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# Community News

**FREE!**  
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**July 2008**

The monthly newsletter of  
the Moscow Food Co-op



## Kids Day at the Co-op

By Amy Lucker, Wellness Manager

For all of you parents out there, we know that every day is always about your kids. But on Saturday, July 19, from 9-11 a.m., we at the Co-op will be dedicated to helping you out with this ongoing quest for a fun, distracting and wholesome good time!

It's called "Kids Day at the Co-op," and it will involve everything from treasure hunts to 'Pesto Poppers' being served in the deli. There will be scheduled events, including tea making for kids, wool felting, and a raffle of gift baskets filled with kid goodies. We request that parents accompany young children under 6 for activities, but everyone is welcome to join in on the fun! For more details, look for flyers in the store and online at [www.moscowfood.coop](http://www.moscowfood.coop).

We will end the activities at 11 a.m., but

will continue the theme throughout the day by providing various food samples, kids' chewable vitamins to try, and kids' body care samples to take home. So come on down and join us for a fun day with the kids. We look forward to you bringing any questions you might have for our knowledgeable staff!

See you there!!!



Illustration by Lucas Rate.

# Community News

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121 East Fifth Street  
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(208) 882-8537

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



## Operationally Speaking

By Kenna S. Eaton, General Manager

Perhaps the only mystery here is why it took me so long to figure out I needed some help. I'm not quite sure when the idea first suggested itself, but I knew the time had come when I was running around trying to juggle re-organizing the storage space here in the Co-op, write my reports for the Board, deal with a broken-down piece of equipment and review the emergency procedures plan — all in one day. I knew I needed more help running this store if I wanted to remain sane and do a good job.

Thankfully, one of my wonderful crew offered to work with me identifying which tasks I thought the General Manager should be doing versus the ones we could delegate to someone else. It was tough to remain neutral and not hold onto the things I like to do or am simply used to doing, and instead, think bigger about the subject. We decided that the GM is responsible for developing strategy, for creating budgets and for providing leadership for the entire store — all reflecting the direction set by the board. The GM is also responsible for going out into

the community and being an ambassador for the Co-op (such as talking to classes @ the UI or attending the Chamber of Commerce meetings), and for reporting to and supporting the Board. Over the past few years, as we have adopted policy governance, my reports to the Board have grown both in depth and in scope, requiring many more hours of preparation. And, of course, my job is much larger than that since I am still the face of the Co-op, still write my monthly articles, still work with committees and am the "go to" person when a crisis arises.

After careful consideration, we created a new position for our Co-op called "Store Operations Manager." I'll still supervise the Finance Department; Human Resources, the Front End and the Member Outreach Program (another new position), as well as the Store Manager, who will in turn supervise all the department heads, maintenance, IT and the facility. This person will oversee daily operations from ensuring the store opens to closing procedures at night. They will be responsible for the upkeep of the facil-

*"The Store Operations Manager will oversee daily operations from ensuring the store opens to closing procedures at night. They will be responsible for the upkeep of the facility, equipment, grounds and systems such as recycling; in essence for every facet of daily operations."*

ity, equipment, grounds and systems such as recycling; in essence for every facet of daily operations. This is a big development for us, and one we probably should have made upon moving here over two years ago, but as my mum says, "better late than never." At this point, we haven't found the right person, but we'll keep you apprised and introduce them as soon as we do.

## Mild Mannered Madness

By Kenna S. Eaton, General Manager

Thursday, June 19, customers began lining up outdoors by 7 a.m.! Crazy!

On the other hand, everyone was well behaved and reasonable and the end result was our biggest day ever in sales: \$37,987. Interestingly, our average daily customer count for May was 1185, and on this MADay we had just about the same number of customers — they just bought twice as much as usual.

Gross sales for the day were actually \$47,617. Then we had some adjustments (returned items, mis-rings etc.) before we gave discounts totaling \$5,968 to members and staff. After taking out sales tax and coupons, we saw net sales of over \$37,000. Whew.

Now our staff is busy replenishing the shelves and coolers and generally getting back to normal...



Illustration by Lucas Rate

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# Co-Operations



## Tuesday Night Concert Series in July

By Dave Billin, Co-op Music Coordinator

This month's five featured artists include two Moscow musicians, Tendai Muparutsa and Milo Duke, appearing for farewell performances at the Co-op before heading down the road. Tendai and friends kick off the month with an eclectic blend of Afro-centric folk songs. One week later, on July 8, Milo Duke swings in with a set of his 'Psychobilly' acoustic rock.

On July 15, Brian Gill and Katrina Mikiyah return to the Co-op with a collection of original acoustic songs and traditional Americana. The strong voice and songwriting of Lewiston country artist Daniel Mark Faller are featured one week later on July 22, followed on July 29 by Moscow's Natalie Rose performing her soulful set of Jazz, Soul, and Blues tunes.

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

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

### Featured performers in July include:

#### July 1: Tendai Muparutsa and friends

An eclectic blend of original and traditional Afro-centric music.

#### July 8: Milo Duke

'Psychobilly' acoustic indie rock.

#### July 15: Brian Gill and Katrina Mikiyah

Heartfelt acoustic folk, originals, and other Americana.

#### July 22: Daniel Mark Faller

Original Idaho country songs with a touch of rock & roll flavor.

#### July 29: Natalie Rose

Stirring Jazz, Soul, and Blues tunes with a velvet voice.

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

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

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

Open Daily 7:30 am - 9:00 pm

### Co-op Business Partners

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

**Healing Wisdom:** 10% off Initial Consultation, Please call for appointment, Candace Magnuson, Clinical Ayurvedic Specialist, 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, integrative-mindworks.com, 3400 Robinson Park Rd, Moscow, 882-8159, april@integrativemindworks.com

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

## Sourdough Goodness

By Annie Pollard, Bread Bakery Manager



Over the past many months, the bread bakery has been creating an increasing number of bread varieties that are leavened by natural fermentation. Typically, these loaves are labeled sourdough or levain (the French term for sourdough). Sourdough breads rise as a result of a long, multi-day fermentation using wild yeast present in the air. Gauging by the popularity of the Moscow Sourdough, our first 100% naturally leavened loaf, many of you may already be familiar with the health benefits of sourdough. My passions for bread baking culminate in the creation of naturally fermented products, but my reasoning, until recently, has been visceral. Here are some interesting facts about naturally leavened breads.

The sour in sourdough arises during the long fermentation process in which the wild yeast and the lactobacilli bacteria slowly grow and feed on

the flour starches, causing the pH of the dough to grow increasingly acidic. This lacto-fermentation process consumes carbohydrates, converts them to lactic acid, and thus lowers the carbohydrate content of the bread. The resulting glycaemic index of 68 for sourdough breads, as compared to 100 for non-sourdough breads, means that sourdough will help keep glucose levels more stable.

Increased nutrient absorption is another beneficial property of sourdoughs. Present in nearly all cereal grains, phytic acid is referred to as an anti-nutrient because it binds to calcium, zinc, iron, magnesium, niacin and copper, making it nearly impossible for our bodies to absorb them. It would be ideal to reap as many benefits from whole grains as possible, not simply roughage. One way to disable the phytic acid is to increase the enzyme that breaks it down, and that enzyme, phytase, func-

tions optimally at an acidic pH, such as the pH present in sourdoughs. The nutrient-binding effects of phytic acid disappear almost entirely in naturally leavened breads, making sourdough nutritionally superior to yeast-raised loaves.

Sourdough a probiotic? Well, I haven't heard of that exact word used in sourdough explanations, but ample research highlights the beneficial lactobacillus bacteria in sourdoughs. The lactic, formic and acetic acids produced by the bacteria inhibit the growth of potentially harmful organisms, while supporting overall gastrointestinal health. The pre-digestion of the carbohydrates by the live cultures also aids in the digestibility of the wheat and other grains. Due to this starch breakdown and the increased beneficial bacteria, many people who suffer from gluten sensitivity may be able to handle bread that is fermented

solely by natural fermentation.

Research into the cancer-detering role of sourdoughs is not yet conclusive, yet still promising. Lignans naturally occur in many plants, especially whole grains, certain seeds, and rye and many are considered to be phytoestrogens. Like other phytoestrogens, such as soy isoflavones, lignans are being researched into their role as a cancer preventative, especially breast and colon cancer. Because of the high biologic activity in sourdoughs, the beneficial lignan phytoestrogens may be more easily accessible and more active.

Naturally leavened breads are filled with goodness and they keep much longer than yeasted breads. Check out the bread case and the new bakery rack for one of our freshly baked creations.

## Art at the Co-op

By Annie Hubble, Art at the Co-op Coordinator



Art Walk continues this month. If you haven't yet looked at Donal Wilkinson's art now hanging in the Co-op, do so. It is a very thoughtful show, full of insight and fun. When you mix children and Nature together, the result is always positive, and I am thankful that there are people such as Donal who realise the importance of bringing the two together.

On August 1, we will continue Art Walk with the quilts and watercolors of Belinda Rhodes. Her opening will be from 5.30-7 p.m. on Friday, August 1, and the show will run until Wednesday, September 10.

Belinda has lived in Moscow for two years. She started watercolors about 13 years ago, while living in Friday Harbor, and hiked many miles to paint flowers and island scenes. She began quilting about four years ago and loves working with fabric and the process of creating designs.

Belinda graduated from the Moscow School of Massage in February of this year, and has a private practice called

'Madrona Massage'. She volunteers for Hospice and hopes to do more work with the organisation as time goes by. She also, as many of you will realise, cashiers at the Co-op.

This is going to be a great show. She has previously entered works in the annual December Staff Art Show here at the Co-op, and it is certainly time she had her own show. Come and see some delightful work, and meet the artist herself from 5.30-7 p.m. on Friday, August 1.

## Co-op Kids! is on Tuesdays in July

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

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

### Friendship Square

Tuesday, July 8, at 9 a.m. we will meet at Friendship Square to play outside

and enjoy a morning in Moscow's beautiful downtown. There will be drinks and healthy snacks donated by the Co-op.


### Make a Fresh Fruit Salad

Tuesday, July 22, at 9 a.m. we will meet in the Co-op Cafe or out front at the picnic tables and make fresh fruit salads together. This is always a hit since the little ones get to use (drum roll here)....the melon ballers! If you can't make it, be sure to try this at home with your child on a hot summer day.

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

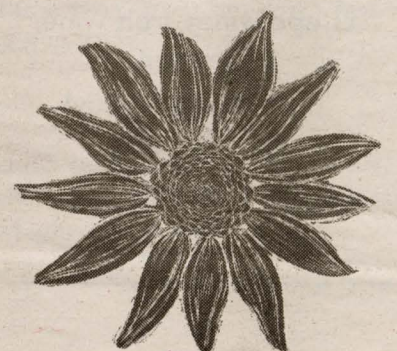
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# Co-Operations

## Co-op Cooking Classes Seek Teachers: Earn \$50 for Sharing Your Culture's Cuisine!

By Jennifer Whitney, Co-op Class Coordinator

**D**o you want to share your culture with our community? Do people compliment your dishes? Could you use a quick \$50 or a Co-op gift card worth \$50? Then you might be the right person to teach one or two of our What's Cookin'! ethnic cooking classes this fall!

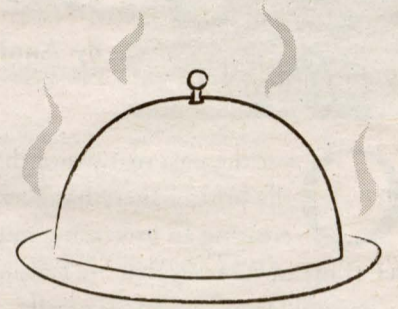
Classes are structured in either a demonstration or hands-on format, according to the teacher's preference and your culture's tradition. All classes offer an informal, open-discussion atmosphere, where participants feel free to ask questions about the recipes, ingredients and applicable substitu-

tions. Sharing some history about your country and aspects of your culture are always welcome and warmly received.

All teachers should be able to energetically teach to a large group (potentially up to 20 people), conveying quantities of useful information in proficient English while simultaneously not burning the food being prepared. Phew! Classes will be held on Wednesdays at 5:30 p.m. and/or Saturdays at 4 p.m. during October, prep starts an hour before class time. Teachers will receive \$50 or a \$50 gift card/class taught.

Contact Jennifer Whitney at 882-1942 or [jenwhitney@gmail.com](mailto:jenwhitney@gmail.com) with any questions you might have or to discuss your interest in teaching. Because of popular request we are especially looking for teachers for the following cuisines: Mediterranean, Middle Eastern, Korean, Sushi/Japanese, Indian/Nepali, Thai, Turkish, Ethiopian, French and Basque. Our fall line-up is not limited to this list alone, so don't hesitate to contact me if your country's cuisine is not on this list!

In the meantime, happy cooking and eating to you!



Remember to check out the What's Cookin'! bulletin board/shelf back by the beer cooler and meat section for class info as fall approaches. You can also sign up for the What's Cookin'! e-mail list by sending me a quick email requesting to be added. Then all that tasty information can come directly to your inbox, free of dead trees.



## In An Eggshell

By Peg Kingery, Chill and Frozen Buyer

**S**o many choices, so little shelf space!

Deciding what products to offer our Co-op customers, given the limited space in the freezer and coolers, is sometimes a dilemma for me. There's one category of food, however, that merits as much room as I can make - eggs. The Co-op carries a variety of eggs: cage-free, omega-3 enriched, organic, certified sustainably grown, and (by far the most popular) locally-produced - in different sizes and colors. In this article, I'd like to give you an overview of the differences among the types of eggs on the Co-op's cooler shelves.

The labels on egg cartons can be quite confusing. "Cage-free" means that the laying hens live in large barns or warehouses instead of individual cages. The cage-free eggs the Co-op sells come from Wilcox Family Farms and Chino Valley Ranchers. Both companies

house their birds in environmentally controlled buildings with natural sunlight, poles for roosting and areas for nesting. Wilcox allows their hens outside access. Both companies feed a high-quality vegetarian diet. Wilcox uses a mixture of corn, wheat, peas, barley and soybeans. Chino Valley's formula contains vegetable seeds, grains, soybeans and limestone meal.

The hens that lay "omega-3 enriched" eggs are fed a vegetarian diet rich in flaxseed. Both Chino Valley and Organic Valley Family of Farms supply us with these. Each egg provides 225 mg of omega-3 and is a good source of vitamin E.

Because of the complexity of certification, I'll discuss "organic" and "certified sustainably grown" more in depth in a future article. Briefly, though, these types of eggs come from Organic Valley and local producers. On Organic Valley farms, the hens

are free to roam within their house or outside. Their organic, vegetarian diet is free of antibiotics, synthetic hormones and pesticides. The inclusion of chlorophyll-rich plants, alfalfa and kelp result in deep yellow yolks; oyster shells and natural minerals yield strong eggshells. The eggs are nest-laid and hand-gathered.

I often let out a little "woo hoo" when I see one of our local egg producers enter the Co-op with arms filled with egg cartons. Although not USDA inspected, our local eggs are subject to health department regulations and follow quality guidelines the Co-op has established. Each producer fills out a card that lists such things as: breed of hen and size of flock; a description of the hen house and outside access; feed ingredients; and method of handling eggs. The eggs must be fresh, clean and in clean cartons labeled with the producer's name and their farm's location. Organic and sustainably grown pro-

ducers must provide documentation of their certification.

I admit I was never much of an egg eater until I learned of their health benefits. They are a low calorie source of complete protein, essential fatty acids, vitamins, minerals and antioxidants. They contain a moderate amount of fat, but it is mostly the heart-healthy, unsaturated kind. Their cholesterol content is a concern for some, but the good news is that recent tests have measured it at 213 mg instead of 274 mg as previously thought.

My goal is to utilize shelf space by choosing egg types that (I hope!) meet the dietary and budget needs of Co-op shoppers. If I've guessed wrong, please let me know. I encourage you to pick up a carton of this nutritious food on your next shopping trip. Our egg suppliers, especially our local producers, will thank you for it!

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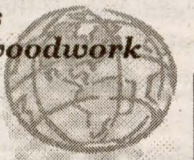
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## Tuesday Growers' Market News: THE Best Kind of Community Development

By Jeanne Leffingwell, Newsletter Volunteer

**Who:** Your Local Area Farmer Neighbors

**What:** Tuesday Growers' Market

**Where:** In the Co-op Parking Lot

**When:** 4:30 to 6:30 p.m. every Tuesday

You won't find Garrett Clevenger and Tabitha Brown at the Tuesday Growers' Market – yet. But you may have already bought some of the produce they've begun supplying to the Co-op. And if things go as planned, they may soon make a regular appearance on Tuesday afternoons.

I just met the new kids on my block – literally two doors up. In their first year of operation within the city limits this young couple is producing naturally grown food by subscription for 22 other households in Moscow and Pullman. They have joined three other Community Supported Agriculture (CSA) groups in the area, including the Washington State University Organic Farm, University of Idaho Soil Stewards, and Affinity Farms (Kelly and Russell, who, by the way, encouraged them to make the leap of faith and dive into “city farming.”)

But, in fact, the story of GT's Farm Foods is full of wonderful Co-op connections that go back at least 27 years.

That's how many years ago I met Bob and Mary Thyberg, when we became neighbors. Bob, Moscow's original vegan, was a Co-op volunteer for years. Mary became our daughter's first babysitter, and we have wonderful memories of the dozens of cockatiels she raised indoors (what fun!) and also of Bob's philosophies on diet, dirt and health. It was hard for him, after Mary died, to eventually give up the place, but that was made easier by Steve Streets.

Another Co-op regular, Steve took the same kind of shine to the 4 1/2-acre property that Bob did, seeing it not as real estate to carve up and cash in on, but as something else, with much more potential. So Bob let Steve buy the place.

Last winter, through an article in this newsletter, Steve advertised for someone to put more of the land to

sustainable (and edible!) use, while he worked on the property in other ways and kept up his carpentry business. Lo and behold, the right party stepped forward:

Garrett started gardening in high school, always encouraged by his parents. After getting a degree, he worked at WSU for 15 years as a research tech in entomology, studying beneficial insects in cropping systems. He also volunteered two seasons with the UI Soil Stewards, learning and increasing his confidence level. “I always knew I wanted to use my degree to grow food,” he says. The very day I walked up to meet him, Garrett had just put in his last day on the payroll at WSU. How auspicious is that?

Tabitha grew up on a dairy farm, so she has an equally practical background.

Currently an Associate in Research for



Garrett Clevenger, Tabitha Brown and Young, partners in Moscow's newest CSA venture

Crop and Soil Sciences at WSU, she is the one still on a 3/4-time salary. They hope she can leave that behind before long.

When I asked these two about the major factors involved in their new commitment, they agreed, “The process of having a child made us think, ‘What's really important?’”

