numb from his job at a slaughterhouse and finds solace in moments of simple beauty.

The Way I Spent the End of the World (Romania, 2006) During the last year of Ceausescu's dictatorship, two teenagers decide to escape from their country.

Ten Canoes (Australia, 2006) An Aboriginal dreaming story, cleverly interwoven into the present, acts as a lesson for a young man who feels that the youngest wife of his older brother should be his.

Yojimbo (Japan, 1961) Akira Kurosawa's exhilarating genre-twister that remains one of the most influential end entertaining films ever produced.

Chris Sokol is the domesticated Adult Services Librarian for the Latah County Library District.



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The Sustainability Review: Our Solar Electric System, Part 2

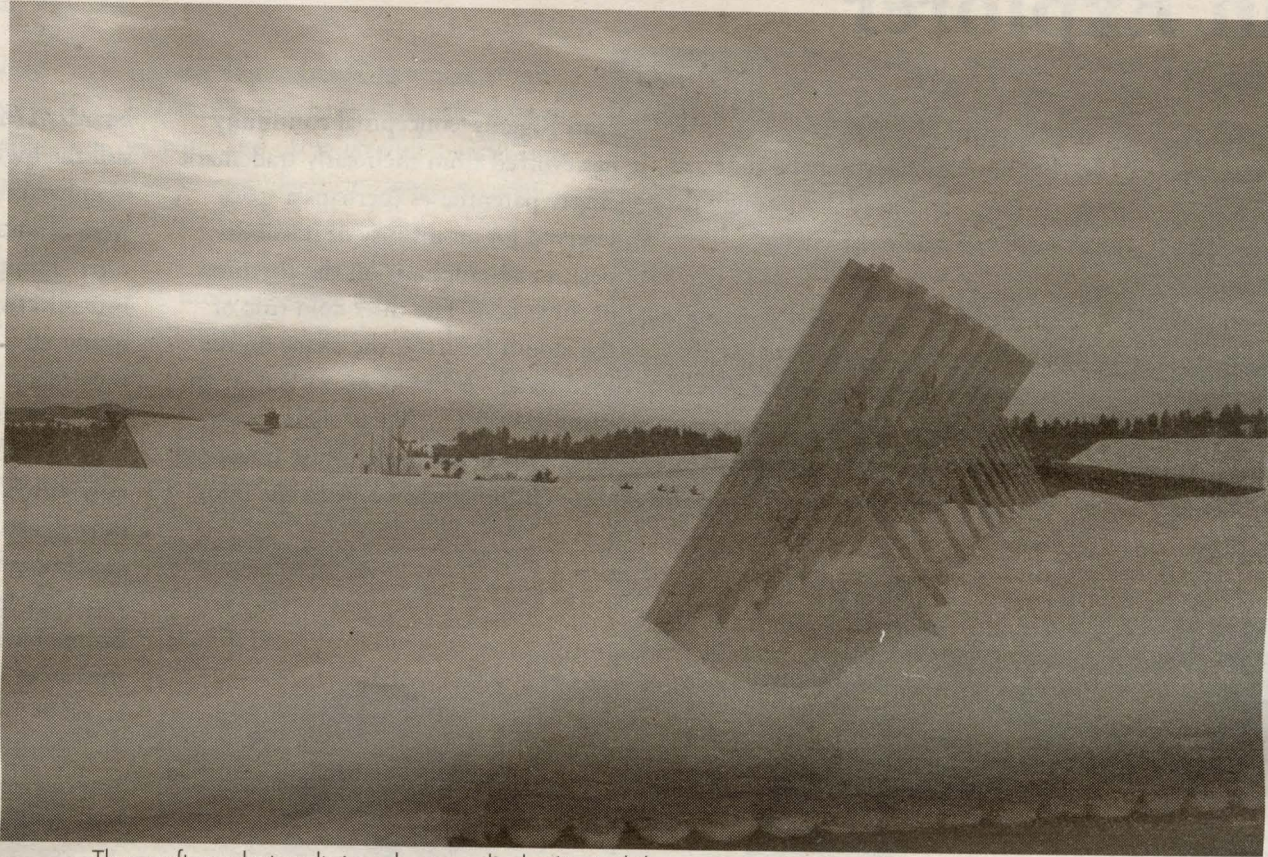
by Mike Forbes, Newsletter Volunteer

This month I'm going to continue with an article I began in December 2007. This multipart article tracks my family's solar electric system (photo-voltaic or PV system) through our decision-making processes to the completed installation. My previous article addressed the basics of PV systems. This month I'll address the topic of siting and mounting the solar panels.

