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Community News

FREE!
PLEASE TAKE ONE

June 2008

The monthly newsletter of
the Moscow Food Co-op



MADay Resurfaces

By Kenna S. Eaton, General Manager

Here at the Co-op, we really do appreciate our members — they are the owners of this business, they invest their money (\$10) every year, they vote for their board, they support us, and they are very thankful for their Co-op, as we are for them. And in return, every so often, we like to say “thank you” in a bigger, splashier way; a tangible reward for that support that we call Membership Appreciation Day.

On this day, members receive discounts on every purchase; the more they spend the bigger discount they receive. What a sweet way to fill the cupboards with the good food the Co-op sells and save money at the same time. On MADay, when a member buys up to \$25 worth of product, they receive a 5% discount, for purchases up to \$75, it's a 7% discount, and for purchases over that amount they receive a 10% discount. Discounts are

stackable, so if an item is on sale you can add the MADay discount onto the sale price. As I said, it's a great way to save and stock up on your favorite whole foods. This discount applies to all products in the store including deli and meat department (except beer and wine and special orders). This summer, we are holding our MADay on June 19, just about the longest day of the year. So grab your totes and your shopping list and head on down to the Co-op to save some money — what a sweet deal!

Not yet a member? No problem. You can join anytime, even on MADay. All it takes is \$10 (\$5 if you are a senior), a few moments of your time and you're good to go. It's as simple as that.



Illustration by Lucas Rate

Community News

Published by

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

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

For advertising rates and information:

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Printed on Recycled Paper

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

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



Plastic and Food: A Tough Issue

By Kenna S. Eaton, General Manager

We find plastic very handy when wanting to ensure our food is contained and safe from spills. Or when we want to pack some leftovers up for later consumption. Or when we want to take water out on the trail with us. And the list goes on. However, recently we've run into plastic issues of our own.

First the Health Inspector for North Idaho finally said "No More" to using recycled [single use] plastic containers, like yogurt tubs, for deli items OR in the store.

I called my friends in the Co-op world, who first empathized and then pointed out that they had to stop re-using containers many years ago (six years ago in California) and reminded me that we were lucky to have been allowed to re-use them as long as we had. And we do feel lucky, but also sad that we can no longer take your plastics tubs, sanitize them and put them out for re-use. Instead now you'll have to take the directly to the recycling Center (who, by the way, now take #1 clamshells and non-clear containers, and #2-#7 containers, but no Styrofoam).

In the meantime, the kitchen staff has been trying to find some other options for those folks who want their food "to go" but don't want to add to the

waste stream. Specifically, we are looking at some sturdy glass containers that we could send home with you (for a deposit) and that you could wash and return to be re-sanitized before we send them out with the next customer.

Until that happens, I do want to thank all the many volunteers who spent countless hours washing, sanitizing, drying, matching lids to bottoms, and finally stocking the plastic containers behind the deli counter and out in the store — I doubt we can thank ya'll enough.

Of course, shoppers can still bring containers from home and re-use them for their own bulk groceries — just don't forget to weigh them first.

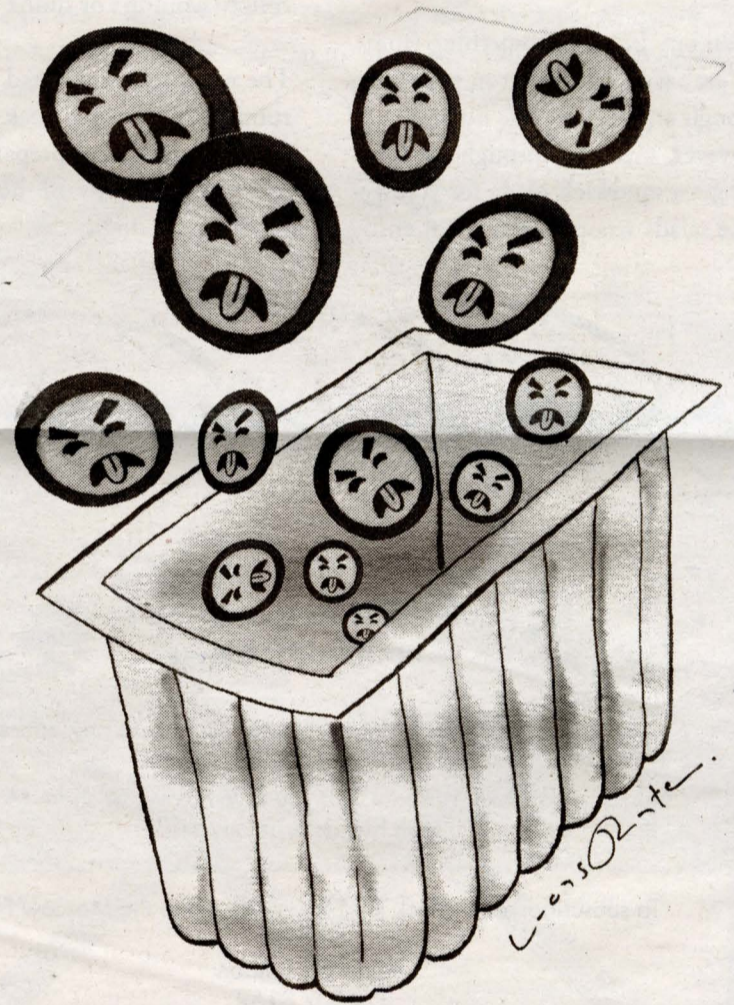


Illustration by Lucas Rate

Empty Bowls

By Kenna S. Eaton, General Manager

Several years ago, an alliance between the Palouse Potters Guild and the Co-op started holding an Empty Bowls event. The idea behind this was that community members would buy an empty soup bowl donated by a local potter, then we'd fill it with soup, share a meal together, and the folks would get to take the bowl back home with them.

Funds raised by this event are designated as going towards ending hunger. This year's event, held in April, raised over \$1400, of which \$1,000 was given

to the Kooskia Food Bank, whose shelves were bare. The other \$400 went to Oxfam for World Hunger.

Thanks to everybody who donated or helped make this event a success, and we look for to sharing a bowl with you next year!

Herbal Wisdom Classes

with
Herbalist Linda Kingsbury Ph.D.

June 28

Edible and Medicinal Herb Walk 10:00-12:00

Herbal Medicine Making 2:00-5:00

Convenient Moscow Location
Call 883-9933 to preregister

www.spiritherbs.com

Co-Operations



Improvements in the Deli

By Kenna S. Eaton, General Manager

Late April saw the arrival of our new pastry table. This display unit packed with baguettes, packages of breakfast goodies, cookies, sliced bread and gluten-free bread is right close to the deli, so I bet you've already seen and admired it and hopefully already bought something yummy.