While Tabitha is corralling Young (yes named after Neil, and yes, toddling around, getting ready to really help), Garrett shows me around and explains how his goal is to keep the soil as fertile and as biologically active as possible. “A healthy soil equals healthy plants equals healthy people.”

Their first harvest, June 19, started

### Tuesday Growers Market: Growers' July Produce List

☛ Affinity Farm (Russell and Kelly Poe)

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

☛ Debbie's Flowers (Debbie and George Durrin)

Plant starts, fresh flowers

☛ Living Soil Microfarms (Ken and Betta Bunzel)

Chard, kale, garlic, garlic scapes, beans, lettuce, lettuce mix, spinach

☛ Pine Crest Organic Garden (Linda and Charles Christenson)

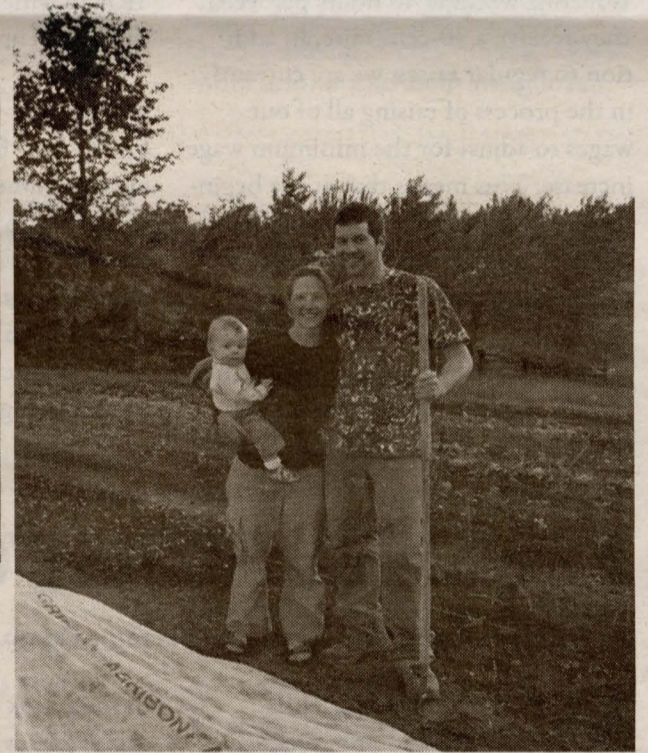
Flowers (for sure), raspberries, cherries, green onions, radishes, chard, garlic scapes, garlic, beets, basil, zucchini, scented geraniums, and misc. other plants.

☛ Ravencroft (David and Debi Smith)

Salad greens, collard greens, spinach, kale, Asian greens, arugula, beet greens, and, of course, fresh herbs

☛ WSU Organic Farm (Brad Jaekel)

Salad mix, radishes, beets, turnips, summer squash, cabbage, bok choy, green onions, green beans, arugula, strawberries, raspberries, kale, chard, broccoli raab, tomatoes, garlic, carrots, cilantro, dill, parsley.



with lettuce, leeks, bok choy, chives, oregano and other baby greens. This will change each week, as new crops mature. This year's subscribers paid a basic price of \$250/season (for a weekly canvas tote) or \$450/season (for a larger weekly bag).

I'll bet some of you must be wondering “Can they really make a living at this?” “Here?” So far, all signs are encouraging. Garrett has been keeping meticulous records, and along with answering that question for himself, he would like to be able to share his start-up data with others, in that generous “Co-op” spirit.

Three goals Garrett has for next year are: 1. Pay Steve something for the use

of his land (Streets is donating that now); 2. Add a “hired hand”; and 3. Double the farm's output - i.e. more subscribers. You just might want to call and get on their waiting list.

And I'm going to take Bob Thyberg, up at Aspen House, a sample of “his” new produce. He will be delighted!

Tabitha and Garrett can be reached at 208-883-7965.

Jeanne Leffingwell, a local artist, welcomes any excuse to check out a neighbor's garden.



## Are Co-op Employees Being Given the Best Possible Wages and Benefits?

By Candace Magnuson, Co-op Human Resources Representative

We have two basic classes of employees; those that are given a salary, which is our management team, and those paid an hourly wage, which is everyone else. We have five levels of hourly wages based on the skill level required for positions. To describe these levels simply: dishwashers are in level one, currently beginning at \$6.81/hour; cooks, bakers, servers and stockers enter at level two (\$7.44) and are mobile up to level five, based on experience and skill, and in the case of the lead position, an opening. Department buyers are in level four (\$9.06), and leads are in level five (\$9.92).

New hourly employees begin at the base wage for their position and receive their first raise (25 cents) after three months if they complete the required classes and a satisfactory evaluation with their manager. After every 1040 hours that an employee accrues, which is about 6 months for someone working 40 hours per week, they receive a 30-cent raise. In addition to regular raises, we are currently in the process of raising all of our wages to adjust for the minimum wage increase. This means that at the beginning of every quarter until the end of 2010, employees are receiving 10-cent to 23-cent wage bumps.

After an employee has completed their first six months, and has been given the approval of their manager, he/she

becomes a "regular" employee and is eligible for benefits. Regular employees that work more than 20 hours per week can start using the vacation pay that began accruing when they started work and begin to accrue sick pay at 4%. Vacation pay accrues at increasingly higher rates with greater years of employment, capping at 8% after five years (about 4 weeks per year if working 40 hours per week).

Regular employees that work more than 30 hours per week are eligible to enroll in our medical and dental insurance plans. The Co-op pays the entire premium for these plans and in addition puts \$50 per month in a Health Savings Account for each of these employees that they can put toward doctor visits and meeting their deductible. They can also get supplemental insurance from AFLAC at a reduced rate. After two years, employees over 21 years of age making more than \$5,000 per year, can enroll in a Simple IRA to which the Co-op matches contributions up to 2% of gross income.

In March of this year the Co-op paid \$10,514.57 for employee health insurance premiums, plus another \$1,500 was put into employee Health Savings Accounts. This means that for each eligible full-time employee the Co-op is paying, on average, \$368 for insurance premiums and a deposit in their health savings account every month.

Although no longer specifically outlined in our mission statement, providing employees with a livelihood and ensuring a fair wage differential between our highest and lowest paid employees is implicit in our mission to use ethical business practices. The Co-op's management team, including the General Manager, accounts for about 13% of the entire staff and 25% of the total money paid to employees. The average manager's salary, \$33,251 in 2007, is about 2.3 times greater, and the GM salary about 4.2 times greater, than a newly hired full-time dishwasher. To compare this to the national average, based on a study by the ERI Economic Research Institute and The Wall Street Journal, and information from the Bureau of Labor Statistics, average CEO's earnings are about 520 times that of an average worker (imagine how great the gap becomes between the CEO and the lowest paid). (1)

Using a "living wage calculator" developed by Cooperative Grocers Information Network, a living wage for a single person renting an apartment in Moscow and putting away liquid and retirement savings, who is receiving our full benefits package, is \$7.90 per hour. This means that a dishwasher hired right now who works 40 hours per week will be making a living wage by the end of one year.

It is true that compared to average

wages reported by the Bureau of Labor Statistics for non-metropolitan areas in northern Idaho, we're lagging behind, particularly in our higher tiers (2). However, here's the rub. If we raise wages we'll need to raise prices to pay for them and we're currently doing the opposite with our Co-op Essentials program, by lowering certain prices below profitable margins, in an attempt to meet the expressed needs of members.

To put all of this into the Co-op's bigger financial picture; of the \$2,514,799 gross margin the Co-op made in 2007 over half of it, \$1,627,351, went to the employees as wages, salaries and benefits. After the costs of running the store, \$845,342, we were left with a net income of \$42,107.

With the understanding that this net income is used to invest in improving the store and pay down our debt, I hope you can see that we're not left with much wiggle room. The Co-op really is giving its employees the most it can with what it has and distributing it ethically while striving to meet the needs of its membership.

(1) see [http://www.aflcio.org/corporatewatch/paywatch/pay/index.cfm#\\_ftnref4](http://www.aflcio.org/corporatewatch/paywatch/pay/index.cfm#_ftnref4)

(2) see [http://www.bls.gov/oes/current/oes\\_1600001.htm](http://www.bls.gov/oes/current/oes_1600001.htm)

## Let's See What Co-op Members Eat in a Week!

By Kathleen Ryan and Kimberly Vincent, Co-op Board of Directors

What does your family eat in one week? Photographer Peter Menzel and author Faith D'Aluisio traveled the world to document the daily lives of families through their choices in food. Their book, *Hungry Planet: What the World Eats*, is illustrated with photographs of families surrounded by their food choices. The photos are profound for what they show in terms of the family and their preferences, the cultural and global economy influences on their diet, and how much it all costs. We are interested in seeing what your family eats. We invite you to submit a photo of your family with a week's worth of food. In addition to the photo submit a short narrative (150 words). What we need to know: What does a week's worth

of food look like? How much does it cost? How many does it feed? Is it bulk? Is it organic? Where did you get it: your garden, Moscow Food Co-op, or other local grocery stores?

Take a look at the categories to guide your narrative description. Include your total cost for the week, detailed by where you made the purchases. We'll look at the following criteria to award prizes: highest percentage of food home-grown; highest percentage of purchased food bought at the Moscow Food Co-op; lowest cost per person; most healthy vegan; most healthy vegetarian; most healthy meat eater; most healthy with dietary restrictions (food allergies, diabetes, etc); most bulk food/least prepackaged food; most food bought from

locally owned businesses; most organic food; most food from the essential basket. Prizes will vary, but they will be from MFC's very own shelves.

Prizes will be given for various categories at our Annual Meeting, a parking lot party September 6, 2008. All entries must be emailed to the [feedback@moscowfood.coop](mailto:feedback@moscowfood.coop) by July 30 by midnight. No late entries will be accepted. Winners' pictures and a summary will be posted on the MFC website.

See the book, *Hungry Planet: What the World Eats* at your local bookstore or at <http://www.menzelphoto.com/books/hp.html> or [http://www.time.com/time/photogallery/0,29307,1626519\\_1373690,00.html](http://www.time.com/time/photogallery/0,29307,1626519_1373690,00.html)

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## Volunteer Committee: Sifting the Info

By Nancy Casey, Newsletter Volunteer

To study the legalities of the volunteer program, we have tried to understand the relevant laws and regulations at every level of government that describe what is proper in the relationship a business has with its workers, its patrons and with other businesses. Laws protect workers from being exploited, ensure people are safe when they patronize a business, and protect one business from being driven into the ground by another.

Legislation, however, tends to be broad. Laws give authority to government agencies to make more specific regulations and to decide whether businesses are complying with them. When conflicts arise and it's not clear how to interpret the aggregate of rules and regulations, attorneys argue, courts decide and opinions are issued. You have to sift through this voluminous and unwieldy bundle of "law" to figure out how it applies to you.

There's more. Federal and state governments don't define everything the same way. The criteria for what constitutes an owner or an employee, for instance, can be different from one agency to the next, and on different levels of government. Idaho, like many

states, doesn't have an incorporation category called "Co-operative," so we define ourselves as a Co-op in our operating principles, not according to the law. Viewed from all these different perspectives, the definition and allowable function of member/owner/volunteer is murky and, as they say, "open to interpretation."

We need to know if the Co-op's relationship to its volunteers is described already within the law. The average attorney's answer is something like, "Not exactly. I don't think so. Well, maybe. I'm not sure. It would take a real expert."

"Real experts" are real expensive, so we want to know as much as possible before we open a conversation with one.

Some things are clear. A worker can't just waive their right to minimum wage. But businesses can still have volunteers. It's not always clear if volunteers are employees. It's not good for volunteers and paid employees to be doing the same jobs.

Another thing that's clear is that nobody wants to be a test case and have to figure out their exact relation-

ship to all the laws in court. Things could be just fine for us the way they are. Or we may find ourselves having to jiggle and adjust our volunteer program to put ourselves on impeccable footing within the rules.

How should we do that? Chicken and egg. It depends on what we want. It's time for discussion, imagination and weighing alternatives. We who believe that having working members is important have to talk among ourselves and think about this. With a clearer idea of what we want, we can ask an expert the right "What-if?" questions. We hope to have a meeting where people can talk to each other about alternatives.

Meanwhile, the Co-op management has opted to suspend the use of volunteers in "operational" positions. Volunteers who currently work inside the store won't lose their jobs, but for the time being at least, they will not be replaced by new volunteers when they leave their positions.

We have conducted a survey of the volunteer/working member programs of 25 food cooperatives around the country and are now compiling the survey results. We will continue to

*"It's time for discussion, imagination and weighing alternatives. We who believe that having working members is important have to talk among ourselves and think about this."*

update you throughout the process, to share what we learn.

Thank you very much to everyone who has submitted input about the volunteer program. Please continue to send us any stories, information, feedback, ideas or opinions you have. Anything that includes the words "volunteer" or "working member" is appropriate. The email is [volunteers@moscowfood.coop](mailto:volunteers@moscowfood.coop). No one has written to say that they think the volunteer program is a bad idea, and the reasons why people like it are many and varied.

The other members of the volunteer committee are Bill Beck, Gina Baldwin, Dena Neese, Gary MacFarlane and Seth Magnusen.

## A Word from the Book Section

By K. Sequoia Ladd, Herb Dept. Buyer and (new) Book Buyer

Looking for a good summer read or a cookbook with fabulous recipes for your abundant summer veggies? I'm excited to announce that our Co-op book section has been moved and revamped, with some great new titles and old favorites. The focus is on growing food, cooking food and preserving food, with a holistic wellness section and some titles on living simply.

We have also started ordering directly from Chelsea Green, a small publishing company that is one of the founding members of the Green Press Initiative. They print 95% of their books on recycled paper, with a minimum of 30% post-consumer waste and 100% whenever possible. Chelsea Green has operated with a "triple bottom line" over the 20 years that they have been in business, and has been the company to turn to for books on sustainable living. By ordering from them directly, they are making more

money per book, and we are supporting a business with similar values.

One of my favorite books currently on the shelf is *The Man Who Planted Trees* by Jean Giono. The story is both well written and inspirational, with beautiful woodcuts as illustrations. I have used it with great success when teaching environmental education in the classroom, even younger children enjoy listening to the story over the course of several days.

I am excited to be able to bring you books on subjects like permaculture, backyard orchards and food fermentation. Space on the shelves is limited, so I will be rotating through titles (especially cookbooks). The next time you are at the Co-op, take a peek at the book section (next to the magazines). You might just find your new summer read, or inspiration to get rid of some lawn and plant a garden.



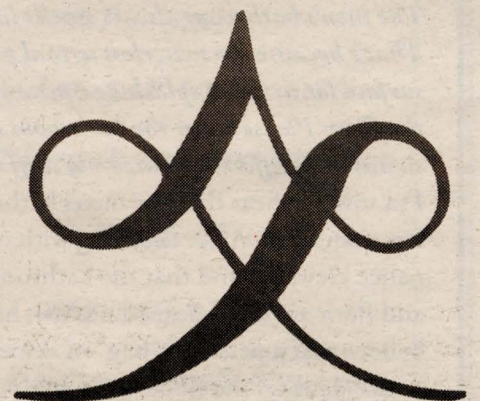
## What's New in the Loo

By Amy Lucker, Wellness Manager

Have you noticed anything different about the Co-op's restrooms? Perhaps the lovely new soap dispenser, which is filled with the soap that we all have come to love? Yes, Ballard Organics unscented foaming soap is now available for all to enjoy while shopping and eating at the Co-op. (If, of course, you need to visit our lovely facilities while you're here.)

Ballard Organics is a Seattle-based company, and they are the one and only soap manufacturer to be third-party certified organic from the Department of Agriculture of Washington. We brought in their bar soaps, liquid foaming soaps and bulk refill about six months ago in the Wellness Department, and we were so impressed with the quality of the soap and the uniqueness of the company that we asked if they could provide us with their soap for our shoppers in the loo.

The unscented liquid Ballard soap is very ideal for sensitive folks out there who don't like parabens or other chemicals that can be harsh on the skin. And, it is amazingly efficient, as it only needs 1/4 soap concentrate to 3/4 water. Oh, and let's not forget the foaming action created by the dispenser unit!!! Okay, so I'm a bit in love with this product, but now you know why we switched!





# Co-Operations

## Come to the Summer Fair!

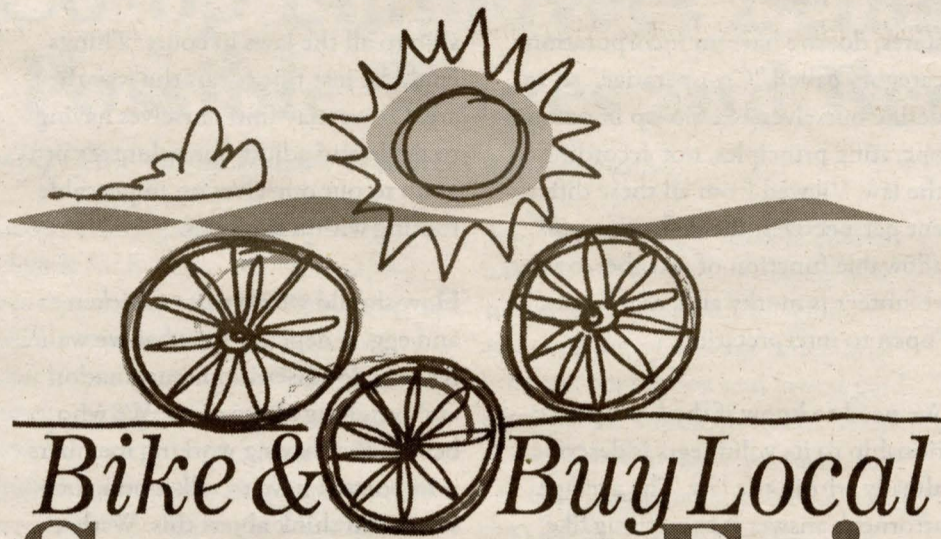
By Joan McDougall, Grocery Manager

Everyone is welcome at the Bike and Buy Local Summer Fair on July 26. We'll provide fun for the entire family, with free admission, free live music and free activities for all ages.

We're planning bicycle contests, food, special sale items, and activities galore at the fair, which will be held on Saturday, July 26, from 5-8 p.m. at the NRS parking lot (the former Tidyman's on the Troy Highway).

Buy Local Moscow is working with the Latah Trail Foundation to create this summer celebration. Our plan is to transform that huge parking lot into an outdoor festival celebrating Moscow and summertime family fun.

Representatives supporting the Latah Trail (the paved path between Moscow and Troy) and the Paradise Path (Moscow's path that links to the Chipman Trail) will be at the summer fair with more information about the future development of the trail. They



## Bike & Buy Local Summer Fair

will also be sponsoring a variety of bicycle games, contests and activities for kids and adults. Expect prizes and fun for all ages.

Several dozen member businesses from Buy Local Moscow will have booths there, offering bargains and free gifts.