We purchased 12 Evergreen Solar 180 watt panels to give us 2160 watts total for our solar array. This will be adequate to offset 100 percent of our electricity needs.

There are many utilities available online to assist you in this calculation and any installer you work with will assist you. One beauty of grid-intertied systems is that sizing is much less critical since you aren't relying on your solar panels to provide all of your electricity.

Solar panels can be mounted in many ways. We opted to mount our panels on tilt legs since the outbuilding we mounted them on is close to flat. Two basic principles in mounting panels are that they need to be oriented as close to true south as possible and output can be increased if they can be seasonally adjusted to capture the lower sun



The rooftop photovoltaic solar panels don't mind the snow as long as they can get some sunlight.

in winter and higher sun in summer. It used to be believed that if your panels weren't facing due south then they weren't going to produce well. Several years ago, Home Power magazine (www.homepower.com, Issue #93) published an article that looked at this specifically and the gist of the story is that facing within 30 degrees of south can make as little as 5-10 percent difference in yearly output. Also the tilt angle of the panels to the horizon isn't as critical as once thought. The reason I mention this is that I don't want people to think that if their house isn't oriented to true south or their roof pitch isn't perfect that they throw in the towel regarding

PV systems.

The biggest concern with any array is shading; that will kill your output more than any orientation issue. There are several devices made to help you estimate shading over the course of the year. Some are fancy and electronic while others are elegant geometric devices. I used the latter called a Solar Pathfinder to estimate the shading for our site and situated the panels where they would receive no shading during any point of the year. The basic principle that the devices use is to look at the horizon and overlay the sun's path in the sky over the course of the year.

This step is very critical and unless you have a completely unobstructed view of the south from NE to NW, it should not be overlooked. It is surprising what will shade your completely summer sun drenched house during the winter. If you hire an installer they will be able to do this site analysis for you or if you do it yourself the \$200+ is well worth it.

Once our site was selected, a friend and I installed the hanger bolts and brackets to the roof and rafters. Our roof was complicated in that it required some fabrication of bolts since the rafters didn't run perpendicular to the panels. The tilt legs were installed onto the brackets and on the

rainiest day of fall, I opted to install the solar panels. The tilt legs allow me to adjust the panels to capture to most energy as possible. A rough rule-of-thumb is that you want to be able to tilt your panels at your latitude +/-15 degrees for winter/summer respectively. If you get close to this you'll be fine and if your panels are going to be fixed to the roof then as close to your latitude is best.

The panels installed easily on the legs and once they were installed I braced them additionally for the winter storms and set them at their winter angle of 62 degrees. I haven't been able to get on the roof to finish the wiring of the panels since the snow is 1-2 feet deep on the roof.

Mike is excited about Clearwater Power Coop's new ocean wave electricity generators you can purchase power from. He can be reached at mike@f4design.org.

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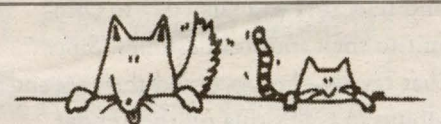
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The Co-op Listener: Finn Riggins, A Soldier, A Saint, An Ocean Explorer

by Jeanne McHale, Newsletter Volunteer

Gentle Listeners, I present to you this month a review of the latest album by Finn Riggins, the band that possesses the lowest possible Oracle Shack number that a band can have without actually being Oracle Shack. (Note: Low is good on the Oracle Shack scale.) Indeed Finn Riggins has strong ties to this former local indie rock band, and to Moscow and to the Co-op as well. The title of

New Hampshire. They have slept in a lot of rest areas. They may be the hardest working band in Idaho, though they are hardly ever here these days.

When they stop in Moscow it is usually for a good cause, like Friends of the Clearwater or KRFP. Their most recent performance here was a benefit for the latter, held in the Pritchard Art Gallery. The audio portion of that show

Finn Riggins' conceptual continuity has evolved from their early trademark empty parentheses (perhaps a space reserved for an infinity of possibilities), to an emphasis on the rhythms of three-ness. The three-fold title of the album recurs in the chant on the final track: "A President, a Pacifist, an Auto Restorer." ("It's all right daddy don't breathe no more, cause he settled through the cracks between the floor

boards.") My personal favorites are still the highly danceable "Glove Compartment" and "Blackrock," which were heard on the first album. The new tune "Hraka" is alternately jubilant and introspective, and features some odd sound effects. Is it a Moog or a plastic tube being swung around? "Pannin' for Gold," highlights the band's sense of humor, which they express instrumentally as well as vocally. I don't know how to explain this, but I can hear it. "Carbonate," like "Pancake" from the first CD, features Cameron on steel drum. There's a lot of intentional distortion in some tunes, or perhaps my speakers are blown.