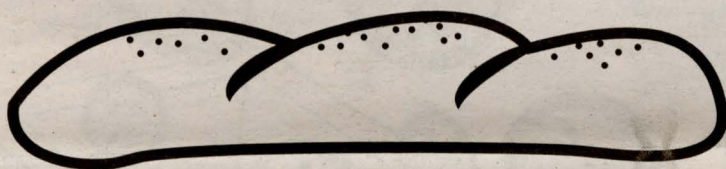
The next big change will be a deli register. Although we have ordered the register and we've started the planning process, we're still not exactly sure how it will all work. So here's what we think will happen.

If you buy bread or something from our grab'n'go case, you can proceed through any register like normal. However, if you go through the line and get a sandwich made for you, get some salads scooped, buy a hot entrée

or a cup of soup, then you'll be going through the deli register.

Look for improved organization, better flow and speedier checking out. Probably the biggest change is that will have pay for your food before eating it. We've tried the more "laissez faire" system for the past 2 1/2 years, and it simply wasn't working any more. Some people forgot to pay and ended up sending us money later, sometimes up to a year later! Others lost their sticky price things before they got to the register and we'd have to guess what to charge them. And others, well, others simply wouldn't or didn't pay...

The new register is slated to be up and running by the first week in July. Please be forewarned, and prepared, that there will be some awkward moments as we work out the logistics.



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

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Join the Moscow Food Co-op and Save!

Members Save:

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

Any cashier can help you join, just ask!

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

Open Daily 7:30 am - 9:00 pm



Co-op Business Partners

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Dr. Linda Kingsbury: \$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 rendered, Erik Tamez-Hrabovsky, erik@buildmindgardens.com, 1230 NW Clifford St, Pullman, 509-595-4444

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



Art at the Co-op: Art Walk 2008

Annie Hubble, Art at the Co-op Coordinator

The Moscow Food Co-op is once again participating in the Moscow Art Walk that opens on Friday, June 13, and runs through Thursday, September 11. Many businesses in town host local artists and their works during this event, and it is fun to walk around town on opening night and see the wonderful talent of our area.

We will have two artists over the period of the festival. Donal Wilkinson, photographer, will be present at his opening from 5-8 p.m. on Friday, June 13, and Belinda Rhodes, with her watercolours and quilts, will be at the Co-op from 5.30 p.m. -7 p.m. on Friday, August 1. Her show will run

until Thursday, September 11.

Donal Wilkinson is well known to the Co-op world through his work on the Co-op board, and has certainly made a niche for himself in the Moscow community. The fact that he works hard to inspire children, and in particular to connect children with nature, garners him praises as far as I am concerned.

He was born in Providence, Rhode Island, in 1964. At the age of eight, he started taking pictures using a 1942 brownie camera. By the age of 12, he graduated to a Tower 35 mm from Sears and Roebuck. After he joined the Navy in 1983, Donal started using a Cannon AE 1, which he still uses

today. While in the Navy, he learned to use a darkroom and develop his own black and white and color photography.

In 1966, Donal completed bachelor's degrees in Biology and Environmental Education, with a minor in Native American Studies. He then worked in various capacities (biologist for the Nature Conservancy, assistant director of a tree-planting organisation, and a science teacher in Oregon City) before moving to Moscow in 2004 to be closer to friends and family.

Here in Moscow, his work constantly revolves around children. He is the coordinator of the Moscow Mentor program that matches adults in the

community with children K-6 who need another adult in their corner. He also coordinates a group of drug and alcohol-free Junior High School students called Insomnia Outbreak. And he is very involved in the non-profit organisation 'Adventure Learning Camps' that he helped to found. In this job, he takes children and families on wilderness trips all over the Western U.S.

He takes photographs frequently, and in this show he is trying to represent how natural children are in nature.

Come and meet the artist from 5-8 p.m. on Friday, June 13. His show will run until Thursday, July 31.

Parking Lot — still

By Kenna S. Eaton, General Manager

So that parking lot — pretty interesting, don't you think? Okay, admittedly you probably only noticed that now you have to drive around onto Fifth Street to enter and exit. We aren't able to afford resurfacing at this point, so really there aren't too many physical changes other than the addition of the planter boxes and the newly re-painted stripes. Unless you count the boot. The addition of the boot, a clamp for your car should you choose to park here illegally, is our newest tool. Basically, should someone park here overnight or longer, or if someone chooses to park here while living or working downtown, you'll find the boot on your car wheel and it'll cost \$50 you to release it. We haven't actually used it yet, but we're ready!

During the Spring, we ran a small parking survey. The results were pretty interesting and fun to read. Of the 105 folks who filled out a survey, 85 of them drove that day, 18 didn't. 68 parked in the lot; of those that didn't, 11 said it was because the lot was too full. 34 respondents also said that they had skipped shopping at the Co-op at least once because the lot was too full. However, the comments were the most charming part, so here's a small sample:

- ☛ Yes, but I came back later
- ☛ Sunday evening is a good time to park
- ☛ We drive 100 miles to shop here
- ☛ Usually we walk or bike except if with kids
- ☛ We drive from Pullman, so our

options are limited

- ☛ Unless you're handicapped, not finding a space is a lame excuse not to shop at the Co-op
- ☛ The parking lot appears to be used by non-shoppers
- ☛ I try to shop at off hours
- ☛ The parking lot is fine, people should be patient

It seems like many of you are used to trying to find a spot and are willing to park elsewhere if necessary or come back later. Thank you!

In addition, we revamped our big sign at the intersection of Washington St and Fifth St. This is actually phase one of sign remodeling, although phase two might take a few more years. Our sign had challenges in that the strips that hold the letters on the marquee were broken, the rail around the marquee was dangerous, and the bit at the top was very blank. We've replaced the strips and added new letters for the marquee. We took off the rail and will now use a very long pole to replace the letters. And we've temporarily added our logo to the top part. Phase two will focus on the top section, which requires some deeper work and more money to ensure it lights up. When we can afford to fix it, we'll also replace our "temporary" logo with something more dashing.

Many thanks to our crew of volunteers and staff for help with the parking lot: Eric, Kathleen, Geoff, Tim, Becky and the Kiwanis (who'd be happy to stripe



Parking lot renovations in progress, complete with a new sign and planter boxes. Photos by David Hall.



your lot anytime). Our plants came from Prairie Bloom Nursery and the irrigation system from Green Side Up.