And of course, there will be food avail-

able. You can bring a picnic supper, but you can also plan to get a complete meal – or just dessert or coffee – from one of the Buy Local Moscow member restaurants represented in the food court area at the fair.

Our goal for this fair is to raise money for the Latah Trail Foundation to continue the development of the trail.

Each Buy Local Moscow member booth will be donating 10 percent of their sales at the fair to the trail. So you can come to the fair, have a great time, and know that with each purchase you are supporting the Latah Trail.

See you at the summer fair.

I am bringing you the report on this event because I am now the Co-op's representative on the Buy Local Moscow Steering Committee. The Co-op is one of the 85 locally owned, independent Moscow businesses that have joined Buy Local Moscow to encourage people to support their homegrown merchants. I recently replaced Amy Richard, the Co-op Kitchen Manager, who was one of the founding members of the Buy Local Moscow Steering Committee. If you have any questions or suggestions for Buy Local Moscow, please let me know.



## An Update on the Wellness Class Series

By Amy Lucker, Wellness Manager

The Wellness Class Series seems to be a hit, so I've scheduled classes up until next December for various practitioners to come and talk. The line-up includes Dr. Angila Jaeggli, Linda Kingsbury, April Rubino, Dr. Ng, and Lauri

McKean and/or Megan Baumgartner from the Healing Point Chinese Medicine Clinic. Check the events page online for monthly info.

Dr. Angila Jaeggli will be coming July 28 at 7 p.m. to talk about fatigue

and how one can improve their energy by identifying possible nutritional deficiencies, diet changes, lab testing and more. Come and find out what Dr. Jaeggli recommends to energize your daily routine and learn how to nourish your body and spirit. Seating

will be limited, so hurry and sign up by the counter over by the beer cooler, next to the meat department. See you there!

## July 2008 Suggestion Box

*Yeabhh to the Co-op for bringing the "essentials" back. I heard about it 10 years ago. Glad to be able to shop basic goods ~ a member*

Glad you noticed and that our program pleases you ~ that makes us happy! —Kenna, General Manager

*The men's bathroom always smells like urine. That's because the waterless urinal provides a solid surface for urine to splash against and collect on the floor. Please clean the bathroom more often or switch to a different urinal ~ a staff member*

I'm sorry to hear that the men's bathroom smells less than fresh. After checking with our maintenance crew, I found that the bathroom fixtures and floor are both cleaned nightly, however we believe that a personal "bag" of urine was dumped by accident on the floor. Our crew is attempting to find a way to neutralize the spill. If the problem

persists, please let me know. —Kenna

*Thanks for taking the shopping bag issue on. Next time I forget my cloth bags I can just buy another one with ease. Thanks for being a leader in sustainable shopping! ~ a member*

Thank you for your "Thanks". We've gotten lots of new styles of tote bags in recently and hopefully [if you do forget your own] we have one that works for both your budget and lifestyle. —Kenna

*It would be a good idea to put a UV film over the big windows to cut the glare, especially in summer ~ member*

Ah ~ those north-facing windows do put glare on the computer terminals. Perhaps you missed our test pilot project last summer where we actually put up a variety of samples of UV film in our front windows to test their worth. The consensus

from staff was that it didn't help and that even the lightest version would have made the front end much too dark. I bow to their greater knowledge. —Kenna

*Why has the board decided to eliminate six parking spots when we already have a problem with parking availability?*

The sustainability committee and I worked together over the past two years to find a parking lot plan that would both improve safety and maintain our parking capacity. In mid-May we implemented the first part of our plan by blocking off the entrance and exit on Washington street. As a result we actually we gained parking spots on the street and we calculated no net gain or loss occurring from the change. —Kenna

## July 2008 Suggestion Box

*Sarah should get a raise for her nice attitude with customers. Thanks.*

Thank you for the compliment. We have four Sarahs on the front-end crew and they are all awesome! —Annie H., Front-End Manager

*Bring back the peanut butter filled pretzels.*

*They're the best...and way better than the peanut butter covered pretzels in the bulk bin.*

Those yummy pretzels are on the shelf in the chip aisle. They were out of stock for a time, but we have no plans to discontinue them. —Joan, Grocery Manager

*The loaves of bread are not being cooked all the way. It's not that warm loaves are gumming up the slicer; the loaves are too moist and are sticking to the blades even on the day-old bread.*

We had a problem with our whole-wheat flour in late May / early June, causing the Daily Wheat to bake very unusually. We did not catch the problem for a week or two, resulting in putting bread out for sale that was not fully baked. We have since fixed the problem. —Annie P., Bread Bakery Manager

*Put another bin in the bus area for food scraps to be composted – it would greatly reduce waste.*

We are currently working on a system to accommodate your request, in conjunction with the Earth Tub. Thanks. —Derek, Deli Service Manager

*Alternative marshmallows if they have them? We need them for s'mores desperately.*

We have not found a source for marshmallows, but we continue to look. We bring them in for Passover, but that is the only time they have been in the store. —Joan

*I'm sad to find that you have stopped making Norwegian Farm Bread. It is my all-time favorite!!*

We changed the Norwegian Farm Bread just slightly—100% whole-wheat flour instead of less than 50%, and now fermented using a sourdough starter. It still has the 9-grain cereal. The name has changed to "9-Grain Sourdough," but it's like the Norwegian with a make-over. —Annie P.

*I had an almond flavored biscotti and it was soggy or undercooked. Please let the bakers know to watch out for this problem.*

Thanks for your feedback, we'll be sure to double check the biscotti for doneness and crispiness. We can always get your money back or a replacement product if you're not satisfied with something you purchased. —Aven, Pastry Manager

*Namaste chocolate cake mix and Blondie mix. Would be great for you to carry as well as their other mixes. Thanks.*

These are excellent gluten-free products manufactured in a clean plant. We will look for shelf space and try them. —Joan

*Please stock individual bottles of Perrier in the*

*cold drink cooler. Thanks.*

We had stocked small bottles in the cooler, but they didn't sell well enough to keep their space. We will see if there is room to try them again. —Joan

*Please carry the popsicles that come in juice tubes (not in the freezer section) that we can take home and freeze – similar to Otter Pops but without the extra junk. They are Levi's favorite!*

There should be a display set up when you read this – we are expecting them to arrive tomorrow. —Joan

*Vanilla gluten free cake mix – not everyone can or likes everything chocolate.*

I will look for shelf space for this product as well. Look for it soon. —Joan

*Are the produce bags with the omega sign corn-based biodegradable bags? If so, I'll use them for garbage instead of the #2 or #4 plastic bags. Thanks. (I did buy some BioBags in case they're not.)*

No, unfortunately our distributor stopped carrying bio bags and we are looking for a new supplier. —Scott, Produce Manager

*Would it be possible to put the Gluten-Free Farmhouse Rolls on the list of breads that get a punch on the Co-op bread card?*

At this point in time it does not seem feasible to add any products to the bread cards. The cashiers are already quite busy keeping track of the three different punch cards we have and the multiple products on each card. —Aven

*Small bottles of wine – it takes forever to drink (sample sizes for one person).*

We will try a couple bottles of red and white to see how they are received. Thanks for the suggestion. Look for them under the sparkling wines facing the meat department. —Julie, Wine & Beer Buyer

*Wow! A staff member was reading one of his poems to a co-worker in the produce prep area – another reason why I love our Co-op! Thanks!*

If you have a poem, to read please feel free to recite it in the produce department anytime. —Scott

*We love the meat department; however, the sausage is too salty. Please adjust. Thanks.*

We love customer input to make a better product, better service and a better Co-op, but we need more information. What sausage was it? We have several different types that we make and several we get ready-made from suppliers. So we need to know which sausage it was so we can adjust our recipe or talk to our supplier. Thanks. —Brennus, Meat Manager

*Get Dry Soda – especially lavender. Thanks!*

We did carry that line of soda but it didn't earn its place on the shelf. We can special order a case for you – call the grocery office or talk to a cashier. —Joan

*Lemon Lavender Scones do not sound good, but I love the Cinnamon Oat.*

I'm sorry that you do not love the current scone choices. We rotate the scone flavors seasonally in the hope that everyone's favorite flavor will be available at some point. Cinnamon Oat Scones will be back (probably in the fall or winter), but I encourage you to try something new in the meantime. —Aven

*I recently read about a new product (Bacon Salt), a locally-made vegetarian seasoning that tastes like bacon. That sounded good, so I sent the info I had about the product to Joan, the Co-op grocery manager, asking if the Co-op could get it. Within a day, Joan researched the product, discovered that it was filled with various artificial flavorings and preservatives, and sent me back an email telling me that the Co-op could not sell it because of those artificial ingredients. So thanks to Joan for such prompt service and for holding up high standards for products that are sold at the Co-op. Thanks from another satisfied customer.*

*Reed's Cherry Ginger Brew*

It's both on the shelf and in the cooler now. Come try it out! —Joan

*There should be a produce training class for cashiers.*

Thanks for the suggestion. Great idea! We will start this as soon as possible. —Annie H.

*To the person wanting to contact live food/raw food people in Moscow: The phone number you left is incorrect, so please call me and let me know how folks can contact you. Thanks. —Joan, 882-8537*

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## Staff Profile: **Brittany Fiske**

By Amy Newsome, Newsletter Volunteer

Can we feel anything but an instant affinity for someone who provides us with consistently delicious espresso drinks? Well, I have great fondness for Brittany Fiske and the lattes she makes. Brittany has been a deli server for over a year now, but I shall always think of her as an incomparable barista. I had the unfortunate experience of ordering an iced latte sweetened with honey through one of those drive-through espresso joints and was disappointed to find my honey resting on the bottom of my cup, an obstinate blob unwilling to mix with the chilly latte above. How could it have gone so terribly wrong? Brittany always managed to make a perfect iced latte sweetened with honey.

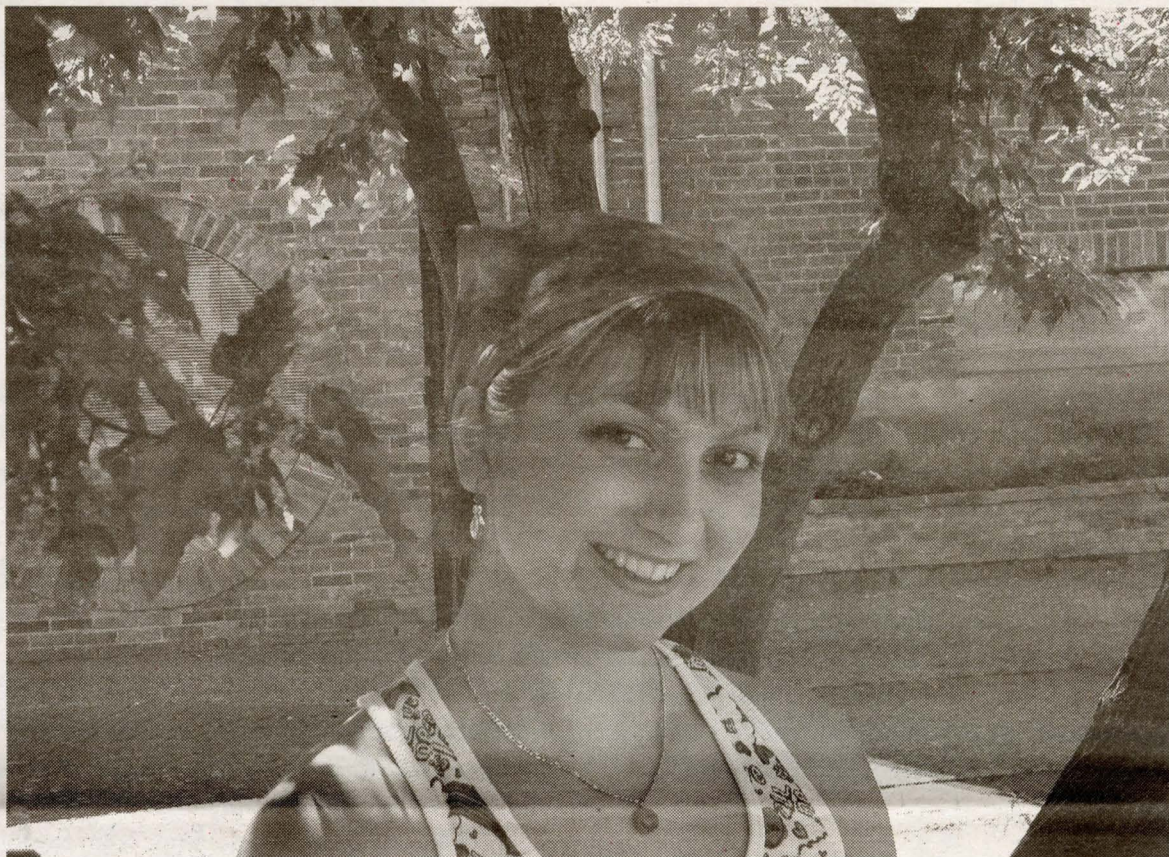
Brittany was born in Sprit Lake, Idaho, but moved to the Palouse area with her mom and sister when she was 3 years old.

She spent most of her life growing up in Kendrick, where her mom has been the junior/senior high school art teacher for years. After graduating from high school, Brittany went to the University of Idaho for a few years and studied architecture, criminal justice and psychology. Since one area of study was not coming to the forefront of her interest, she decided to take a break from college.

Brittany will be starting a new venture this August when she begins massage therapy school. She has always been interested in massage, but hadn't considered it a viable career option. She has since learned that the pay and flexible schedule of a massage therapist is actually quite attractive. Her mom, enjoying frequent back rubs from Brittany over the years, always told her that she could do it for a living. When I asked Brittany what her mom said when she told her she'd be going into the massage program, her mom was

thrilled and immediately volunteered to let Brittany practice on her. Brittany will continue to work at the Co-op for the foreseeable future even as she attends massage school three days a week. After Brittany worked at the Co-op for awhile, she began to advocate for some sort of promotion for herself. In response, the Co-op created a new level of deli server, "Deli Server

like to be interviewed for this article, she suggested we go outside. It was finally a beautiful warm day in Moscow, and I couldn't agree with her more. She likes hiking, especially on Moscow Mountain. Her favorite spots are Idler's Rest and the Headwater's Trail. She also likes to go morel hunting, but like a true mushroom hunter, declined to mention where.



**“Brittany was born in Sprit Lake, Idaho, but moved to the Palouse area with her mom and sister when she was 3 years old. She spent most of her life growing up in Kendrick.”**

2”, with a bit more responsibility and pay. I was glad to hear that the Co-op was willing to be creative in supporting their committed and experienced employees.

Family is clearly very important to Brittany. Her sister, Gretta, who lives in Genesee, encouraged Brittany to apply for the job at the Co-op. Her sister loves to shop at the Co-op and thought it would be a good fit for Brittany. Gretta is married and has a 2-year-old son, Harper. Brittany is happy that she lives close enough to see her nephew grow up. For fun, Brittany loves to do crafts, likely a result of growing up with a very creative mother. Brittany likes to make jewelry with macraméd hemp twine and glass beads. Making jewelry is something that her sister taught her to do. The two of them get together often to make jewelry. When Brittany was about 9, an older extended family member taught her how to knit. She still has the technicolor scarf that she started then and vows to finish it one day. She'd also like to learn the craft of sewing from her mom, who was a seamstress when Brittany was a baby.

Brittany also enjoys the outdoors. When I asked her where she would

Well, good luck, Brittany, on your new direction. I'll be sure to check in with you often to see how massage school is going and, of course, I'll have to order a latte while I'm at it!

.....  
**Amy is headed to California with her daughters to see four of her siblings, who are coming from near and far for a visit with their parents. Happy summer everyone!**  
.....

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

Missed getting your copy of *The RenFair Movie*?

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## I'm Strong to the Finich, Cause I Eats Me Spinach

By Jordy Byrd, Newsletter Volunteer

In a world obsessed with pirates... (I've never really liked those movies anyway), I've come to adore sailors. And who, might you ask is my favorite? It's Popeye. Obviously.

In light of his crazy antics, non-translatable language and dreadfully homely girlfriend (sorry Olive), Popeye had one thing going for him: spinach. In fact, there's really only one thing that separates me from Popeye; aside from the bulging biceps: it's the differing forms of spinach that we each consume.

To this day, I cannot fathom what Popeye was truly eating. The cans he so easily crushed, and food he devoured, looked more like cow curd... and less like spinach. Regardless, I'm awfully fond of both the cartoon classic and the leafy green.

Spinach is a cool-season crop that belongs to the goosefoot family, such as Swiss chard and beets. It's a low-calorie vegetable, with a good source of vitamin C, vitamin A, minerals and fiber. For vegetarian and vegans always looking to increase their protein sources, there's hope. Spinach contains approximately three grams of protein per serving.

Gardeners too are fond of the crop because it's very hardy and can withstand low temperatures (ahh, the great Northwest). In fact, spinach can be the first garden vegetable planted in springtime, depending upon ground temperatures.

Ideally, the vegetable grows best in cool, moist conditions. Increased temperatures and lengthened daylight, typically around June, cause the plant to "bolt" or go to seed; hindering the plant's overall growth and production.

The two recipes I decided to work with are Spinach Lasagna Rolls and Creamy Garlic Spinach Soup. Now I understand that it's July and finally the weather is nice. Having said that, I also know that the last thing some of us want to do is hover over a hot stovetop or oven.

But ... on my behalf, I must argue that I personally find myself eating poorer and poorer as the summer continues (i.e. too much snack food and not enough meals). So, I cooked. And yes, I sweated ... but the results were well worth it.

The lasagna rolls were a fun take, and much lighter version of your traditional, hearty-heavy pasta dishes. Their preparation and overall cook time was easy, but the assembly was, well, another story. Those slimy little lasagna noodles did not want to cooperate. I swear, I probably rolled and re-rolled each one twice.

To make matters worse, I didn't have any toothpicks to hold them together. Despite appearances, my rolls were delicious. There was a slight sweetness to the sauce that complemented the cheese and spinach mixture nicely.

Now I was naturally inclined to choose soup as my second dish, because what else works best with pasta? The title of the soup alone makes the dish sound dreamy, but I must say I was disappointed. Not disappointed in the sense that the soup was bad, for it wasn't. The soup tasted very good.

Unfortunately, it also tasted very similar to all the other potato soup recipes out there. I guess I was expecting more of a kick from the spinach. Oh well, it was

### Spinach Lasagna Rolls

- ✦ 8 lasagna noodles, boiled
- ✦ 1 1/2 lbs fresh spinach, finely chopped
- ✦ 3 T Parmesan cheese
- ✦ 1 cup whole milk Ricotta
- ✦ 1/4 t nutmeg
- ✦ 1/4 t each salt and pepper

#### Sauce:

- ✦ 2 cups tomato puree
- ✦ 2 T olive oil
- ✦ 4 cloves garlic, minced
- ✦ 1/2 t basil
- ✦ 1/4 t oregano
- ✦ 1/2 cup onions, chopped
- ✦ 1 bell pepper, seeded and chopped
- ✦ Pinch of red hot pepper flakes
- ✦ 2-3 T red wine

In a skillet, sauté onions and pepper in olive oil until the edges take on a little color; add minced garlic, basil, oregano and red pepper flakes. Season to taste with salt and pepper. Add a few tablespoons of red wine, if desired. Simmer sauce for 1/2 hour, while assembling the lasagna roll-ups. Wash spinach. Finely chop, then steam for 7 minutes or microwave until wilted. Drain away any liquid.

