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Community News

FREE!
PLEASE TAKE ONE

January 2008

The monthly newsletter of
the Moscow Food Co-op



TubFest

by Kenna Eaton, General Manager

The good news is that our new Earth Tub is working. Check it out (on the alley side of the Co-op). The Tub is the giant composter that is turning all our biodegradable garbage into soil.

The not-so-good news is that we need to raise \$3,000 to pay for the unforeseen expenses of installing this massive com-

posting machine.

The really good news is that we will be raising that money (and having a great time doing it) at TubFest.

TubFest will support the Co-op, help save the Earth, and finish funding of the Earth Tub. On Friday, February 29, 2008 (yes, Leap Year Day), we will revive the

traditional Co-op gourmet lasagna feast at the 1912 Center. The menu includes as much as you want of 8 different gourmet lasagnas (a variety of meat, vegetarian and vegan), salad, bread, cake and wine. In addition, we'll have live music and more than 50 silent auction items: original

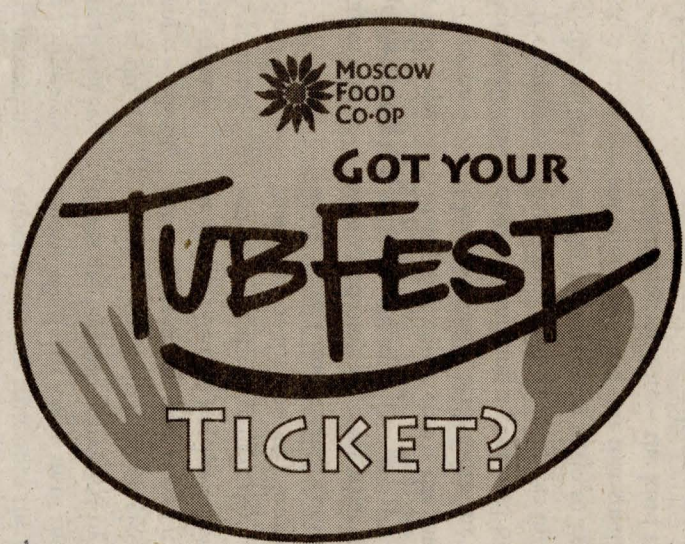
works of art, plus gift certificates and gift items from local businesses. What a great way to celebrate your extra day this Leap Year.

Tickets will be available from any Co-op cashier beginning January 1. Tickets must be purchased in advance and will not be sold at the door. Only 130 tickets will be available, at \$30 each.

The Co-op has sponsored several of these lasagna feasts over the last few years. Each feast has sold out. If you want to go to this fun fest-TUB-ble, we suggest buying your tickets early.

If you would like to donate goods or services to the silent auction, please contact Robin Ohlgren at rohlgren@moscow.com or at 882-6241.

Together we can do our part: saving the Earth, one tub at a time.



Community News

Published by

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



And the winners are...

by Aven Krempel, Pastry Manager

It was a tough choice, there was a lot of baking and sampling, but we've finally chosen two recipes as winners of the Pretty Darn Gluten-Free recipe contest. Angela Bunce submitted a recipe for "Chocolate Chip Ginger Bars." They are a great bar cookie with yummy spices and lots of chocolate. Pamela Lee submitted her recipe for "Bananas about Bread," a great version of a classic treat with walnuts and raisins. Congratulations to Angela and

Pamela and thank you to everyone who brought in a recipe to share. We'll be making both of the winning recipes for the duration of January, and if they are strong sellers we'll keep them on as part of our regular menu. Your comments are welcome; please let us know if you like these new items!

In other Pretty Darn Gluten-Free news, we would like to give our gluten-intolerant customers a heads-up about some

signage changes. Starting in January, we'll be printing a "GF" or "WF" in the upper right hand corner of signs for items that are Wheat Free or Pretty Darn Gluten Free. We will also have available a brochure that lists all the products made in the bakery without wheat. We hope this makes things easy for those with restrictions to find what they can eat.



Bread Happenings

by Annie Pollard, Bread Bakery Manager

The Co-op bakery is an exceedingly dynamic place these days. As part of the long-term plan for the bakery, it was decided to split the bakery into two separate sides: pastry and bread. The well-experienced and multi-talented bakery manager, Aven Krempel, will focus her attentions on the pastry side, and I recently began my role as the bread bakery manager. It is with sincere enthusiasm that I put my energies toward helping the bread bakery improve and expand.

Originally from the California Bay Area, life over the past 10 years has taken me throughout the Pacific Northwest, Southwest, and most recently, the Southeast. It feels wonder-

ful to be back in the West and send roots down in Moscow. After earning a B.S. in Biology, I turned a lifelong interest in baking into a career. Initially working as a pastry and bread baker, I developed an intense attraction to artisan bread baking and continued on that journey. I've worked in Atlanta bakeries, nearly opened my own bakery café in the Atlanta suburbs, and have received additional trainings in New Mexico and Vermont bakeries. A lover of life and a perpetual seeker of truth, I travel along this bread baker path with a smidgen of experience, a bit of knowledge, and a nearly infinite amount of excitement.

As some of you may have already

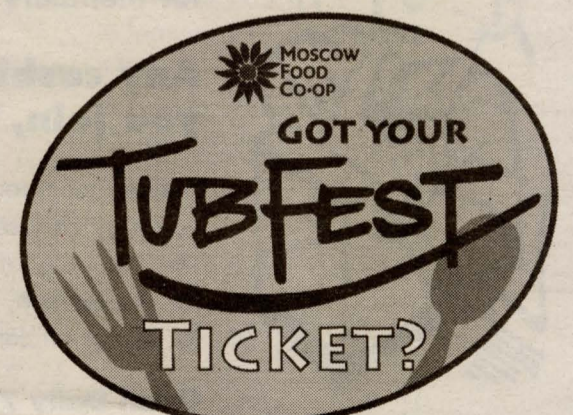
noticed, changes are already happening in the bread bakery. For starters, in hopes of always having fresh bread available, we are increasing our production and adding an additional bake in the afternoon. Secondly, we are introducing new bread varieties and adjusting some of the current bread recipes. With the production increase and the on-going experimentation, things can get a little crazy on the bread side. We will do our best to adhere to the printed bread schedules, but please be aware that there will be gradual adjustments. We make these changes in hopes of improving the bread bakery, so please offer your feedback.

Advertising Update

by Jyotsna Sreenivasan, Co-op Ad Manager

If you would like to place an ad in the February Co-op newsletter (deadline January 20), please contact Megan Prusynski at 208-596-1592, or ads@moscowfood.coop. She will be handling the ads for the February issue because the regular ad manager, Jyotsna Sreenivasan, will be out of the country. Jyotsna will be back in time to handle ads for the March issue.

For ad rates and sizes, please see: <http://www.moscowfood.coop/local/coopadrates04.pdf>.



Co-Operations



The Front End News

by Annie Hubble, Co-op Front End Manager

I hope you all had happy holidays. Now the light is slowly returning, and in a couple of months we might see our first flowers.

You will notice a new face amongst the cashiers. I would like to welcome Carrie Magnuson. I am sure she will be yet another outstanding member of the outstanding cashier team.

Many shoppers bought Co-op gift cards as gifts for their loved ones in December, a very lovely and thoughtful gesture. But I wonder how many of you realise how these cards can also be used as "Co-op budget cards." Quite a few Co-op shoppers already use them in this way. Putting a certain amount weekly or monthly on the gift card can

help a household stay on budget, and also saves the Co-op a lot of money. Whenever a customer uses a credit or debit card, the Co-op pays some sort of fee. While we are happy to accommodate any kind of payment, it obviously helps the Co-op's finances to be saved these fees. Use a Co-op gift card for your grocery shopping and produce a win-win situation: no fees for the Co-op, and easy shopping and budget-keeping for you. Talk to any cashier about getting a card. You can add money to your card at any time, and when you are done with it, we will re-use it for another customer.

Enjoy the winter! Come on in for a warm drink and a visit. And remember, it will soon be spring!

Monin Syrups Now at the Barista Bar

by Derek S. Johnson, Service Manager

Season greetings, Co-op shoppers! I have exciting news for all you coffee connoisseurs out there. Beginning January 2, the Co-op barista bar will now be carrying Monin brand syrups for all of our coffee drinks and specials. Georges Monin started the Monin Company in Bourges, France, in 1912 and it is now the world's largest and best-known producer of premium syrup flavors. They provide a wide selection of organic or all-natural syrups that will compliment the Co-op's high standard of organic milk and organic espresso. You will be able to select the classic syrup flavors such as

almond, Irish cream and vanilla, as well as more exotic flavors such as amaretto, blackberry, gingerbread and toffee nut. There will be at least 20 flavors to choose from in either regular or sugar-free varieties. If you have any questions concerning this article, please e-mail them to coffee@moscowfood.coop or call 882-8537 and ask for Derek. To learn more about Monin syrups and to view their flavor portfolio, go to www.monin.com

Join the Moscow Food Co-op and Save!



Members Save:

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

Any cashier can help you join, just ask!

Lifetime membership fees are \$150, or you may choose to renew your membership annually at the rate of \$10 per year 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, choiram@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.bebbella.com, amamaswork@yahoo.com.
- Body Song:** Free yoga class or \$10 off first massage, Sara Kate Foster, 106 E. 3rd st, Suite 2A, Moscow 301-0372
- Copy Court:** 10% discount, memb. card laminated, Michael Alperin, 428 West 3rd St, Moscow, 882-5680
- Culligan:** Free Auto softener install up to 10 ft. of pipe and culligan water softener (Moscow only) & 10 free gallons of water to new delivery customer, Owen Vassell, 310 N Jackson, Moscow, 882-1351
- Clearwater Colonic Therapy:** Please call for details: Susann Clark, 208-743-5476, 412 Park Ave, Lewiston
- EcoWater Systems:** \$100 off softener-reverse osmosis combo & free install up to 2.5 hrs within 50 miles, 2 weeks free water to new customer, Michael Robison, 882-5032, 316 N Main St, Moscow
- Erika Greenwell, LMP:** First 2 Massages @ \$35 each, 882-0191
- Full Circle Psychological Services:** First Initial Consultation Fifty Percent Off, Dr. Tina VonMoltke, PhD, 619 S Washington St. Ste 301, Moscow, 669-0522
- The Healing Center:** Save \$10 off on first exam or phone consultation, Dr. Denise Moffat, 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: Employee and Volunteer Art Show

by Annie Hubble, Art at the Co-op Coordinator

Come to the Co-op between 5.30 pm and 7 pm on Friday, January 12, and meet our January artist, Christine Lohman. The show will run until Wednesday, February 6.

Christine has been working at the Co-op for the last six months as our HR person. Her cheerful ways and her ability to organise have already endeared her to her fellow employees. She says that she loves her Co-op job, because it is a lot less stressful than her previous work, and she enjoys and appreciates her co-workers.

Christine will be presenting both acrylic on canvas and silk flowers on antique windows in her show. As well

as working at the Co-op 30 hours a week, she is kept very busy at her ranch in Kendrick, Idaho. She loves ranching — finding herself, in her words, “in some of the most productive wheat country in the world, where cattle and horses outnumber people, and where most folks live for the quality of life, not the quantity.” With her art, she is attempting to protect this world “by creating a visual impact of the character and spiritual values, and by portraying the dignity of the landscape and people of the American West.”

It is amazing to me that she finds time for her artistic life. Come and meet her and enjoy her art on Friday January, 12, here at the Co-op.



Annie Hubble, David Hall, and Belinda Rhodes pose in front of some of their and others' art work at the annual Moscow Food Co-op staff and volunteer art show opening. Photo by Bill Hall.

Board of Directors Message

by Kimberly Vincent, Board President

As I look back upon the year, I find it difficult to look past the bleakness of war in the world and strife in our own community. It seems my correspondence as president of the Board of Directors is concerned with complaints, and so I find myself seeking hope and peace. As Hanukah ends and the winter solstice and Christmas near, I wish for change

in the upcoming year. I wish for a community in which members are tolerant of others' choices in lifestyle and beliefs and embrace differences rather than try to change them. May the New Year bring you all cheer and good health. Happy Holidays from Kimberly Vincent and the members of the board of directors.

Board of Directors Election Notice

by Joe Thompson, Co-op Board of Directors

There were five interested candidates at the Orientation meeting held on Dec. 15 at the store. A date was set for members to get a chance to meet and talk with these people. This event will be held on Saturday, Feb. 16, 2008 from 11 am to 1 pm in the front of the store. I would like to encourage members to take an active interest in the upcoming election. You will have a chance to read the candidates profiles in the Feb. newsletter beforehand in order to formulate

questions you may have for them. Did I mention there will be complimentary coffee and muffins to entice you to get in there and mix it up a little? Please stop by; I'll even bring some brownies - the good kind.

The election will be held at the Co-op in March, after all members have had a chance to meet the candidates on February 16 and read their profile reports in the February newsletter.



Tuesday and Thursday Means Live Music, Food, and Fun

by Joseph Erhard-Hudson, Co-op Music Coordinator

The Moscow Food Co-op's Tuesday Night Music Series concerts are held every Tuesday from 6 - 8 p.m. The free, live music performances coincide with Tuesday Night Tacos at our hot deli bar; fish, beef, and vegetarian options are available.

musician from Moscow, ID with original songs in a thoughtful vein.

☞ **January 22** Dave Roon. Irish traditional and original compositions with a few choice cuts from the Social Distortion School of folk, from Moscow, ID.

☞ **January 29** TBA.

Please join us for these Tasteful Thursday concerts in January:

☞ **January 10** Jeff Newkirk. A musician from Albion, WA who plays a wooden flute with a spiritual air.

☞ **January 17** TBA

☞ **January 24** Cello duets. Artists TBA.

☞ **January 31** Cecelia String Ensemble. Classical string quartet or trio (depending on the night) from Moscow.

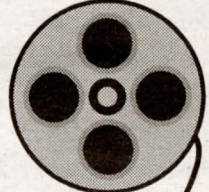
Live music at the Co-op is now also on Thursdays. In addition to our traditional two-hour Tuesday coffeehouse events, we are having an hour of quiet music to accompany our Tasteful Thursday wine and food tastings. All musicians start around 6 p.m.

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

☞ **January 3** (THURSDAY) Dan Maher. Famous Northwest radio personality, singer of 1000 songs, raconteur and Lothario from Pullman, WA.

☞ **January 8** Kelly Riley. A musician from Moscow, ID performing voice and guitar with a dash of country.

☞ **January 15** Zackary O'Conner. A



Howard Hughes Video

Follow the Red Brick Road to our Grand Opening Celebration!

Saturday, January 19th: 11am to 11pm

520 S. Main

Fun, food and Prizes!



Co-Operations



The Grocery Zone

by Joan McDougall, Grocery Manager

>Welcome to a brand new year! New beginnings are always an excellent time to reflect on where we've been and where we're going, a time to make course adjustments and change things up a bit with new ideas and new behaviors. We make new dreams and then create strategies as to how we will bring them to fruition, making assessments along the way. We seem to do these things fairly regularly at the Co-op, always questioning how we can make the Co-op more vital to members, how we can give better service, how we can educate members in product selection, and how we can better serve member's needs.

My mind got to pondering these issues last fall when Peg and I stepped away

from our daily Co-op routines to attend the Natural Products show in Seattle. We were able to meet the creators of many new products and to hear their stories. It occurred to me that the Taste Fair we have traditionally held in February would be an excellent vehicle for more information exchange. In addition to feeding people great food, we could emphasize regional producers with the intention of developing connections so that both sides could learn more about one another.

Increasing numbers of Co-op shoppers are deeply interested in where their food is coming from, who is growing and processing it, what the ingredients are and how they are sourced. There is a growing desire to know more about

every aspect of food production and there is a growing demand for local products. This emphasis has always been integral to the Co-op: it's a part of what makes us vital and unique. Many regional producers have participated in Taste Fair, but this year we plan to shift the emphasis to their operations in addition to their products. They will be available to answer questions and help you learn more about the foods you eat.

With that focus in mind, we renamed the event "Meet the Makers." It will be held over three Saturdays, February 16, 23, and March 1 to give everyone an opportunity to attend. We have invited Equal Exchange, Wilcox Dairy Farm, Landgrove Coffee, Virginia's Salsa, Amy's Truffles, Cowgirl Chocolates,

"Many regional producers have participated in Taste Fair, but this year we plan to shift the emphasis to their operations in addition to their products. With that focus in mind, we renamed the event "Meet the Makers.""

Harvard Honey, Small Planet and Eaton Beef along with other regional producers. This promises to be a festive and fun event that will enlighten everyone concerned about the foods they eat. We hope you will set aside some time on at least one of these Saturdays to come on down to the Co-op and meet some of the people who are passionate about bringing you good food.



Our Family of Organic Milks: Wilcox Family Farms

By Peg Kingery, Chill and Frozen Buyer

Last month, I wrote about Straus Family Creamery, organic dairy producers who supply us with milk and cream in glass bottles. This month I'd like to introduce you to the enthusiastic folks from Wilcox Family Farms, who supply us with skim, 1%, 2% and whole milk in half-gallon containers.

Wilcox Family Farms is a fourth generation family farm located in the foothills of Mt Rainier. Judson Wilcox, a farmer's son and adventurer from Toronto, came out West to try to strike it rich in the gold fields. When that venture, and another as a shop owner, failed he remembered his roots and bought 240 acres in Roy, Washington. Initially, the family peddled their produce to the local logging camps. As the years passed, they expanded their operations to include chickens, and then cows. Judson's grandsons, Jim and Barrie, were instrumental in establishing the dairy end of the business. Today they, along with their sons, oversee operations at the now 1700-acre farm. Of this land, 436 acres is either certified organic or transitioning. The Wilcox dairy herd, 200 cows in number, utilizes most of the land for pasture; the rest is used for organic hay production.

Wilcox values the environment and supports sustainable farming practices. Their manure is either composted or utilized as fertilizer in organic farming. They operate an independent, enclosed water system where they treat their wastewater to remove harmful impurities then re-use it on their crop lands. Their cows are grazed a minimum of 120 days annually at a stocking rate of two animals per acre on a rotational basis.

Wilcox owns about 2.5 acres of riverfront property along the Nisqually River. To assure that their farming methods don't harm the salmon that spawn there, they became Salmon Safe Certified in 2005. This means they: maintain vegetated buffer zones between their cropland and the riverbank; minimize water usage; and do not use any pesticides in their farming practices. Wilcox is also USDA and Oregon Tilth Certified Organic.

Wilcox is community minded. They've won both the Puget Sound Family Business of the Year and the Washington State Environmental Farm Excellence Awards; they pay their employees a competitive living wage;

and they lend some of their organic land to local organizations and co-ops so that they can grow organic veggies.

In addition to milk, the Co-op also carries Wilcox Family Farms cage-free brown and white eggs. Keep a close eye on our yogurt set, because soon they will be offering organic 6-oz yogurts in a variety of flavors. If any of you are ever in the Roy area, Wilcox gladly welcomes visitors. In addition, they host several festive events a year. For further information, check out their web site www.wilcoxfarms.com.