You can experience Finn Riggins right here in Moscow at Mikey's on Feb. 15. A word of caution to the more chronologically gifted Finn Riggins aficionados like myself: you will need ear plugs, anti-inflammatories, and a massage later. The band is loud and impossible not to dance to. And if you haven't guessed it yet, this band's Oracle Shack number is one!

The Co-op listener is written by lifetime Co-op member Jeanne McHale, who enjoys supporting local musicians and hopes they will remember her when they become famous. Send kickbacks and tips about events to jeannemchale@hotmail.com.



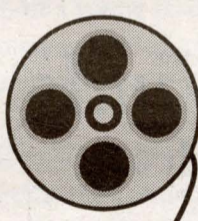
Lisa attempts to mediate a dispute between Eric and Cameron in one of the band's promotional photos.

their new album is "A Soldier, A Saint, An Ocean Explorer." You can find it along with their first CD "alive bugs ()" in the lovely new CD display, which you can twirl around to find a number of CDs for sale at the Co-op.

Finn Riggins is Lisa Simpson on guitar and vocals, Eric Gilbert on synthesizer, organ, keyboards and vocals, and Cameron Bouiss on drums, steel drum and vocals. My last column about Finn Riggins (April 2007) described how these UI music graduates quit their jobs and relocated to Hailey ID to commit to their musical destinies. Since that review, they recorded their second album in California on the Tender Loving Empire label, and they have toured with the same pace and intensity that they apply to their music, putting 15,000 miles on their van, darting from Boise to Bozeman to Brooklyn to Salt Lake City. Audiences have greeted them with enthusiasm in venues as diverse as the Mercury Lounge in Manhattan and Lisa's old high school in Belmont,

was accompanied by the digital media improvisation of Joseph Von Stengel. Von Stengel's art is as difficult to characterize as that of Finn Riggins, both being cultural post-modern mélanges for which the sum total is way more original than any one component influence.

Here's why you should buy this CD. Though many of the tunes are the same as those heard on "alive bugs ()", the recording quality is superior and the vocals are much more up-front on this new album. You will get a better sample of Lisa's emotional range, from sweet to sardonic, and you will better discern the well-written lyrics that reflect the band's spirit and playfulness. This band is root strata, Moscow-stamped, experimental, alternative, techno, punk, jazz, and a product of the Lionel Hampton School of Music. Finn Riggins is our people and they play our music, as complex and difficult to define as all of us are.



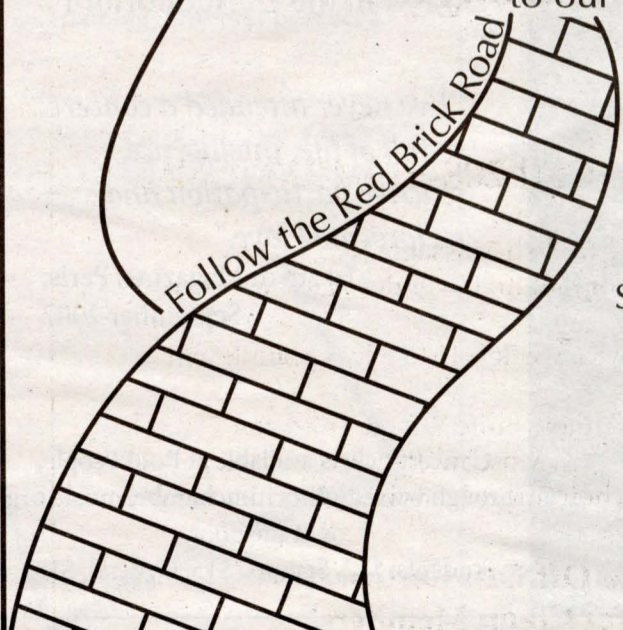
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Green Thumbs of the World, Unite!

by Sean M. Quinlan, Newsletter Volunteer

Some of my fondest childhood memories are spending afternoons with my Italian grandmother as she tended her backyard gardens. Several things are particularly vivid: the smell of upturned soil, the incandescent light bouncing off freshly watered vines, the patient buzz of insects through flower patches, and the smell of fresh citrus fruit. Gardening, for me, is as much a creature comfort as fresh pasta or the melodious murmur of the Italian language itself.