Combine spinach with cheeses, nutmeg, salt and pepper. Spread each boiled lasagna noodle with 3 tablespoons of the cheese mixture along the full length and then roll it up. Turn it on its end and place in a baking pan or casserole, sides touching. Pour tomato sauce over the roll-ups. Bake in a preheated 350 degree oven for 20 minutes. Makes 4 servings, 2 roll-ups each.

### Creamy Garlic Spinach Soup

- ✦ 1/2 lb fresh spinach
- ✦ 2 large heads of garlic, minced
- ✦ 2 large onions, diced
- ✦ 4 medium potatoes, diced
- ✦ 3 cups chicken stock
- ✦ 2 cups heavy cream
- ✦ 2 large egg yolks
- ✦ 8 T butter

Rinse spinach and shred with a knife; set aside. Heat 6 tablespoons butter in a 2 quart soup pot and cook onion until tender. Add the chicken stock and diced potatoes. Cook on medium heat for 30 minutes. If you like, you may crush the potatoes as they cook. Add the minced garlic and spinach; simmer for another 10 minutes.

Add the cream. Do not substitute milk or half and half, the soup will be weak. Heat without boiling. In a small bowl, add 1/2 cup of the soup to the 2 egg yolks in a stream while whisking. To ensure the yolks don't curdle, don't add the hot soup too quickly.

Add the whisked mixture back into the soup pot, stirring constantly until the soup is thickened. Do not boil. Add salt and pepper to taste. Remove from heat and swirl in remaining butter. Serve immediately.

tasty, and it just goes to prove that time and time again, potatoes are taste-bud powerhouses.

And now there's nothing more to say than:

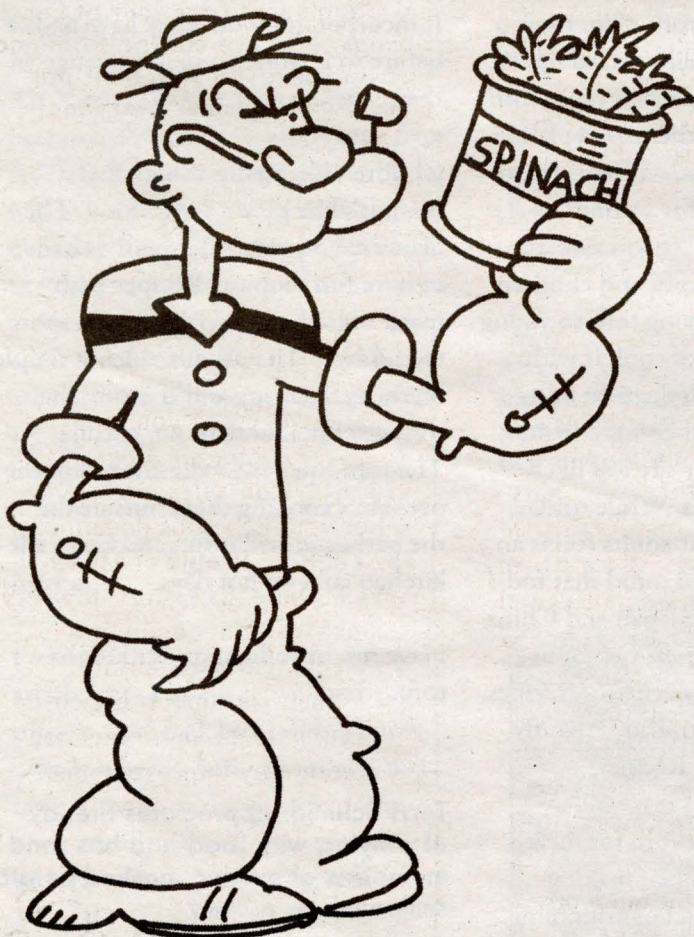
"I'm Popeye the Sailor Man  
I'm Popeye the Sailor Man  
I'm strong to the finich  
Cause I eats me spinach  
I'm Popeye the Sailor Man!"

#### Sources

[www.cooks.com/rec/doc/0,1-41-spinach,FF.html](http://www.cooks.com/rec/doc/0,1-41-spinach,FF.html)

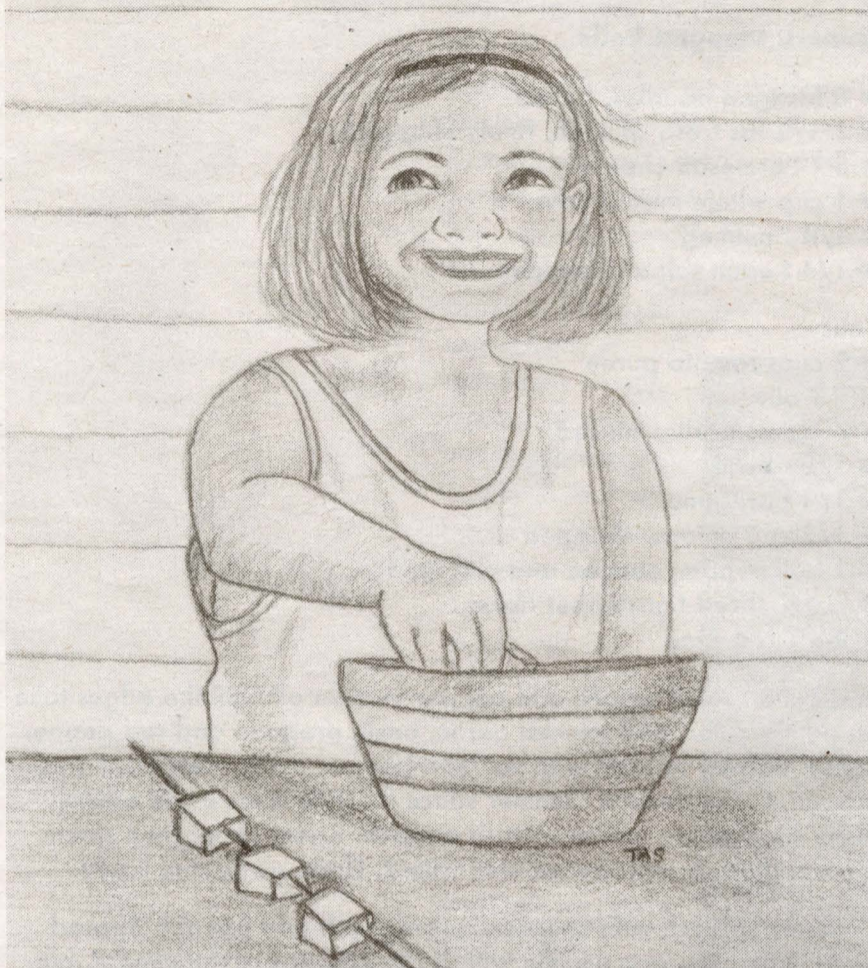
[www.cliffordawright.com/caw/food/entries/display.php/id/15/](http://www.cliffordawright.com/caw/food/entries/display.php/id/15/)

Jordy's older brother is getting married this month. Her mother is forcing her to get involved with all the plans.



## Much Ado About Tofu: Tofu and Kids

By Terri Schmidt, Newsletter Volunteer



The American Heart Association says children are increasingly at risk for cardiovascular diseases from spending too much time in front of the TV or computer and eating unhealthy foods. One thing they suggest doing to combat this problem is to select more meat substitutes such as dried beans, peas, lentils or tofu. A one-cup serving of these foods can replace a two-ounce serving of meat. Tofu has plenty of protein for growing children.

Children often turn up their noses at new foods. I read once that children

may need to be offered a new food 13 times before they are willing to try it. Peer pressure works also. I teach preschool and the parents provide daily nutritional snacks. Occasionally a new food will show up that some child has never tried before. They may initially refuse it, but after watching other children eat it and say "yum," they often jump bravely in and try the unfamiliar item, too.

When I was growing up, I didn't know anyone who ate tofu. I would have definitely eyed it suspiciously if tofu had shown up on my table. But many

### Tofu Tortillas

- ✦ 8 flour or corn tortillas
- ✦ 1 pkg. baked tofu (or marinate and bake your own)
- ✦ 1 cup chopped tomatoes
- ✦ 1 cup plain yogurt
- ✦ 1 cup grated cheese, jack or cheddar
- ✦ 2 cups shredded lettuce
- ✦ (soy cheese and soy yogurt can be substituted for those with dairy allergies)

Cut tofu in strips. Place tortillas and tofu in baking dish and cover with tin foil. Heat in 350 degree oven until warmed - 5 or 10 minutes.

Place a tortilla on a plate and spread a dollop of yogurt on it. Put a couple of strips of tofu on the tortilla, sprinkle with tomatoes, cheese, and lettuce. Roll up and eat, holding the tortilla in your hands.

### Skewered Squares

- ✦ 2 packages extra firm tofu (freeze and thaw)
- ✦ 4 tablespoons soy sauce or Bragg's
- ✦ bamboo skewer sticks or toothpicks

#### Peanut Sauce:

- ✦ 1/2 cup peanut butter
- ✦ 2 T lime juice
- ✦ 1 T honey

Cut the tofu into large squares. Soak the squares in soy sauce (anywhere from 15 minutes to overnight). Put the squares on a barbecue grill and cook for 3 or 4 minutes or until the squares are browned and crispy. Skewer the squares onto the bamboo sticks or put a toothpick in the top of each square to make it fun for children.

Mix the three peanut sauce ingredients. Serve with the tofu squares.

of today's children have grown up eating tofu since they were babies and they enjoy it. Children do not have the preconceived notions of tofu that many adults have, so it may be easier to get them to eat it than you think. Kids may even prefer the tofu plain since many children don't like mixed up food. One mother cuts plain tofu into fun shapes and puts them on a plate for her 4-year-old son, who eats them all up and even asks for seconds.

An article I read on tofu and children said, "The key to serving tofu to young children is to mix it or cook it with familiar foods. When the tofu takes on the taste of the other ingredients in the recipe, children are less likely to turn up their noses. While tofu may be a product that adults feel is an acquired taste, keep in mind that toddlers in countries like Japan and China enjoy eating this calcium-rich bean curd almost every day." ([http://recipes.lovetoknow.com/wiki/Kid\\_Friendly\\_Healthy\\_Vegetarian\\_Recipes](http://recipes.lovetoknow.com/wiki/Kid_Friendly_Healthy_Vegetarian_Recipes))

It is easy to substitute tofu for meat in familiar recipes. When making spaghetti sauce, instead of crumbling hamburger up in the fry pan, crumble

up some tofu and brown it before adding the spaghetti sauce. You can also throw in some grated carrots or other vegetables to make it even healthier. The tortilla recipe on this page is simple and easy to make for children. It incorporates foods they have had before so it won't seem too strange to them.

Children like to dip things, for them it's like playing with food. The Skewered Squares give them a chance to have fun dipping. Recipes with fewer ingredients usually appeal more to children. The peanut sauce is simple but tasty. Freezing and thawing the tofu gives it a more meaty texture. The tofu squares can be cooked in the oven, but cooking them outside on the barbecue grill is fun and keeps the kitchen cool on hot days.

Have fun introducing your kids to tofu.

Terri Schmidt appreciates the joy of playing with food and has fond memories of making mashed-potato sculptures as a child.

### Howard Hughes VIDEO

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## Omnivoria: Everything is Better with Bacon

By Alice Swan, Newsletter Volunteer

The other night, my husband Nick was standing at the stove, looking contemplative as he watched over a pan of Beeler's Apple & Cinnamon Bacon that was filling our house with a lovely, sweet bacon smell. "Bacon always makes me think of *The Grapes of Wrath*," he mused, while turning over slices. He proceeded to wax philosophical about how hard it must have been to be the Joads, traveling on bad roads in a crowded, run-down old truck from a desperate past to an uncertain future. Nick obviously remembers more details of Okie cuisine from the book than I do, and according to him it consisted primarily of bacon. The whole point of his reminiscence was that he wondered how anyone could eat so much bacon, day after day, meal after meal.

Bacon doesn't usually make me think of high school English class. It makes me hungry. But I do understand Nick's concern about what it would be like to eat bacon as a main dish over and over again—there's nothing I eat that frequently. I like to use bacon in small amounts, to add a little flavor to other dishes. Especially during the summer, when we are eating lots of fresh, local greens from our CSA share, bacon is a staple in our house.

I usually only use 2 or 3 slices of bacon per meal when I'm adding it to dishes based on greens, and at \$4.81 for a 12-ounce package (about 12 slices) of Beeler's All-Natural Bacon, it's an inexpensive way to add a lot of flavor to a dinner.

All of the different Beeler's pork products available at the Co-op come from several different family farms in Iowa, where the pigs are raised in open, airy barns with deep bedding and access to the outdoors (rather than in tiny pens as conventional pigs are raised). The meat is All-Natural, meaning animals are fed a strictly vegetarian diet, and are never given antibiotics or growth hormones. Beeler's ham and bacon products are 'uncured,' which means they contain no added nitrates or nitrites.

I realized, in preparing to write this article, that I knew generally that nitrites were bad, but I didn't know exactly why. So here's the scoop, as I have come to understand it: nitrates are naturally-occurring chemical compounds found in many vegetables that are a by-product of the breakdown of nitrogen during photosynthesis. When added to meat, nitrates react

with amines in the meat and turn into nitrites, which then form carcinogenic compounds. Or something like that—ask a scientist if you'd like to know more about the process. These days, usually the synthetic chemicals sodium nitrate and sodium nitrite are used for curing meats, but they also form the carcinogenic compounds. A study by the Cancer Prevention Coalition showed that children who eat 12 or more nitrite-containing hot dogs per month have a nine times greater chance of developing leukemia, and that babies born to mothers who ate hot dogs at least once a week while pregnant are twice as likely to develop brain tumors.

Nitrates and nitrites were originally used in meat-curing to protect against botulism, but advances in refrigeration have made meat much safer in that respect, and they are now mainly used because of the color they add to meat. So it's not a tough decision to make—do you want meat with a cancer-causing, color-enhancing chemical added, or meat that's a little less red, and without the carcinogens?

The Co-op carries two varieties of Beeler's bacon in the refrigerated meat case adjacent to the meat counter: Apple-Cinnamon and Pepper. And while with conventional bacon you might just expect them both to taste salty, the Beeler's products have wildly different tastes. The Apple-Cinnamon bacon is very sweet, quite cinnamoney, and not at all salty. The Pepper bacon is a little salty (but not overpoweringly so), and very, um, peppery. Both also have good pork flavor, and lots of fat to add flavor to whatever you put them in. My favorites are frittata, spinach salad or a simple BLT (later in the season, of course, once the tomatoes ripen).

Alice is very glad that her tomato plants survived the June snowfall, and is eagerly anticipating a nice BLT in August.

### Frittata with Seasonal Greens and Bacon (serves 4-6)

(If you've never made frittata before, it's very easy—make this a couple of times, and then start experimenting with your own additions)

- ✦ 1 large bunch greens (e.g., chard, kale, spinach, broccoli raab, or a mixture)
- ✦ 1/2 onion, thinly sliced (substitute green onions in season)
- ✦ 2 slices bacon, diced
- ✦ 10-12 eggs
- ✦ leftover cooked potato, cut in small cubes (optional, but yummy!)
- ✦ 1/4 - 1/2 cup shredded or crumbled cheese (goat cheese is wonderful, but so is cheddar—use what you have on hand)
- ✦ Salt and pepper to taste

Bring a large pot of liberally salted water to a boil. While the water is boiling, wash and trim greens, and chop coarsely. Cook the greens until tender and drain, squeezing out excess water.

Cook the bacon and onion in a 10- or 12-inch (depending on how many eggs you're using) oven-proof skillet over a medium-low heat until bacon is crispy and onions are starting to caramelize. Meanwhile, preheat the broiler, then crack all the eggs into a large bowl and beat lightly. Season the eggs with salt and pepper, then add cooked greens and potatoes, if using, and mix well. When the bacon is cooked, pour off a little fat if it seems like there's too much in the pan (but keep in mind that the more fat in the pan, the easier the frittata will come out, and hence less scrubbing later). Pour the egg mixture over the bacon and onions and continue cooking over medium-low heat until the sides of the frittata start to brown and there is only a small layer of uncooked egg on the top. Sprinkle the cheese on top of the frittata, and transfer to the oven. Cook frittata under the broiler until eggs are puffed and set, and cheese is browned, about 2-5 minutes. Serve immediately.

### Spinach Salad with Warm Bacon Dressing (serves 4)

- ✦ 1 large bunch spinach, washed and trimmed
- ✦ 4 slices bacon
- ✦ 1/4 cup cider or other vinegar
- ✦ 2 t yellow mustard seeds
- ✦ 2 t minced parsley (or other fresh herbs)
- ✦ 1 t sugar
- ✦ 2 or 3 hard-boiled eggs, sliced

Cook the bacon in a skillet until crisp. Drain the bacon on paper towels, reserving 2 T fat in the skillet. Crumble the bacon and set aside. Combine vinegar, mustard seeds, herbs and sugar in the skillet with the bacon fat, and heat until just before it boils. Toss spinach with warm dressing, garnish with crumbled bacon and hard-boiled eggs and serve immediately.

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## In The Garden: Espaliering

By Holly Barnes, Volunteer Newsletter Writer

**E**spaliering of fruit trees was developed in Europe centuries ago to get more fruit from less space. The technique involves pruning to a specific pattern of height and width, but with so little depth that the tree is almost flat. A sunny, blank wall, or a freestanding structure in a narrow garden is the ideal location for an espaliered tree or shrub.

Most espaliers are dwarf fruit trees, especially apple, pear, peach and nectarine. These trees are easily espaliered, as they are at a workable height and are prolific and early fruiterers.

Espaliered fruit trees have the same cultural needs as other fruiting trees including at least six hours of sun each day. Support is the most important need of espaliers. Branches are tied into definite patterns until the wood hardens several years later. There are many different patterns and designs that trees can be pruned. To shape the tree in the first few years you must prune heavily in late winter or early spring. New growth must be trained as well to the shape you have chosen.

Espaliered trees offer high yields in small spaces and are a good choice for small city gardens. I have three apples in various stages of espaliering and we are enjoying the fruits of our labors, as well as the unique appearance of our trees.

for espaliering, including books on gardening and pruning, literature from nurseries, and I even found a video on YouTube. Give it a try!