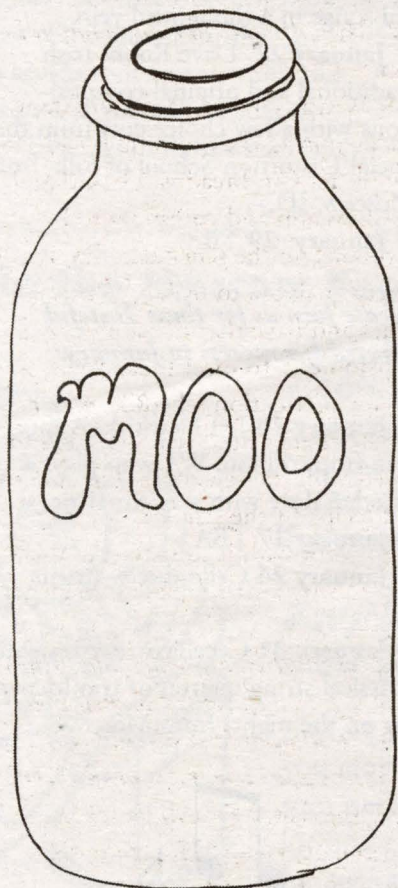


Illustration by Elizabeth Carney-Sowards

NORTHWEST SHOWCASE
Regional Art • Crafts • Gifts

<p>Wood Art</p> 	<p>Handwarmer Mugs</p> 
<p>• Local Artists • Handcrafted Gifts • Specialty Foods</p>	
<p>310 N. Main, Moscow • M-F 9-5:30, Sat. 10-5:30</p>	

From the Suggestion Box

Every Friday you run out of take and bake pizza. Please make more.

We have increased our weekly production of Take and Bake Pizzas (especially on Fridays) due to their huge popularity. There should be enough now to satisfy all pizza cravings! —Emily, Deli Manager

When will the Co-op start charging to use a new paper bag?

Good question to which there is not a good answer. Paper bags cost us about 12 cents each right now, so we prefer to offer you a 10-cent reward for reusing your cloth bag every time you shop, as opposed to charging you for using a paper bag. That might change in the future if our “positive” approach doesn’t work! —Kenna, General Manager

I love your French Baguettes but didn't they used to be 99¢. Why are they now \$1.25? And croissants, way too expensive.

I love your chocolate croissants, but they are way too expensive. Any way you can lower the price?

I love your chocolate croissants, but way too expensive.

The price of baguettes went up a few months ago to account for the rising costs of ingredients and labor. Baguettes had been 99¢ since anyone currently working in the kitchen can remember. Meanwhile the cost of our ingredients has risen and we’ve been raising the wages for Co-op employees. Croissants are more expensive than some of our other pastry items, however if you consider price per calorie it’s probably the best deal out there. Seriously though, a lot of the ingredients in croissants are expensive. We order a high quality all-butter dough (no hydrogenated oil!) and the chocolate croissants are filled with yummy, local Cowgirl Chocolate sauce and semi-sweet chocolate chips. I think our price is comparable to what you would find at any other gourmet bakery. —Aven, Pastry Manager

My baby loves your lollipops and I was very disappointed and so was my baby when you stopped selling them.

We are glad to hear you enjoy the lollipops. If we had the space we would carry them all year, but we are using that counter space for holiday candy and chocolates that can only be shipped in cool weather. When we have space we will bring the lollipops back, most certainly next spring if not before. —Marie, Grocery Buyer

The broccoli stalks were very long. I don't mind some stalk but not when it's half of what I pay for and there's hardly any floret left to eat once it has been trimmed.

We are sorry about that. When the stocks get too long we do try to trim them down to a reasonable length. —Scott, Produce Manager

Please make more Gluten Free rolls. They sell out very fast.

We’ll increase our production of the Pretty Darn Gluten-Free Farmhouse Rolls. Also, you can let us know if you would like to place a special order for six or more. —Aven

We should be able to listen to NPR, or KRFP and other intelligent stations!

Actually according to the FCC all sound/music in a store must be paid for so we use Muzak as our music source and pay a monthly fee. Part of the fee does go back to the artists who recorded the music. In addition it is against the law to play the radio in a business for customers. —Kenna

We miss the nanna-nanna chocolate chip muffins!!!

The Banana-Banana Chocolate Chip muffins have replaced the seasonal Sweet Potato Muffin and we will continue making them through February. —Aven

Carry a mayonnaise without soy please.

Spectrum Naturals makes canola mayonnaise without soy. It is on our shelves. —Marie

I wish you had barley cereal made by Earth's Best.

Unfortunately this cereal variety is not carried by our distributor. —Marie

You should stock Viso sugar-free drinks. They're tasty and Viso's a best-seller.

We investigated these Viso drinks, but the sugar-free varieties are sweetened with sucralose, an ingredient we don’t support. —Joan, Grocery Manager

Why are the cilantro bunches so tiny? It takes 4 or 5 of them to meet the requirements of a recipe.

We had been dividing bunches in half per customer request, but I am happy to offer the larger bunches and see how they do. —Scott

Would you please offer at least four baked goods sweetened only with maple syrup, rice syrup, barley malt or honey? I am allergic to cane sugar in any form, even un-sulfured molasses. Thanks!

We have a few items that meet your criteria. Kid’s Yummy Chocolate Chip cookies have maple syrup as a sweetener and Heidi’s Hikers Bars have brown rice syrup. We are working on a great sugar-free breakfast item, look for something to debut soon. There are also many recipes that we can adjust to be sugar free if you would like to special order something. —Aven

I've noticed a lot of cigarette butts in the planters and parking lot out front. I can't recall seeing an ashtray or other disposal for those little bits of trash. If it's a subtle way of convincing people not to smoke, then kudos for the brass, but I don't think it is working. Its just convincing people to litter. Other than that, rock on!

Thanks for your kudos—we really don’t want to encourage smoking in front of the store, in fact we even posted signage asking folks not to smoke by the doors. So no cigarette ashtray is definitely a way of saying “smoking not welcome here”. On the other hand, not having a form of disposal doesn’t necessarily stop someone from smoking if that’s what they want to do. So I will look at putting out one of those butt tubes for the smokers somewhere out front. Thanks. —Kenna

Can you stock Clif Bar Pomegranate Luna Tea

Cakes ?

We will bring them in when the seasonal Clif bars are gone. —Marie

Your produce department has the friendliest staff in the store! You should include the person that hires those staff in all your hirings.

Thank you so much for the great compliment! We appreciate the kind words. —Produce Staff: Scott, Jessica, Cass, Kate and Martin

It's very hot up at the registers. I wonder if there is away to turn down the heat? ~ [actually 3 different comments this month].

Well I’m glad that everyone noticed that we made some changes up front regarding the heating/cooling system. We added another outlet for air above one of the registers. As the seasons change so do the complaints—either it’s too hot or too cold. In our attempt to fix that, we added an outlet and tried to set a temperature that would work for the whole store. I think these comments were written right after we added that outlet. We have now fixed the discrepancy. —Kenna

You need a kid's section-

What kind of kid’s section? We have kid’s food, kid’s bath soaps, kid’s socks...do you mean a place for kids to play? We used to have one but unfortunately it was abused and became a liability. —Kenna

I am looking for milk that is completely unprocessed that has the natural layer of cream on top.

It is not legal to sell raw milk, however we do carry Straus milk in glass bottles that is pasteurized but not homogenized. It has the cream layer on top. Since we brought it in this fall, it has been a staple in our cooler, but may have been sold out when you were here. —Peg, Chill Buyer

Help! It's Wednesday and there is no Honey Butter Oat bread. It appears you substituted another kind of oat bread. My kids don't like anything but Honey Butter Oat.

On that particular Wednesday we tried a different oatmeal bread recipe during the morning bread bake. The Honey Butter Oat bread was baked and for sale later that afternoon and continues to be baked in the afternoons on the scheduled day. A couple of the bakery goals are to make a consistently great product and have that delicious bread available to our customers. To meet those goals, we need to re-adjust our production schedule, which may mean that some recipes need reformulating to be able to work well with the schedule. The different oatmeal bread recipe fit the schedule great and we will continue to work with it to make the final product delicious. —Annie, Bread Bakery Manager

Salty French bread schedule is unpredictable. Will there be a Monday night when Salted French bread is available? I drive to Moscow every Monday night, around 8, but in over 2 years, it hasn't been.

We are now baking the Salted French loaves in both the morning and afternoon. Hopefully this will keep the shelves stocked! —Annie

Volunteer Profile: Anna Brewer, Newsletter Cartoonist

by Joshua Cilley, Newsletter Volunteer

At our interview, Anna Brewer said something you don't hear everyday: "My alter ego is a frog." Then again, if you are at all familiar with her cartoons in this newsletter, you will certainly remember Anna's ever-present frog narrator. This is not the full extent of her amphibian persona, however.

Anna invites us to peruse her cartoon blog at frogblog-acartoondairy.blogspot.com. There you will find the familiar frog that graces our newsletter, but also much more. You will find an artist who succeeds in baring herself within everything she does, even if the work is reportage. Many of her Co-op cartoons focus on the finer points of life on the Palouse, but Anna's work in her hybrid blog of cartoon and diary also goes where many fear to publicly tread: what is on the inside. "The devil-frog appears more often than I'd like," Anna says. After reading some of the cartoons that feature the devil-frog, I'm not surprised. It is a nasty little brut that Anna describes as "definitely my doubts and fears made real."

But the dark must have the light to exist, and Anna's light is an entity called "hp." I asked her what that stands for, and I received a few answers. It began with a shortening of higher power, but "spiritual penpal" is the description she settled on. I like the ring to "god-frog" the best. (I should qualify this point by saying that Anna claims no religion and is "shy about having a god at all." I respect the practicality in that.)

Drawing on an idea from Julia Cameron's *The Artist's Way*, years ago Anna began to write her thoughts down every morning. Soon she started drawing her thoughts out with images instead of words, and the concept continued to grow into the present form. Anna hopes to see her work in book form someday, and I think the sooner the better.

Having only lived on the Palouse for about a year, Anna's cartoons display her love of Moscow and the surrounding area. "I love the diversity of the community, the support of the arts, but the landscape is my true love... I see things in pictures, not words. For me, cartooning is like



Anna Brewer creates the beautifully illustrated cartoons in this newsletter.

breathing." Anna grew up in England and was educated in Liverpool, receiving her fine arts degree in print-making. After years of visiting her mother on America's East Coast, Anna decided to move to the States, chose Berkeley as her home and remained there for quite some time until her husband took a position as assistant professor of bio-engineering at WSU.

After a life lived in highly populated urban settings, I can understand how the radical shift in landscape touched something off in Anna. "I'm endlessly curious about things here, coming from a city. It's about reporting what I'm interested in—show and tell. I draw to see what I'm thinking and feeling, paying attention to the details around me. I love drawing outside of myself. Too much introspection is death." I couldn't agree more, but Anna also demonstrates the elusive balance of artistic success: reflecting herself within the world around her through art.

In addition to her blog, Anna currently has work on display at the Bank Left Gallery in Palouse. I have not yet made it out there to see the show, but if it is anything like her blog, I will find images with a complex blend of humor, curiosity and honesty that is somehow made to look effortless. Anna Brewer is a natural and we are fortunate to have her among us.



“Anna began to write her thoughts down every morning. Soon she started drawing her thoughts out with images instead of words, and the concept continued to grow into the present form.”

Staff Profile: Matt Stahnke

by Amy Newsome, Newsletter Volunteer

Matt Stahnke is an admitted former introvert now turned people person, and he thanks his job at the Co-Op for this conversion. He has been a cashier at the Co-op since early May. He moved to Pullman to attend Washington State University in August of 2006. Matt lived in Pullman for eight months before ever coming to downtown Moscow. It was, in fact, the Co-op job listing that finally brought Matt to Moscow. The moment he walked into the Co-op, he said he instantly loved it, "It was like a Taj Mahal of organic goods." Matt finds a lot of satisfaction in the helping aspect of his job. Whether he is checking out groceries or helping a customer find a product or price, he finds the job very fulfilling. All the other jobs he's held, such as making pizza, working at a gas station, and working in construction; did not have the customer service aspect to them that he finds so rewarding in his current position. He finds the Co-op an easy environment to work in and enjoys the open-minded and laid-back attitude of his co-workers.

As I write this, I can't help but wonder if Matt has come into view yet of the first snowcapped mountain in Central Washington that "brings him back to his youth." Matt is

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Matt Stahnke has been a Co-op cashier since May.

driving home to Puyallup, Washington, to spend two weeks with his family this holiday season. The ever-present view of the majestic Cascade Mountains while growing up is something that Matt and I have in common. For me, it was Mount Lassen and Mount Shasta in Northern California, but for Matt it was

Mt. Rainier in Washington. Matt grew up in Orting, a small town about an hour south of Seattle. When traveling home, we both enjoy a distinct thrill when we first glimpse sight of an awesome mountain peak. For him, this spot is just west of Ellensburg, WA; for me it is just north of Weed, CA.

Matt is a senior at Washington State University; he will graduate in May in Political Science, with a few classes to finish up in the summer. His first major was Nutrition, but he didn't like the chemistry required. He'd taken a couple of Political Science classes that he really enjoyed and excelled at, and he'd always been interested in politics, so he decided to switch his major. Matt

wrote a policy paper on Russia last semester that predicted some of the current changes taking place in that country. After he graduates, he'd like to move to Moscow, continue working at the Co-op, but take a year off of school to relax a bit. But then he'd like to return to graduate school in International Relations. He'd love to travel outside the country. It is something he has always wanted to do, and other than Canada, hasn't had the opportunity yet.


particular one. Matt recently discovered swing dancing, thanks to a co-worker. He has been swing dancing every Thursday night above CJ's in Moscow. He highly recommends it. Lessons begin at 8!

Just as the world seems to open up with the promise of endless possibilities when you see a majestic snow-capped mountain in the distance, Moscow and the Co-op seem to be opening up the world for Matt.

Amy appreciates that Matt didn't turn her down to be interviewed. In case you're wondering, Stahnke rhymes with donkey.

Matt is clearly on a mission to learn and explore new things. He took an introductory Arabic language class last summer and will take the next class this spring. He believes that learning this language will be very useful in the world today. He likes to read about politics and religion. Like me, Matt was raised in a conservative Catholic family and also like me, now finds all religions fascinating without prescribing to any

Matt is clearly on a mission to learn and explore new things. He took an introductory Arabic language class last summer and will take the next class this spring. He believes that learning this language will be very useful in the world today. He likes to read about politics and religion. Like me, Matt was raised in a conservative Catholic family and also like me, now finds all religions fascinating without prescribing to any

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The Conscious Consumer: Food Safety in an Era of Globalization, Part II

by Sharman Gill, Newsletter Volunteer

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

Imports have been escalating from countries with substandard food-safety regulations. Although the U.S. has had a predominantly safe food supply, this era of globalization brings increasing complexity and risks. The FDA (Food and Drug Administration) is currently making strides to becoming a stronger regulating authority. Isolating the U.S. food supply from the world isn't realistic—globalization is today's reality. Nevertheless, food sourcing complexities can be dealt with effectively at the local level, a philosophy that the Moscow Food Co-op embraces.

In last month's column, I introduced the FDA's new Food Protection Plan: *An Integrated Strategy for Protecting the Nation's Food Supply*. In this document the FDA plans to "prevent, intervene, and respond" at various levels in order to build increased safety into the food supply chain: In practice, imports from some countries would be flagged for increased inspection whereas reputable imports would proceed more quickly through the system. Some other implementations would be increased corporate responsibility, increased surveillance and communications, and incentives for third party inspections.

I queried Dr. Barbara Rasco (WSU Professor of Food Science and Human Nutrition and an attorney) about her response to the FDA's proposed initiatives, which depends on legislative backing and funding from Congress. She responded, "I think there is a lot of political traction now for a program like this. . . . One of the good things about this plan is that they are looking at the integration of food safety and food defense. . . . Some of the programs are trying to use public-private partnerships for food inspections through 3rd party programs. That's probably a good thing." Though Dr. Rasco isn't a fan of mandatory government programs, she is optimistic about the FDA's approach towards improving food safety in this era of globalization.

Other political initiatives are in motion. Senator Durbin (D-Ill) and Representative DeLauro (D-Conn) have called for a new, consolidated federal agency to oversee food safety in the U.S.—the proposed Safe Food Act. Dr. Rasco is skeptical that reorganization would help ensure a safe food supply. "The Government can't make our food

safe. We have to be able to encourage good producers wherever they are in the world to make good, healthy, safe food. . . . We can't have 100% inspection. We have 100% meat inspection and look how well that works. We need to increase the human capital and analytical capital of the FDA to monitor our food supply."

Dr. Rasco emphasized that imports aren't necessarily unsafe. In her experience, Denmark produces some of the safest food on the planet. Also, she has found some of the cleanest, safest food processing plants to be in Tunisia and Thailand. So, I wondered, if they're not up to par, why not ban problem countries like China? Other Co-op members have wondered this as well, as the issue pops up in the "Suggestion Box" now and then. Some shoppers are surprised to find that the Co-op sells some things that are "Made in China." Aren't we supposed to be the antithesis of Walmart?

Dr. Rasco had an interesting and unconventional response to the "China-free" movement: "It's going to end up dumped in somebody else's market: South America, Central Asia, Africa. I almost would rather have it come into the U.S. (and then we could go in and incinerate it) than have it end up on the tables of some family in Afghanistan where I spent my summer this year. It's not that somebody will not end up buying this stuff. Nobody should end up buying this stuff. It shouldn't be anywhere. . . . People shouldn't be forced into the exercise of

trying to buy something and figure out if the product really is what someone says it is and if it is safe." Because the U.S. wields substantial market and regulating power, we as consumers have the ability to reshape rather than re-route the process. Dr. Rasco's perspective introduced to me new complexities of imports and import regulations, especially in an era of increasing globalization. Banning all Chinese imports may not be the best approach.

Imports will continue to grow and, although the FDA is making substantial efforts toward quality control, we as consumers hold the ultimate power by knowing what we're buying and where it's coming from. Let me offer my own opinion in relation to the Moscow Food Co-op. Many of us shop at the Co-op because it sells local and organic food (tasty and healthful!). However, this is not a year-round possibility, especially with the short growing season of the Northwest. I think local and stateside alternatives should be pursued whenever possible. However, if the only option is to import organics, or foods with important ingredients such as ascorbic acid, I would prefer that to nothing. Chinese ingredients are ubiquitous and can't be completely avoided. Trying to sort them out, especially among the dietary supplements, seems an impossible task.

Co-op staff members work to obtain supply lines that ensure quality control. If this isn't always the case, we as consumers, can choose to contribute helpful information and opinions.

"Co-op staff members work to obtain supply lines that ensure quality control. If this isn't always the case, we as consumers, can choose to contribute helpful information and opinions."