Co-op Board Report: No Free Lunch

by Donal Wilkinson, member, Co-op Board of Directors

As part of the Board of Directors and a member of the Strategic Planning Committee, I have often heard concerns about the cost of the food at the Co-op. People compare the costs of food today to when they started buying food 20, 30, and 40 years ago. Then people compare our prices to those at Wal-Mart, Safeway, Winco and Rosauers. There are a number of reasons that our food costs more, but it is all in how long range you look and if you take into affect all the hidden costs.

First and foremost is economics. Big

chain stores like Safeway own the entire chain of production. That is they own the farms, the distribution network and the trucking. That means that they control the costs throughout the whole system, making it less risky for them to operate. That's the economics. The philosophical argument is that by owning the entire chain of production all the profits filter to one place, unlike non-chain stores where the distribution of wealth is spread out. (This is not only with food stores either.)

Then there are the environmental costs of doing business. Organic food and

green packaging costs more. It's mostly just economies of scale, but some of it is also more labor intensive.

Then there are the health benefits of eating organic or otherwise healthy food. I look at the few cents I am paying more for organic food as an insurance policy for my future health. I must say it's much less than the \$450 HMO's want from me. It's pay now or pay later.

So then the next time you pay a few cents more for rice consider this: I am paying the environmental cost of this product to that my children and

grandchildren won't have to; I am paying a health premium for this product so that I will be healthier; I am paying an economic premium for this product so that the wealth is distributed to more people instead of making a few grossly rich; and lastly, I am supporting a business in this community who cares about health, the environment and their employees. There is no such thing as a free lunch!



Notes from the Bread Bakery

By Annie Pollard, Bread Bakery Manager

Where are the Hamburger and Hotdog Buns?

When picking up your burger meat or your natural bratwurst at the meat department, you need to hunt no longer for a bun. A selection of freshly made Co-op buns and other grocery department varieties are now on display in front of the meat case.

Where are the Rolls and Day-Old Bread?

Last week, our new bakery display rack arrived and found a home across from

the deli case. This large shelving unit contains an assortment of pastry and bread items. Currently, our bagged Dinner Rolls and a basket of Baguettes can be found on one of the shelves. The discounted Day-Old Bread loaves can also be found on the new display rack.

More Whole Grains!

Over and over again, you have asked for more whole wheat, more whole grains. In hopes to meet the whole-wheat request without frightening away those wary of the 100% whole wheat

label, we responded with new additions that are 50% whole wheat (Toasted Pecan Cranberry, Irish Soda Bread, Raisin Sesame Bran) or 65% whole wheat (Multigrain). Recently a customer called to see which 100% whole wheat breads we had available that day, and I disappointingly could only offer her Daily Wheat. Daily Wheat is a good basic everyday bread, but when you feel like a slice of something special, it might not be what you have in mind. At the time of writing this article, we are working on new formulas using 100% whole wheat flour and aim to introduce two varieties in June.

New Cinnamon Rolls!

On another note, check out our new Cinnamon Rolls! You did not seem too happy with the old variety and frankly, we thought they needed work. At the time of writing this article, the final kinks of the new recipe are being figured out. We anticipate having the new buns for sale by early June in both the self-service glass fronted case and pre-packaged on the new large bakery display rack. Look for samples of the new rolls!

Alternative Transportation Writer Wanted

by Bill London, Newsletter Editor

What can we do to combat the effect of rising gasoline prices here in Moscow?

One obvious answer is to switch to alternative forms of transportation: riding bicycles, taking busses, or walking. To help those seeking to transform their transport, this newsletter needs a monthly column on that topic. So, we are looking for a writer who has both enthusiasm and experience in alternative transportation to provide that information.

We want to cover bicycle events, bus-
suing issues, trail and sidewalk concerns,
profiles of bike commuters and any-
thing else related to this topic. We will
provide a Co-op member volunteer

discount.

If you are interested, please send an email to Bill London (london@moscow.com) explaining why.

Bill London edits this newsletter and has found great joyfulness and meaningfulness in the latest visit of his daughter and granddaughter.





Howard Hughes VIDEO

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



Grocery Totes

By Kenna S. Eaton, General Manager

By now it's no news to ya'll that we need to cut down on the use of plastic bags for taking home our groceries — but what can we use instead?

Here at the Co-op, we like our brown paper bags with handles, but frankly every bag cost us about 15 cents, and by the time we double them up to make sure those groceries get home safely, that adds up a big chunk our costs just for bags. Last year, we decided to reward you for bringing in your own re-usable tote (and re-using it, of course) by offering a 10-cent bag refund — definitely more of a carrot than a stick.

But what happens when you forget your own bags or if you don't have any? Some of you stumble out with arms and pockets full, and others opt to use one of our plastic or paper bags. But a third choice is to buy a tote — and

now we've got a great selection for you to choose from.

First is our new tote made from recycled plastic pop bottles, and all the manufacturing takes place here in the U.S. This black bag is totally good looking with a bright green Moscow Food Co-op logo on it. And we're selling it basically at cost at \$9.99 each. Next is an organic cotton tote in creamy white also with our logo on it (in purple) and also at cost. Third is a purple tote made from polypropylene. I've held back a long time on purchasing these since they are frequently made from virgin materials in China. But finally we have found a source (The National Cooperative Grocers Association) that uses a third-party certification process to ensure that fair labor practices were used in production. These bags will retail at 99 cents and are also recyclable. In addition, we've got a great selection of other

Did you know? Reusable bag facts:

Disposable bags WASTE

14 bags contain enough petroleum to drive a car 1 mile

17 cents is the cost for many cities to dispose of 1 bag

380 billion plastic bags are thrown away in the U.S. every year

Reusable bags SAVE*

140 City dollars spent on disposal

11 pounds of garbage

832 disposable bags

60 miles worth of gas

*based on using one bag 2 times per week

kinds of totes for sale: string bags, ones that stuff into little pouches, ones with cute sayings and so on.

But did you know that just because a manufacturer says "this bag is made from 100% recycled post-consumer plastic bottles" doesn't mean the ENTIRE BAG is made from recycled material. A portion of the bag could be made from something else. The fact is that unless the product contains 100% recycled materials, the label SHOULD tell you how much of the contents are recycled. Not all manufacturers will give this to you. When you compare, look for specific information. If a label says "recycled," check how much of the product or package is recycled and

where the recycled material comes from. "Post-consumer" material comes from previously used business or consumer products, such as newspapers, shipping cartons, plastic bottles, glass containers and aluminum cans.