Going from the exotic to the native, Jacie Jensen recently updated me on

family whose land includes a one-hundred acre remnant of native grassland ecosystem on Paradise Ridge southeast of Moscow. Newly named Thorn Creek Native Seed Farm is dedicated to increasing the seed stock of these native species. A selection of 25 indi-



An espaliered tree helps you get more fruit from less space.

There are many sources of instruction

developments at their local farm. The Jensens are a third-generation farm

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

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

*MaryJane*

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*"A garden is always a series of losses set against a few triumphs, like life itself."*

—May Sarton

work on this project.

**In the July Garden:**

- ✦ Continue succession plantings of beets, bush beans, carrots, chard, kohlrabi and lettuce;

vidually potted grasses and wildflowers native to the Inland Northwest is now available at local nurseries in one convenient package, a Palouse Prairiescape. With this product, gardeners and landscapers can enjoy the beauty of our original prairie ecosystem. These plants, which flourished from the Rathdrum Prairie near Coeur d'Alene to the Camas Prairie near Grangeville, will create a native grassland habitat of about 25 square feet.

The 25 plants include 10 species of native wildflowers: prairie smoke, blanketflower, western aster, slender cinquefoil, tall cinquefoil, wild baby's breath, western hawkweed, Oregon sunshine, taper-leaf penstemon and goldenrod; and three species of native grasses: Idaho fescue, blue wild rye, and bluebunch wheatgrass. All are perennials and drought tolerant. After becoming established with light watering the first summer, the plants will require no irrigation.

Thorn Creek Native Seed Farm has a nice new website, [www.nativeseedfarm.com](http://www.nativeseedfarm.com), which is a good read on what is in the Jensens hearts as they

- ✦ Keep roses, perennials and annuals blooming by removing (deadheading) spent blossoms;
- ✦ Cut hardy geraniums to the ground after bloom to promote fresh growth of foliage;
- ✦ Use a strong water spray on aphids and encourage their predators by providing a bird friendly garden;
- ✦ Water in the early morning hours only;
- ✦ Fertilize roses for the last time this year. Prune climbers and ramblers when they finish blooming;
- ✦ Fertilize established trees, shrubs and broad-leaved evergreens and water them deeply when weather is very dry;
- ✦ Take softwood cuttings;
- ✦ Mow lawn at high setting;

This is the month to enjoy fine warm days outside, in the garden, the arboretum or the park. Get out there!

Holly Barnes gardens on her city lot near East City Park and enjoys these sunny warm days of summer in Moscow.

## Wild & Free: The End

By Sarajoy Van Boven, Newsletter Volunteer

*Sadly, I part from you-  
like a clam torn from its shell,  
I go, and autumn too. —Basho*

The end is here. I wasn't looking. Or maybe I was peeping at it through my fingers. But mostly going on as if this wasn't going to happen, as if it couldn't.

If it was easy to stay in Paradise, it would not be Paradise, it would be Oakland or Seattle. And then I wouldn't want to stay.

But if I did stay, I'd have to learn to get used to all this going and coming, this exhaling and inhaling every year. As we leave, new faces are arriving, keeping these towns alive and thriving.

I didn't think the fates would make me go. After all, there's so much yet to say about the wild, the edible, the technicalities, the spiritualities, the joy of knowing what the earth offers, just beneath your fingertips and toes.

I had wanted to talk about volunteers: the eager, resilient, not quite wild but nearly feral foods. Plant it and if it comes back year after year, it belongs, and if it doesn't, forget about it. The Palouse's happy volunteers: sunflowers, parsley, lemon balm, catnip, kale. I haven't planted these in my yard for years. They naturalized on their own and now propagate themselves. Volunteers aren't quite wild, but they are free.

And I wanted to remind you about plums: all those Italian prune plums in abundant profusion: can them, dry them, pie them. Roast them! Toast some crusty bread, spread with pesto, layer on roasted plums, melt brie cheese on top and garnish with caramelized onions. Everything I eat after this feels like sin, and not the good kind. And then there are the little yellow Coyote plums from Idler's Rest to Heart of the Monster. And I would have quoted more Mary Oliver:



*"Listen,  
the only way  
to tempt happiness into  
your mind is by taking  
it into the body first, like  
small wild plums."*

And then there are the wild, blueberry-essent, native Service berries and Huckleberries, ripening all summer at a variety of elevations and dates.

And how did I not get to Purslane? The creeping succulent ready in late summer and early fall. A rock and heat loving plant, it looks half cactus, half bindweed.

And Salsify! The tall, starry "dandelions" in yellow or purple, with their parsnip-py roots, babygreens, asparagus-sy stalks and artichoke-y root crowns.

And the surprisingly edible thistles! Not just for Eyeore, their stalks can be gingerly peeled for a celery-itic experience. Long roasted the roots, or steam the baby flowerheads, like artichokes, for a meal far superior to their domesticated cousin.

The native grass-seeds, as edible as wheat.

Rough and tough horsetails: I know why I never wrote about these. Cardboard: taste and texture.

The baby fiddleheads of wood ferns and bracken ferns. If you go camping right now at the North Fork of the Clearwater, you might get to sauté these over your fire for yet another asparagus-sy dish.

The Blue Flax, a dainty wild flower with powerful seeds full of essential oils. Be sure to roast 'em first!

Immature seeds or too many can cause some toxicity.

Oregon Grape, wild roses and their hips, wild oats....

And more and more and more.

And because I wouldn't want to loose any more dear readers, be sure, sure, sure before you eat. One last time, let me admonish us all to consult our expert tomes and/or humans before partaking.

There are so many things to try, so much to learn, so many experiences yet to be had. Let us make a pact here and now, that we will try everything we can, fill our lives to the brim with all this world has to offer, the new and the "usual" both. Each plant is a relationship, a unique sensation, another connection to all that matters, all that the earth regards as holy and worthy of her good efforts. Let us not leave this world, this Paradise, without experiencing everything we can, every earthy delight. Let us not leave empty handed, empty souled.

I exit your paradise with the basket of my senses and soul full, full, full of

the generous wild and the good free nature of this place and its wonderful residents.

Sarajoy's family is whisking her away to Adventure City: Wenatchee, WA, but her e-mail address remains sarajoyvb@yahoo.com.

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## Seeds, Food and People

By Julia Piaskowski, Newsletter Volunteer

Outside on my front porch, I have transplanted two young tomatoes and two basil plants into standing pots. I had previously seeded my two gardens with mustard (to kill weeds) and hairy vetch (to add nitrogen to the soil) and had no room to plant food crops this year. Although I had not done it myself, I appreciated the work someone had put forth to germinate seeds and raise these tomato and basil seedlings to small plants for my use. As small as my gesture is to produce food, it – along with farming efforts worldwide – is meaningful and important. People have to eat.

Unfortunately, our need to consume food does not end with the sowing of seed. There is a long line of post-production processes that must occur (long for the Chilean bottle of wine, short for the local CSA share) from harvesting and storing, to preserving, transporting and selling before food reaches our mouths. Nevertheless, it all begins with the planting of seed.

This essay is the first installment in a four-part series on seed issues – why they are important and relevant to our daily lives. Below, I wish to briefly introduce a few issues focused on what Jack Kloppenburg calls the “irreducible core of crop production” – the seed.

The seed industry, like many global industries, is currently undergoing tremendous organizational changes such as vertical integration, buy-outs, take-overs, and consolidation. Right before our eyes and yet to the notice of few, the supply of seeds is becoming concentrated in fewer hands who continue to expand their reach. The seed company Seminis controls over 20% of the global vegetable seed market (tomatoes, spinach, etc.) according to their own website and is owned by the sustainable agriculture movement’s antithesis, Monsanto.

There has been little discussion if such a concentration of power over our food system is a beneficial situation. If plant seeds truly are “humanity’s common concern” as the UN treaty on

Plant Genetic Resources for Food and Agriculture declared, then shouldn’t we discuss how to use them for the proper public good? And what does use for the proper public good entail?

Despite a general trend towards a few seed companies dominating seed production, we also are witnessing a resurgence of small private seed companies – companies with the motivation and maneuverability to tailor their product to the needs of local producers and consumers. And in the public seed realm, the Pacific Northwest – comprising the three states of Idaho, Washington, and Oregon – is blessed with a strong public seed industry for small grains and legumes.

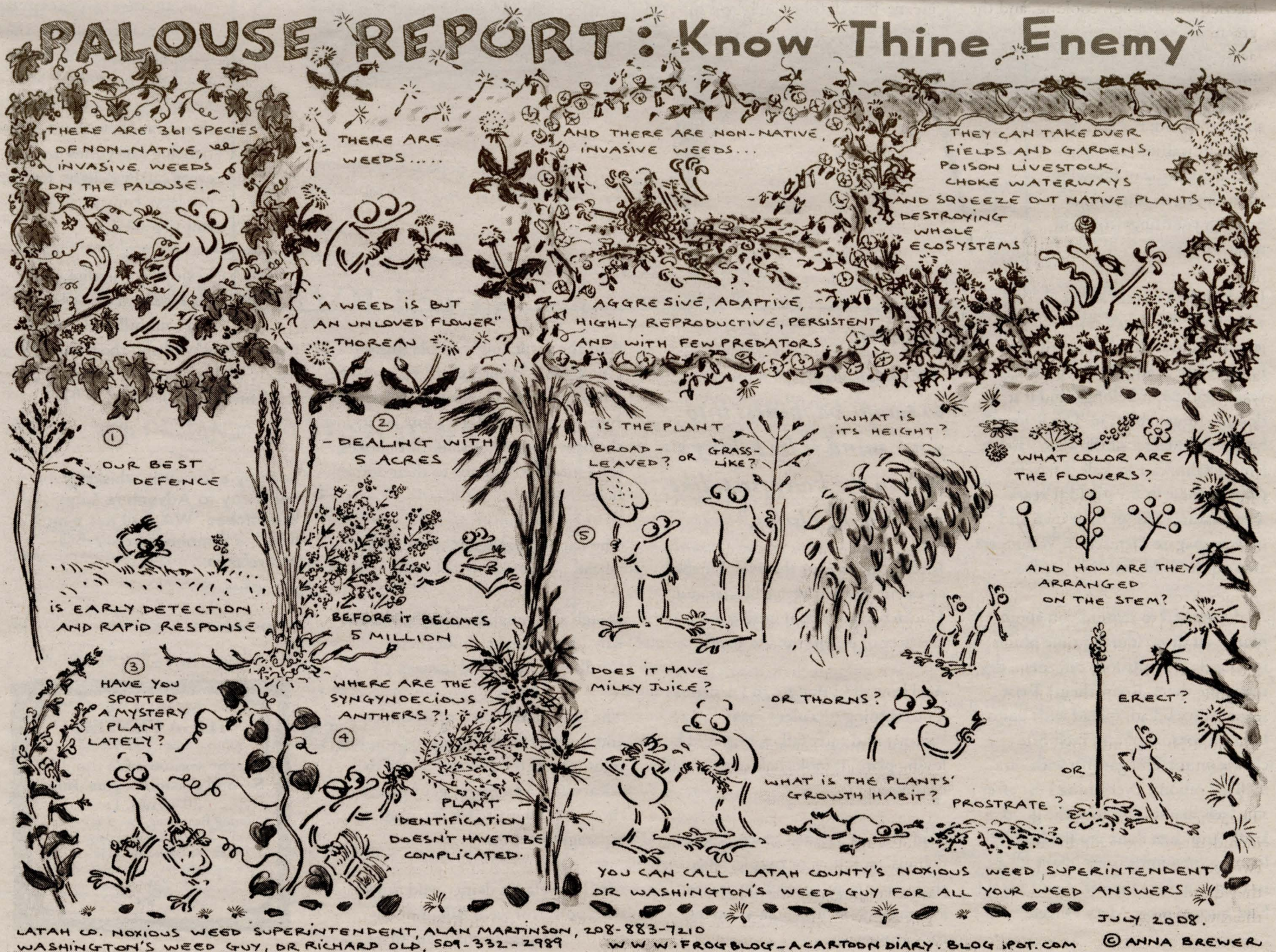
In this series, I will provide a snapshot of the local seed industry, both public and private. I will be drawing from the resources of non-profits, most notably the Organic Seed Alliance ([www.seedalliance.org](http://www.seedalliance.org)), whose website contains numerous publications on saving seeds, conducting on-farm variety trials and links to similar organizations

“Our need to consume food does not end with the sowing of seed. Nevertheless, it all begins with the planting of seed.”

as well as companies offering organic seeds. Another excellent resource on this topic is *First the Seed* by Jack Kloppenburg. Borrowing his title from the motto of the American Seed Trade Association, *First the Seed* is a social history of plant breeding, seeds and biotechnology.

With this series, my intent is to provide you with a sense of the important issues facing something we often take for granted, the seed. Having worked in plant breeding since 2003, I am deeply concerned about control of the world’s seed supply, and I welcome this opportunity to educate others.

Julia Piaskowski is a graduate student in plant breeding at Washington State University. She works with wheat when she is not entertaining her 6-month-old daughter, Suzka.



## Meals Kids Might Eat: Green Smoothies!

By Judy Sobeloff, Newsletter Volunteer

Smoothie prep highlight: When I couldn't find the blender lid and figured it wouldn't make much difference... then watched my 4-year-old jump sideways off the stepstool to dodge flying chunks of frozen mango and parsley particles.

Acrobatics aside, for people who already enjoy fruit smoothies, green smoothies may be an almost seamless way to boost your family's consumption of leafy greens.

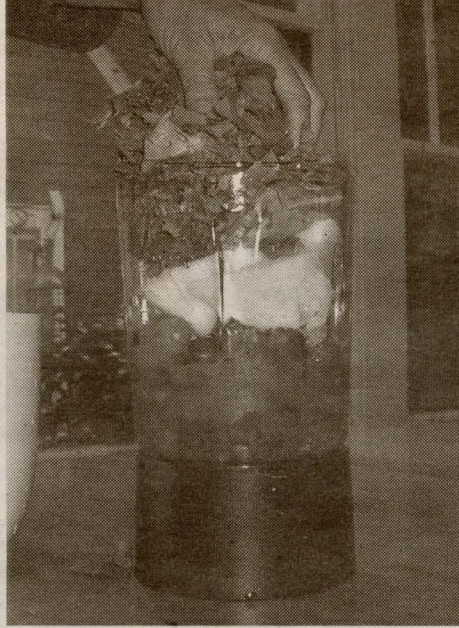
After my children saw friends drinking a Groovy Green smoothie in the Co-op deli, asked to try it and actually liked it, I was inspired to try making green smoothies at home. The big surprise was that our green smoothies weren't green. With the addition of berries, the blended greens were nearly undetectable, at least to the non-suspecting eye. (The deep, rich green of the Co-op's smoothie is due to the presence of wheatgrass and spirulina.)

Some bonus points I gleaned from reading—green smoothies are a great way to eat greens because the greens are raw—nutrients haven't been leached out through cooking, and the greens are consumed without the usual accompanying oil and salt. Unlike juice, smoothies use the whole fruit, which means they are more nutritious (containing fiber), less wasteful, and more convenient (ask anyone who's cleaned a juicer). Also, says Victoria Boutenko, "People told me that after a couple of weeks of drinking green smoothies, they started to crave and enjoy eating more greens." (emax-health.com)

Basic fruit smoothies use juice (usually apple), a banana, any kind of frozen fruit or fresh fruit and ice; green smoothies seem to work with many combinations of greens and fruit. I found helpful suggestions on eatlivingfood.com from Boutenko and on greensmoothiegirl.com. (Watch the three-minute video on this site.)

Armed with a reasonably beefy blender, we invited friends over and served two versions of green smoothies to six kids aged roughly 4 to 7. We tried the less intense version first: apple juice, spinach, banana, frozen strawberries, frozen raspberries and frozen red grapes.

The range of reactions from the kids included two who wouldn't taste it, two who liked it, and two who said they didn't like it but then downed their whole cup.



Cramming in the greens

As for the adults, my friend Lisa noted, "The raspberry seeds camouflage the small flecks of green. It tastes like summer." My friend John added, "It's very good, like a tropical storm. I never had anything like that! I don't get out much."

For the second round, we added collards and kale to the spinach, and substituted pineapple chunks and juice for the apple juice. I planned to add more greens, but all four parents who tasted it cautioned me against this, as a look of panic set in.

Apparently kale is a deal breaker for some people, partly because of the texture. Note that it's recommended to start small with adding greens and then gradually increase over time. While "Green Smoothie Girl" advises working up to a fruit: veggie ratio of 60:40, we probably weighed in around 80:20.

The kids' reactions were again basically favorable, except one child. Her mother exclaimed, "She liked it—look, she drank the whole thing!" only to be informed by her daughter, "No, I dumped it out on the grass."

John called this one "a fruity harvest, very hearty. I think I just need to acclimate my taste buds to it." Fred said, "I really like it. It's got those little veggie bits that kind of grow on you." Lisa pointed out, "Those little flecks of green—if you chew them, it's like a breath cleanser in between sips!"

Next morning I set out to make some green smoothies that were actually green. My 4-year-old, especially excited about this prospect, said, "Maybe it would turn green if we added all the parsley in our yard!" We tried parsley and mango with pineapple juice first and then with apple juice. He liked

### Red (Green) Summer Smoothie One

- ☞ Apple juice
- ☞ Fresh spinach
- ☞ banana
- ☞ Frozen strawberries
- ☞ Frozen raspberries
- ☞ Frozen grapes

Blend well, adjust amounts to taste, and serve immediately.

### Red (Green) Summer Smoothie Two

- ☞ Pineapple juice
- ☞ Fresh spinach
- ☞ Fresh collards
- ☞ Fresh kale
- ☞ Pineapple chunks
- ☞ Frozen raspberries
- ☞ Frozen strawberries
- ☞ Frozen grapes

Blend well, adjust amounts to taste, and serve immediately.

### Mango-Parsley Smoothie

- ☞ Apple juice (or pineapple juice)
- ☞ Parsley leaves
- ☞ Frozen mango chunks

Blend juice and parsley well. Add mango and blend. Adjust amounts and serve immediately.

### Groovy Green Smoothie

(from the Moscow Food Co-op)

- ☞ Frozen banana
- ☞ Frozen mango
- ☞ Orange-mango juice
- ☞ 1 shot wheatgrass
- ☞ A little bit (1 tsp.) spirulina powder

Blend and adjust to taste. (Note that all these ingredients are sold at the Co-op.)



Testers ponder.

both, his older sister didn't like either ("too flaky"), and Fred and I liked both, particularly the apple juice version.

Bright green may or may not go over as well with kids as other popular colors for food such as bright orange or blue, but I am excited to bring green smoothies into our lives, full steam

ahead.

Judy Sobeloff's favorite color is green.