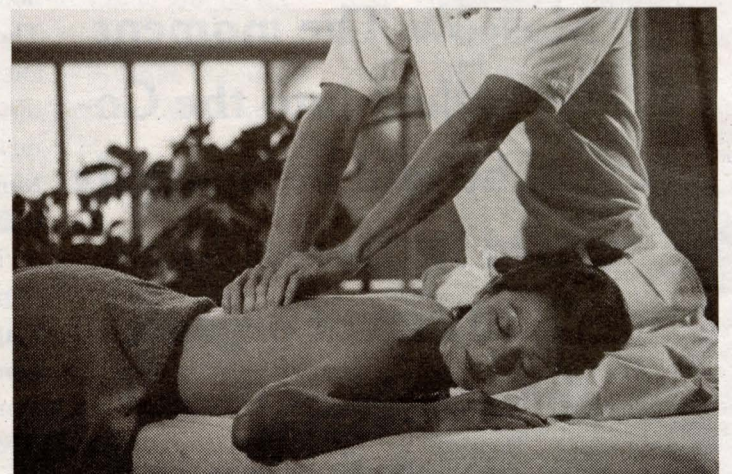
For example, I recently noticed that Woodstock Farms milk was pulled and replaced with Wilcox Organic, which I think is a more reputable source. Though neither brand is imported, this is an example of a better option being discovered, one that is more "organic" and "local." Let's choose to step into the motion of decisions by gathering helpful information and offering input. Our purchases indicate a demand and the Co-op needs to stay in business. I appreciate the many opportunities to become more informed about local producers through grower markets, articles, pamphlets, farm tours, and other store-sponsored venues. The consumer-farmer relationship is powerful, and to me personally, a key component to adjusting to the challenges of food sourcing in the 21st century.

Sharman Gill currently enjoys bundling her 18-month-old daughters and setting out for "snow explorations."



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Much Ado About Tofu: History of Tofu

by Terri Schmidt, Newsletter Volunteer, illustration also by Terri

I'm sure in the history of this column someone has written about the history of tofu. However, it has been a while, so I am going to revisit the topic.

Historians agree tofu originated in ancient China, but other than that the exact history of tofu is not known, because it has been around for a couple of thousand years and there is little historical information available. There are, however, three theories as to its origins.

The most accepted theory is that tofu was invented by Lord Liu An, a Han Dynasty prince living in northern China about 164BC. Some doubt exists though, because in Chinese history, important figures or leaders were often credited with inventions when they were not the actual inventor.

A second theory suggests tofu was "discovered accidentally when a slurry of boiled, ground soybeans was mixed with impure sea salt. Such sea salt would likely have contained calcium and magnesium salts, allowing the soy mixture to curdle and produce a tofu-like gel." (Wikipedia) Soy milk was eaten as a kind of savory soup in ancient times and is also eaten that way today, so this method of creating tofu could have been possible.

The third theory proposes that "the ancient Chinese learned the method for the curdling of soy milk by emulating the milk curdling techniques of the Mongolians or East Indians. For, despite their advancement, no technology or knowledge of culturing and processing milk products existed within ancient Chinese society". (Wikipedia) One reason this theory exists is because of the similarity between the Chinese

word for Mongolian fermented milk - rufu, and the word doufu (tofu).

It is known that tofu was commonly produced in China by the 2nd century BC. Tofu was mentioned in writings and poetry of the Song and Yuan Dynasty. The methods of production used then are similar to the methods used today. Tofu was introduced in Japan and other places in East Asia in the late eighth century and grew with the spread of Buddhism and the vegetarian diet followed by its adherents.

Tofu was not really known to Western countries until the 20th century, when there began to be increased interaction between countries and cultures. The popularity of tofu has increased in the United States as more people have adopted a vegetarian lifestyle.

Since tofu originated in China, I am offering two Chinese recipes this month. By the time this article is printed, New Year's Eve will have come and gone, but if you are looking for a crispy appetizer for your next party, try the Chinese tofu triangles.

Szechwan refers to the second largest province in China. Szechwan cooking is known for being spicy. This eggplant recipe is warmed up with cayenne. In Szechwan, it is believed that spicy foods help one to perspire on hot summer days and keep one warm in winter.

(The factual information in this article is from wikipedia.com)

Terri Schmidt hopes you find something to add a little spice to your life this month to ward off winter's chill.

Chinese Tofu Triangles

www.free-recipes.co.uk

- 1 Tbsp. canola oil
- 1 tsp. minced ginger root
- 1/2 cup chopped onion
- 1 Tbsp. curry powder
- 1/2 lb. firm tofu
- 1/4 lb. fresh mushrooms, minced
- 2 tsp. soy sauce
- 1/4 tsp. pepper
- 1 tsp. sherry
- 1/4 tsp. paprika
- 1 tsp. cornstarch; blended with:
- 1 tsp. low-salt vegetable or chicken bouillon
- 20 wonton skins
- 1 Tbsp. water
- 2 Tbsp. sesame oil for deep frying

Dry the tofu and crumble into small pieces with a fork. Heat oil in a wok or fry pan; saute ginger root until brown. Add chopped onion and curry powder; stir and cook for 2 minutes. Add tofu, mushrooms, soy sauce, pepper, sherry, paprika and cornstarch/bouillon; bring to a boil. Add sesame oil, mix well. Cool. Place a portion of the curried tofu (about 2 teaspoons) in the center of a wonton skin. Fold the skin diagonally into the shape of a triangle. Seal the edges with water. Heat oil for deep-frying. Fry the tofu triangles until brown and crisp. Serve with vinegar, equal amounts of soy sauce and vinegar, or sweet and sour sauce, or eat plain. Makes 30 triangles.

Nutritional information: Calories: 36 Fat: 2 gm Carbohydrates: 3 gm
Cholesterol: 0 mg Protein: 1 gm Sodium: 21 gm

Szechwan Eggplant and Tofu

www.free-recipes.co.uk

- 3 Tbsp. soy sauce
- 1 Tbsp. cider vinegar
- 1/4 cup dry sherry or Chinese rice wine
- 1 Tbsp. white or brown sugar
- 3 Tbsp. cornstarch
- 2 Tbsp. peanut oil
- 1 medium onion, thinly sliced
- 1 large eggplant cut into thin strips
- 3/4 tsp. salt
- 2 Tbsp. minced garlic
- 1 Tbsp. minced ginger
- 1/4 tsp. black pepper
- Cayenne pepper to taste
- 3 cakes firm tofu cut into strips
- 8 scallions, greens minced, whites in strips, keep separate
- 1 bunch cilantro, minced

Combine soy sauce, vinegar, sherry, and sugar in a liquid measuring cup. Add enough water to make up to 1 cup. Place cornstarch in a small bowl, pour in the liquid and whisk till dissolved. Set aside. Heat a large wok over a high flame. Add oil and onion and stir fry for about a minute. Add eggplant and salt and stir fry for 8 to 10 minutes till the eggplant is soft. Add garlic, ginger, black pepper and cayenne. Cook a few minutes more. Add tofu and scallion bottoms. Stir the bowl of liquid that has been set aside and add to the wok. Mix well and stir fry for another few minutes till the sauce is thickened. Remove from the heat and serve over rice topped with scallion greens and cilantro. Serves 4.



Happy New Year(s)

by Melynda Huskey, Newsletter Volunteer

I used to dread New Year: in my childhood, the whole resolution issue plagued me. It was just too easy to picture an enormous pile of discarded resolutions (No more nail-biting! Get better grades in math! Keep my room clean!), the accumulated failures of a lifetime mounting with each passing year, until they overshadowed me, a monument to lost opportunities for self-improvement.

I'm resigned to that now, of course. At a certain age, New Year's resolutions are the least of the failures one worries about. But my burden is also lightened by the knowledge that there are innumerable New Year's holidays written into the calendar, and my particular one dwindles in significance when I know that on 1 Muharram (my January 10, 2008), the world's 1.6 billion Muslims will start their New Year. February 7 will be New Year for 1.4 billion Chinese people, kicking off the Year of the Pig. At various times in European history, New Year has been

on March 1, March 25 (Lady Day, or the Feast of the Annunciation), and Easter. Phoenician New Year (there's a holiday worth bringing back!) was at the Autumnal Equinox. Rosh Hashanah, Jewish New Year, will start on the evening of September 30 this year. The ancient Greeks favored the winter solstice. The Anglo-Saxons used December 25.

In short, there's an historical or geographical precedent for starting a new year pretty much anywhere you'd like. That ought to take some of the pressure off, and allow us to celebrate this January's beginning, local and contingent as it is, with something delicious, sustaining, and symbolic.

In the Jewish tradition, one serves honey, round things, and yellow things for the New Year. In the American South, it's red beans and rice, or cowpeas and rice. Gifts of sweets are popular in India. In Japan, buckwheat noodles, for longevity, and mochi,

Spicy Chickpeas

- * 2 Tbsp. vegetable oil
- * 1 large onion, cut in half and sliced into thin shreds
- * 4 large cloves of garlic, minced
- * 1 Tbsp. curry powder of your choice
- * 1/4 cup ketchup
- * 2 cans of organic chickpeas (15.5 ounces each), drained, reserving 1/4 cup liquid
- * Juice of 1/2 lemon
- * 1 teaspoon salt
- * Fresh ground black pepper
- * 2 Tbsp. butter

Heat oil in a large saucepan over medium heat. Fry onions until soft and slightly browned. Reduce heat to low, add the garlic, curry, and ketchup, and saute for about 2 minutes, stirring constantly and scraping the bottom of the pan well to avoid sticking and burning. Add chickpeas, reserved liquid, lemon juice, salt, pepper, and butter. Simmer for 10-15 minutes. Serve over rice.

sweet glutinous rice. It's a kind of sympathetic magic, really, like so much of what happens in the kitchen. Sweetness for a sweet year, lots of little bits, especially round bits, like rice or beans, for lots of money, or lots of years. Long noodles for a long life. Yellow things for gold and sunshine.

My favorite way to kick off the New Year is Spicy Chickpeas, a kind of Anglo-Indian mashup which, when served with rice, includes yellowness,

roundness, legumeity, sweetness, rice-ity, multiplicity, and, most importantly, spicy deliciousness: it's the perfect dish for symbolizing a satisfying, beautiful, saucy, enriching, and tangy year, which is what I hope it will confer upon all of us.

Melynda Huskey is hoping to revive Phoenician New Year later this year. She blogs about food, craft, and books at <http://melyndahuskey.wordpress.com/>

PALOUSE REPORT: A Clean Slate



Cups Full of Cashews

by Jordy Byrd, Newsletter Volunteer

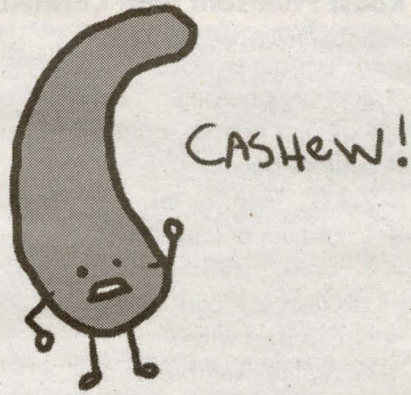
I don't think I'm the only one. You know, one of those people you can always spot loitering around the trail mixes and nut isles. One of those people whose fingers itch with the temptation to reach in, just for taste.

If truth be told, I am an addict. I'm addicted to anything with the combination of granola, dried fruit, chocolate and mixed nuts. I enjoy trail mix so much; it's one of my staple foods. Well, it's even more than that it's a food group all in its own; perfect at breakfast, in-between classes at lunch and even dinner.

Despite my love, I have yet to find a solid recipe with trail mix as the primary ingredient. Instead, the last time my wandering fingers traced the isles of the Co-op, I landed on something a bit more specific. The curlicue cashew.

As it turns out, there is much to do, about the protective coat of the cashew. The cashew originated in Brazil and is the seed of a tropical evergreen plant related to the mango, pistachio, and poison ivy. The nut itself is encased in a hard shell with two layers. In between these layers is a black substance called cardol, which can cause blistering of the skin upon contact. This substance and the shell can be used to produce CNSL (for cashew nut shell liquid), a liquid that is used in a variety of industries for resin, chemicals and products including varnish, insecticide, paint and even rocket lubricant. For these obvious reasons, cashews are never sold in the shell.

Seeing as January in the Inland Northwest is bitterly cold, I hoped to make soup. Luckily, or perhaps unluckily as will be determined, I stumbled upon a recipe called Cashew



and Pineapple Soup. I was well aware that this would prove to be an unusual dish, but what I didn't realize was how overwhelming the pineapple would be. I wonder who invented the blender? Did they realize that placing solids inside those impossible to reach blades creates a headache? Despite my frustration of desperately trying to get the cashews and onions out of the blender, the soup cooked smoothly, leaking out an unusual smell. It's really hard to describe the soup's taste; it's almost like a sour dough with an odd tang of sweetness. I guess if you're terribly interested, you'll just have to find out for yourself.

Having toyed with my taste buds I chose a much safer recipe next. Although Cashew Banana Cream Pie may not have been the most adventurous choice, it was a delicious one. The dish was very similar to any other standard cream pie, but it was the crust that truly set the dish apart. The crust, primarily made of an entire cup of cashew nuts, blended so smoothly with each little bit of the pie. Rather than a rigid graham cracker or flour foundation, it created a much softer, more flexible taste that even my young palate could recognize and admire.

My only complaint is that the bananas

Cashew and Pineapple Soup

- 1 oz. salted butter
- 1 red onion, finely chopped
- 1 cup pineapple pieces, drained
- 2 garlic cloves, halved
- 5 oz. cashew nuts, crushed
- 4 potatoes, peeled and diced
- 2 cups vegetable bouillon
- 1/2 cup bourbon (optional)
- 5 oz. half and half cream
- 1 Tbsp. cornstarch
- 2 tsp. water
- 1 tsp. salt
- 1 tsp. black pepper

Fry onion and garlic in butter until softened, about 3 minutes. Put crushed cashew nuts and onion mixture in a blender. Blend until smooth. Put cashew mixture into a deep pan. Add pineapple pieces, potatoes, vegetable bouillon, bourbon (if used), cream, salt and black pepper. Bring to a boil and cook for 15 minutes, stirring occasionally. Meanwhile, combine cornstarch and water until smooth. Add cornstarch mixture to soup. Stir constantly until thickened. Yields 4 servings.

Cashew Banana Cream Pie

Crust:

- 1 cup chopped unsalted cashew nuts
- 1/2 cup flaked unsweetened coconut
- 2 Tbsp. light brown sugar
- 1 egg white

Custard Filling:

- 3 egg yolks
- 5 tsp. cornstarch
- 3/4 cup granulated sugar
- 1 1/2 cups milk
- 1/4 tsp. salt
- 1 Tbsp. unsalted butter, at room temperature
- 1 teaspoon vanilla extract
- 1/2 cup heavy or whipping cream
- 2 bananas
- 1/2 cup finely chopped cashew nuts

Preheat the oven to 375 degrees F. Prepare the crust: Combine the nuts, coconut, and brown sugar in a medium-size bowl. Beat the egg white until stiff, and gently fold it into the nut mixture. Press the mixture evenly into an 8-inch pie plate, making sure the sides are thick (the crust will shrink while baking). Bake until the crust is lightly browned, 7 minutes.

Remove the pie plate from the oven and let it cool on a rack. Prepare the custard: Beat the egg yolks in a heavy medium-size saucepan. Add the cornstarch and sugar, and mix well. Then stir in the milk, salt, and butter. Cook the egg mixture over medium heat, stirring constantly, until it is bubbling and thick, 5 to 7 minutes. Remove the pan from the heat and stir in the vanilla. Transfer the mixture to a glass bowl, cover it with plastic wrap, and refrigerate for 2 to 4 hours. Whip the cream with an electric mixer until it forms stiff peaks. Fold the whipped cream into the chilled custard. Peel and slice one of the bananas, and arrange it evenly on the bottom of the reserved crust. Spoon the filling into the crust, cover with plastic wrap, and chill for another 2 hours. When you are ready to serve the pie, sprinkle the chopped nuts evenly over the top. Then peel and slice the remaining banana. Yields 6 to 8 servings.



topping the dish brown so quickly. However, this proved not to be too much of a problem, as my pie was devoured by a household where four 21-year-old men live. But don't worry. This pie was so mouth-watering I'm sure it won't take you long to finish.

Whether you have a family of five or a couple of two!

Jordy is having a difficult time convincing her mind to wake up for the start of the Spring semester.

Omnivoria: MacFarlane Pheasants

by Alice Swan, Newsletter Volunteer

I was recently at a party where one of the other guests was telling a story about having had a pheasant crash into a window of her house and die in her back yard. Most of the people at the party asked her if she had eaten the pheasant, but she had not, as she didn't know how to dress it.

Having just spent some quality time reading through the chapter on "Poultry and Game Birds" in my mom's 1964 edition of the Joy of Cooking, I am now prepared to hang and dress a pheasant should one crash into my house. But that seems unlikely, since I have an entirely fenced yard in the middle of town. And it's also unnecessary, for those of us who don't hunt, to learn to dress pheasants and hope that some come our way, because the Co-op has recently started carrying pheasants (plucked and dressed) from MacFarlane Pheasants of Janesville, Wisconsin.

MacFarlane Pheasants was founded in 1929 by Kenneth MacFarlane, who was later joined by his brother, Donald, and is now run by Donald's son, Bill. Pheasants are not indigenous to North America; they began to be imported to the US from Asia in the mid-18th century, but according to ultimatepheasant-hunting.com, "not until 1881,

when Judge O.N. Denny released some 100 pairs of Chinese ring-necks in the Willamette Valley of Oregon, did the pheasant really gain a foothold in the United States." In the early 20th century, pheasant hunting surged in popularity, which led to an increased demand for pheasant breeders, as wild populations could not keep up with hunters' demands. Hence, the founding of MacFarlane Pheasants.

A large part of the business of MacFarlane Pheasants is still breeding live birds for release in private hunting preserves, and also selling freshly hatched chicks to other breeders (in fact, according to a 1999 Wall Street Journal article, MacFarlane Pheasants has re-invigorated the world's stock of pen-raised birds with their special Manchurian cross pheasant). In the 1980's, they also began processing some birds for sale to the non-hunting population that might want to eat pheasant (and also, I suppose, the unlucky hunter).

As we have come to expect from all of the Co-op's meat products, the pheasants from MacFarlane Pheasants are certified all-natural, which means they are not given growth hormones or antibiotics, and are never fed animal by-

Roast Pheasant with Carmelized Endive and Apple

adapted from pheasant.com

- 2 whole pheasants
- salt and pepper to taste
- 5 slices bacon
- 2 1/2 Tbsp. butter
- 1 medium onion, diced
- 1 carrot, diced
- 1 rib celery, diced
- 1/4 cup port wine
- 1/4 cup chicken broth
- 1/4 cup heavy whipping cream
- 7 endives
- 1 medium tart apple, peeled and cut in chunks
- 1 Tbsp. powdered sugar
- 1 Tbsp. lemon juice

Preheat oven 350 degrees F. Season cavities of birds with salt and pepper. Bard the birds by inserting one slice of bacon slipping one piece between each leg and breast, then wrapping remaining pieces around the midsection of the birds and trussing with string.

Place birds in a large roasting pan with 1 tablespoon butter, diced carrot, celery, and onions. Roast in oven until the breasts are no longer pink, about an hour.

While the birds are cooking, place endives and apple in a mixing bowl. Add sugar, lemon juice, salt and pepper, and mix well.

Melt 1 1/2 tablespoons butter in a saute pan and add mixture of apples and endives. Cook over medium heat, stirring frequently until the apples and endives are caramelized and soft.

Once pheasants are done, place them on a carving board and let sit a few minutes. Place any drippings in a saucepan and add port and broth. Heat until boiling, add whipping cream and boil one minute.