"Post-industrial" or "Pre-consumer" material is basically manufacturing waste. For example, an envelope manufacturer might recycle the clippings leftover when envelopes are cut from paper. These clippings could be made into other paper products instead of being thrown away.

So no more excuses! Buy yourself a tote today and save another bag from the waste stream.

Vendor Tour: Doma Coffee

by Derek S. Johnson, Deli Service Manager

Doma Coffee has been owned and operated by Terry Patano and his wife Rebecca since 2000. It is a small roastery located in Coeur d'Alene, Idaho. When they started, their goal was to be an environmentally sound company that focused on the highest quality product available as well as supporting sustainable farming practices and having a direct relationship with the coffee growers. They were also concerned with the growers obtaining a sustainable living wage that could be higher than they would receive from fair trade organizations such as Transfair, USA. Doma is named after Terry and Rebecca's two sons, Dominic and Marco.

Like many small businesses, Doma Coffee began at their home in their garage. But after a few years of successful growth, they decided it was time to move the business into an outside space. Doma has now been in its current location for approximately one year. It contains an office, a coffee tasting and training room, and a large garage bay that houses the roaster and the bagging equipment for the finished product. The bay also allows for easy delivery of the 132-150 pound coffee bags containing the green coffee beans.


Recently, Doma has applied and been

accepted into the Cooperative Coffee Organization. This organization encompasses 23 roasters throughout the U.S. and Canada. They strive to establish a direct, fair trade relationship between the roasters and the small-scale coffee farmer. It provides a better opportunity for the farmers to obtain a sustainable living wage because there are some fees to join the Fair Trade group. Because of these fees, the farmers cannot always afford Fair Trade, and Fair Trade does not adjust their prices according to market fluctuation, but Cooperative Coffee will. The cooperative imports coffee from producers in 11 countries around the world, which allows the roasters to choose from a wide selection of coffee bean varieties.

As part of Terry and Rebecca's vision to own and operate an environmentally sound company, they have recently purchased and installed a Loring Smartroaster S35. This new roaster is only the 13th of its kind throughout the U.S. It was specifically designed and developed in Santa Rosa, California, to reduce the environmental footprint of traditional roasters. It uses 80% less gas than the standard barrel and flame style roaster and will allow Doma Coffee to reduce their carbon dioxide output by about 39,000 pounds per year. The Smartroaster features a computer and

an 8" touch-screen to enable the roaster both manual and recipe-mode roasting. While these features can make the roaster's job easier, Terry believes that a hands-on approach of monitoring time, smell and temperature is still necessary for a quality finished product.

For further information on Cooperative Coffee and the Loring Smartroaster S35, check out www.coopcoffees.com and www.smartroaster.com. If you have any questions concerning this article, please e-mail them to [\[food.coop\]\(mailto:food.coop\) or call 882-8537 and ask for Derek. To contact Doma Coffee, e-mail them at \[domacoffee@adelphia.net\]\(mailto:domacoffee@adelphia.net\) or call 208-667-1267 and be sure to check out the seven Doma blends that the Co-op currently carries.](mailto:coffee@moscow-</p>
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Our Commitment to Local Produce

By Scott L. Metzger, Produce Manager

The Co-op always has been, and continues to be, committed to supporting and encouraging local farmers to the greatest extent possible. The Produce Department will always buy local organic produce, and to a lesser extent, local no-spray produce when it is available in season. The Deli works closely with local growers to ensure as many local ingredients as possible are used during the local produce season. Fresh local produce is generally available at the Moscow Food Co-op between the months of June and September, with roots and storage crops continuing to be available until February most years.

The Moscow Food Co-op works with 15 local growers on a regular seasonal basis and 15 others on a less regular basis. These folks grow over 100 unique varieties of produce that the produce

department and deli purchase regularly. We sponsor an annual growers meeting, which is a chance for local growers to meet with each other and staff members from the Co-op in order to discuss the past growing season and what to expect or do differently for the upcoming season.

In 2005, the Produce Department did \$11,196 in local produce sales at the old store location. In 2006, local produce sales jumped to \$39,000, and in

Moscow Food Co-op Produce Dept: Top 10 local/regional produce items—2008

Item	Quantity
Potatoes	4300 lbs
Yellow Onions	2700 lbs
Carrots	3300 lbs
Tomatoes	1400 lbs
Green Cabbage	1300 lbs
Red Cabbage	800 lbs
Winter Squash	800 lbs
Beets	1300 lbs
Red Onions	500 lbs
Parsley	300 bunches

2007, the total local produce sales for the produce department alone were \$49,000. We are committed to continue purchasing local produce, and hope 2008 is our largest season yet. With a new public consciousness about local food systems, coupled with rising shipping costs, I am sure it will be.

The Moscow Food Co-op supports local agriculture in other ways too. We are proud to sponsor the Tuesday Growers' Market, which gives local

producers a mid-week opportunity to sell their plants or crops, and the Co-op was one of the original sponsors of the Saturday Farmers' Market, which has now become a Moscow tradition.

Local produce is that which is grown in a county that touches Latah County, and regional produce is that which is grown in a state touching Idaho. In addition to our local purchasing, we also make regional purchasing choices whenever possible throughout the entire year. This includes things like potatoes, onions, and apples from the Northwest, as well as greens for the Farmers Own Co-operative in western Washington.

Look for the "Buy Fresh, Buy Local" signs throughout the entire store indicating an item is locally grown or produced.



The Grocery Zone

by Joan McDougall, Grocery Manager

We are continually adding new products to the grocery shelves, and this month I'd like to highlight a few of them for you. Organic Valley has packaged three of their dairy products in shelf-stable liter containers. The whole milk, included in our new Co-op Essentials Program, is a great product to take camping or to have on-hand for emergencies. It helps save on quick trips to the store. Organic Valley also offers shelf-stable half & half and chocolate milk. This trio of new products is on the top shelf in the aseptic packaged beverage section.

Truitt Brothers in Salem Oregon, is canning Willamette Valley green beans, legumes from Quincy Washington, and Hood River Valley pears. All their products are Northwest grown and Food Alliance Certified, which endorses sustainable farming. We hope you will support these local products. The grocery staff found them all delicious.

We have added three flavors of Yummy Earth candy drops: Lemon, Pomegranate, and Vitamin C, to the candy section. With the popularity of their lollipops it was an easy decision to expand the line.