So it is with the greatest pleasure that I could down with Karen Buta-McCaffrey, the recently elected president of the Moscow Garden Club (MGC) and talk about the association's present activities and rich history. Karen has been a Moscow resident for over 30 years and took her degree from the University of Idaho.

For those who don't know, the MGC is one of our town's oldest voluntary associations, and it is one of the first (and largest) garden clubs in Idaho history. Now celebrating its 58th anniversary, the MGC boasts over fifty active members—and it contributes in important ways to the life and beauty of the Moscow community.

The club aims to promote gardening for both private and civic enjoyment. "We get together every month for about two hours," Karen explains. "In the first half of the meeting usually features a guest speaker who addresses a particular issue of interest, and the second half is usually open to general dis-

cussion. For example, this past month, Loretta Fenrich gave a fantastic talk on growing and using lavender, and all the unique considerations involving that wonderful plant."

The meetings often deal with the practical elements of gardening: how to plant comfortably, how to grow native plants, and how to deal with landscape challenges and solutions. "Members are the people who move the agenda and set the tone; the MSG is there to meet their needs," Karen says. "Besides," she adds, laughing, "someone has to keep on coming up with ideas!"

Over the course of the interview, however, I am increasingly overwhelmed by the MGC's community activities.

"We're pretty proud of that," Karen says.

What does the MSG do? Well, for starters, it maintains the beautiful flower gardens at the main post office. They work with the University of Idaho arboretum. They keep an advice booth open at the Farmer's Market and do the displays at the Latah County Fair. More recently, they have helped design and plant the Victorian-style gardens at the McConnell mansion and they have actively participated in the yearly ice cream socials and Christmas events. Many members are also active in the Master Gardeners program, and the club has helped put many members through this county extension project.

Even more striking are the MGC's



The Blue Star Memorial By-Way is a wonderful example of the Moscow Garden Club's amazing community work

community assistance projects. Over the holidays, they hold a yearly wreath-making workshop to donate to local nursing homes. They give to the Idaho state scholarship program. Most recently, they have worked with a new community group called Backyard Harvest.

"Basically, they use local gardens to donate produce for people who are needy," Karen explains. "They do really wonderful work and I try to plug them as much as possible."

Joining the MGC is easy. "Everyone is welcome," says Karen. "No expertise is necessary. It's a great mix of people. I got involved in garden clubs because I was originally from Hawaii and San Diego and I was used to lush, tropical environments. I needed help growing: learning how to put plants to bed, trimming for winter, and such. It's been

wonderful to learn.

"But no matter what, though, there's one common theme: a love for gardening. But the MGC is great simply for socializing too!"

The Moscow Garden Club meets from 1-3 p.m., the second Wednesday each month from September until May at the Moscow Fair Grounds.

You can find out more about the MGC at their new website:

www.gardencentral.org/idgardenclubs/moscow

Sean M. Quinlan is a historian of science at the University of Idaho.



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www.uidaho.edu/womenscenter/lunafest



Bulletin Board



Co-op Events

Art at the Co-op

Friday, Feb 8, 5.30—7pm
Opening reception to meet Kevin Pullen, a photographer from Pullman, who will be our February artist. The show will run until Wednesday March 12th.

Co-op Kids!

Wednesday Feb 13, 9am Join us in the Co-op Cafe to make Valentines. People of all ages will enjoy this time to sit, visit and create handmade cards.

Wednesday Feb 27, 9am Meet in the Co-op Cafe to make healthy snacks. This activity is always a hit - we will talk about portions, measuring and keeping healthy snacks in a drawer or basket that kids can access themselves.

amamaswork@yahoo.com

Co-op Community Dinner

February's Community Dinner will take place on Valentine's Day, Thursday February 14th at 6:30pm. Wine tasting is included. Tickets are \$24. Bring a loved one on this special day or just come to meet fellow members in your community!