Serve everything together.

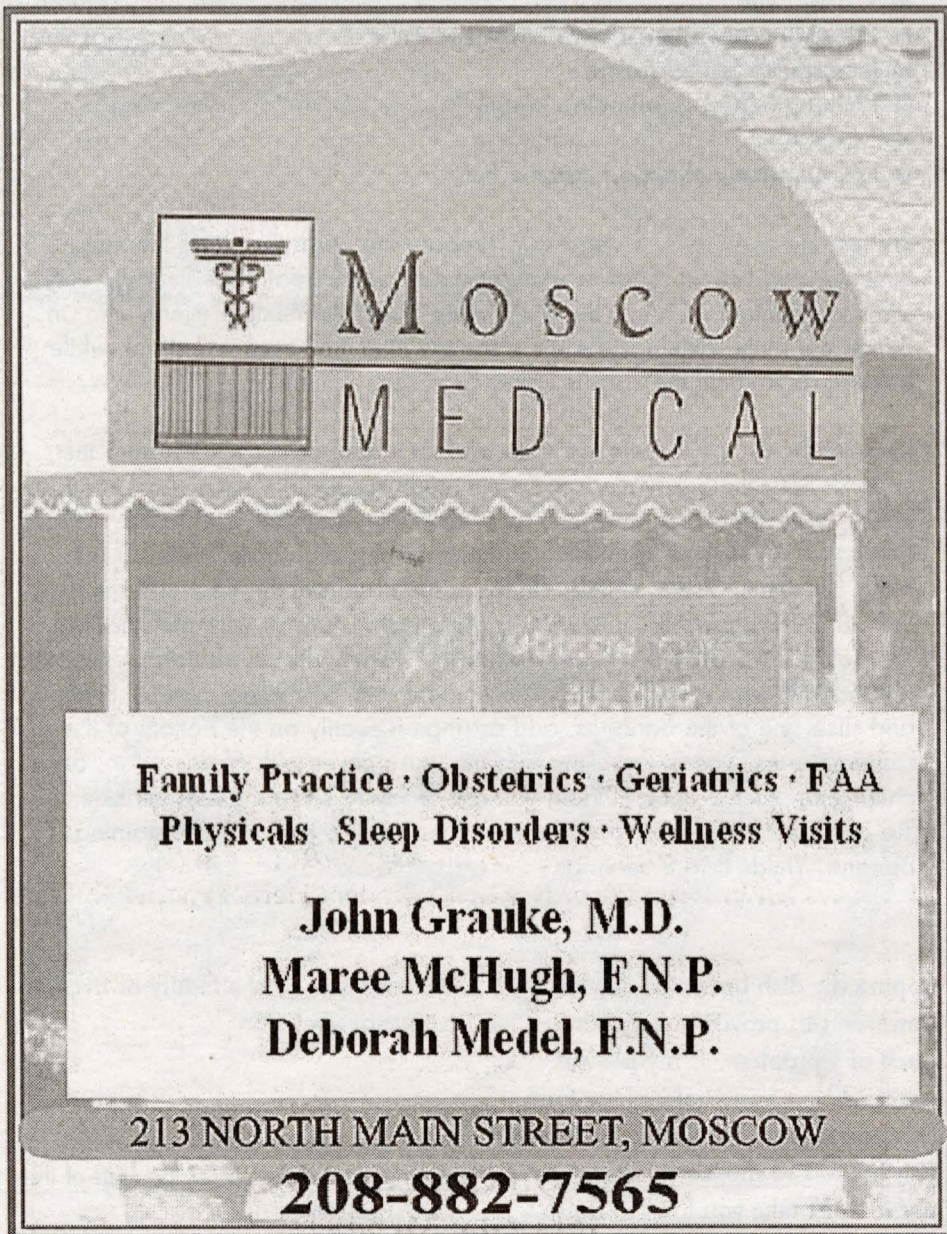
products. While they are pen-raised, the birds are given more room (i.e., fewer birds per pen) than industry standards, and the birds raised for processing into food products are housed in roomy outdoor runs once they are old enough. MacFarlane Pheasants practices no-till land management, and was awarded a Rock County Soil and Conservation award for land preservation. You can learn more about MacFarlane Pheasants at pheasant.com.

I have to confess that I have never eaten pheasant—as I'm writing this article my kitchen is completely gutted, and cold and rain and an unbelievable amount of construction dust coating everything in the house make it unlikely that we will try grilling, much less eating anything while at home. But I have surveyed two of my trusted sources, meat manager Brennus and my mom. Brennus tells me that pheasant tastes like lean duck. Pheasant thighs are much meatier (and leaner) than chicken, because the birds run so much. My mom, who is no hunter, but who once had pheasant stew at a friend's house because Joan Mondale, wife of former vice-president Walter Mondale, had given the friend a

brace of pheasant that the V.P. had shot because she (Joan) didn't want to dress them, says it tastes like a slightly gamey dark meat chicken or turkey. I'm also told that MacFarlane pheasants have less of a gamey taste than wild pheasants, because they are more consistently young when processed than the birds one might shoot.

Another thing I learned from the Joy of Cooking is about barding game birds, which I first thought sounded like some kind of torture method, but turns out just to mean wrapping them with bacon, since they tend to be very lean. Wild rice is also a traditional accompaniment to pheasant. You can practice your barding skills with the following recipe:

Alice plans to try this recipe as soon as her kitchen is functional again.



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Tuesday Growers' Market Assessment

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

One reason winter is such a special time of year is the short days encourage us to enjoy some quiet reflection time. The Growers' Market has been dormant for a couple of months now, so it is the perfect time to reflect and think about how to make the market better next year. To assess the Tuesday Growers' Market, I contacted the Tuesday Market vendors and had a conversation with them about what aspects of the market should remain the same, how the market could be improved, and how their customer base has changed over time. The answers to the questions are summarized below. A more detailed consideration of the answers will be discussed at a future meeting with the vendors.

The general consensus is the logistical aspects of the market work well (ie. time, place, set up/take down). At times, it was a struggle to keep the Co-op parking spaces empty for the vendors, but many kudos went to Amy, the Growers' Market Coordinator, and the cashiers for doing all they could to keep those spaces clear.

As the name suggests, the Tuesday Growers' Market is intended for vendors selling products they grow themselves. The purpose of the market is not to sell arts, crafts, or general value-added items. It was suggested that perhaps "value-added" should be more clearly defined in order to communicate to growers what they can and cannot sell at the market. The Growers' Market folks at the Food Co-op will certainly discuss this suggestion to improve communication of "value-added" to all growers.

Vendors with a Community Supported Agriculture (CSA) program agree that a middle-of-the-week market is a great place for their customers to conveniently pickup their CSA share. Customers pay a subscription or a share of a farm's operational costs in a CSA and in return receive weekly shares of the farm's harvest. Most vendors, especially



Dreaming of yummy, crisp, sweet peas from the Growers' Market in January.

produce growers, have seen a large increase in their customer base over the last few years, and some of these growers have plans to increase their production in response to the increased produce market. Meat producers find the Growers' Market to be a good place to educate their customer base, but find few individuals who think of the Growers' Market as a place to purchase or order meat.

As the "Buy Local" movement gains momentum, not only do more individuals want to buy local food, but more people are growing food as well. This was evident at the Growers' Market, as local growers were being turned away due to lack of space. Specifically, two vendors were on an official waiting list,

and at least four other growers inquired about vending. An easy solution would be to increase the number of parking spaces available to the growers, but anyone who has been to the Growers' Market knows all too well the need for more parking on Tuesday evenings. The parking lot can be a zoo. Some creative

energy needs to be put forth to solve both the lack of parking and the need for more space to support local growers.

Though more customers are looking to buy locally, many vendors recognize they would like to see an increase in the number of Tuesday market-goers. Many individuals visit the Growers' Market coincidentally, while attending Tuesday night music or simply shopping at the Food Co-op. It appears, however, the Growers' Market is not a destination for most customers. Vendors suggested better advertising for both the individual farms and the Growers' Market to help make the Growers' Market a destination for more individuals. Everyone recognized that the "Buy Local" movement shows no signs of slowing and hopes more people will continue to search for ways to decrease their food miles and find the Growers' Market as one way to do that.

I thank all the growers for taking the time to participate in this evaluation and hope the Tuesday Growers' Market will continue to successfully support the local Palouse growers and provide another option for customers to buy locally.

If others have ideas on how to improve the Tuesday Growers' Market, feel free to contact me at: carriecaseltonlowe@gmail.com.

Carrie and Nate are former corn-fed farm kids who like to write about and eat local, sustainable products grown by neighbors.

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Earth Tub Basics

by Kenna Eaton, General Manager

The Earth Tub is an industrial-sized composting bin that is 4 feet tall, 8 feet in diameter, and 3 cubic yards in volume. Every year, each Earth Tub (more details online @ www.gmt-organic.com) diverts more than 20 tons of organic matter that currently goes to the landfill.

This region's first Earth Tub now lives at the Moscow Food Co-op, adjacent to the loading dock on the west side of the Co-op, off the alley. In early December, this Earth Tub began turning a daily dose of 150 pounds of garbage and biodegradable packaging from the Co-op into garden-ready compost.

The tub is new to the Palouse, however, it is not a new technology (nine Earth Tubs live at schools and businesses in Eugene, Oregon, for example). The Co-op's tub will significantly reduce the Co-op's use of the landfill, produce soil-enhancing compost for local use, and show individuals and businesses how to control waste through composting.

Ultimately, the goal is to demonstrate the viability of large-scale composting and promote a municipal composting effort in the City of Moscow. The Earth Tub is adequately sized to handle the waste generated by the Co-op,

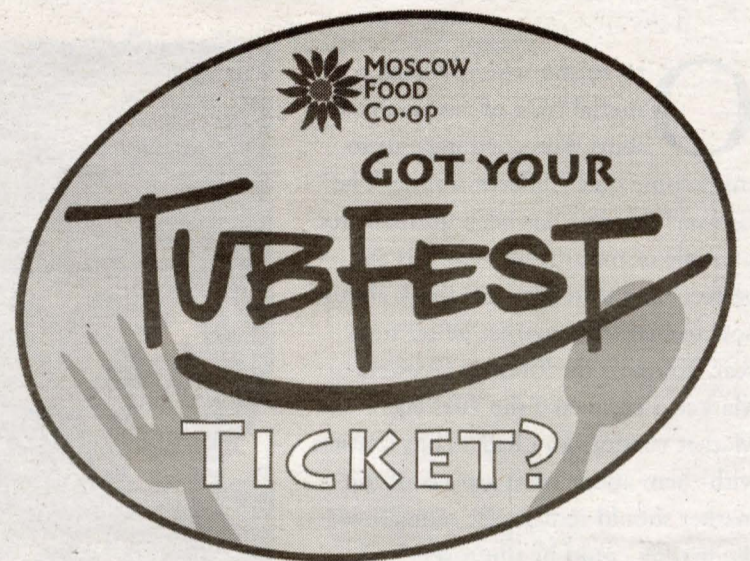
but not big enough for use by other individuals or businesses, which is why this project emphasizes demonstration and education to encourage further composting programs.

“In early December, this Earth Tub began turning a daily dose of 150 pounds of garbage and biodegradable packaging from the Co-op into garden-ready compost.”

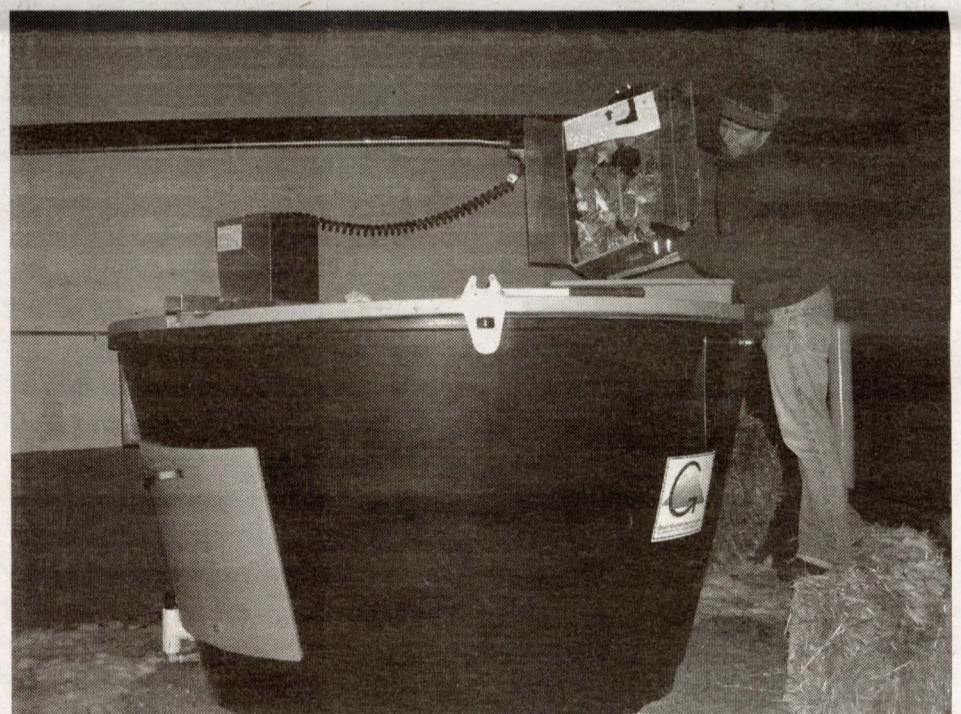
The Earth Tub was purchased and installed through a partnership between the Co-op, the Palouse-Clearwater Environmental Institute (PCEI), and Moscow Recycling, and a \$15,000 grant from the US

Environmental Protection Agency. The grant also funds a comprehensive educational program that includes a series of tours and demonstration workshops on large-scale composting.

Unfortunately, the grant did not cover a variety of unexpected expenditures at the Co-op. Needed upgrades, inflationary increases, and a required new electrical panel will cost the Co-op about \$3,000 more than was budgeted.



To raise that \$3,000, we have planned the TubFest gourmet lasagna feast and silent auction on Leap Year Day, February 29. Tickets (only \$30) are available from any Co-op cashier. See you there.



Name the Earth Tub Contest

by Kathleen Ryan, chair of Co-op Sustainability Committee

Sometime in the middle of January, you will see a four-foot-tall dark plastic cone-shaped home composting unit at the front of the Co-op. We won't be making compost there on the Co-op floor. Instead, we are displaying this composter (known as the Earth Machine) for several reasons.

First, we are celebrating composting, which turns garbage into enriched soil. The Earth Tub is now working hard to

compost the 150 pounds of biodegradable garbage generated at the Co-op every day. (The Earth Tub lives now at the alley side of the Co-op). The Earth Machine home composter is a smaller version of the Earth Tub and suitable for family use.

Second, we are holding a "Name the Earth Tub" contest with the home composter as the prize. You will be able to suggest your name for our Earth Tub there at the composting display. The

winner will be selected by our committee and announced at the TubFest on February 29.

Third, we are encouraging everyone to buy an Earth Machine home composter for their own use. Moscow Recycling is now collecting names of people who would like to buy one. They will cost about \$45. As more families order one, the price will go down. To sign up, contact Moscow Recycling at 882-0590.

Earth Tub is Heating Up

by Nora Locken, Co-op Compost Coordinator

We are now into our first month of composting with the Earth Tub at the Co-op! This commercial-size composting machine can handle the food waste produced by our kitchen, bakery and produce department. This amounts to approximately 100-150 pounds of compostable material daily that is detoured from the dumpster. It is fantastic to be continuously adding organic matter to the Earth Tub and see it decompose nearly as quickly as you make additions. I have yet to see a dumpster that magically reduces the volume of its contents without being emptied into a truck bound for the landfill.

This first batch of compost began by filling the Earth Tub halfway full with wood shavings. With this base of dry carbon-rich material it is then possible to begin adding the moist nitrogen-rich food waste from the Co-op. As the Compost Coordinator, it is my job to advise employees on what is appropriate material for the Earth Tub. Two or three times a week I mix the compost using an electric-powered auger. The mixing is necessary to combine the wood shavings with food waste and stimulate microbe activity. Within the first 10 days, the temperature of the Earth Tub contents rose from 45 degrees to 100 degrees. This is a great measure of success, especially considering the freezing temperatures outside. We hope to continue to see the temperature rise to 120-140 degrees, since this is when compost is reaching its final stages.

My days of composting began in a place far from Idaho. It was on a farm in central Portugal that I came to see composting as a conviction. The owner of this farm, Guido, was dedicated to creating enough of his own compost to nourish his many terraces of fruits and



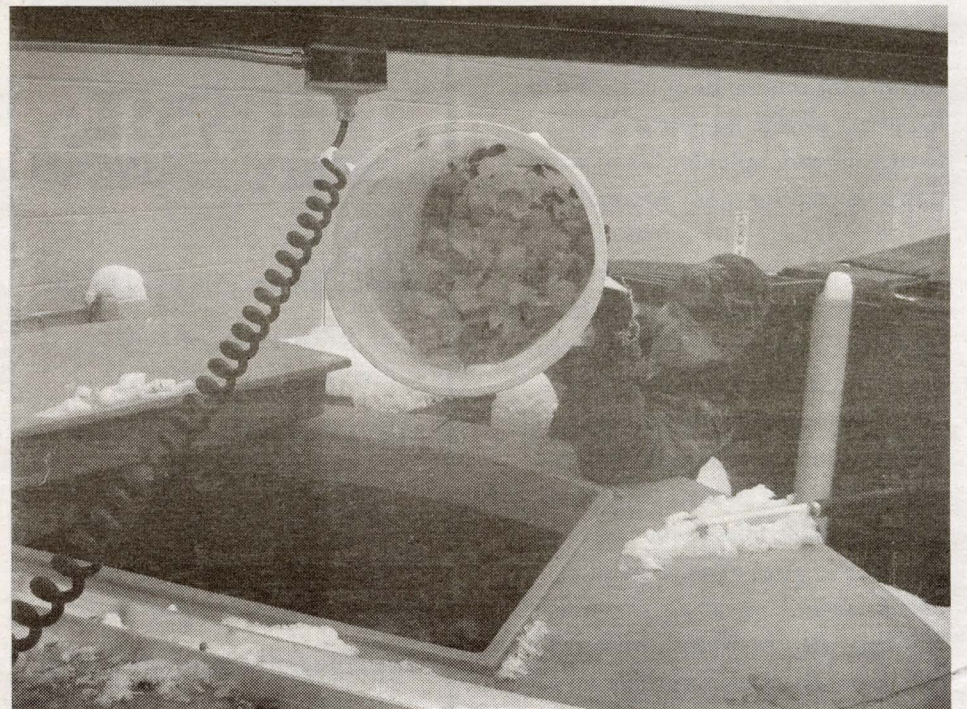
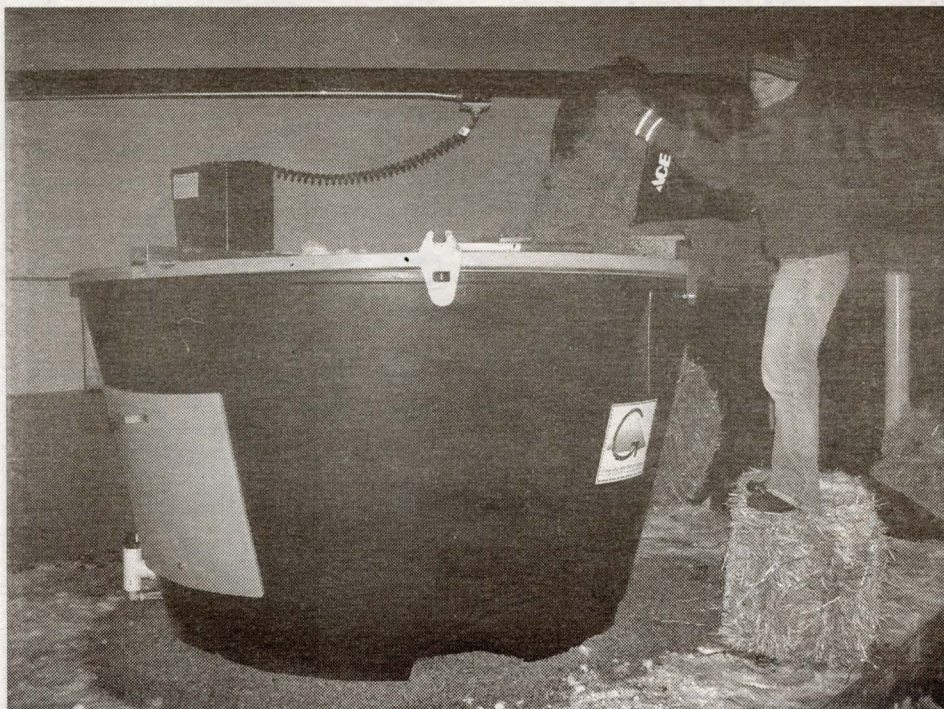
Nora demonstrates how to fill up the Earth Tub and turn waste into compost.

vegetables. We diligently separated all natural materials into a system of ten or more piles. Each pile was a certain type or consistency of organic matter that would later be layered into an active compost heap. Guido taught me the efficiency of a carefully layered hot compost heap. Using this aerobic system, you had finished compost, ready for the gardens, in one week. It was this example that started my love affair with composting. In learning the intricacies of creating quality compost I came to see this process as an art.