Nature's Path in Blaine, Washington, has added two animal varieties to their popular children's cereal line. Look for Leapin' Lemurs and Penguin Puffs in our cereal section. Not only did our kids like them, we enjoyed them too!

Nature's Path is now partnering with Dr. Andrew Weil, world-renowned pioneer in integrative medicine. Together they have introduced five varieties of Pure Fruit and Nut Bars that are in the candy section. Dr. Weil donates all after-tax profits from the sale of the bars to the Weil Foundation. This organization helps fund the Program in Integrative Medicine, which he founded at the College of Medicine, University of Arizona.

Kettle Chips has brought out three new potato chip flavors for summer picnics; Death Valley Chipotle, Backyard Barbeque and Sour Cream Onion & Chive. Kettle Chips are perennial favorites because they are so tasty. Garden of Eatin' has introduced Maui Onion yellow corn chips and Three Pepper blue corn chips. Try them for a treat. Another addition is our chip aisle is Bhuja snacks in two flavors, Fruit Mix and Nut Mix. The grocery staff emptied the sample bags in a flash so we decided to bring them

in. We have been sampling these exotic Indian snacks to customers and we are sure they will become favorites of yours once you try them.

Virgil's Soda has come out with a cola that they claim beats both Coke and Pepsi in taste tests. They vowed not to introduce a cola until it could beat the competition. The cola is the same great quality you get in Virgil's Root Beer and Cream Soda so try one from the cooler and see if you agree that they are the finest.

Last but not least by any means, Cascadian Farms has brought back their organic Sweet Relish. They discontinued it last year and we had many unhappy customers. Apparently Moscow wasn't alone because the relish is back by popular demand. Look for it with the condiments.

This is a quick overview of some recent grocery additions. It is certainly not inclusive, there are many new products for you to discover on your own. If there is something you would like to see on our grocery shelves that is not there now, please let us know.

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Tuesday Growers' Market News: Meet "Debbie's Flowers" ... and dogs...and horses...

by Jeanne Leffingwell

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

Debra Durrin will be at our Tuesday Growers' Market this month with her beautiful flowers, all grown at their farm north of Moscow.

There is a sizable menagerie to greet you at George & Debra Durrin's farm outside Viola: horses, at least six friendly dogs, and on the particular day I arrived, a mommy cat with just-born kittens.

When George and Debra "retired" in 2000, they moved from Everett, Washington, to Athol, Idaho, for a simpler life. But Debra's inherited green thumb (her grandmother grew and sold her own seeds at the Pike Street Market in Seattle for years) led her to work as a grounds manager for Silverwood Theme Park. There she found a niche, creating dozens, eventually hundreds of hanging baskets for the park each summer.

Then, two years ago, while helping their daughter Jenny settle into the UI, they fell in love with Latah County, and a particular 120-acre parcel, which George adds, "elk, moose, deer, coyote, bear, and the occasional wolf" also enjoy.

So their next "retirement" involved building a ¾-mile driveway... then a 48'x34' greenhouse. (First things first here; get the priorities straight.) Then they poured cement for an adjoining shop on September 1 - and oh yes, finally a simple one-room shelter meant to get them through the first winter. The roof went on in mid-October, the day before snow hit. They had planned to build a "real" home later, but have since decided that they like the one-room style living. "We're trying to get our lives simple," Debra says.

For George, the simple life consists of a myriad of homestead duties, construction projects, animal maintenance. And if that's not enough fun, he also enjoys playing drums in the band For Goodness' Sake. They play a variety of "old Rock and 'you name it'" for weddings, barbecues, parties, and "you name it."

Debra estimates she spends 5-8 hours

at her business each day in the summer. Most of her containers and baskets have at least 5-7 different varieties of plants, and range in price from \$15-30. Most everything she has grown from seed, transplanting up to several times in the large greenhouse, though she sometimes experiments with added "plugs". She recommends a simple fertilizing with each watering.

Debra creates planters for a variety of area homeowners, businesses, and entities such as the town of Garfield. It seems the Silverwood people know a good thing too. They've contracted with Debra to keep those hanging pots coming, and even sent down an empty chip truck this spring to pick up their order of 300 hanging baskets.

In the winter, as the plants die down, "Polished Cast Offs" the other part of



Left: Debra Durrin with some 300 pots she has prepared for Silverwood Theme Park. Right: Debra and George Durrin (with Winston) in front of their Viola greenhouse



Debra's livelihood, begins taking shape. She constructs one-of-a-kind wind chimes out of old silverware, cups, beads, and miscellaneous treasures. These range from \$12-50. The Durrins bring these to Moscow's Saturday Farmers' Market where they are also regulars.

Debra and George confess they don't do either market for the income; it's more the social life. Meeting people, building relationships, and feeling part of the community. George articulates their philosophy, in business and life in general: "It's karma. What goes around comes around. We treat everybody the best we can and in return we get more than we ever need."

Tuesday Growers Market Growers and June Produce List

- ☛ Affinity Farm (Russell and Kelly Poe)
Salad mix, spinach, carrots, beets, chard, bok choy, green onion, radish, green garlic, broccoli, kale, cauliflower, parsley, cilantro, peas
- ☛ Debbie's Flowers (Debbie and George Durrin)
Plant starts, fresh flowers
- ☛ Living Soil Microfarms (Ken and Betta Bunzel)
Chard, Cilantro, Fresh Herbs, Lettuce, Salad Mix, New Zealand Spinach, Radish, Spinach, Kale, Beets, Garlic Scapes
- ☛ Pine Crest Organic Garden (Linda and Charles Christenson)
Leeks, spring garlic. Plants such as: tomato, eggplant, pepper, basil, tomatillo, geranium and other house plants, herbs, flowers
- ☛ Ravencroft (David and Debi Smith)
spinach, lettuce, herbs, green onions, (hopefully) baby pok choy, beet greens, salad mix. Perhaps even dried morrels
- ☛ WSU Organic Farm (Brad Jaeckel)
Salad mix, spinach, radishes, turnips, cabbage, bok choy, green onions, arugula, strawberries, kale, chard, broccoli raab, cilantro, dill, parsley.

The Durrins can be contacted at 208-659-1583 or by email: ga.durr@hotmail.com

Jeanne Leffingwell, a local artist, enjoys closely spying on neighbors who are better at growing plants than she is.

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Co-Operations

Seeing the Cup Half Full: Addressing Criticism in Co-op Fashion

by Candace Magnuson, Co-op Human Resources Representative

The Co-op appreciates all the contributions, past and present, of every member, volunteer, employee and other shopper that makes its existence possible. Contributions to the Co-op include not only time, effort and resources, but also honest feedback, suggestions and constructive criticisms. When given with respect, criticism opens opportunities to examine behavior, intentions and goals, and facilitate positive change.