## “Mama Can We Make?": Moonflower Teepee

By Nancy Wilder, Newsletter Volunteer

It's hard to believe it's actually July already. Wasn't it just snowing? Oh, I guess it was. In June. Well nevertheless, it is now officially summer, and officially hot. So I propose a fun project which everyone can participate in, and which will reap rewards of cool, quiet privacy all summer long – and not just during daylight hours. The Moonflower teepee actually shows its truest, most beautiful colors – and scents – after the sun sets. In fact, it seems fragrance is the color of night. When evening comes in the Moonflower teepee, pale flowers that look bedraggled and tired during the day lift their heads, open, and release their potent perfumes. In the cool night air you might spy giant, fairy-like moths flitting about, following invisible pathways of fragrance through the moonlight. Or you may see bats as they careen wildly about in search of insects. Toads and frogs may offer you a moonlight serenade. Any way you slice it, summer nights offer us a rare and precious look into a lively nocturnal world usually beyond our daylight-accustomed senses.

Making the teepee is a fairly straightforward venture. To get started, you'll

need two people and just three ingredients:

- ✦ Five, 6-foot bamboo poles (available at The Natural Abode or other local garden supply store)
- ✦ Heavy hemp twine or other sturdy rope
- ✦ Six moonflower seedlings (or start from seed a few weeks prior)

First, lay the five 6-foot poles on the ground. Tie the rope around them about 1 foot from an end. Hold the poles together, tied end up, and raise them into an upright position in the center of a clear patch of ground. Spread the bottom of the poles apart to make a 4-foot-wide circle. As you do this, the rope at the top tightens and stabilizes the teepee. Make a doorway on the south side by widening the gap between two legs to form an entrance. To support the Moonflower vines as they grow, tie a rope to the bottom of one doorway pole and weave it back and forth around the tent (kids of all ages seem to love this task). As you pass each pole wrap the rope once around it. Spiral from bottom to top,



Kieran enjoys Moonflower teepee before any Moonflower vines.

keeping the rows of rope about 8 inches apart. Turn back when you come to the doorway and continue weaving in the opposite direction.

To plant the Moonflower teepee, dig a hole twice the width and depth of the Moonflowers' root balls. Tuck in the Moonflower seedlings, add soil, and water gently. Moonflowers are often thirsty, so they usually need water daily. As the vines grow, gently guide them onto the poles and ropes of the tent. Your Moonflower teepee is now ready to grow and thrive with your care and patience.

So, if you thought nothing happened in your yard after dark, now you're in for a big surprise. In my experience, kids and grownups alike absolutely love both the process and product of this endeavor. You'll see magic happen and miracles unfold when you plant a garden with night-blooming flowers. Under a full moon, your garden looks enchanted, glowing luminously in the night. Critters you never see in daylight stop for snacks; some stay to raise families. And you'll be able to

watch it all happening from behind the leafy walls of your vine-covered tent. Spread out your flowery welcome mat and wait for darkness to fall. And remember: its summer, the kids can sleep in.

Nancy hopes to sneak out of the house on a midsummer's night to bask in the Moonflower moonlight all by herself. Life is short (and hey, grownups get to use this teepee too).

### Idaho Repertory Theatre

June 26 - August 2

University of Idaho Hartung & Kiva Theatres

#### *Forever Plaid*

Book by Stuart Ross

A delightful musical about a "heavenly" clean cut quartet that celebrates the music of the '50s & '60s.

#### *The Nerd*

by Larry Shue

A side-splitting farce that shows just how far someone will go to get rid of an annoying, obnoxious, and just plain bizarre house guest.

#### *Alexander and the Terrible, Horrible, No Good, Very Bad Day*

Book & Lyrics by Judith Viorst  
Music by Shelly Markham

This entertaining musical follows Alexander as he deals with life's everyday dramas.

#### *Twelfth Night*

by William Shakespeare

A classic comedy full of silly circumstances, mistaken identities, misdirected passions, unrequited love, fools, reveling, and madness! Bring a blanket & a picnic and enjoy it outdoors - under the stars!

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#### *Love Letters*

by A.R. Gurney

July 31 at 7:30 pm

#### *Hate Mail*

by Bill Corbett & Kira Obolensky

August 1 at 7:30 pm

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## DOMA Coffee Roasting Company's Quarter Two Donation Report

By Korrine Kreilkamp, DOMA Coffee Roasting Company

10% of DOMA Coffee Roasting Company's sales at the Moscow Co-op are donated to the Palouse Clearwater Environmental Institute's Village Bicycle Project (VBP).

VBP works to address the critical lack of basic reliable, affordable transport for millions of Africans by transporting donated used bicycles, teaching bicycle maintenance, and by providing tools for bicycle repairs in African Villages.

DOMA's 10% donation for quarter two is projected to be \$250 dollars. DOMA partnered with VBP last December and has since donated over \$570 to the program. This amount is enough for VBP to run eight Women's Bicycle Workshops in Africa.



DOMA thanks the Moscow Co-op customers for their ongoing coffee business and their support in the 10% Program for The Village Bicycle Project. To find out more about VBP and DOMA, take a look at the following links <http://www.pcei.org/vbp> or [www.domacoffee.com](http://www.domacoffee.com). Korrine Kreilkamp 208-667-1267

Korrine Kreilkamp has played an active role in coordinating the collaboration between DOMA Coffee Roasting Company and Moscow's Palouse Clearwater Environmental Institute to help stimulate broader support for the Village Bicycle Project.

## Join in the Solar Cookout Day

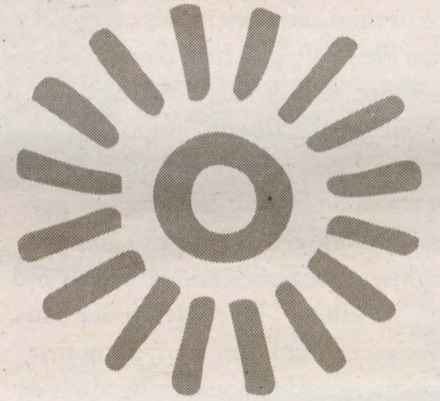
By Sharon Cousins

It's time to start showing the world that solar cooking is an idea whose time has come! Midsummer Saturday (first Saturday in August) will be the date for this grass roots event, so this year's kick-off will be on August 2. Solar cooks will take their cookers to parks, town squares, and other appropriate public places on our new holiday, to celebrate this wonderful technology and to cook where others can see how simple and effective solar cooking technology can be.

Sharon Cousins is working on a group cookout event for the Moscow/Pullman area, which will likely include samples of solar cooked foods for anyone who drops by, as well as information on solar cooking, both at the local level and in the big picture, where solar cooking technology can do more than any other single area of technology to mitigate global warming and dimming. If you would like to join in the group cookout or you would like more information on the new holiday, you can phone Sharon at 208-882-9028,

or e-mail her (with "solar cookout" on the subject line) at [writersguildgal@moscow.com](mailto:writersguildgal@moscow.com)

If you would like to participate but don't yet know how to cook with sunshine, go to [solarcooking.org](http://solarcooking.org) to find out how (try clicking on "Build a solar cooker" for starters... you'll be amazed at how many easy ways there are to get started!) or stop by The Natural Abode in Moscow for information on commercial solar cookers. It's fun to cook with sun!



## Co-op Crossword Puzzle

by Craig Joyner, Newsletter Volunteer

### ACROSS

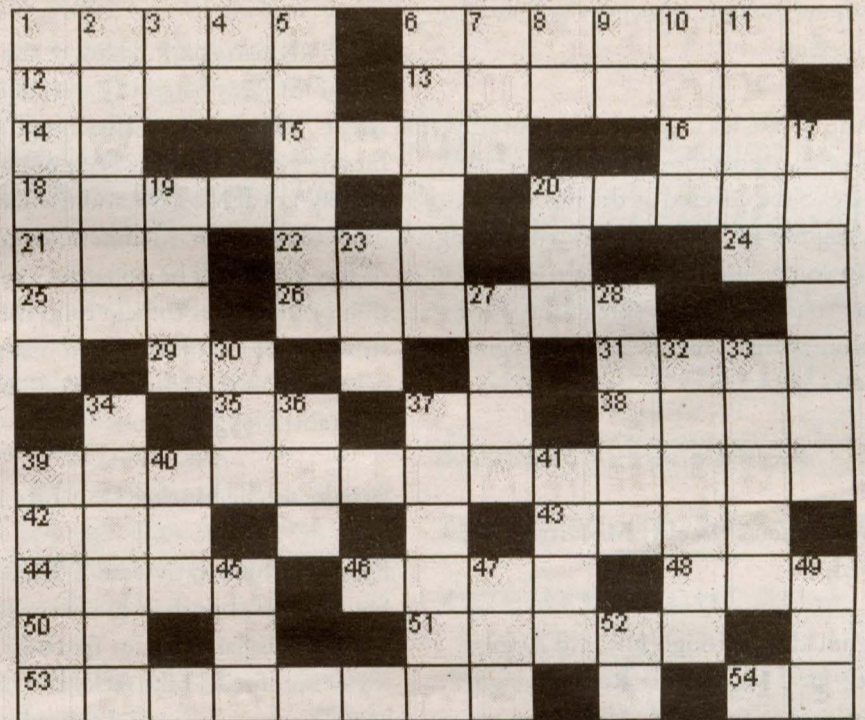
- 1 Single source Theo 84% chocolate bar
- 6 Good luck in Utah to newsletter writer, 1st name, last is 41 down
- 12 June's profiled volunteer, 1st name, last is XXXXX
- 13 One of the four main towns on the Palouse
- 14 Disgusted exclamation
- 15 Rising \_\_\_\_\_ fresh pasta and sauces
- 16 Manipulate or truck
- 18 Whitman County town of 826
- 20 Black tea
- 21 Corrida cheer
- 22 Pungent, bitter herb used in cough drops
- 24 Minuscule amount of liquid, abbreviation
- 25 Shrewd
- 26 \_\_\_\_\_-Lorraine, historic French province
- 29 Airline or compass point
- 31 Antioxidant berry full of vitamin C
- 35 Spanish yes or silicon symbol
- 37 The home of Ben & Jerry's ice cream, abbreviation
- 38 Slant
- 39 Replacement for Naked Juices, \_\_\_\_\_ Organic Juice
- 42 The main ingredient in Finn Crisp crackers

43 Central and South American indigenous people

- 44 Speck
- 46 June's profiled band, 1st name, last is 32 down
- 48 Where cows graze
- 50 Road, abbreviation
- 51 Actor Nick \_\_\_\_\_
- 53 Local indy pop band, they've played the Grower's Market
- 54 Evening, abbreviation

### DOWN

- 1 Norwegian brown cheese
- 2 Last month's profiled employee, last name, 1st is 10 down
- 3 The only state in America where diamonds are mined, abbreviation
- 4 Bismarck is this state's capital
- 5 Central and South American indigenous people and language
- 6 The bakery makes these savory or sweet treats
- 7 Dear
- 8 This state's name means "tribal town" in Creek, abbreviation
- 9 300 Hz to 3GHz, abbreviation
- 10 See 2 down
- 11 Aphorism
- 17 Local klezmer band \_\_\_\_\_ Fish, they play the Grower's Market
- 19 Opener of doors
- 20 Lobbyists group or 80's video



- game icon \_\_\_\_\_man
- 23 Curved culinary knife for chopping herbs
- 27 Traditional south Asian hard wheat flour used in chapatis
- 28 Grass fed and delicious \_\_\_\_\_ Natural Beef
- 30 Cougar country, abbreviation
- 32 See 46 across
- 33 Spirulina
- 34 Japanese car maker
- 36 Mischief maker
- 37 Llama relative whose fur can be made into a luxury wool
- 39 Potato chip in the UK
- 40 Sanction
- 41 See 6 across

- 45 Alias, abbreviation
- 47 Fish that goes with bagels and cream cheese
- 49 Don't mistake this for a sweet potato
- 52 This state's name comes from the Cherokee word tanasi, which means village

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

## Around Town with the Bicycle Brothers: July Events, Meet the Brothers, and a Human-Powered Hero

By Isaak Julye and Emmett Breedlovestrout, Newsletter Volunteers

We're a couple of long-time bike mechanics and frame-builders. We have ridden, walked and bussed for thousands of miles around our community. We're not the only ones; the town is full of people who get around just like us. And there are more people rethinking their transportation choices every day. We'd like to help make it easier and more practical for everyone to lead a healthy and sustainable lifestyle.

*Around Town with the Bicycle Brothers* will be a series of articles dedicated to covering the people, organizations, events and activities in our community that are making alternative transportation not so alternative. We're talking about getting around on foot, by bike, by bus, by carpool or any other mode of travel that doesn't involve one person and one car. We are also going to highlight local recreational events and opportunities—bike rides, trail events, foot races, triathlons—anything that gets us excited about moving around without the assistance of an internal combustion engine. Each month will also feature a profile of someone in our area who is enjoying the Low-Car Lifestyle.

And please let us know what sustainable transportation issues you would like to see covered as the months progress. Have a related event coming up you would like to advertise? Pass it on to us. We'll help spread the word. Contact us at [bicyclebrothers@gmail.com](mailto:bicyclebrothers@gmail.com).

### July Calendar of Events

#### ☞ Women's Weekly Mountain Bike Ride

Thursdays through July and August: 5:30pm. Meet under Rosauers sign, carpool to trailhead. All women of all abilities are encouraged to ride! Contact Aly for more info at [aly@pcei.org](mailto:aly@pcei.org) or 882-1444.

#### ☞ MAMBA Trail Building Party. July 12: 8:45am

Meets at the Rosauers parking lot for a day of work on the latest addition to Moscow Mountain's already extensive trail system. No experience necessary and volunteers have a shot at winning fabulous prizes. Check out [bikemoscow.org](http://bikemoscow.org) for more info.

#### ☞ Bike and Buy Local Summer Fair. July 26: 5-8 p.m.



Emmett and Isaak with a trailer-full of their latest Village Bike Project donation

Old Tidyman's parking lot, at the corner of the Troy Highway and Blaine streets. An evening of live music, bicycle games, food and fun organized by Buy Local Moscow and the Latah Trail Foundation. Member businesses of Buy Local will be donating a portion of their sales to help fund the construction of a trailhead station at the beginning of the Latah Trail. 882-5458 or [latahtrail@gmail.com](mailto:latahtrail@gmail.com)

#### ☞ Bike to the Market Day. July 19

Ride your bike to the Latah Trail Foundation's booth at the Farmers' Market this Saturday for free bike repair and for \$5 bike racks and baskets (free installation!). Limited quantities, so show up early. 882-5458 or [latahtrail@gmail.com](mailto:latahtrail@gmail.com)

#### ☞ Basic Bike Repair Class. July 17 at 7 p.m. and July 20 at 3 p.m.

A great opportunity to learn the basics of keeping your bike rolling smoothly and safely. PCEI Campus, 1014 Rodeo Drive. Contact [vbp@pcei.org](mailto:vbp@pcei.org) or call 330-2681.

### July's Human-Powered Hero

You may have seen John Larkin around town—tall, bearded guy riding an old bike with no hands. And we have all

seen examples of this industrial designer's work—the impressive timber arch at the start of the Chipman Trail. We caught up with John in his top-secret design studio, hard at work on a clay model of an alien baby or maybe a softball mask.

#### How far is your daily commute?

About 16 feet. I work from home.

#### But that must add up...

It's at least a mile per year. If you count trips to the bathroom and letting the cat out.

#### When you're not working how do you get around?

Bike and walk mostly. If you were going to drive downtown, I'd have my bike leaning against a tree and be eating a bagel before you even found a parking spot.

#### So your bike must be pretty special?

Oh yeah. It's an old Bridgestone mountain bike with moustache handlebars from back in my racing days. My sock drawer is full of old medals. Mostly third place.

#### What's the most important piece of

#### bike gear for commuters out there?

Fenders. And lights. And a bike rack. I made my bike the no excuses bike...but it's raining. Oh, I have fenders. But it's dark. Oh, I have lights. But I have stuff to carry. Yep, racks.

#### The Bike and Buy Local Summer Fair is going to help raise money to fund the construction of a proposed trail structure that you designed at the beginning of the Latah Trail. Tell us about it.

It will have the form of an old grain silo that riders and runners pass through at the start of the trail near the old Tidyman's building. Inside will be benches for people to rest on—maybe old tractor seats, to keep with the theme.

#### Heated towel racks and a sauna, too?

Yeah, and maybe a wax museum.

#### When the Bicycle Brothers aren't tinkering with ferrous metals, they have been busy building a state-of-the-art bicycle production shed out of reclaimed timbers.

## Harvest House: Working Towards Recovery

By Sean M. Quinlan, Newsletter Volunteer

This month, in our continuing series on community groups on the Palouse, we direct our spotlight upon an amazing association working in Pullman: the Harvest House.

The Harvest House — known to its members as the “Club” — is a subsidiary of Palouse River Counseling. They are a social services non-profit organization that serves adult people with mental disability. The Club enables them to socialize together and find meaningful work. These activities help members to manage their symptoms and find a path towards recovery.

Club has an astounding 21-year history on the Palouse, of which the last 18 have been spent in a donated residence right across from the Old Grey Church.

“The point of Club is to provide a safe place,” says director David Port. “We want to create a ‘real-time’ environment for our members, something less artificial than the experiences some may have in therapy. It’s a place for honest exchange. It’s there for members to get healthy, whether by keeping up with medication, or by watching emotional miscues, or by assessment.”

Membership in Club is strictly voluntary. Its affiliates usually come from hospital care or therapy. The goal is transitional employment — that is, a work experience that reinforces a sense of individual worth and dignity — as well as building a solid emotional network so participants can get well and manage their illness. These experiences, as Dave stresses, ground Club members and help them move into independent-living situations.



Usually, members start off with a two-hour workday and build up to 20 hours per week, as they develop greater success and self-confidence. These activities are further reinforced within the Club itself, which is divided into two work units that deal with running the snack bar, cooking, bookkeeping, cleaning, doing the newsletter and running the thrift shop.

The results are amazing and gratifying. “To watch the growth and self-assurance is wonderful,” Dave confesses.

“You have to remember that you’re interacting with real people,” he continues. “The people in Club are very candid. There’s no facade. They are who they are. Often, you can see right into their hearts. And it’s great to appreciate the gifts right in front of you, and to see the real person.”

Readers interested in helping Harvest House can contribute in a number of ways. A central part of the Club’s activities is the daily meal, and here voluntary organizations like the Backyard Harvest are of great help. Members learn to cook with good nutritional

food, share in the common meal and transfer skills from one another.

Moreover, local businesses in Moscow and Pullman can also participate in Harvest House’s program by offering employment opportunities.

“Club members are very reliable and very dependable,” Dave remarks. “They don’t miss work, and we plan carefully so we can always substitute out. Employers are never left short handed. We’ve all pitched in, and I’ve even scrubbed dishes on occasion!”

There’s also the thrift shop that is run out of the back of Club. It recycles absolutely everything. Members sort, clean and process items; and it also provides furniture for members as they establish their own living arrangements. Everything is put to use, and is not re-sold for profit. Donations are always welcome.