Following my time in Portugal, I moved to Brooklyn, New York. Composting in an urban setting is something different. Rats are the primary obstacle to overcome. Because of the curious rats, it was not possible to have an open compost heap in my community garden, so I purchased an enclosed Earth Machine. I began collecting food waste from the small café

where I worked. The only trouble was how to transport this from the café in Queens to my home in Brooklyn. I biked to work and devised a way to strap a five gallon bucket to my bike rack and had to be very careful not to lose my precious cargo. The couple times I took the compost pail with me on the subway I received enough strange looks to take the risk on my bicycle. I am happy to once again be in a small community where composting in the back yard is easy. Next month I will share some advice on how we can all begin to turn waste from your kitchen into wonderful compost!

Nora Locken is currently visiting and composting in The Netherlands.



Veganesque: Industrial Hemp for Victory!

by Caitlin Cole, Newsletter Volunteer

Last month, I got caught up while researching about hemp for December's Veganesque. While I was focusing on the nutritional characteristics of the plant, I found a lot of information extolling the virtues of hemp as an excellent cash crop that is environmentally friendly to grow and has many uses, including paper, clothing, food, and bio-mass fuel. I loved learning about hemp, because for me the learning process left me not with answers, but with questions: Why is industrial hemp illegal? How has industrial hemp helped the earth and her people in the past, and how could it help us now? Would hemp be a viable option for Idaho farmers, and what has been and is being done to find out?

The first thing I would like to make clear is that hemp and marijuana are not the same plant. This may be obvious to our well-informed Community News readers, but there is a lot of confusion out there. During a vote of Agriculture Committee Chair Tom Trail's resolution to legalize the growing of industrial hemp, one Idaho representative said he did not want his name attached to a controversial crop. There is a strong association between the hemp plant and the marijuana plant. The main difference is that the hemp plant is a stalky plant that produces fiber that contains a slight amount of THC (the non-toxic psychoactive ingredient that has been used medicinally for thousands of years but is controversial to some) and the marijuana plant is a much bushier plant that contains larger amounts of THC in its flowers. The trace amount of THC contained in a hemp plant is not enough to produce a "high," a fact I hope could bring some peace of mind to those opposed to industrial hemp because of the perceived THC issue. While I am tempted to opine about the medical benefits of cannabis flowers used to treat many ailments in almost all world cultures for thousands of years, I will leave that to you, interested reader, to form your own opinion. Go to www.jackherer.com for more information.

Hemp is the world's oldest cultivated fiber plant, and cloth made from hemp fiber is four times as absorbent as cotton. (I have hemp diapers at home. They are awesome!) Hemp is a beneficial plant to our environment in part because one acre of hemp can produce as much usable fiber as four acres of trees or two acres of cotton and is insect resistant, so can be grown without pesticides. Another green benefit of hemp is its excellent profile for bio-mass use: hemp can produce ten times

more methanol per acre than corn.

This is an ongoing issue in Idaho. State Agriculture Committee Chairman Rep. Tom Trail lost his third try in eight years to introduce legislation to allow industrial hemp farming in Idaho. Despite the lack of support in the Statehouse, Trail's pro-hemp resolution is endorsed by the Idaho Farm Bureau and the Idaho Rural Council. Trail is currently working on a licensing program with the DEA (yes, the Drug Enforcement Agency regulates hemp!) similar to the program in North Dakota, which for the first time allows that state to legally grow industrial hemp after paying a fee to the DEA. (For more information go to www.votehemp.com/state/idaho.html) These may be the first steps to gaining more mainstream acceptance to the hemp plant, leading to legalization of industrial hemp.

So since we are not allowed to farm hemp in our community, I will continue to support the hemp industry and local business by buying my hemp seeds and oil at our Co-op. Below are some more ways to enjoy the nutritional benefits of this amazing plant our earth grows for us!

Caitlin Cole has a really boss pair of turquoise hemp pants.


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Hempiness Hummus

- ✦ 1 can organic chick peas (drained and rinsed)
- ✦ 3 Tbsp. tahini
- ✦ 4 cloves garlic, pressed
- ✦ 1/4 cup hemp oil
- ✦ 1/4 cup lemon juice
- ✦ 1/4 cup
- ✦ 1 1/2 tsp. cumin
- ✦ Salt and pepper to taste
- ✦ Hot sauce to taste

Mix all ingredients in a food processor until smooth and serve with pita bread.

Hempster Tabouli Salad

- ✦ 1 cup whole bulgur wheat
- ✦ 1 tsp. sea salt
- ✦ 1 1/2 cups boiling water
- ✦ 1/4 cup lemon juice
- ✦ 2 Tbsp. hemp oil
- ✦ 1/2 cup hempseed
- ✦ 2 cloves garlic, pressed
- ✦ 2 medium tomatoes, seeded and diced
- ✦ 1 bunch fresh parsley, chopped
- ✦ 4 green onions, chopped

In a large bowl, mix bulgur wheat and salt. Pour boiling water over the wheat, mix, cover, and let sit for a half hour. Stir in the rest of the ingredients. Chill and serve.

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Help Raise Money for the Earth Tub!

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**GOT YOUR
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Letter from the Land: Polypore mushrooms in our region

by Suvia Judd, Newsletter Volunteer

The first polypore mushroom I met was an artist's conk growing in the Vermont woods. I am picturing it among beech trees but I cannot remember what kind of tree trunk it was growing out of. I loved the smooth white undersurface that you could write or draw on, if you detached the conk from the tree. And I loved the friendly mushroomy smell of the "shelf fungus."

Artist's conk, *Ganoderma applanatum**, is widely distributed polypore mushroom that grows on logs, stumps, and living trees of hardwoods (confers in the Northwest.) It is a white rot fungus, which means it eats the brown lignin and leaves the white cellulose. I have seen it growing on a snag in deep damp forest on Moscow Mountain.

(Another *Ganoderma*, *G. lucidum*, or "Reishi," is the name applied to a group of species of shiny topped *Ganodermas* with powerful immune-stimulating properties.)

Polypores are a group of fungi which have pores instead of gills, typically grow on dead or living wood, and may have no stipe (stem), an off center stipe, or a central stipe. Most species of polypore are not edible, but not inedible either, not poisonous, but frequently woody and tough. Many can be boiled for tea. They have been used in medicine for thousands of years; their medicinal uses have in recent years been reaffirmed and further explored by modern western research.

I am a novice at mushroom identification, but I am pretty confident that I can identify about seven species of polypores among the many I have seen in the woods near Moscow.

The red-belted conk, *Fomitopsis pinicola*, is about tea-cup size. The younger specimens have a shiny red belt just in from the margin on the top surface. I have seen them growing on dead snags in a somewhat dry fir and Douglas fir forest. Red-belted conk is a brown rot fungus, consuming the carbohydrate and leaving the brown lignins in punky cubes.

(*Fomitopsis officinalis*, or Agarikon, whose medicinal use goes back in antiquity, is almost extinct in Europe, but grows in Pacific Northwest old growth forests. NIH-funded test-tube research shows it to be effective against pox viruses.)

Cryptosporus volvatus lives on living, dying or dead conifers; I see it on Moscow Mountain on sickly looking

grand firs. I see several to many to a tree, bulging round and stemless out of the trunks as if squeezed under pressure. Fruiting bodies are the size of a large cherry, and cream-colored.

Hoof fungus, *Fomes fomentarius*, is present on Moscow Mountain nearly everywhere there are birches. It is grey and banded above, white below, with one brown band next to the white margin. It has been used historically from China to Europe. It has been used to stop bleeding and to prevent infection, made into felt fabric and hats, and used as the tinder in flintlock guns. Oetzi the Iceman was carrying some in his pouch.

*Phellinus igniarius** is, like the hoof fungus, a white rot of the heartwood of living hardwoods. Growing on a birch in a dark draw, we found a *Phellinus* that is black above and cinnamon below, hoof-shaped but more shallowly so than *F. fomentarius*. An expert identified it for us as *Phellinus igniarius*. *P. igniarius* has a long history of use by far north North American people. The conk was burned to ash, and the highly alkaline ash was mixed with the leaves of certain plants, such as balsam poplar, to enhance the perception-altering effect of the leaves when chewed. In parts of Alaska today the ash is mixed with tobacco leaves for a powerful chew called "Iqmik."

Trametes versicolor, or turkey tail, is one polypore I have seen not on the mountain, but in our yard in Moscow, growing near the ground on the old trunks of an ancient plum tree. It has zonal grey, brown and multicolored thin leathery "shelves" with almost ruffly-edges, like a turkey's tail. It is widely distributed, mostly on hardwoods, occasionally on conifers. One of the best-documented medicinal mushrooms, says Paul Stamets, it has immune-enhancement, anti-tumor, anti-viral, anti-bacterial, and anti-oxidant properties.

Last year, I felt lucky to meet a *Laetiporus conifericola*, a one foot or more tall stack of multiple shelves brightly colored in salmony-orange and yellow, piling out of the bottom of a dead conifer trunk. A few weeks later, I met its cousin *Laetiporus sulphureus*, "Chicken-of-the-Woods," growing on a hardwood tree in Vermont. The trimmed-off soft margins of young specimens of these *Laetiporus* species are truly edible and prized.

The more I look, the more polypores I see, and the more I learn and the more

there is to learn!

* An image and more info on these mushrooms is available at www.tomvolkfungi.net under the alphabetical listing of fungi of the month by scientific name.

Resources:

www.tomvolkfungi.net

www.fungaljungal.org: Official website of the Western Montana Mycological Association.

www.fungi.com: Company site of Fungi Perfecti. Medicinal mushroom capsules and extracts, books, mushroom growing kits, more.

Mycomedicinals: An informational Treatise on Mushrooms, Paul Stamets, Mycomedica Productions 2002.

North American Mushrooms: Field Guide to Edible and Inedible Fungi, Orson K. Miller Jr. and Hope H. Miller. FalconGuide 2006.

Mushrooms of Idaho and The Pacific Northwest Volume 2. Non-gilled Hymenomycetes, Edmund E. Tylutki. University of Idaho Press 1987.

"Most species of polypore are not edible, but not inedible either, not poisonous, but frequently woody and tough... They have been used in medicine for thousands of years; their medicinal uses have in recent years been reaffirmed and further explored by modern western research."

Suvia Judd enjoys exploring the fifth kingdom from her home in Moscow.

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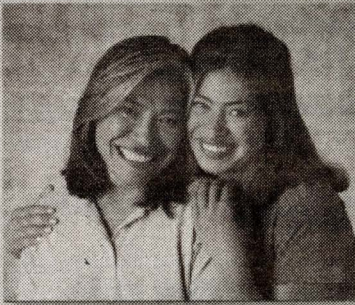
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START A LASTING TURN AROUND FROM DEPRESSION.

In The Garden

by Holly Barnes, Newsletter Volunteer

"The love of gardening is a seed once sown that never dies."

— Gertrude Jekyll

What can be more fun for a gardener than cozying up to the fire on a cold and snowy January day to read the avalanche of seed and plant catalogues that start to arrive after Christmas? The mail I get as a result of being on the gardener's mailing list is more enjoyable than any other. Straight into the recycle bin go the big flashy catalogues with the latest variety of bigger and better. I'm looking for the smaller, more discreet volume that alphabetizes by scientific name and richly describes the specific plant's attributes and virtues. I'm looking for the heirloom varieties. Pictures aren't necessary, I can always Google for those.

Catalogues open around me, it's time to pull out other books, like Square Foot Gardening by Mel Bartholomew, and The New Seed-Starter's Handbook, by Nancy Bubel. Reading these helps with the planning of the new season's garden and ignites the gardening passion within which has lain as dormant as the tulips and daffodils, waiting for the warmth of spring. Many hours can be spent pouring over books and catalogues, whiling the days away.

The dreaming, planning and reflecting on past and future growing seasons is as necessary to the gardening year as are the busier, sometimes frenzied, times

which are sure to come.

While perusing the seed catalogues and adding this variety of tomato and that variety of lettuce to your list of 'must haves' think about planting a little extra. If your garden plot is big enough, you might want to sell your excess at the Grower's Market. It is set up for just that purpose.

Another repository for excess produce is the wonderful Backyard Harvest program, which works through PCEI and is happy to take any amount of extras from the garden and pass it on to local Food Banks.

Our Co-op is always interested in having more farmers and growers provide produce for our consumption. Growers who can provide a consistent and weekly supply from their land are valued. The demand for fresh, local produce exceeds the supply so if you are thinking about getting into small farming it's a good time to put those ideas into action.



Winter planning can make for a harvest like this from WSU's Organic Farm.

A postscript to my article of November 2006 on planting paperwhite narcissus:

While poking around in my Garden House one snowy day last month, getting bird seed for the feeder, I came across a basket full of paperwhite bulbs that I had discarded after last winter's (2006-2007) forcing. I was amazed to see a few little green shoots, so brought them inside and found many of them still alive. I also had stashed some of the still planted containers in my laundry room last year, so I pulled them out and they also had green stems. Those I kept in their containers and watered.

The loose bulbs I planted into new containers and watered them. I had always read that the bulbs should be tossed out after forcing as it exhausted them. It looks like this may not be true. I'll let you know how they turn out.

Holly Barnes is always thinking gardening even as she quilts and reads and exercises and otherwise spends the winter in non-gardening pursuits.

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Wild & Free: Peas and Butter

by Sarajoy Van Boven, Newsletter Volunteer

The English language wallows in a mire of obfuscation and fraudulence. Knot only our are spellings laughably perverse, add homonyms, and mix with terms like Greenland, buttercups and sweet peas for a deadly cocktail of confusion. With the whole world careening into this one language, global tragedies must ensue, mark my words!

In the ethos of "Think Globally, Act Locally," let's resolve in 2008 to prevent global calamity by straitening out a few linguistic kinks in the local Wild Edible realm. As has become my New Year's tradition, I commence upon this newest addition with a study of Wild In-Edibles as a vital counterpoint to Wild Edible practice.

Buttercups are Not made of butter. English's "Buttercup" is the mangy mutt bastard of French's "Button d'or," (Golden Button) and Anglo-Saxon's "cop" (head). Somewhere along this twisted family tree Buttercup meant "Golden Button Head," which sounds like something to choke on rather than a fattening dairy creation. (*Plants of the Southern Interior from Lone Pine*)

Buttercups grow tall or short, creeping or upright, margarine gold or fresh butter mellow. Their green leaves are usually deeply lobed into three, sometimes two, sections of often-frilly points. Their shiny, five-petaled simple flowers, cheery yellow cup'o'toxins, spring up early in the year.

Do Not pat these upon your morning toast, for all buttercups will bring you are the blisters and burns of poisonous alkaloid compounds. They do not taste like butter, but are so bitter that before ingesting too much of it, we tend to notice that something is seriously amiss. Reportedly, buttercups pose greatest risk to dozy-eyed cows. However this does not bear out with personal experience, not because I am a cow, but because my first 15 years were shared with steers who never ate the buttercups carpeting our field.