Despite the changes the Co-op has undergone over the past 35 years, it continues to express its true cooperative nature through, among other things, responsiveness to members, shoppers and the community. The Co-op staff absorbs, digests and responds to every suggestion, request and criticism sent to us and strives to incorporate them whenever feasible.

Now it is true that change takes time in an organization where discussion is mandated for many decisions, especially those that affect more than one department. However, we are listening and we are doing our best to provide for the needs of the greatest number of people possible.

To remain true to this ongoing effort of responsiveness and open communication, I will strive in a series of articles to address the most widely criticized policies and practices within the Co-op. I will also work to bring into view different aspects of the internal workings of the Co-op in hope to generate greater understanding of why and how things are done.

The Co-op has grown and changed dramatically since its inception. The process of change within an organization like ours is a tightrope walk. The possibility of falling over into either being non-compromising to the point of business failure or over-compromising at the expense of our cooperative nature is an ever-present pressure. Tension pulls at us from both sides. There is a constant strain to balance the need to reach an ever-broader audience while maintaining adherence to certain principles.

Avoiding change and spurning growth can lead to stagnation and ultimately death. A business that doesn't continually grow and improve doesn't stay in business because the cost of running the business continues to increase.

At the same time, the more people involved in an organization the greater the need for compromise. This then brings us onto the tightrope — how much compromise is the right amount?

As you look around the Co-op, our commitment to supporting organic and local production, fair trade and environmental awareness is as visible as our compromises. The Co-op sells packaged food, but ensures that it's free of artificial flavors, preservatives and other harmful chemicals. We offer disposables in our deli, but seek the most environmentally friendly options. We give people the choice of new or recycled paper or plastic bags to carry their groceries home, but encourage them to use cloth bags by giving cash incentives.

It is cause for celebration when someone takes a tiny step toward the principles we hold dear when they come in and buy Annie's macaroni and cheese instead of going elsewhere to buy Kraft's. Once in our store, many opportunities open to this person to learn how to simplify their lives and decrease their impact on the Earth.

Isn't this our wish? Don't we want

“As you look around the Co-op, our commitment to supporting organic and local production, fair trade and environmental awareness is as visible as our compromises.”

everyone moving to embrace the values in which the Co-op is rooted?

Reaching an increasingly larger number of people is not only important for sales, but also essential if we desire to spread healing into our world. Ultimately we can only change the world by changing ourselves, but we can act as models and facilitate healing environments where people feel supported in changing their lives. If we are self-righteous and unwilling to meet people where they stand, it is unlikely we will inspire them to change.

June 2008 Suggestion Box

Eden Ponzu sauce. So yummy. You used to carry it and I wish you still did. Do you know what is in the supermarket brands? Yuck!

We would readily carry that sauce again, but unfortunately our distributor discontinued it. —Marie, Grocery Buyer

A lane for chemically sensitive with no cologne or perfume (checker) far from soap, shampoo and candles.

We do ask our staff not to use perfume or cologne. We have found that register #5 (next to the produce) works well for our chemically sensitive customers. Please feel free to ask the cashier to use that register when you are ready to check out. —Kenna, General Manager

Is there any way to exchange dry roasted peanuts in the peanut butter machines with honey roasted peanuts? It's Whole Foods best selling peanut butter and it's amazing!!

We have two nut butter machines, one for peanuts, one for almonds. We will not replace either of those basics. If we had the space and funds for an additional machine we could consider

the honey roasted peanuts — they do sound yummy - but that is not an option right now. —Joan, Grocery Manager

Is Jones Soda in a myriad of flavors a product you might carry in the future? I think their product and corporate philosophy might be a good fit with the Co-op and their sodas are miles better than "C" and "P" products. Thanks!

Jones Soda contains sodium benzoate as well as artificial coloring and flavorings, ingredients the Co-op doesn't support. That is why you will not see it on our shelves. —Marie

Dill pickle relish — organic. Unfortunately our distributor doesn't carry that item. —Marie

Could you please have available the WSU Daily Evergreen as well as the UI Argonaut? Thank you Sorry we don't have room for that paper at this time. —Kenna

Why does the Co-op carry Naked Juice and Odwalla? Neither products

are local as they are owned by Coca-Cola and Pepsi. Both corporations are infamous for their violations against humanity. It seems odd to be contracting with either business.

The Co-op doesn't carry Odwalla Juice. We have been buying Naked Juice from Spokane Produce, but are now replacing that line with Columbia Gorge Organic Juices. —Peg, Chill/Frozen Buyer

Mint Chocolate Chip Newman's Cookies?

We have carried that flavor in the past but it did not earn its place on our shelves. We can order a case for you, give us a call in the grocery office. —Marie

Stop offering plastic bags; use renewable resources such as paper and fiber only

And from another member...

Perhaps with a Co-op membership you should give a net shopping bag that customers can use instead of plastic bags.

And from a third member...

Would it work to charge for every bag

you give to a customer rather than give a bag credit?

Hopefully you saw our display during April (the bags hanging over the registers) that represented the 130 new biodegradable plastic bags we use daily. This month we've bought in lots of new tote bag options for customers to buy. Perhaps by offering both a bag refund for using a cloth tote bag and a selection of alternative bags, we can stop the need to use plastic bags. At this point we're not ready to charge for plastic bags. —Kenna

Please carry xylitol for cooking. We have Emerald Forest xylitol on the shelf in the baking section that can be used for cooking. —Marie

Can you all start asking the food manufacturers to start using cans that do not have Bisphenol-A in the can lining? Thanks!

Our distributor is working on this issue with the food processors. Alternatives are being researched. Some suggestions to avoid exposure to BPA include (1) Avoid all #7 plastics. (2) Buy fresh or bulk food or food items in glass jars. (3) Never put plas-





Tuesday Night Concert Series in June

by Dave Billin, Co-Op Music Coordinator

Attention Co-Op music fans: the time you've been waiting for has finally arrived! Beginning on Tuesday, June 3, the Co-op's Tuesday Night music series moves outdoors to accompany the deli's barbecue stand and the Growers' Market in the parking lot. In addition to the change of venue, performance times will move to the summer schedule of 5-7 p.m. Kicking off the beginning of the summer concert series is the recently formed group Crazy Chester & Miss Moses, with a rousing evening of acoustic folk music and Americana. One week later, Moscow band Gefilte Trout steps in to showcase their signature blend of Klezmer music and Eastern European folk dance music. June 17 features Moscow jazz group Musaique playing an evening of quiet, relaxing jazz tunes. Finally, to cap off the month, and prepare you for the heat of July, the youthful Moscow piano-cello duo Parallax returns to perform their emotive and stirringly original indie pop-rock 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 next to the Grower's Market. They provide an

excellent place to unwind and witness original compositions from local musical talent, all while enjoying the sun and taking in tasty selections from the Co-op deli's outdoor barbecue stand.