Harvest House is a truly exceptional association on the Palouse, providing its members with a warm and caring environment and wonderful opportunities to grow and get better.

Dave reflects on the challenges and rewards of directing the Club. “No two days are the same, so you really need to be able to laugh and be humorous about things. People have a tendency to over-analyze things, so it’s good to get away from that.


“Society is so over-achieving, and many of our ideals are unrealistic,” he concludes. “But we all have gifts we can offer. And we see them in abundance here.”

You can find out more about Harvest House on the Web, at [www.harvest-houseclubhouse.com](http://www.harvest-houseclubhouse.com), or you can contact director David Port at [harvest-houseclubhouse@yahoo.com](mailto:harvest-houseclubhouse@yahoo.com).


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Sean M. Quinlan is a historian of science at the Uofl.

“Harvest House is a truly exceptional association on the Palouse, providing its members with a warm and caring environment and wonderful opportunities to grow and get better.”

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## Midsummer at Affinity

By Kelly Kingsland

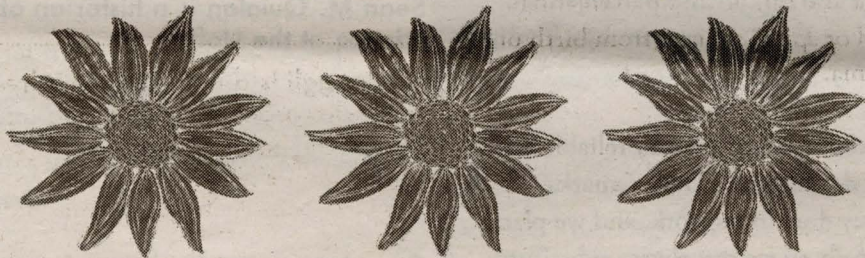
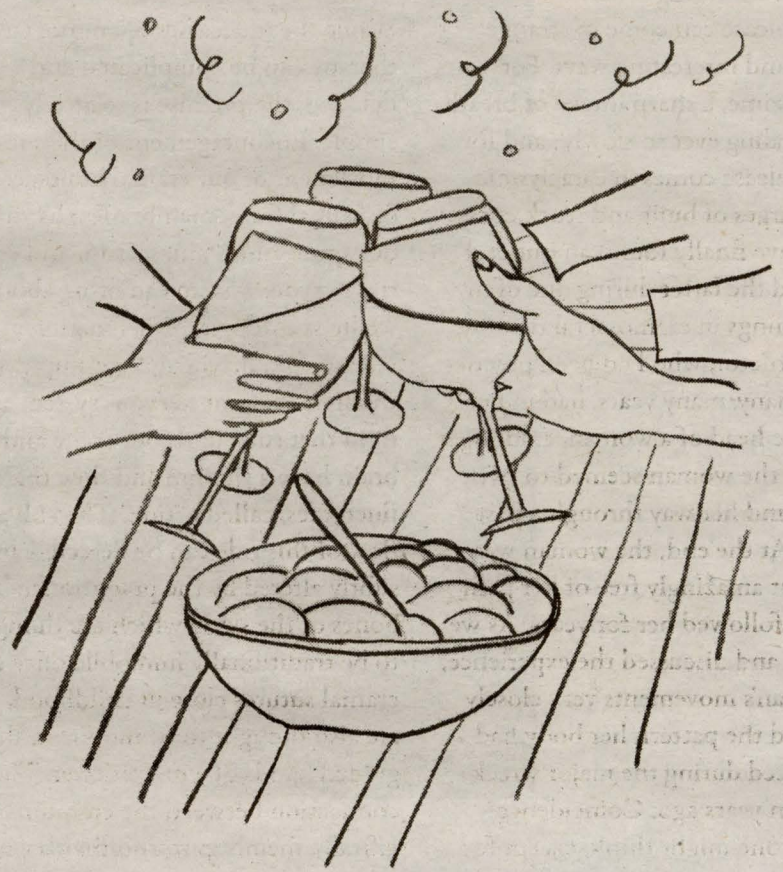
When Russell and I first named our farm Affinity it was in part to speak of the relationship we foresaw having with the community. For those of you who don't know, Affinity Farm is located just north of PCEI, within the city limits of Moscow. For seven years now we have been growing vegetables and selling them at both local farmers markets and to the Co-op. While this has proved to be a very fulfilling endeavor, we also have had the feeling that we would like to deepen the farm's relationship with the community.


To that end, we have decided to host an on-farm dinner. This dinner, which hopefully will be the first of many, will be a benefit for Rural Roots. Based in Moscow, Rural Roots is a non-profit works to support and facilitate the success of small sustainable and organic farms and ranches throughout Idaho, eastern Oregon and Washington. To learn more about Rural Roots (and to buy a ticket to the dinner) visit their

website: ruralroots.org. They do good work, and it feels good to be giving back to an organization who has done so much for our local food systems.

The dinner itself should be a blast! It will take place on July 27 from 5-8 p.m. Beth Gibbans, a organic farmer and chef from Joseph, Oregon, will prepare the meal. She is a renown chef and caterer, and we are exceedingly lucky to have her volunteer her skills for this event. Using vegetables from Affinity and the WSU Organic Farm, and meat from Eaton Natural Beef, the meal will be scrumptious. We'll have music, a silent auction, and a self-guided tour of the farm. A few of our farm's friends will speak about sustainability and locavorism. Of course all of your friends will be there. Please join us.

**Kelly Kingsland believes that eating local food is a vital form of activism.**





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## Choices in Wellness: Craniosacral Therapy

By Dr. Angila Jaeggli, Newsletter Volunteer

Release can come in strange and interesting ways. For some, a sharp intake of breath, then exhaling ever so slowly; and for others, release comes in cataclysmic waves, surges of built and stuck energy which have finally found an outlet. I witnessed the latter during one of my first trainings in craniosacral therapy. The instructor, who had been practicing for many, many years, had in her hands the head of a woman, cradling it gently as the woman seemed to twist and unwind her way through a past trauma. At the end, the woman was spent, but amazingly free of her pain that had followed her for years. As we explored and discussed the experience, the woman's movements very closely mimicked the pattern her body had experienced during the major wreck she was in years ago. Coincidence? Possibly, one might think, except for witnessing it time and time again in other trainings and experiences.

Craniosacral therapy was developed by an osteopathic physician, Dr. William Sutherland, in the early 1900s and further expanded by another osteopathic physician, Dr. John Upledger. Dr. Upledger performed research exploring the nuances of craniosacral therapy and established a well-known training center, the Upledger Institute.

While the intricacies of craniosacral therapy can be complicated and detailed, the premise is relatively simple. Encouragement of the subtle movement of our cranial bones, cerebrospinal fluid, membranes that line our spine and brain, sacrum and central nervous system can bring about wellness through less stagnation and release. Ok, maybe not so simple. It is thought that our nervous system and fluid that surrounds our spine and brain have a rhythm and flow that fluctuates, called a 'tide.' The ebb and flow of this tide can be detected and subtly altered by the practitioner. The bones of the skull, which are thought to be traditionally immobile once the cranial sutures close in childhood, are also thought to be mobile in the guided hands of a practitioner. The connection between the cranium, specifically the occiput, and the sacrum is established by the link of our dura, the fascia (or connective tissue), which lines the brain and spine. Therefore, our skull can be affected by changes to our sacrum and vice-versa.

Where all of this becomes important is when our head, spine, pelvis, nerves or muscles (or any part of musculoskeletal system, for that matter) becomes injured or traumatized, the pattern of our injury can become "stuck" like a bad memory in our tissues. This is

our beloved 'muscle memory' gone dysfunctional. The trauma need not be only physical in nature. Emotional trauma can also become stuck and stagnant, resulting in discomfort and possibly long-term physical or emotional pain.

A typical treatment of craniosacral therapy begins much like a massage. You are relaxed and lying down while the practitioner moves from head-to-toe, addressing the rhythm in your cranium and spine, along with areas of stagnation and blockage. The practitioner then decides which areas need the most attention in that session and spends time releasing blockages, reestablishing fluid rhythms, lengthening the spine and opening up the sacrum. The experience is typically quite calming and relaxing, and many people feel a sense of being connected within, as well as lighter on the emotional and physical plane. Craniosacral therapy has also been quite effective in children, and can be useful in treating head or spinal injuries from birth or trauma.

There are many practitioners of craniosacral therapy available in the Moscow-Pullman area. Many massage therapists, physical therapists, osteopathic and naturopathic physicians become certified and offer craniosacral

*"While the intricacies of craniosacral therapy can be complicated and detailed, the premise is relatively simple. Encouragement of the subtle movement of our cranial bones, cerebrospinal fluid, membranes that line our spine and brain, sacrum and central nervous system can bring about wellness through less stagnation and release."*

as an adjunctive service. To find a local practitioner, contact the Chamber of Commerce or a local health practitioner you trust.

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

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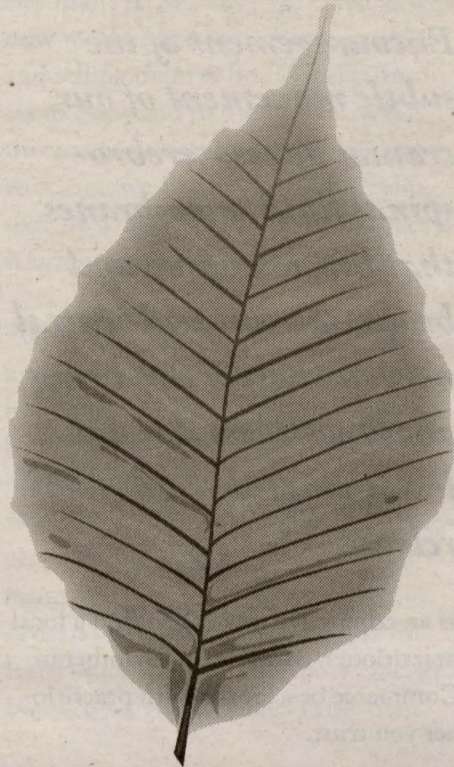
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## Moscow: Striving for Sustainability

By Heather Smith, Moscow Sustainability Intern

What does sustainability mean to you? What does sustainability mean to our community? This conversation is taking place in local governments



all over the United States. A sustainable Moscow will be more resilient to changes in the climate and the economy, while fostering strong community connections. Environmental, economic and social sustainability are inseparable. One example is our local Farmers' Market. Economic sustainability is facilitated by spending money locally, on local and regional businesses, artisans and farmers. The diversity of the crowd attending our Farmers' Market contributes to social sustainability via relationship-building and exposure to a variety of world-views. Through that interaction, we are reminded that choices we make and actions we take affect individuals, our community and the planet. For example, locally-produced fruits and vegetables usually have a smaller carbon footprint than produce shipped from thousands of miles away, and the dollars spent on them are more likely to be reinvested locally.

The City of Moscow has shown a commitment to sustainability by joining ICLEI-Local Governments for Sustainability. ICLEI is a membership organization of over 815 local governments. Moscow is joining the global community in working toward carbon reduction by becoming a member of ICLEI. ICLEI provides Clean Air and Climate Protection software and technical support to members. Part of my job as the Sustainability Intern for the City is to collect and enter data regarding Moscow's energy consumption and waste production. When this step is completed, the City will set a logically derived carbon-reduction goal and take methodical steps to lower carbon emissions.

In future articles, I will continue to let you know what the City and community of Moscow are doing to increase our environmental, economic and social sustainability. Please contact me at [hsmith@ci.moscow.id.us](mailto:hsmith@ci.moscow.id.us) or 883-

*"A sustainable Moscow will be more resilient to changes in the climate and the economy, while fostering strong community connections. Environmental, economic and social sustainability are inseparable."*

7122 with your ideas.

Heather enjoys drinking coffee and going on walks with her family when not working towards sustainability and studying Landscape Architecture at the University of Idaho.

## Pullman Citizens Work to Eliminate Free Plastic Bags

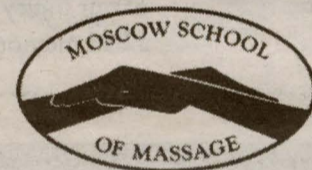
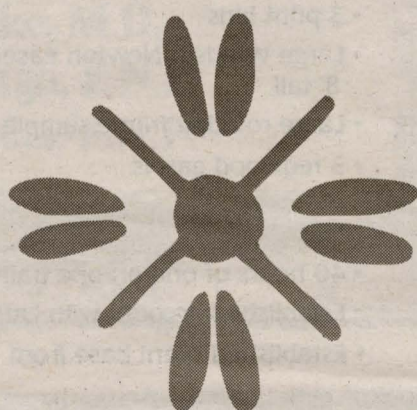
By Chuck Pezeshki

A group of Pullman citizens have started a campaign to eliminate free plastic bags from Pullman retail outlets. Started by Liz Siler, an English instructor at Washington State University, the group consists mostly of members of the WSU community, but is open to all concerned citizens. The group has proposed a tax of 20 cents per bag to be considered by the Pullman City Council, which will take up the issue at the end of August. Such taxes have been demonstrated to eliminate up to 95% of plastic bag waste.

While in use for the last 50 years, it is only in the last 20 years that the current "carrier bag" form has become so popular. Besides being windborne litter, the bags are hazards to wildlife. They never decompose completely, only breaking down into oily micro-particles that spread across the landscape. Many plastic bags end up in the ocean, and can end up in unlikely places like the bellies of sea turtles that believe the bags are jellyfish, a favored food. There are currently 6 lbs. of plastic bags for every 1 lb. of zooplankton, the primary food element, in the ocean.

The concept of elimination of free plastic bags through a variety of means is not a radical one. Major metropolitan areas in the U.S. such as San Francisco already have their plastic bag ordinances in effect, and countries around the world, from Ireland to China, have implemented bans.

A ban in Pullman is a great start for cleaning up the Palouse from this latest environmental scourge. But it is going to be largely incomplete without participation from the Moscow community. We would urge our neighbors to the east to form their own coalition to work on this issue and come up with a similar solution. For information on the efforts in Pullman, contact [kellypez@yahoo.com](mailto:kellypez@yahoo.com) (Kelley Racicot).



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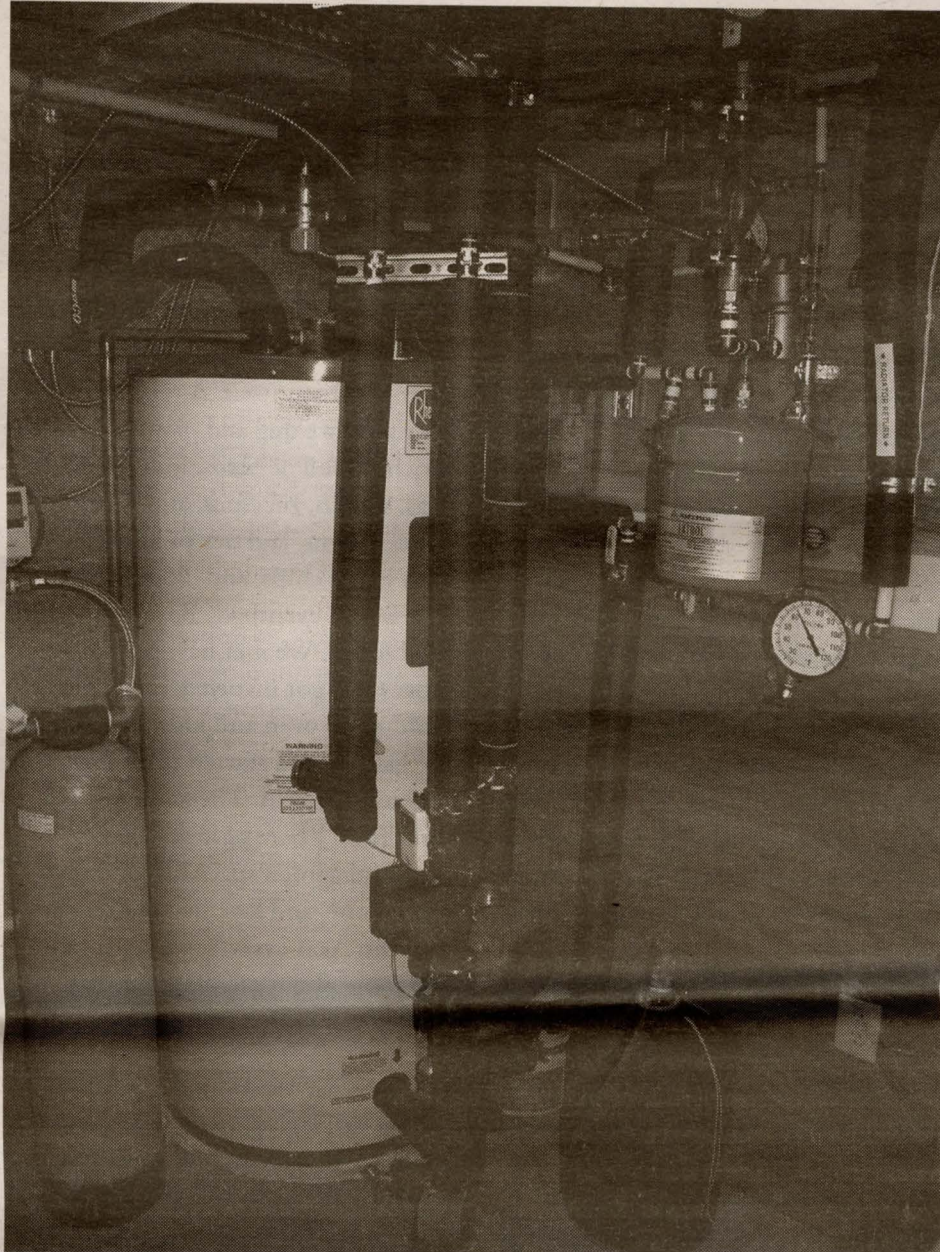
## The Sustainability Review: Our Solar Hot Water System, Part 2 of 2

By Mike Forbes, Newsletter Volunteer

Wow, what a spring. Little sun, and our heat and electricity generating systems sat idle most days. They are starting to perk up a bit and provide the hot water and electricity we hoped for. Last month, I left off finishing the mounting of the panels and installation of the tanks. That was last fall, leaving the remainder of the system to be finished in the comfort of our home during the winter.

I spent many days fishing wires and pipes through small spaces. One drawback to small homes that utilize every space is that there are fewer places to run utilities. I recommend installing some sort of chase in a small new home that connects the lowest level and the roof if you plan on installing renewable energy systems in the future, unless you mind looking at pipes and wires in the living space.

Our system utilizes two types of pipe: PEX and copper. PEX is easier to work with than copper, but can't withstand high temperatures like copper. What is high? PEX fails at 180°, which is much higher than domestic hot water systems, but solar hot water systems can climb over 200° in full sun. Most installers recommend installing copper pipe from the panels to the tank and using PEX for runs between



tanks and in the domestic supply system. In our system, I ran copper from

the roof to the upper tank and PEX from there to the basement storage and domestic tank.