This hurtful and useless plant's legends are thickly spread across the globe. The nearby Nlaka'pmx (now there's a language!) poisoned arrowheads with it. Okanogans warned children not to touch it. (*Plants of the Southern ...*) The English believed the smell could drive one to madness. Beggars, following buttercup's lead of deception, slathered themselves in its blistering juices to gain sympathy (hey, everybody's got to make a living!). Roman scholar Pliny "noted" that buttercups induced mania-

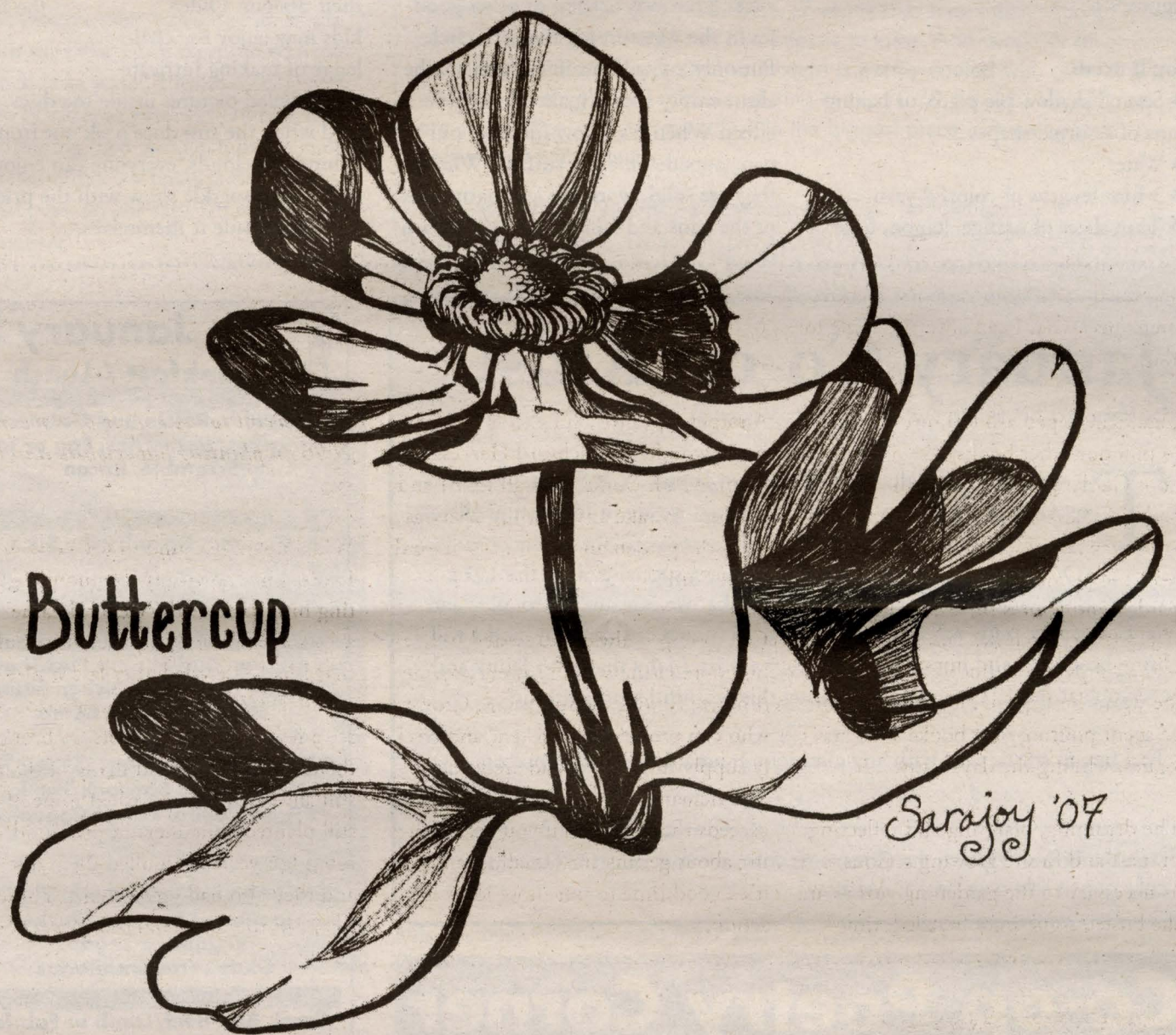
cal laughter ending in death (*Edible and Medicinal Plants of the Rockies* by Linda Kershaw). On May Day, Irish farmers rubbed the flowers on cows' udders to increase milk production (or was that puss?). Buttercups have also historically soothed the rheumatism, arthritis, and neuralgias of the desperate. (*Plants of the Southern...*)

Soon we will marvel at this bright flower's chutzpah as the Sagebrush

Example: Timber milk-vetch, a pine-forest-loving perennial, upright, clumping, white or lilac pea-flowers, thin pods. This vetch's milk collects selenium, causing its digesters depression, diarrhea, balding, and heart and lung failure (AKA: death), molybdenum for poor growth, brittle bones and anemia, locoine alkaloids for locoism (which is apparently English for Spanish for insanity) and last but not least, miserotoxin, a well christened poison caus-

Above are several of our language's more unpalatable fibs. If you do get served a nasty dish of milk-vetch peas and buttercups in the 12 months looming ahead, don't make a fuss, and better luck next year.

Bellyaching aside, Sarajoy does love her native tongue.



Buttercup is among the first natives to shrug off the Palouse winter. Despite your admiration, do not bring them home. Do not drink from this cup. Do not melt them upon the following peas.

The pea family creates confusion via appearance, classification, and nomenclature. Some wild peas are edible, some are deadly poisonous. In the pea family are these poisonous relatives: lupines, goldenbeans, locoweeds (no confusion there), timber milk-vetches (churned into buttercups), peavines and American vetch. This family grows garden-pea-like flowers giving way to pea pods, which look like something to pop open and eat as impromptu trail-mix. A more experienced Wild Eater could select peas that won't leave you vomiting or paralyzed. But I will not take my slim chances.

ing either rapid or slow-acting deaths from nerve damage, brain bleeding and lack of breath (L. Kershaw). I do not believe you get to take your pick from the miserotoxin's bag of goodies. As my young daughter says, "You get what you get and you don't make a fuss."



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“Mama Can We Make ...?”: Ice Charms

by Nancy Wilder, Newsletter Volunteer

It's cold outside! And it will most likely remain cold for several more months (barring any global warming-induced heat waves). So why not take advantage of the crisp cold air and below-freezing temperatures by making ice charms to hang outside? This fun and very easy activity can be put together indoors or out, depending on everyone's mood and tolerance for cold. These beautiful sparkling discs are also a great way to provide a few extra treats for your resident winter birds (and squirrels!).

You'll need:

- ✦ Several shallow pie plates or baking pans of assorted shapes
- ✦ Water
- ✦ 3-foot lengths of colorful yarn
- ✦ Thin slices of orange, lemon, lime or

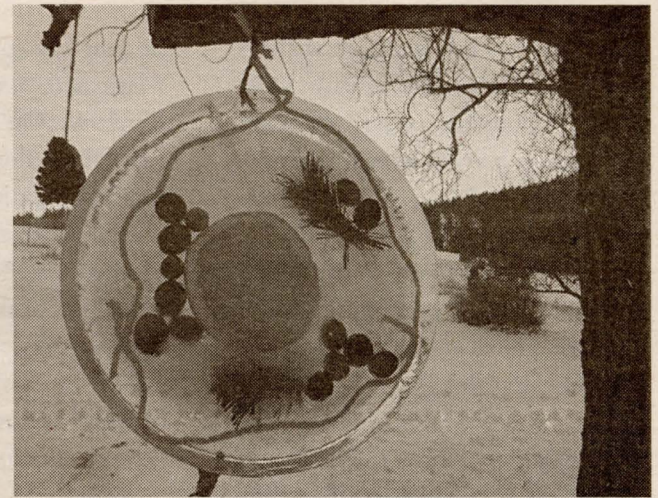
other citrus fruit

- ✦ Small evergreen branches or twigs
- ✦ Wild winter berries (or cranberries from the Co-op)
- ✦ Any other nuts, seeds, or goodies that strike your fancy

To get started, fill your pans with water to just below the rim. Then circle the inside of each pan with a length of yarn so the yarn gets wet and sinks. Drape the ends of the yarn over the rim and out of the water. Now place fruit slices, greenery, berries, or other goodies in the water inside the yarn circle. Put only a few items in each pan – the clear, empty spaces make the sparkle effect. When it's below freezing, put the pans outside on a flat surface. When they are solid, work the ice charms out of the pans and hang them by the yarn

ends on tree branches outside your window. When your ice charms start to melt, birds and animals will eat up the fruit and berries.

All kids, from toddlers through teens, can have great creative fun experimenting with different colors, shapes, and patterns in making their designs. Older kids may enjoy the challenge of making intricate and detailed pictures inside the discs. And when the sun does peek out from behind the clouds, everyone can enjoy a spectacular sparkle show with the pride of having made it themselves.



The finished product: a festive ice decoration.

Nancy looks forward to many sparkly but cold winter days.

January Co-op Kids!

by Rebekka Boysen-Taylor, Co-op Kids Volunteer

To start 2008 off right, we will meet on January 9 at 9 a.m. in the Co-op Cafe to make artistic Potato Prints — we are in Idaho after all!

On January 23 at 9 a.m., we will enjoy a special treat ... the 1912 Center is sharing its Great Room with us so that we can run, jump, play and dance together. This will be a great chance to stretch out and play, and I will bring bean bags and hot cider to add to the fun. Many thanks to Jenny and everyone at the 1912 Center for sharing this beautiful space with us!

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

Rebekka Boysen-Taylor is the Co-op kids volunteer and mama to two organically grown little ones here in Moscow.

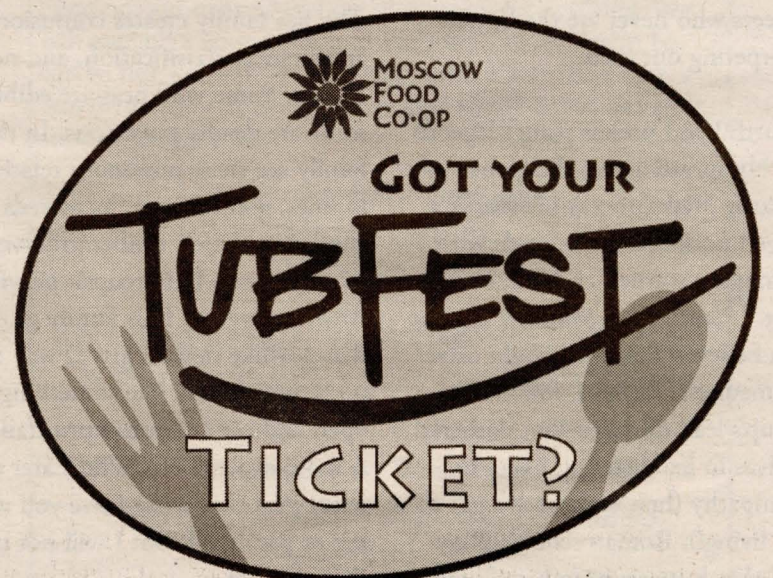
Co-op Poetry Corner

Paeon to the Co-op Produce Department

by Kathleen Benton

Behold the Produce Department on any day
 And be awed by the bounty on glorious display!
 In your rambles through the aisles don't be taken aback
 By the appearance of that odd root, Celeriac.
 If you aren't sure how to cook it you have only to ask
 Produce Manager Scott or friendly and knowledgeable Cass.
 Martin, Kate and Jessica also tend with loving care
 The colorful and harmonious heaps of fruits and vegetables there.
 Buy the Mushrooms Shitake, Portabella or Crimini –
 What a treat when sauteed and added to linguini!
 In their bin George of Santa's world famous Carrots beckon.
 Close by find Fancy Rutabagas, humble Beets, Parsnips and Daikon.
 Nature's Candy is an apt nickname for the Satsuma Tangerine.
 Sweet, too, the citrus globes of Sunburst and Clementine.
 On to the Apple Aisle, a grove that is astounding
 For here you'll find the plethora of Apples quite confounding:
 Fuji, Gala, Jonagold and heavenly-named Ambrosia;
 Braeburn, Cameo, Pink Lady and unforgettable Pinova.
 What bountiful variety found in the depths of Winter –
 With the advent of Spring look for a selection even better!

January Hot Specials	
Breakfast / Lunch	Dinner
SUNDAY	
Banana, Raisin and Oatmeal Pancakes, Homefries, Egg or Tofu Scramble, Bacon	Sausage and Pepper Polenta Gratin, Mushroom and Veggie Polenta Gratin, Garlic Bread, Mean Greens, Figgy Pudding!
MONDAY	
Gourmet Pizza by the Slice	African Chicken and Sweet Potato Stew, Indian Vegetable Curry, Minted Green Beans, Berry Cobbler
TUESDAY	
Chicken and Shrimp Pad Thai, Veggie Pad Thai, Chicken Satay, Stir Fried Green Beans	Two Dollar Tuesday Taco: Beef, Tofu, or Fish, Spanish Rice, Refried Beans, \$2 Jalapeño Poppers
WEDNESDAY	
Chicken and Sausage Paella, Veggie Paella, Potato Coquetas	Chinese BBQ Baby Back Ribs, Szechuan Veggie Sesame Noodles, Egg Rolls, Tropical Rice Pudding
THURSDAY	
Smothered Burritos: Chicken, Veggie, or Vegan, Gluten Free Enchiladas	Pulled BBQ Pork or Tofu Sandwich, Roasted Sweet Potato Wedges, Coleslaw, Apple Crisp
FRIDAY	
Greek Bar: Beef/Lamb or Falafel, Zucchini Feta Pancakes	Gourmet Pizza by the Slice
SATURDAY	
Breakfast: Eggnog French Toast w/ Cranberry-Apple Compote, Egg or Tofu Scramble, Homefries Lunch: Beef or Veggie Stew in a freshly made bread bowl	Sweet and Sour Meatballs, White Rice, Hush Puppies, Dilled Green Beans and Potatoes, Bread Pudding



Meals Kids Might Eat: South for the Winter

by Judy Sobeloff, Newsletter Volunteer

This month's selections emerged, for the most part, easily and enjoyably, as I wish for all of us and our undertakings in the coming year. I'd heard Sarajoy, my friend and fellow newsletter writer, speak fondly of Louisiana Rice and Beans and Greens with Cornbread, and this month my family got to taste them for ourselves, along with another of Sarajoy's family's favorites, Cajun Roasted Vegetables. We loved both dishes and look forward this year to having them again and again.

For the Louisiana one, Sarajoy uses brown rice, pinto beans or black-eyed peas, collard greens, and some "crazy good" cornbread (her preferred recipe being from The Moosewood Restaurant New Classics). She cooks the beans with a sauce made by adding flour to the bean water, while her husband, Huckleberry, makes a roux, a "more advanced variation which takes more

a couple of times, you know what kind of texture you like." Sarajoy's 3-year-old boy won't eat them, but they are his 6-year-old sister's favorite meal. Ah, the reputations of the children formerly identified in this column as "He Who Does Not Eat Green" and "She Who Loves Vegetables" remain intact. In our case, our 3-year-old boy liked the greens even more than the cornbread but his 6-year-old sister thought she shouldn't have more than a taste.

For variety's sake, I made pinto beans with the flour sauce (keeping way too much bean water, I realized later) and also black-eyed peas without any sauce, prompting Fred to launch into a chorus of, "I'd rather eat boogers than black-eyed peas" by the duo Trout Fishing in America.

Apart from the lone dissenting vote on the greens, my family really liked this



Inspectors examine Louisiana Rice and Beans and Greens with Cornbread.

determination." As Sarajoy explains, "Huckleberry, when he cooks, is all about a couple of extra flourishes here and a couple of extra flourishes there, and me, I'm all about following the recipe and slapping it down on the table." My sentiments exactly (though I know Sarajoy is way more inventive than she's letting on).

In serving this four-part meal, she says, "The kids of course want everything separate," while she and Huckleberry, on the other hand, "plop down the rice and cornbread and smother it with beans. I like to have a little green with each bite." The kids have the cornbread with butter and honey, and the adults add Tabasco sauce to the other components.

As far as how long to cook the greens, Sarajoy says, "After you've made them

whole meal. As Fred said, "Wow, that's one of my favorite dinners! If I had ordered this in a fancy restaurant, I'd be really pleased. I loved those greens. I loved everything."

=Having told me about Beans and Greens, Sarajoy was inspired to make it for her family as well. "The Bounty!" Huckleberry described it—to be followed, he predicted, by "The Mutiny." Readers, place your bets.

On to Cajun Roasted Vegetables, which "are super simple to do, and the kids eat it up. They're a big favorite." So what makes the veggies Cajun? "I don't know, but they're Cajun around here," Sarajoy says. In talking about the recipe with me and Huckleberry, she was surprised to learn that while she always makes it with cumin, he uses paprika, basil, and celery seed instead—and the

Cajun Roasted Vegetables

courtesy of Sarajoy Van Boven

- ✦ 1 big sweet potato
- ✦ 3 potatoes
- ✦ 2 carrots
- ✦ 1 red bell pepper
- ✦ ½ onion (chop big so kids can choose to avoid eating these)
- ✦ 1 cup mushrooms
- ✦ Salt and pepper to taste
- ✦ 1 to 1 1/2 tsp. cumin
- ✦ (Variation: 1 tsp. each of basil, paprika, and celery seed instead of cumin)

Preheat oven to 400 degrees F. Dice all vegetables into 1-inch squares. Pour olive oil over top and add salt and pepper to taste. Add cumin or other spice combination. Stir around so mixture is evenly coated with oil and spices. Bake for roughly 40 minutes, stirring every 10-20 minutes. Vegetables are done when you can put a fork in the biggest piece of sweet potato, before they turn to mush.

Optional: Serve with ketchup or lemon tahini or chipotle tahini.

Louisiana Rice and Beans and Greens with Cornbread

courtesy of Sarajoy Van Boven

Soak pinto beans or black-eyed peas overnight and boil 1-1/2 hours with bay leaf (or use canned beans/peas). Retain some cooking water. Start rice cooking. Make cornbread according to your favorite recipe.

For the cooked-beans: Add either a) (more advanced variation) a roux or b) (easier variation) remove some of the cooking water from the cooked beans, add a couple of tablespoons of flour, mix it so it's creamy rather than chunky, and add salt and pepper to taste.

For the greens: Sauté 2-3 minced cloves of garlic in 2 tablespoons of vegetable oil for 1 minute. Add cleaned, coarsely chopped collard greens, and stir so greens are coated with oil. Cover pot and cook over medium heat for 5 minutes. Add 3 tablespoons soy sauce, 3 tablespoons cider vinegar, and ½ cup of water (more as needed), and simmer for 15 minutes. Stir as needed. Greens are done when they're not tough but not mushy. Optional: Add Tabasco sauce, or serve with roasted caramelized balsamic onions (delicious but unnecessary).

kids like both versions, even her 3-year-old, who normally disavows vegetables.

In our case, I made the classic error of not producing this new dish until the end of the meal, by which time the kids were no longer hungry. Also, I forgot the ketchup. Fred and I really liked the Cajun veggies, agreeing that they're like french fries but better. Our 6-year-old liked them, too, but the 3-year-old said, "I know they're not like French fries. I'm not having any."

Judy Sobeloff looks forward to further adventures with or without vegetables in the coming year.



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And the beat goes on... with the Palouse Musicians Alliance

by Sean Quinlan, Newsletter Volunteer

In this month's column on community associations, I'd like to introduce a new tune that's humming out there: the Palouse Musicians Alliance. This new group, neither guild nor union, wants to enhance our great local musical community – for fellow musicians, venues, and, above all, for the audience.

“Moscow, of course, is a great music town,” explains Jeff Evans, one of the founding members. Musicians are playing everywhere: they're at the coffeehouses, the bars, markets, fairs, festivals, and even in your grocery store. In Moscow, local music is a such a staple of daily life that it almost seems like our lives here have a running soundtrack. But the danger is that the listeners – you and me – can sometimes take this rich soundtrack for granted, and sometimes we don't know how to participate more fully in this local culture. Enter the Alliance.

The driving force is Kelly Riley, who also acts as the musical coordinator at the One World Café. With others, she wanted to create an association to support formally “the variety of casual events, businesses, and larger venues providing musical opportunities.” She then pulled in local musicians like Paul Anders, Jeff Evans, and Brian Gill. Last November, they first met, formed a board of directors, and began planning activities.