Featured performers in June include:

✦ **June 3: Crazy Chester & Miss Moses** - Acoustic Americana

Gary Reed on guitar and vocals, Terry Grzebielski on vocals, and Doug Parks on bass perform acoustic Americana music inspired by artists such as The Band, Bruce Springsteen, and Neil Young

✦ **June 10: Gefilte Trout** - Klezmer and Eastern European Folk-dance Music

This Pullman group plays a variety of lively tunes including traditional Jewish Klezmer music and Russian/Gypsy folk songs.

✦ **June 17: Musaique** - Quiet Jazz and Pop

Featuring musical talents from members of Gefilte Trout, Musaique offers a quiet relaxing atmosphere of jazz and

light pop music.

✦ **June 24: Parallax** - Indie Pop Rock

Moscow Piano-cello duo Brendan Bathurst and Martin Watkins provide

an energetic performance of original pieces from their self-produced record album.



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June 2008 Suggestion Box

tics in the microwave or dishwasher.
—Joan

I would love to see the addition of birdbaths for our greener parking lot. Also maybe having a special place to put leftover bread (from the bread machine) for birds.

Thanks for the sweet suggestion. We'll look into it. —Kenna

I love to buy yogurt, however, I shy away from it because plastic containers are becoming quite the stockpile!! Is there any way to get bulk yogurt or have the kitchen make it?

The largest size yogurt we can get is Nancy's 4 lb tubs. We also sell yogurt starters by Yogurmet in the big cooler if you'd like to make your own yogurt at home. —Peg

Re: the newspaper article titled "Moscow Food Co-op Election Results." Thank you Gary for covering this event. My suggestion is to downplay the competitiveness that elections

create and emphasize cooperation rather than "Bill Beck was re-elected with about 67% of the vote," talk about the contributions he has made and hopes to make. Thanking all the candidates for their interest in making the Co-op great (by running). Then formally inviting each candidate to continue to participate in the Co-op in his or her passion areas. It's important to not lose their contributions even though they weren't elected to an office. Be inclusive.

Great suggestions, and we'll take them into account when writing next year's coverage of the elections. —Kenna

Goat butter or other non-cow milk butter. More sheep's milk or goat dairy options. Thanks!

We used to carry Meyenberg goat butter, but it didn't earn its place in our cooler. It's still available if you'd like to special order it. Look for numerous goat and sheep cheese options in our gourmet cheese section. Ask Beth

Ann if there is something specific you are looking for. We can special order more flavors of goat yogurt. Call the grocery office and we will be glad to help you. —Peg

I suppose if you read that misleading and disingenuous bit of "advertising" behind the deli water cooler like a "lawyer" its all 'true.' Still, it's offensive [to me] to read that I can count on certain ingredients to be organic and see below those words (after the colon:) a picture of BREAD. Co-op bread doesn't have organic ingredients and you sure have to push it to call the flour "local." (West of the Mississippi? Under the sun?) I suppose there's an argument for how this kind of "marketing" helps the almighty bottom line. And as long as the Co-op stays "healthy" like that, we can count on pseudo-organics for years to come. It's all so depressing. You make it so hard to be loyal.

And from the same member:

The poster that talks about organic

ingredients we can count on has a picture of bread on it. This is misleading. I have written to you about this since February. Last month the BOD assured me it would be "down by the end of the month." Which month? Please deal with this in the newsletter. Thanks for taking the time to write to us about your concerns. Our intent here was to inform our shoppers about how many organic and local ingredients we use in making our fresh deli foods and not to mislead anyone. The picture on the sign in question has been changed to include a photo of our sunflower logo; hopefully you like that better. —Kenna

Have a temporary Co-op card for non-members.

Usually we do offer a one-month trial membership during August. We'll consider offering one for the rest of the year too. —Kenna

Staff Profile: Mark Howell

by Amy Newsome, Newsletter Volunteer

ODE TO MOSCOW

Mark Howell first visited Moscow last summer to attend the wedding of April and Charlie Sutton along the beautiful Lochsa River. Mark met April when they worked together at a restaurant in St. Louis. At the wedding, Mark met such a wonderful cast of characters from Moscow that he felt compelled to see just where the free-spirited, fun-loving crew resided. He was going to stay for just one day in Moscow, but one day turned into seven, and he "fell in love with the people of Moscow". Mark said, "I saw this glimmer in everyone's eyes." If he didn't have loose ends to tie up in St. Louis, he would have just stayed. Three months after his visit to Moscow, he loaded up his car and "headed for the mountains, deciding to just trust the universe". Right after moving here, he saw the Wellness Buyer position posted at the Co-op and applied. Coincidentally, Amy Lucker, the Wellness Manager who interviewed Mark, was one of the people Mark met at the wedding.

Mark was born and raised in Grand Rapids along with five siblings. After attending college in Michigan, Mark wanted to move to a big city, so he chose Chicago. He would later move to Miami, Boston and then St. Louis. He's found living in the West very much to his liking, "People are more relaxed here

and not in such a hurry." He's been impressed with the prevalence and quality of art and music in the Moscow area.

He's become great friends with some of the people from Moscow that he met at the wedding. Carol Hill has taught him to play the ukulele and a group of six or seven friends get together regularly to "uke out." Mark played piano when he

was younger; he'd like to pick that up again and he wants to learn to play the banjo. He also gets together with Ruby Valentine once a week to do art together. He's currently trying his hand at photography. Arlene Falcon talked Mark into developing a late-night radio show for KRFP that is sure to include bluegrass music and some other yet-to-be-determined fun.

Before taking the Wellness Buyer position, Mark had always worked in restaurants; doing everything from waiting tables to bartending to managing. He said with a laugh that he's so glad that he "no longer has to deal with people's food issues". But he also said the restau-

body care products. He explained that unlike food items, body care products do not have to list all their ingredients. In his department, they are working hard to track down information on ingredients and calling companies to task if some ingredients they have been using have questionable safety records. He recommends that anyone wanting to learn more about body care product ingredients check out the website www.organicconsumers.org

The people of Moscow should keep up the good work of recruiting people like Mark here, with his bright smile, infectious laugh and general love of life.