- Endive Salad with Gorgonzola and Candied Pecans
- London Broil with Chasseur Sauce
- Garlic Smashed Root Vegetables
- Sautéed Spinach Chiffonade with Shallots
- Ginger and Vanilla Bean Crème Brulee

Meet the Makers

Saturdays Feb 16, Feb 23, Mar 1, 10am-3pm
Your opportunity to meet the makers of products made locally and sold at the Co-op.

Co-op Board Candidates

Saturday Feb 16, 11am to 1pm
Meet the candidates in the store on. That day is also the "Meet the Makers" taste fair, so you can wander through the aisles, meet the local producers who sell their products at the Co-op, have your free lunch, grab a cup of coffee and then talk with the Board candidates.

Election to Co-op Board of Directors

Saturday Mar 1 & Tues Mar 4, All Day
Co-op members vote at the Co-op.

Tuesday Music

Free Tuesday live music 6-8 p.m. in the deli
This month, our Tuesday musicians will be:

- Feb 5 TBA
- Feb 12 Zackary O'Connor
- Feb 19 Parallax
- Feb 26 TBA

Earth Machine Home Composter

Order yours by March 8. The composters will be delivered to the Co-op parking lot on April 12. The Earth Machine will be sold at cost (not to exceed \$45, and less depending on how many are ordered). To pre-order, or for more info: Moscow Recycling ☎ 882 0590.

Community Events

"Food Safety on the Farm"

Friday Feb 8, All day
Workshop for farmers and growers will focus on information about E. coli, salmonella, listeria and other food-borne pathogens. More info: www.ruralroots.org or ☎ 883 3462.

Annual Big Easy B

Friday Feb 8, 7pm
Featuring Cajun food and live music. Proceeds will raise money for UI Law Students. We will be traveling to the Gulf Coast to provide pro bono legal services to Katrina and other victims. Tickets available at the door: Emmanuel Lutheran Church, Moscow. \$10 adults, \$7 Children

Valentine Winter Market

Saturday Feb 9, 10am—2pm
At the 1912 Center, 412 E. Third St.
Last market of the winter season. More info: www.1912center.com

Family Education

Classes on Mental Illness

Starting Sunday Feb 10, 1.30—4pm
Free 12 week program on the major mental illnesses for families who have relatives or friends suffering from mental illness. Held at the WSU Visitor Center in Pullman at N.225 Grand Ave. Pre-registration is required. More info: ☎ 882 7743, 332 8570 or 835 3071.

MOSCOW

Moscow Library

Evening Book Club: Meet on Wednesdays at 7pm. The Secret Life of Bees by Lisa Thompson.
Day-time Book Club: Meet on Tuesdays at 10am. Moloka'I by Alan Brennert.
Both groups meet in the Moscow Library, 121 East Fifth. Free and open to all.

Moscow Renaissance Society 35th Annual Postcard Contest

Deadline for submission is February 23rd at BookPeople. Full contest rules and applications can be found at www.moscowrenewal.org.

Friends of the Moscow Library Spring Book Sale

Saturday Mar 1, 8am—1.30 pm
At the Latah County Fairgrounds. If you have books to donate or would like to volunteer at this event, contact Mary Hughes ☎ 882 9198 or yousehughes@verizon.net.

Women's Center events—February

Wednesday Feb 6, 12.30pm
Movie: "Lackawanna Blues" as part of our celebration of Black History Month. FREE! Soul food lunch provided. Everyone welcome.

Sunday Feb 10 - Saturday Feb 16
11th Annual Observance of "Freedom to Marry Week" - UI Campus-wide.

Tuesday Feb 12, 7pm
Savage—A free public performance by the playwright, political commentator, and author of the internationally syndicated relationship and sex advice column, Savage Love.

Wednesday Feb 26, 7pm
Annual LunaFest Women's Film Festival at Kenworthy Performing Arts Centre. Tickets on sale February 1 at the UI Women's Center and Book People of Moscow. For further details on all of above: ☎ 885 6616

Dahmen Barn events

Sunday Feb 3, 1—4pm
Opening of "Uniquely North" white photography by Wm. Veitch.

Vigil for Peace

Moscow: Fridays 5.30—6.30pm
Ongoing since November 2005. Friendship Square. Resources, support, and opportunities for action.

☎ 882-7067, www.moscowpeacevigil.org

Pullman: Friday Feb 1, 12.15—1.15pm
Under the clock by the Public Library. ☎ 334-4688, nancy@pullmanpeacevigil.org

Moscow Food Co-op
121 East Fifth
Moscow ID 83843

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



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