What is so unique about the Alliance, however, is that it tries to bring local musicians and local businesses together

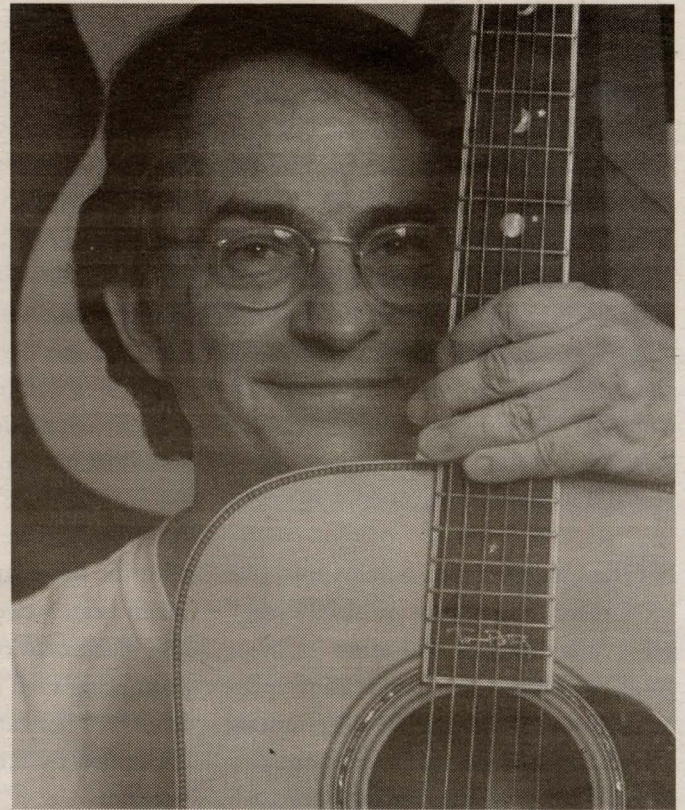
in ways that benefit both parties and help promote the world of arts on the Palouse. As Kay Meyers of the Red Barn Farms pointed out to Alliance members, it isn't easy to find a musician when you need one – and word of mouth isn't always the best solution.

To meet these needs, the Alliance has several key goals. Foremost, they are planning to launch their website. This will be a major resource, one that will hopefully list all musical groups and contain profiles and fee structures. This site will allow businesses and venues to search for musicians and musical groups: for example, if you are a café which needs a folk singer, or a lounge which needs a jazz combo, or a wedding party that needs a country or bluegrass group, this is the place to start. There will also be a calendar to alert the community of all upcoming events (updated weekly). Finally, there will be an electronic bulletin board for musicians – or music enthusiasts – to find each other.

On another level, the Alliance wants to help with compensation and bartering for musical services. A number of musicians feel that the local population loves the music scene, but they don't fully understand the dynamics of proper compensation. The catalyst for this discussion came with last year's Rendezvous in the Park, when local musicians weren't paid for their labors. Out of this experience, however, came a surprising amount of positive discussion; and Evans stresses that the Rendezvous organizers were extremely

forthcoming and candid in addressing this issue. Needless to say, the Alliance hopes to build upon this community goodwill. For example, as a sign of this increased cooperation between musicians and businesses, the new manager of The Beach has also participated in Alliance meeting.

Finally, the Alliance is also worried about copyright laws and royalty fees. More and more, music publishers demand that venues that play live music must pay subscription fees to cover copyright royalties (much of which is distributed according to Top 40 radio play – hardly an equitable way of determining royalties for say, a Robert Johnson or Willie Dixon tune). As a consequence, many local musicians fear that local venues will drop live music altogether simply because they can't pay the fees. Without going into the tortuous legal minutia, the Alliance hopes to provide musicians and business with a simple FAQ sheet that clearly outlines basic rights and facts of the matter. As he says, “We want to disseminate correct information, and not spread rumors. Now, if there;s any local attorneys who'd like to volunteer their time to help us with this



The inimitable Brian Gill, one of the first voices in the new Musicians Alliance

project....”

Above all, as Evans and Anders emphasize, the new Alliance is a forum for all local musicians. Anyone can participate – ranging from amateurs to professionals, from buffs to businesses – and the Alliance hopes even to build bridges with the musical community at the University of Idaho.

If you are interested in the Palouse Musicians Alliance, please contact at Kelly Riley at <kelly@coyoterim.com>.

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

City of Moscow Christmas Tree Drop-Off

Organized by the City of Moscow, Moscow Recycling, and Latah Sanitation

Location: Yard waste drop off behind Moscow Recycling, 401 N. Jackson or compost drop off at Latah Sanitation, Inc., 3299 Highway 8 East

Date: Anytime after Christmas

Time: 8:00am – 4:00pm

Brief Summary: Want to get rid of that great big tree after Christmas? Don't throw it away! Drop it off behind Moscow Recycling or to be composted at Latah Sanitation on Hwy 8 E! Trees must be in 5-foot segments or smaller. Bring your tree in anytime

after Christmas during normal hours of operation for both Moscow Recycling and Latah Sanitation.

For more information: contact Andy Boyd
Moscow Recycling
Manager/Education Coordinator
208-882-0590
MoscowRecycling@turbonet.com

League of Women Voters

by Liz Sullivan

The Moscow League of Women Voters will be continuing their usual Wednesday noon meetings of speakers addressing local issues on Wednesday, January 16.

Joan Muneta, Chair of the Latah County Human Rights Task Force and an active fighter for civil rights will talk on January 16 about “A Look at Human Rights in Our Community: What is Being Done and What You Can Do.” These meetings are on Wednesdays at 12 noon until 1 p.m. in the Moscow School District Administration Building on F Street and Cleveland (behind the Junior High) and are open to anyone interested in the topic and/or wants to

know what the movers and shakers of the area have to say about their particular fields of expertise.

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Depression Recovery Classes

by Sybil Anderson

More than 19 million people in the U.S. suffer from depression annually. Many factors can lead to depression, including unrealistic goals, added financial stress, family expectations and change of schedule or eating patterns. But the cure may not be as difficult as you might think. Actually, just a few basic lifestyle changes can help you break free of the trap of depression.

After 16 years of research and clinical experience, Dr. Neil Nedley put together an 8-week program that has helped hundreds of his patients recover from depression. Community Health Care of the Palouse, along with local Seventh-day Adventist churches, will host this Depression Recovery Program

on DVD, as well as facilitated small group sessions following the educational DVD.

Attend a free introductory session on Tuesday, January 8, 2008, at 6:30 p.m. at the Pullman Community Action Center, located at 350 SE Fairmont Road, Pullman, WA. The 8-week program tuition is \$100 and covers all recommended books, a classical music CD, nutritional bar for the brain, food sampling session, consultation with a medical doctor, and concluding celebration banquet. Come and learn simple, natural, common-sense methods to lift yourself and loved ones out of depression. Call 509-332-8782 to leave your name and number if you have any other questions.

Public Art Workshop for Artists

The City of Moscow, in cooperation with the Idaho Commission on the Arts, is sponsoring a workshop for Inland Northwest artists to encourage them to become more involved in public art projects. The workshop will be held Saturday, January 26, in the Moscow City Council Chambers, 206 East Third Street, from 1-3 p.m. Admission is free.

The session will outline opportunities for artists to participate in both large-scale and small public art projects for the City of Moscow, funded in part by Moscow's 1% for the Arts Initiative and Small Arts Grants Program. In addition, a panel of local artists experienced in public art will discuss the public arts

process and answer questions. Printed and digital public art information and resource materials prepared by the Idaho Commission on the Arts will be available for distribution.

For more information, please contact Kathleen Burns, Moscow Arts Director at 208-883-7036.



Community Breakfast

by Joann Muneta, chair of the Latah County Human Rights Task Force

The 15th Annual Martin Luther King Human Rights Community Breakfast has been scheduled for Saturday, January 19, at the Moscow Jr. High School Multi-Purpose Room at 9 a.m. This event has become an important tradition for the community, providing an opportunity for people of all ages to come together to celebrate and remember the contributions of Dr. King and to reconfirm their commitment to his ideals of equality and justice.

Program for the event consists of a breakfast of a potato-egg casserole, fruit, bagels and cream cheese and home-made muffins; entertainment, a keynote speaker and awards. This year's speaker is Maria Gonzales Mabbut, who did both migrant and seasonal farm work with her family from age 3 until the summer before she went to college at age 19. She migrated to West Texas, Illinois, and then Idaho. Mabbut says she is passionate about farm worker advocacy and actually worked eight years with the Migrant Farm Workers Law Unit of Idaho Legal Aid Services and then almost eight years as Idaho's Farm Worker Advocate within the State of Idaho's Department of Employment; now Commerce and Labor. She continues to work to further important political issues on behalf of farm workers.

In addition to the talk by Mabbut, two Rosa Parks Human Rights Achievement Awards will be presented. One award is given to someone who has a history of commitment and achievement in

the field of human rights for our community. A Junior Award is presented to a high school or university student, or some other young person who is showing promise in the field of human rights. Awards for the winners of the Martin Luther King Jr. Art and Essay Contest will also be announced.

Tickets for the Breakfast are on sale at BookPeople at \$8 general admission and \$4 for students and children. People are requested to buy tickets in advance, as the event usually sells out.

Nominations for the Rosa Parks Award may be sent to the Latah County Human Rights Task Force at Box 8613, Moscow until January 10. A one-page or less letter giving the qualifications and achievements of the nominee

should be included.

For more information call Joann Muneta at 882-3648.



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Domestic Violence and Sexual Assault Support Groups

by Tiffany Wigen, ATVP Volunteer and Intern Coordinator

Alternatives to Violence of the Palouse will be starting our next session of support groups in January. Our support groups provide an opportunity for victims and survivors to share like experiences, and offer support to one another in a safe and confidential setting. Support group goals include education, empowerment, self-esteem building, problem solving, reduction of anxiety and stress resulting from victimization, and safety planning. For more information please call 509-332-0552, or visit our website at www.atvp.org.

Free Compassionate Communication Introduction

Friday, January 25, 7-9 pm. Come explore this effective, powerful and dynamic way of creating peace. Prevent and resolve conflicts with concrete tools that foster understanding, empathy and respect in your family, with coworkers and between nations. Enhance your parenting skills to increase fun, ease and connection with your children. Discover compassion for yourself and increase your ability to be an effective peacemaker. At the "Yellow House" on East 2nd Street, Moscow, next to the UU Church corner of East E and Van Buren. Everyone

is welcome!

10-week Compassionate Communication Class starting Wednesday, January 30, 7-9 pm, Moscow. \$150 requested donation with no one turned away for lack of funds. Required texts available for purchase or you can borrow them from the public library.

To register or for more information, call Veronica Lassen 882-2562, or visit www.palousecc.org.

New at the Library

by Chris Sokol

How many a man has dated a new era in his life from the reading of a book.

—Henry David Thoreau, *Walden, 1854*.

FICTION:

Beethoven Was One-Sixteenth Black by Nadine Gordimer. New stories from the South African Nobel Prize-winning author.

Bitter Sweets by Roopa Farooki. Three generations of a Pakistani/Bangladesi immigrant family caught in an unspoken family tradition of lies and deceit.

NONFICTION:

The Complete Book of Bookbinding by Josep Cambras. A fresh, comprehensive exploration of the craft, thoroughly illustrated.

Harumi's Japanese Home Cooking by Harumi Kurihara. Simple, elegant recipes for contemporary tastes.

Richard Avedon: Photographs 1946-2004. The photographer who chronicled the latter half of the twentieth century with powerful portraits of artists, intellectuals, political figures, and events.

The Rough Guide to Unexplained Phenomena by Bob Rickard and John Michell. Mutants, mysteries, miraculous madonnas, mythical monsters and more.

Teach Yourself Keeping Poultry by Victoria Roberts. Start with a few hens or branch into ducks, geese and other birds.

The World Encyclopedia of Archaeology. Fully illustrated guide to the world's most significant sites and cultural trea-

tures.

Zulu Inspired Beadwork by Diane Fitzgerald. The first book devoted to the beading techniques used by Zulu women.

ENVIRONMENT:

Fight Global Warming Now by Bill McKibben. The handbook for taking action in your community.

It's Easy Being Green by Crissy Trask. Live a healthier, greener life with less fuss.

Terra by Michael Novacek. Our 100-million-year-old ecosystem, and the threats that now put it at risk.

MEMOIR AND BIOGRAPHY:

Born Standing Up by Steve Martin. The self-portrait of a man dedicated to the art of making people laugh.

The Florist's Daughter by Patricia Hampl. A masterful memoirist revisits her Midwestern girlhood.

Foreskin's Lament by Shalom Auslander. Memoir of a youth spent in a strict, socially isolated Orthodox community and the rebellion to make a life apart.

Philo T. Farnsworth by Donald G. Godfrey. Did you know that the father of television was an Idaho farm boy?

Well-Behaved Women Seldom Make History by Laurel Thatcher Ulrich. You've seen the bumper sticker, now read the book.

CD AUDIOBOOKS:

A Slave No More by David W. Blight. Two newly uncovered slave narratives and biographies of the men who wrote them.

DVD:

The 3 Penny Opera (Germany, 1931) The classic adaptation of Bertolt Brecht's play about Mack the Knife, set to Kurt Weill's irresistible score.

Aaltra (Belgium, 2004) Black comedy about two feuding men who become paraplegics from the same tractor accident and decide to roll across Europe to seek revenge against the tractor's manufacturer.

The Namesake (U.S., 2007) Gogol is a suburban teenager caught between his Indian roots and his American birthright.

Out of the Blue (U.S., 2007) Director Michael Hoffman takes a documentary look at how the underdog BSU football team won the 2007 Fiesta Bowl thanks to a never-say-die attitude.

Sicko (U.S., 2007) Michael Moore's scathing indictment of America's failing health care system.

Solar Energy: Saved by the Sun (U.S., 2007). NOVA poses the burning question: Can solar power help save the Earth from global warming?

La Vie en Rose (France, 2007) Electrifying true story of singer Edith Piaf's rise to fame as one of the most indelible icons of the 20th century.

MUSIC CD:

Aman Iman: Water Is Life by Tinariwen. Tuareg musicians from Mali blend Arabic song structures, desert wails, and blues guitar.

Chris Sokol is Adult Services Librarian for the Latah County Library District and wants you to know this eclectic list evolves from her personal whim. Find more at www.latahlibrary.org

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The Sustainability Review: Vehicle Choices

by Mike Forbes, Newsletter Volunteer

Diesel, gas, biodiesel, hybrid, all electric? 4wd or 2wd? Truck or small car? These are questions that I am asked regularly. I wish there were a simple answer to these questions, one car that would satisfy our many needs.

Our situation: We live 8 miles from Moscow. Our driveway has a 10% grade and is icy/snow covered in the winter. I drive to Spokane twice a week and haul heavy things regularly.

What we own:

- * 2007 Toyota Prius
- * 1992 VW Jetta EcoDiesel
- * 1992 Dodge 4x4 Diesel pickup
- * 1986 Toyota Land Cruiser - diesel
- * 1980 International Scout w/Plow

Why we own them:

Prius: We have always owned diesel cars so we can run biodiesel and vegetable oil in them. We departed from this last year when I evaluated emissions of vehicles and found the Prius to have the lowest of any vehicle other than a true electric vehicle (EV). The car isn't 4wd and we go up and down our driveway with ease. I believe that 2wd cars with good snow tires (not all-season tires) do as well as a 4wd car on icy, plowed (or less than 6 inches of snow) roads. Most of our travel is in those conditions, our intent is not to use this car to access remote trailheads or blaze trail with it. I'm amazed at the size — the four of us can car camp.

Disadvantages: Without good snow tires, it wouldn't make it up our driveway. It's gasoline powered, offering no ability to make your own fuel.

Jetta: This is my primary commuting car to Spokane. I fuel with it with 100% biodiesel when it's above 36 degrees outside, otherwise I try to blend with 50% diesel. Its emissions are on the lower side due to biodiesel use, but there still are emissions. 2007+ diesels have made dramatic emissions improvements. It does well on icy roads and will make it up our driveway, albeit I have chained it up twice this year. I intend to convert this car to run on vegetable oil so I can burn a local waste product.

Disadvantages: It's old, therefore it needs to be plugged in during freezing weather 1-2 hours before driving. It has 300,000 miles on it and doesn't have airbags. Biodiesel has issues. With the older vehicles, it will rot your fuel lines over time (20,000 miles in my experience); newer than '96 appears to be okay (most people replace their fuel lines with biodiesel-resistant hoses). Cold weather has its issues: if you forget to get the correct fuel in your car it will gel and not start until you heat the car up. It is common for people who run biodiesel to want the highest concentration in their tank year-round (I'm this way too). This is riding a fine line that can lead to gelling and swinging back to conventional vehicles, and worst, giving biodiesel a bad name.



The Forbes Family Fleet in the snow.

Dodge Pickup: This is purely a hauling vehicle that I can run local fuel in and is reliable enough to take it on long distance journeys without concern. It's ugly and works well.

Disadvantages: It likes to be plugged in when freezing, but doesn't have to be. I have had to chain this truck up in 4wd to go up my driveway when the Prius drove right up.

Land Cruiser: I'm currently evaluating owning this still. Right now we use it purely for accessing local hiking areas on bad roads. It has been parked most of this last year.

Scout: Our plow rig that starts and goes about 10 miles/year.

My wishes: I wish that an affordable plug-in hybrid vehicle were available, especially diesel. They aren't, and when they will be is probably up to some political force, not battery technology (visit www.calcars.org). An all-electric is desirable for our local commuting and I think would fit the bill for many people. It's unfortunate that there are very few available today. In general, I think it is best to own the vehicle that solves the majority of your travel needs. In my opinion, the few times you truly need a feature doesn't justify the environmental or financial costs that feature comes with.

Mike and his family are enjoying the snow.

Book Review: Cool Green Stuff

by Bill London, Newsletter Volunteer

Dave Evans' book, entitled *Cool Green Stuff*, reminds me of the children's books I read to my daughter Willow when she was 2 or 3 years old. Each page held one bright photo or other illustration and a few words of text.

However, unlike Willow's favorite books of that time, *Cool Green Stuff* does not have a story line. Each page is an example of a product — jewelry, furniture, or dwelling — that is both cool (as in trendy and interesting) and green (as in recycled or solar-powered). And the other big difference is that each page/product includes the website of the manufacturer or artist that made it.

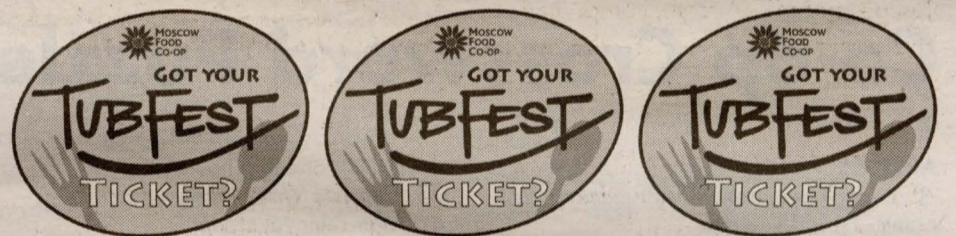
Dave Evans is an Australian and he selected products from all over the world to showcase in his book. And not one paid-for inclusion, so the selection

was made on the merits of the product.


How about a few examples? There's the bracelet made of the faces from discarded Barbie dolls. Or the bracelet made of recycled computer keyboard letters. How about the Sustain Mini-home that provides all needed power and waste processing, for complete off-the-grid living? Or the comfortable chair made from a cut and bent bathtub?

This is a fun book, certainly a quick and easy read (there's hardly any text), with a great photo on each page. Check it out. It will open your mind to the possibilities.

Cool Green Stuff is available at the Moscow library, and at BookPeople.