Once all the pipes were run and connected to each of the pumps, I began the process of installing the electrical system to tell the pumps when to turn on and off. The heart of the SDHW system is the controller. The controller has a number of sensors to detect temperature at various points in the system. Typically, you have a sensor on the panels and one in the storage tank. Our system has four: one on the panels, two in the solar storage tank (high and low), and one in the domestic hot water tank. Since our system has two tanks, we have to control not only pump-flowing water in the panels, but also the water that circulates between the two tanks. We used a controller made in Germany called the Delta Sol. I highly recommend it, as it lends itself to many designs and even offers the ability to collect information via your computer. The way our system work is as follows: If the sun is shining and the collectors are warm, the solar pump kicks on and circulates water through the panels and the storage tank. Once the storage tank is 120° and the domestic tank is less than 110°, the

*“It is a relatively simple system and has been working well for several months now. After about 4-6 hours on a sunny day, both of our hot water tanks are 155°.”*

pump that circulates water between them turns on. Once the water in the domestic tank reaches 155°, the pump turns off, and once the water in the storage tank reaches 165°, the solar pump turns off. I should mention that the water that is in our domestic tank doesn't ever touch the water elsewhere in the system. It is isolated from it by heat exchangers because the fluid in the system has a mild, non-toxic anti-freeze solution in it. We sure wouldn't want that mixing with our water, would we?

It is a relatively simple system and has been working well for several months now. After about 4-6 hours on a sunny day, both of our hot water tanks are 155°. On a partly sunny day, the system will cycle on and off and will bring all the water in the system to about 130°.

One thing I wasn't aware of with a drainback system is that the water that returns from the solar panels does so in a forceful manner, creating a loud coffee percolator effect in the tank. I'm use to the sound now, but have plans on putting sound deadening around the tank to minimize it. Installing the sound deadening ahead of time would have been very easy to do. Most solar hot water systems don't have to worry about this noise issue since they are typically a pressurized glycol system.

Mike and his family are enjoying the longer days and mild temperatures of springtime.

| July Hot Specials  |   |
|--|---|
| Breakfast / Lunch  | Dinner  |
| <b>SUNDAY</b>  |   |
| Stuffed French Toast, Homefries  | Baked Crispy Chicken, Baked Herbed Tomatoes, Smashed Roots, Apricot Almond Rice Pudding         |
| <b>MONDAY</b>  |   |
| Gourmet Pizza by the Slice   | Paella, Veggie Paella, Mean Greens, Raspberry Mango Crisp                                       |
| <b>TUESDAY</b>   |   |
| Pad Thai Noodles, Chicken Satay, Sesame Snap Peas, Stone Fruit Cobbler with Ginger   | BBQ Night!!!<br>BBQ Chicken, Tempeh Kabobs, Burgers, Bratworsts                                 |
| <b>WEDNESDAY</b>   |   |
| Mac and Cheese, Charred Green Beans, Garlic and Rosemary Potatoes  | Chicken Florentine, Stuffed Zucchini, Spinach and Mushroom Risotto<br>Molten Chocolate Cake     |
| <b>THURSDAY</b>  |   |
| Smothered Burritos:, Chicken, Veggie, Vegan, Green Chili Chix Enchiladas   | Mango Coconut Stirfry, Eggrolls and Brown Jasmine Rice, Peking Chicken<br>Raspberry Mango Crisp |
| <b>FRIDAY</b>  |   |
| Chicken and Broccoli Foldovers, Roasted Veggie Foldovers, Mean Greens, Vanilla Peach Bread Pudding   | Gourmet Pizza by the Slice  |
| <b>SATURDAY</b>  |   |
| Chicken Fried Steak, Homefries, Egg Scramble, Tofu Scramble<br>Lunch: Baked Three Cheese Ziti and Baked Ziti with Sausage<br>Stone Fruit Cobbler with Ginger | Italian Sausage Lasagna, Roasted Summer Squash Lasagna, Garlic Bread                            |

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## Adventures in Organic Community Gardening

By Megan Prusynski, Newsletter Volunteer. Originally published on EatDrinkBetter.com.

There are many sustainable options when it comes to putting food on the table, from eating organic to choosing locally grown foods to avoiding animal products. But there's nothing quite as truly sustainable, satisfying, and tasty as growing your own organic food. What follows is my homegrown experience in community gardening.

After traveling around in a veggie oil and biodiesel powered "volksvegan" for most of last year, I was eager to have a garden again (not to mention an actual kitchen). It didn't take long in our small town to find a wonderful non-profit organization teaching organic food production classes and get involved. Before long we were starting seeds in a greenhouse, not quite sure where we'd be planting them when they were sprouted. Luckily, the organization, Noyo Food Forest, was just breaking ground on a new community garden, and we jumped at the chance to get our hands dirty and grow some organic food.

Our gardening experience in coastal Northern California has been quite an experiment. After growing up in the hotter and dryer climate of Idaho, gardening on the coast took some getting used to. But we discovered that with some fertile soil, organic seeds, a few helpful people, and the labors of love, we could grow a bounty of fresh organic produce and community at the same time.

Community gardens are an ideal situation for people like my partner and I that don't have ideal garden space at home. Our house in the redwood forest doesn't get much sun, so renting an 8' x 20' plot in the community garden just down the road from us worked

out perfectly. In addition, we planted kitchen herbs and a few veggies in pots in the few sunny spots in the yard. Seeds were started in Noyo Food Forest's greenhouse and we used a desk under a south-facing window and a small plant light to keep the seedlings happy until May, when we could plant them outside.

Community gardens come in many forms and sizes, depending on the people who organize them. Luckily for us, the Noyo Come-Unity garden we became a part of was just getting started when we moved here, so we were able to be involved in the process from the beginning. Along with other gardeners, we cleared the land, had dead trees cut down, split up and hauled the wood, had a bonfire with the rest, put up fences and gates, planned out a garden design, built compost piles, and dug in. We all decided to have individual/family plots as well as community beds, where we could grow food for the food bank and other local organizations. We share tools, knowledge, ideas, and general garden chores and each maintain our own plots. Once a week, we have work days where we plan and work on the garden together.

We got involved in the process in February. By mid-May, plots had been assigned, and each family weeded and double-dug their beds to prepare the fertile soil. We learned about compost and organic soil amendments as we got ready to plant. I drew up a plan and bought organic seeds for our plot, and then the fun part began. We transplanted broccoli, mesclun greens, bush beans, spinach, and a few beneficial herbs we had started from seed into neat rows. We got other starts at the local farmer's market: corn, cabbage, eggplant, squash, brussels sprouts,

asian greens, tomatillo, lettuces, leeks, onions, fennel, and cauliflower. And we started zucchini, cucumbers, radishes, carrots, peas, and green onions from seeds. Using the guidelines of some organic gardening books and the back of seed packages, we filled in the garden, watered it, and waited to see what would happen.

As our garden grew, so did the community garden itself. A tool shed was built, and we dug and planted community beds full of herbs, flowers, beans, peas, squash, zucchini, and greens. We painted signs, laid out paths covered with wood chips, and cleared areas that would eventually be a community food forest. We met new people as more folks got involved, made plans to build a cob oven and kids' play area at the garden, and started planning a drip irrigation system. The garden space went from a bare plot of weeds to a beautiful garden space full of organic food, hope, and love in a matter of months. As it evolves, we learn more and more about growing our own food as well as building community.

Our first harvest from our plot was a large handful of asian greens and a few huge leaves of bok choy. But it was more than a simple salad: it was our first homegrown, completely local, fresh from the garden meal of the spring. It symbolized a lot of hard work and dedication, and it was only the beginning. By June we were harvesting a large salad of mixed greens, spinach, bok choy and radishes every other day. We began re-seeding and filling in the few blank spots in the garden as we harvested. We mulched our plot to conserve water, weeded it every week, and picked fresh produce as we worked. The best part was that none of this seemed like work, not



Corn, peas, broccoli, cabbage, and more growing in our little section of the community garden.

even shoveling wheel barrel loads of compost and manure!

As food and transportation prices rise, more and more people are discovering the health and environmental benefits of organic and locally grown food. The natural progression of this awareness is to bring it back home. I am starting to see a resurgence in gardening, and am happy to witness an era when growing your own food is once again becoming popular and even hip. Whether you have a collection of pots on a sunny patio, a backyard, or a community garden to work with, all it takes to start growing your own food is curiosity, a willingness to experiment, and a bit of dirty work. Growing your own is not only a sustainable way to be more self-sufficient, it's a lot of fun. There's nothing quite like that first harvest of fresh veggies picked straight from the earth. So dig in!



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By Chris Sokol

*I think it is good that books still exist, but they do make me sleepy.*”

—Frank Zappa

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**The Story of Edgar Sawtelle** by David Wroblewski. The saga of a Wisconsin family that captures the ancient alliance between humans and dogs through a boy's epic journey into the wilderness.

**Wit's End** by Karen Joy Fowler. The author of *The Jane Austen Book Club* poses the question What happens when your readers steal your characters?

### Nonfiction:

**The Good House Book** by Clarke Snell. A common-sense guide to alternative homebuilding.

**Greening Your Office** by Jon Clift & Amanda Cuthbert. An A-to-Z guide for offices of all sizes.

**Guide Book to Activities On and Around the Palouse** by Dan Shanahan. Tips and maps for enjoying the local outdoors.

**Just How Stupid Are We?** by Rick Shenkman. Facing the truth about the American voter.

**The Man Who Loved China** by Simon Winchester. The fantastic story of the eccentric scientist who unlocked the mysteries of the Middle Kingdom.

**More Straw Bale Building** by Chris Magwood, Peter Mack and Tina Therrien. A complete guide to designing and building with straw.

**Natural Beauty Recipe Book** by Gill Farrer-Halls. How to make your own organic cosmetics and beauty products.

**Natural Beekeeping** by Ross Conrad. Organic approaches to modern apiculture.

**Natural Remodeling for the Not-So-Green House** by Carol Venolia and Kelly Lerner. Bring your home into harmony with nature.

**Northwest Green Home Primer** by Kathleen O'Brien and Kathleen Smith. Ideas for building, remodeling, and buying green.

**Nursing Mother's Guide to Weaning** by Kathleen Huggins. How to bring breastfeeding to a gentle close.

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**Physics of the Impossible** by Michio Kaku. A scientific exploration into the world of phasers, force fields, teleportation, and time travel.

**Sharing the Harvest: A Citizen's Guide to Community Supported Agriculture** by Elizabeth Henderson with Robyn Van En. One solution to globalization of our food supply: CSA creates partnerships between local farmers and nearby consumers who become member-supporters of the farm.

**When You Are Engulfed in Flames** by David Sedaris. In his sixth book of essays, Sedaris proves that when you play with matches, you sometimes light the whole pack on fire.

### CD:

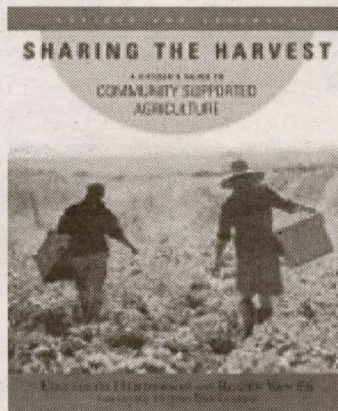
**When the Soul is Settled: Music of Iraq** by Rahim Alhaj. Tradition meets modernity through the oud and Near Eastern percussion.

### DVD:

**Ayame** (U.S., 2007) Moscow-based Village Bicycle Project partners with Boston-based Bikes Not Bombs to send containers of recycled bicycles to rural Ghana to fill the villagers' need for transportation and positive community development.

**The Business of Being Born** (U.S., 2007). A must-see for every parent-to-be about the various options available when preparing for this special event.

**The Diving Bell and the Butterfly** (France, 2007) In 1995 the editor of *Elle* magazine suffered a stroke that paralyzed his entire body except his left eye, which he used to blink out his memoir.



**Flock of Dodos** (U.S., 2006) A light-hearted take on the culture wars, tweaking egos and poking fun at both sides of the evolution-vs.-intelligent design debate.

**Los Muertos** (Argentina, 2003)

Shot in the Argentine jungle, a coolly hypnotic investigation into the boundaries between nature and civilization, and the violence that lurks within both.

**Moscow Renaissance Fair: The Movie** (Moscow, 2008) You don't need to wait until next spring to share in the history and joy of this community celebration, ongoing since 1973.

**Saawariya** (India, 2007) A shy musician's chance encounter leads to four unforgettable nights filled with music, passion, and romance.

Chris Sokol is the Adult Services Librarian for the Latah County Library District and advises you to solve your sleep problems, find riveting reads, and delve into rewarding films by visiting [www.latahlibrary.org](http://www.latahlibrary.org).

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## Kenworthy Performing Arts Centre

Your Downtown, Community Theater

|  |            |
|--|------------|
| <b>Speed Racer (PG)</b>  | July 5-6   |
| <i>US Bank presents</i>  |            |
| <b>Horton Hears a Who (G)</b>                                    | July 9     |
| <b>Indiana Jones and the Kingdom of the Crystal Skull (PG13)</b> | July 10-13 |
| <i>Allegra Print &amp; Imaging presents</i>                      |            |
| <b>Nim's Island (PG)</b>   | July 16    |
| <b>The Visitor (PG13)</b>  | July 18-20 |
| <b>Chronicles of Narnia: Prince Caspian (PG)</b>                 | July 23-27 |
| <i>Avista presents</i>   |            |
| <b>Bee Movie (PG)</b>  | July 30    |

Call or visit our website for times and ticket info

[www.kenworthy.org](http://www.kenworthy.org) • 882-4127 • 508 S. Main Street



# Bulletin Board



MOSCOW FOOD CO-OP

Moscow Food Co-op  
121 East Fifth  
Moscow ID 83843

## Co-op Events

### Art at the Co-op

The Moscow Food Co-op welcomes photographer Donal Wilkinson whose work will be on display the Co-op's deli gallery through July 31.

### Tuesday Night Music Series 6—8pm

The free, live music performances coincide with Tuesday Night Tacos at our hot deli bar; fish, beef, and vegetarian options are available.

- July 1 Tendai Muparutsa and friends: An eclectic blend of original and traditional Afro-centric music.
- July 8 Milo Duke: 'Psychobilly' acoustic indie rock.
- July 15 Brian Gill and Katrina Mikiah: Heartfelt acoustic folk, originals, and other Americana.
- July 22 Daniel Mark Faller: Original Idaho country songs with a touch of rock & roll flavor.
- July 29 Natalie Rose: Stirring Jazz, Soul, and Blues tunes with a velvet voice.

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

Children and their caregivers are welcome for the following Co-op Kids activities. Co-op Kids events are all free, with snacks and materials donated by the Moscow Food Co-op.

- July 8:** Meet at Friendship Square in downtown Moscow to play outside.
- July 22:** Meet at the Moscow Food Co-op Café or, weather permitting, at the front picnic tables to make fresh fruit salads.

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

## Community Events

### Concert in the Country Saturday July 5, 6pm

Concert with Douglas Cameron at Red Barn Farms, 1 Mile North of Colton, off 195  
Tickets \$8 (Kids under 12 free)  
[www.red-barn-farms.com](http://www.red-barn-farms.com) ☎ 509-995-6335

### HAI Plaza Concert

**Monday July 7, 6—8pm**  
Free jazz music from the Dozier Duo at the second Plaza Concert of the season. Food will be for sale from Patty's Kitchen. ☎ 669-2249

**Palouse Folklore Society  
Saturday July 12, 7.30pm (potluck 6.30pm).** Contra Dance with music by Roger and Rena and calling by Nora Scott at the Blaine Schoolhouse.  
[www.palousefolklore.org](http://www.palousefolklore.org)

**Red Barn Farms Summer Festival**  
July 26 & 27 | 10-6 both days | 1 mile N of Colton, off 195. Fresh U-Pick Veggies, Vintage Antiques and Kids Activities, Hay Rides & BBQ. Weekend Admission \$12 Family of 4.  
[www.red-barn-farms.com](http://www.red-barn-farms.com)

**"Midsummer at Affinity"**  
Sunday, July 27, 5—8pm  
Affinity Farm-Rural Restaurant  
Dinner \$50 donation per person  
[www.ruralroo.com](http://www.ruralroo.com)

**PCEI Biking Events  
Women's Mountain Biking**  
Thursdays in July & August  
Meet under Rosauers sign at trailhead. Aly at [aly@pcei.org](mailto:aly@pcei.org) 1444.

**MAMBA Trail Building Party**  
July 12, 8.45am  
Meet at the Rosauers parking lot for a day of work on the latest addition to Moscow Mountain's already extensive trail system.  
[bikemoscow.org](http://bikemoscow.org)

**Bike and Buy Local Summer Fair**  
Saturday July 26, 5—8pm  
Old Tidyman's parking lot, at the corner of the Troy H'Way & Blaine streets. Live music, bicycle games, food and fun.

**Bike to the Market Day**  
Saturday July 19th  
Ride your bike to the Latah Trail Foundation's booth at the Farmers Market for free bike repair and bike racks and baskets (with free installation!). Limited quantities available up early.

**Basic Bike Repair Class.**  
July 17, 7pm and July 20, 3pm  
A great opportunity to learn the basics of keeping your bike rolling smoothly and safely. PCEI Campus, 1014 R. Contact [vbp@pcei.org](mailto:vbp@pcei.org) or ☎ 330-2681.

**Food Allergy & Intolerance Group**  
Is your family cooking with a special diet in mind? Please come join us for this fun, relaxing get-together that meets on the third Thursday of each month. Raechel: ☎ 882-7387 or [raechel.medina@gmail.com](mailto:raechel.medina@gmail.com)

**Dahmen Barn Events**  
**Sunday, July 6, 1—4pm**  
Opening of July art exhibit, "Three to Draw Too" with three local artists.  
**Saturday, July 12, 7.30pm**  
Palouse Country Cowboy Poetry Association benefit performance.  
**Saturday July 12, 11am—2pm**  
Lavender Tea at the Dahmen Barn  
**Saturday July 19, 7.30pm**  
PhilHarmonica in concert

**Community Labyrinth Circle and Walk for Peace**  
**Friday August 1, 7 pm**  
Trinity Lutheran Church Labyrinth  
1300 NE Lybecker Rd, Pullman

**Vigil for Peace**  
**Moscow: Fridays 5.30pm**  
Ongoing since November at Friendship Square for peace, encouragement, and action.  
Dean or Lisa Stewart  
☎ 882-7067, [sperrin@moscowfood.coop](mailto:sperrin@moscowfood.coop)

**Pullman: Friday July 12, 12.45pm**  
Under the clock by the Pullman  
☎ 334-4688

University of Idaho Library--periodicals  
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