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“You Guys from Around Here?” The Dozier Jarvis Young Quartet

reviewed by Jeanne McHale, Newsletter Volunteer

This month's column features the first locally made jazz CD to be added to the Co-op's album collection, the title of which: “You Guys From Around Here?” is a frequent question entertained by this enduring and fabulously talented group of local musicians. Another question might be, what's with the three-named quartet? Don't be misled, these guys can count - really well - it's just that there are actually two Doziers, Dick and Dody, on bass and keyboards, respectively. Joined by Dave Jarvis on drums in 1978, the Dozier Jarvis Trio played for 20 years before being augmented by Horace Alexander Young on flute, saxophone, and vocals to become the present DJY Quartet. So, you see, it all adds up, and the result is a hard-swinging, crowd-pleasing gamut of jazz entertainment.

DJYQ is a beloved regular attraction at Rico's in Pullman, which is where I went to experience their music live. At Rico's and on the album, Dody trades off between electronic keyboards and piano, and Dick alternates between electric and upright bass. Such instrument changes parallel the range of genres represented on the album, spanning traditional and contemporary jazz, from Ellington to Linus and Lucy. The latter is a delightful arrangement by Dody, which she created in response to audience requests. As much as the listening, I enjoy watching the subtle nonverbal cues the musicians exchange



The Dozier Jarvis Young Quartet heats up the space at Rico's on a cold November night.

as solos are passed and musical moods shift. After a well-timed and soulful rendition of “The Wee Small Hours of the Morning,” the band begins to disassemble their gear and the members graciously let me ask them about the intersection of their musical paths.

What keeps this cool convergence centered on the Palouse? Maybe the first track on the CD, “Homecoming,” provides a hint. Listen to the compelling breaths of the saxophone and the lighthearted romp of keys. Like a lot of the tracks on this CD, the mood here is exuberant and positive. Longtime Moscow residents, Dick is a retired UI English professor and Dody teaches piano from her private studio. Dave and Horace are both faculty members of the WSU School of Music. The geographic range of the group's impact and

musical endeavors extends well beyond the Palouse, but this is their home. You'll see a familiar and happy sight on the album cover: a view of Moscow Mountain from the Airport Road.

The positive attitude reflected by the selections on this CD is not surprising when you consider that the initial incarnation of the Dozier Duo was a novice band that started playing out with a seven-song set list. DJYQ now swings a wide musical swath across the jazz landscape. You can hear standards such as “On Green Dolphin Street,” an original tune “Samba for the Children” by Dave Jarvis, and another Latin number “Estamos” which will make you want to form a Conga line. The CD flaunts Horace's flute- and sax-playing and Dody's fast-flying fingers on keyboard, punctuated by rhythm solos

from Dick and Dave. Throughout the album, you can hear the fun the band is having, as Dody flirts with different keyboard voices - strings, vibes, and horns, while Horace exudes melodic and vocal texture. I love “Pipes of Pandora,” with Dody playing pan flutes via keyboard. The sax wanders through this tune on goat legs accompanied by thrumming bass, while the percussion trades off with Pan and Sax. “Dat Dere” features Horace on vocals in a child-like voice in a tune to be appreciated by parents of loquacious, curious kids. Listening to the CD again and reflecting on the performance at Rico's, I am struck by how well the album captures the freshness of live jazz, the “esprit de corps kinda thing,” as Horace calls it. Horace has several other CDs and has played with a long list of musical greats such as B. B. King, Milt Hinton, and Toots Thielemans. Dave plays timpani for the Washington-Idaho symphony, and is the Principal Percussionist for the Oregon Coast Music Festival. Both teach composition at WSU as well.

This wonderful first CD by our long-standing local jazz treasures is a treat for the ears and the heart. I also highly recommend hearing the band at Rico's, and if you do, could you please give me a ride?

Jeanne McHale writes the Co-op listener from the warmth of her wood-stove heated Luv Shak

Co-op Crossword Puzzle

by Craig Joyner, Newsletter Volunteer

ACROSS

- 1 December's profiled staff member, last name, 1st is 11 across
- 5 Last month's profiled volunteer, last name, 1st is 48 across
- 10 Raison d' _____
- 11 Previous month's profiled MFC employee, 1st name, lasts is 5 across
- 12 Futurebiotics Advanced Colloidal _____
- 14 Michael Feldman's NPR quiz show Whad' _____ Know
- 16 Vitamin quotient, abbreviation
- 17 Our county
- 18 Cabbage
- 19 Employ
- 22 Frozen food brand
- 23 The Co-op has several
- 27 Bionature's Sour Cherry or Apricot _____
- 29 Similar to halberd or naginata
- 31 Greek moon goddess or departing Co-op cashier
- 33 Television drama set in one of the reddest California counties
- 34 Mantra or Russian river
- 35 Computer chip maker
- 37 The other half of DC
- 38 MFC is one of the best places in town to do this
- 40 Rock music requirement
- 42 Westbrae Natural _____ Beans

- 44 MFC's opening hours 7:30 _____
- 45 Organic Valley heavy whipping _____
- 47 Hair removal cream
- 48 December's profiled volunteer 1st name, last is 5 across
- 49 Local produce grower _____ Steele

DOWN

- 1 New writer of employee profiles, 1st name, last is 2 down
- 2 See 1 down
- 3 Red or orange roots
- 4 Regional _____ Family Creamery
- 5 George _____, local produce grower
- 6 MFC's closing time 9:00 _____
- 7 Last month's reviewed band
- 8 The national language of Pakistan
- 9 Fish variety
- 13 Health care for retired soldiers, abbreviation
- 15 Winter Ale with Sitka spruce tips comes from this state, abbreviation
- 20 Nag Champa by-product
- 21 Valencian rice dish seasoned with saffron
- 24 Bottled water brand Idaho _____
- 25 MFC's meat department now carries _____ rib roasts
- 26 Triage center
- 27 Bond classic, Dr. _____
- 28 Idaho's nickname, The _____ State
- 29 Co-founder of the Sirius Idaho Theatre

Company, Pam _____

30 Retiring staff profile writer Sarah _____

31 Eaton Natural Beef makes awesome ones _____

32 Several _____

33 Co-op classic cookie _____

36 British parliament member, abbreviation _____

39 Friendly scrubbing powder Bon _____

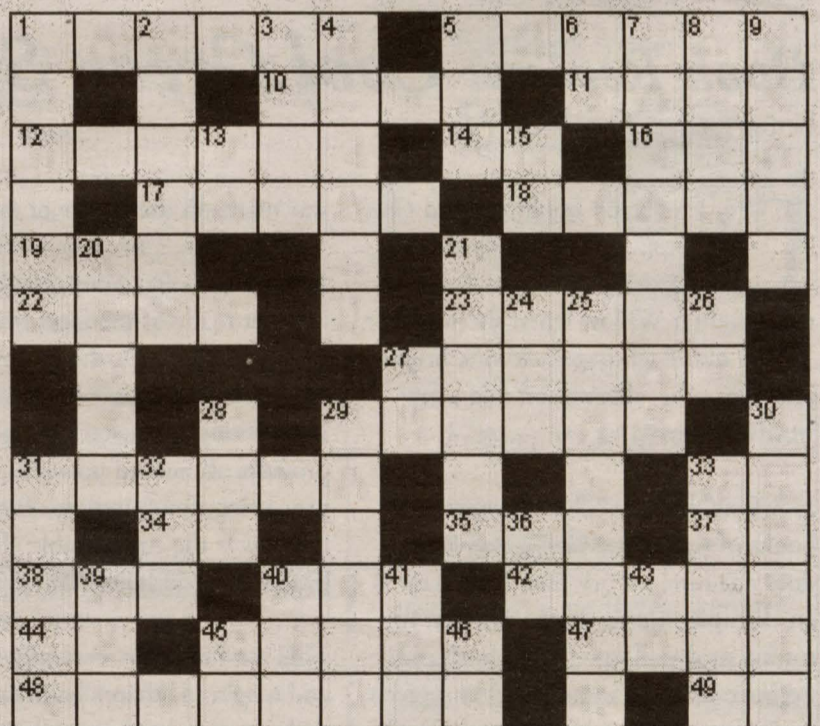
40 PBS Britcom classic _____ You Being Served

41 Friend _____

43 Periodic table designation for sodium _____

45 Anybody can talk through the air-waves with this _____

46 Possessive pronoun _____



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

Commentary: Memories

by Marilyn Michael

1974 to 1976 ... Wow! A magical time in Moscow for me and many others. I lived in a small trailer at the base of the university and traveled by bicycle. Back in college after a divorce in my mid 20s, my passion and time were given to the also emerging University of Idaho Women's Center with Corky Bush, Trynn Speisman, et al. And, my mind was expanding philosophically and politically. (BookPeople opened then, as well; I guess Ivar is still around.)

I came across your website accidentally while searching writer's guidelines (I've been a writer and psychotherapist for many years). I stopped and smiled. I have to share that a pleasant and powerful sensory memory kept returning 30 years later every time I entered the Puget Sound Consumer Cooperative here in Seattle, until it recently went upscale, alas. That memory was of The Good Food Store. They say the brain's hippocampus pairs emotion and long-term memory. Being on my own in 1974, discovering my sense of self and the impact I could have on social issues

Vegetarian Split Pea Soup

- * 5-6 cups water
- * 2 cups split peas
- * 1 small onion, diced
- * 1/2 cup pearl barley or rice
- * 1 tsp. salt
- * 1/2 tsp. dill seed
- * 1/4 tsp. each sweet basil, oregano, mustard powder, celery flakes and black pepper
- * 1 moderate handful toasted sesame seeds

Bring water to rapid boil. Add split peas and salt. Let boil 3 minutes or until soft but still intact. Add barley, spices and onion; continue to cook. After about 1/2 hour, add sesame seeds. (If untoasted, stir in a frying pan on stove top using high heat till they start to turn golden.) Be sure that heat is on medium or lower all the time; too high a heat will destroy the vitamins. Soup is done when peas are dissolved and grain is soft.

was so exhilarating. I read *Our Bodies Ourselves* and *Diet For A Small Planet*. I debated feminist issues and took whole foods cooking classes (in a house just off Main Street at the other end or town from the university).

I've carried with me a recipe I learned in those classes during my time attempting the vegetarian life. I make it periodically (because I love it and also

because it brings back good memories). Its taste and smells always take me back to Moscow and feminism and bicycles and warm soup enjoyed over engaging conversations during those times.

Thanks for the memories and good luck!

~Marilyn Michael

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WWOOFing offers insight into daily lives of organic producers

by Carol Price Spurling

Late this last summer my husband and son and I threw a big yard sale, packed away the remaining contents of our house, handed over the keys to a renter, delivered our pets to some very (I repeat, very) good friends, and headed off in our car towards Chicago, where we boarded a Paris-bound jet and left the car with my parents.

This isn't the usual set of events for people about to take a trip – and indeed, this is no usual trip. At the moment, we're housesitting in Northern Ireland for 5 months; more on that in a future newsletter contribution, I promise.

But last fall we spent two full months in France "WWOOFing" – WWOOF standing for "Worldwide Opportunities on Organic Farms." We heard about this organization by serendipity at a Co-op Community Dinner, from someone who had been WWOOFing in Hawaii. The idea is, WWOOFers live on an organic farm from any period of a week up to several months, working with the farmers on whatever needs doing in exchange for meals and a place to sleep.

We'd never WWOOFed before, and it really is more common for younger folks than us to WWOOF, but it seemed like too cool an opportunity to pass up.

I won't deny that WWOOFing as a family has had its unique challenges. But overall it has been a deeply satisfying experience. In two months in France we only ate one meal at a restaurant – and that was at a street place in Nice that serves the local chickpea pancake specialty called "socca," where we stopped after delivering tomatoes from the farm to a tiny café. All other lunches and dinners were multi-course affairs, feasts by our standards, home-cooked from freshly harvested produce and the farm's own meats. Small-scale French farmers don't have a lot of cash but they eat heartily, as well they must. The work and therefore the demand for calories is never ending, the same as it is for non-industrial farmers all over the world.

Working not even close to as hard as the farmers who hosted us, and eating as much as I could twice a day, I still shed 10 pounds in two months. (Of course, that might also be due to the fact that dessert on the farm usually consists of a few bites of goat cheese, or a handful of grapes, or some plain yogurt with a little homemade jam mixed in.)

Both of "our" farmers, as I call them now, made their living by selling at local farmers' markets, which run all year round. In the rocky Auvergne, Andre and Renee-Jo raise about 30 dairy goats, making raw-milk goat cheese 9 months of the year – from

hand-milked goats - in their basement fromagerie. They also bake 150 loaves of country bread in their small bakery building each Friday for sale at the Saturday market in St. Etienne – where I witnessed customers lining up at 7 a.m., in the dark, to buy these hand-mixed and kneaded wood-fired loaves.

Nearby at another farm, Andre and Renee-Jo's son, Beranger, grows a wide variety of vegetables, along with pigs, cattle, and sheep for meat. They prepare one animal every week in their on-farm butchery to sell to their customers in St. Etienne – and to keep the entire extended family fed.

In Nice, on a terraced hillside farm worked by his Italian parents since the 1950s, Pierre and Anne grow vegetables, sprouts, and strawberries to sell at the market in Nice's old village quarter on Saturday mornings, and to deliver once a week to their 60 or 70 CSA customers. We spent two weeks discovering all the muscles in our backs as we helped dismantle, move, and reconstruct a huge hoop house, hand weeded fennel and onions, harvested tender heads of lettuce and delicate strawberries, and prepared all these things for the market.

The highlight of our stay in Nice was the olive harvest – two full days spent whacking with bamboo poles the branches of two dozen olive trees to

knock their tiny fruit onto the tarps below. We didn't know until then that olives are basically harvested by hand – with a little help from an electric-fingered contraption that makes it go a little faster. The two bottles we were presented with after the next day's pressing made up for the two very long days of work. Now I understand, completely, why good olive oil costs what it does.

That point about cost is the main thing I learned, really, aside from the fine points of milking a goat, and how to hand-ladle fresh goat cheese into the molds. I didn't need to go to France, of course, to find out that small-scale organic agriculture – the kind that respects land, animals, and people – quietly demands a huge outlay of human, non-fossil-fueled labor, day in and day out, year after year, and that to expect the price of food produced by hand to be even close to the price of its industrially-produced counterparts is breathtakingly shortsighted and greedy. Our own local farmers on the Palouse have been trying to tell me that for years! I guess I knew it in my head, but now I really get it, deep down in my muscles and bones.

Carol Price Spurling used to help edit this newsletter. Her family's European adventures are chronicled in her blog, www.gastrosabbatical.blogspot.com.



Bulletin Board



Co-op Events

Art at the Co-op

Friday Jan 12, 5.50 - 7pm

Come to the Co-op and meet our January artist. Christine Lohman. The show will run until Wednesday February 6th.

January Co-op Kids - Meet at 9am

Tuesday Jan 9 Meet in the Co-op Cafe to make artistic Potato Prints- we are in Idaho after all!

Tuesday Jan 23 The 1912 Center is sharing it's Great Room with us so that we can run, jump, play and dance together. This will be a great chance to stretch out and play and there will be bean bags and hot cider to add to the fun.

Tuesday and Thursday Means Live Music, Food, and Fun

The Moscow Food Co-op's Tuesday Night Music Series concerts are held every Tuesday from 6-8pm. The free, live music performances coincide with Tuesday Night Tacos at our hot deli bar; fish, beef, and vegetarian options are available.

Live music at the Co-op is now also on Thursdays. In addition to our traditional two-hour Tuesday coffeehouse events, we are having an hour of quiet music to accompany our Tasteful Thursday wine and food tastings. All musicians start around 6pm.

- Jan 8 Kelly Riley
- Jan 15 Zackary O'Conner
- Jan 22 Dave Roon
- Jan 29 TBA

Please join us for these Tasteful Thursday concerts in January:

- Jan 3 Dan Maher
- Jan 10 Jeff Newkirk
- Jan 17 TBA
- Jan 24 Cello duets. Artists TBA.
- Jan 31 Cecelia String Ensemble. Classical string quartet or trio (depending on the night)

Meet the candidates for Co-op Board of Directors

Saturday Feb 16, 11am-1pm

Meet the candidates running for election to the Co-op board. Enjoy the complimentary coffee and muffins as well.

Community Events

Depression Recovery Classes

Tuesday Jan 8, 6.30pm

Free introductory session at the Pullman Community Action Center (350 SE Fairmont Road, Pullman). The 8-week program tuition is \$100 and covers all recommended books, a classical music CD, nutritional bar for the brain, food sampling session, consultation with medical doctor, and concluding celebration banquet. Come and learn simple, natural, common-sense methods to lift yourself and loved ones out of depression. Info: ☎ 332-8782.

Winter Market at 1912 Center

Saturday Jan 12, 10am-2pm

Come to family day at the 1912 Center, featuring children's craft activities (including tile painting and weaving), music by the Old Time Fiddlers and Genesee sausages for sale at lunch time. Info: Jenny Sheneman at jenny@mccreight.com or ☎ (208) 669-2249.

Moscow League of Women

Wednesday Jan 16, 12 noon

Joan Muneta, Chair of the Lata Rights Task Force presents "A Rights in Our Community, what we can do and what you can do". Moscow Administration Building.

15th Annual MLK Human Rights Community Breakfast

Saturday Jan 19, 9am

Held at the Moscow Jr. High Purpose Room, this event has an important tradition for the community providing an opportunity for us to come together to celebrate the contributions of Dr. King and his commitment to his ideals of non-violence featuring a keynote speech by Maria Gonzales Mabbut, the presentation of two Rosa Parks Human Rights Achievement Awards, a Junior Award, as well as awards for the winners of the Martin Luther King Jr. Art and Essay Contest.

Tickets for the Breakfast are on sale at BookPeople at \$8 general admission and \$4 for students and children. People are requested to buy tickets in advance as the event usually sells out. Info: Joann Muneta ☎ 882-3648.

MOSCOW

Introduction to...

Tuesdays Jan 22/ Feb
Learn how to help love indulge your interest in Moscow School of Music register. \$10/person. F

Fun and Music

Friday Jan 25, 6-9pm
Join the Palouse Water (PWCN) for a winter evening of music, beer, wine, water on local water issues. P dish to share to the 1912 Info: Dianne ☎ 882-02

City of Moscow Artists' Workshop

Saturday Jan 26, 1-3pm

The City of Moscow is sponsoring a workshop for Inland Northwest artists to encourage them to become more involved in public art projects. Moscow City Council Chambers. Info: Kathleen Burns ☎ 883-7036.

Moscow Public Library Book Group

Monday, Jan 28, 6.30-8pm

We will be discussing Year of Wonders: A Novel of the Plague by Geraldine Brooks. All bibliophiles are welcome!

Food Addicts in Recovery Anonymous

Thursdays 7pm at the 2nd Floor Board Room of Gritman Hospital. www.foodaddicts.org

Dahmen Barn Events in January

Saturday Jan 19, 10am-1pm

Knit Your Way to Inner Peace with instructor Lida Saskova. Register by January 14.

Saturday Jan 26, 1-3pm

Creative clay class for kids - 2nd through 7th grade.

Saturday Jan 26, 7-9pm

Hog Heaven I at the Dahmen Barn - tunes for \$8 for a couple, \$5 for children under

Moscow: Fri

Ongoing since November 2001. Meet in Friendship Se... encouragement, and opportu...

Pullman: Fri

Under the clo... 2:45pm

☎ 3... pullman.com

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