“Three months after his visit to Moscow, he loaded up his car and “headed for the mountains, deciding to just trust the universe”. Right after moving here, he saw the Wellness Buyer position posted at the Co-op and applied.”

rant business is hard to get out of once you've been sucked into it. The ready cash and late night debauchery is easy to get swept away with, but Mark concedes that a person can't maintain that lifestyle forever.

The Wellness Buyer position has offered Mark brand new challenges. He has learned much about nutritional supplements and the ingredients in

Like Mark, Amy Newsome and her husband chose to move to Moscow for community.

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Volunteer Profile: Jordy Byrd

By Joshua Cilley, Newsletter Volunteer

A few months ago, when Jordy Byrd, food writer for the Co-op newsletter, was cleaning a whole chicken as research for an article, she decided to become a vegetarian. Even though she said her family enjoys poking fun at her decision, I think there is practicality in her choice. Years ago, as a prep cook at a large steak house, I also took a hiatus from flesh, for a time. I soon caved to my carnivorous instincts. Perhaps Jordy will be stronger than I was.

From everything she told me, being practical is one of Jordy's personal strengths. She finished her B.A. in journalism at WSU in three years and was recently accepted to graduate school at EWU. Her decision not to begin graduate school quite yet seems a good choice. At 21 years old, Jordy has plenty of time to decide what to do with her life.

As well as being a student for the last few years, Jordy has also worked every summer as a Park Ranger near Old Town, Idaho. She worked a variety of jobs for the Idaho Corp of Engineers, including law enforcement. Considering Jordy's friendly and non-threatening presence, the enforcement part made me laugh. Thankfully, she also laughed and then added that the parks she worked at were very family-



“Although our newsletter’s food writer is honest about her status as a novice cook, going so far as to admit that she “burns lots of stuff,” her natural curiosity seems to give her access to whatever she decides to research.”

friendly and she’s never had any bad incidents.

Now Jordy faces the future. Ultimately, she’d like to work as a writer for an outdoor-oriented publication but in the meantime has yet to decide on a course of action.

Again, I can sympathize. Being a young writer is a tedious position to be in. I think she’ll fair the storm well.

But her uncertainty of the future is understandable. Jordy told me she is definitely not an optimist, and when I suggested that she sounded like a realist, she countered by saying, “More like an absurdist, actually.” This practical wing of existentialism suits her character. If meaning in the universe is truly impossible for humans to discover, you

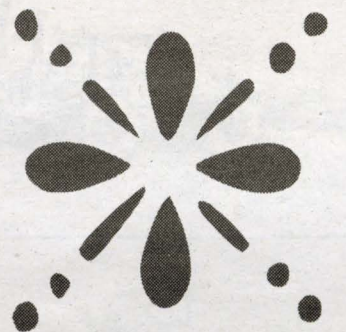
have to rely on yourself.

Jordy grew up in Newport, WA, on the Washington-Idaho border. Growing up in a one-stoplight town seems to have given Jordy an itch to travel the world. In another showing of her practicality, Jordy said, “I want to do nothing after graduation, but my mind won’t let me.” She’s considering the Peace Corps as one option. If travel is possible, Norway is her destination of choice.

Although our newsletter’s food writer is honest about her status as a novice cook, going so far as to admit that she “burns lots of stuff,” her natural curiosity seems to give her access to whatever she decides to research. That trait should serve her well in whatever she sets her mind to accomplish.

And in what seems a hint to someone reading this profile, Jordy also told me she was disappointed that she didn’t get Tom Petty concert tickets as a graduation gift. Whoever you are, you might want to look into that.

Joshua Cilley is currently finishing his MFA in creative writing. Then he’s going fishing.



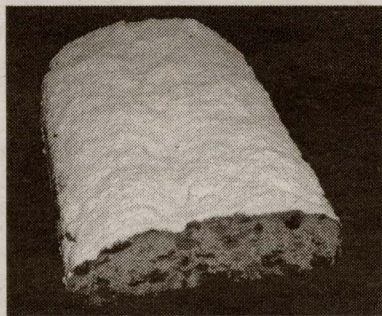
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Cooking with Quark

by Sandra Friendshuh

I am a German national and grew up in Germany. Quark is a widely-used dairy product in Germany. Apart from baking with it, it is also oftentimes used to eat with potatoes (you mix Quark with a little bit of milk and season it with salt, pepper, and fresh parsley or fresh chives). Quark is available with other dairy products in the coolers. Here are two of my family

recipes using Quark.



Cheesecake

For the dough:

- * 1 1/4 cup of white flour
- * 1/4 teaspoon baking powder
- * 1/4 cup sugar
- * 6 Tablespoon butter
- * 1 egg

This makes the dough for the bottom of a 9-10inch springform pan. Oil the bottom and sides of the pan before putting the dough in, making an even layer at the bottom of the pan.

The quark mixture goes as follows:

- * 2 lbs of quark (I use lowfat)
- * 1 cup of sugar
- * 6 Tablespoons butter
- * 3 eggs
- * 2/3 cup flour

This needs to be mixed thoroughly, pour on top of the dough. Preheat oven to 350 degrees, bake for about 60 min. It needs to come out when the edges turn a slight brown.

Christstollen

- * 2 cups raisins
- * 1/3 cup rum
- * 4 cups flour
- * 4 teaspoon yeast
- * 2/3 cup sugar
- * 5 Tablespoons milk (warm)
- * 3/4 cup butter or margarine
- * 1/4 lb quark
- * 1 egg
- * 1 teaspoon vanilla extract
- * 1/2 teaspoon salt
- * 1/2 teaspoon each of cardamom, cinnamon, and ground cloves
- * 1/8 teaspoon of ground nutmeg
- * 2/3 cup candied lemon peel
- * 2/3 cup candied orange peel
- * 1 1/4 cups of slivered almonds
- * 5/8 cup ground almonds
- * 5 Tablespoons butter
- * confectioner's sugar

Put raisins into bowl, pour rum over it and soak them overnight.

Put flour in another bowl, make a hole in the middle, put yeast in it along with one teaspoon of sugar and the warm milk. Mix with a fork

carefully, cover bowl with towel and let rise 15 min. Add other ingredients except for dried fruit and almonds. Mix with mixer at low speed at first, then at high speed for 5 minutes. Cover and let rise until it's gotten substantially bigger.

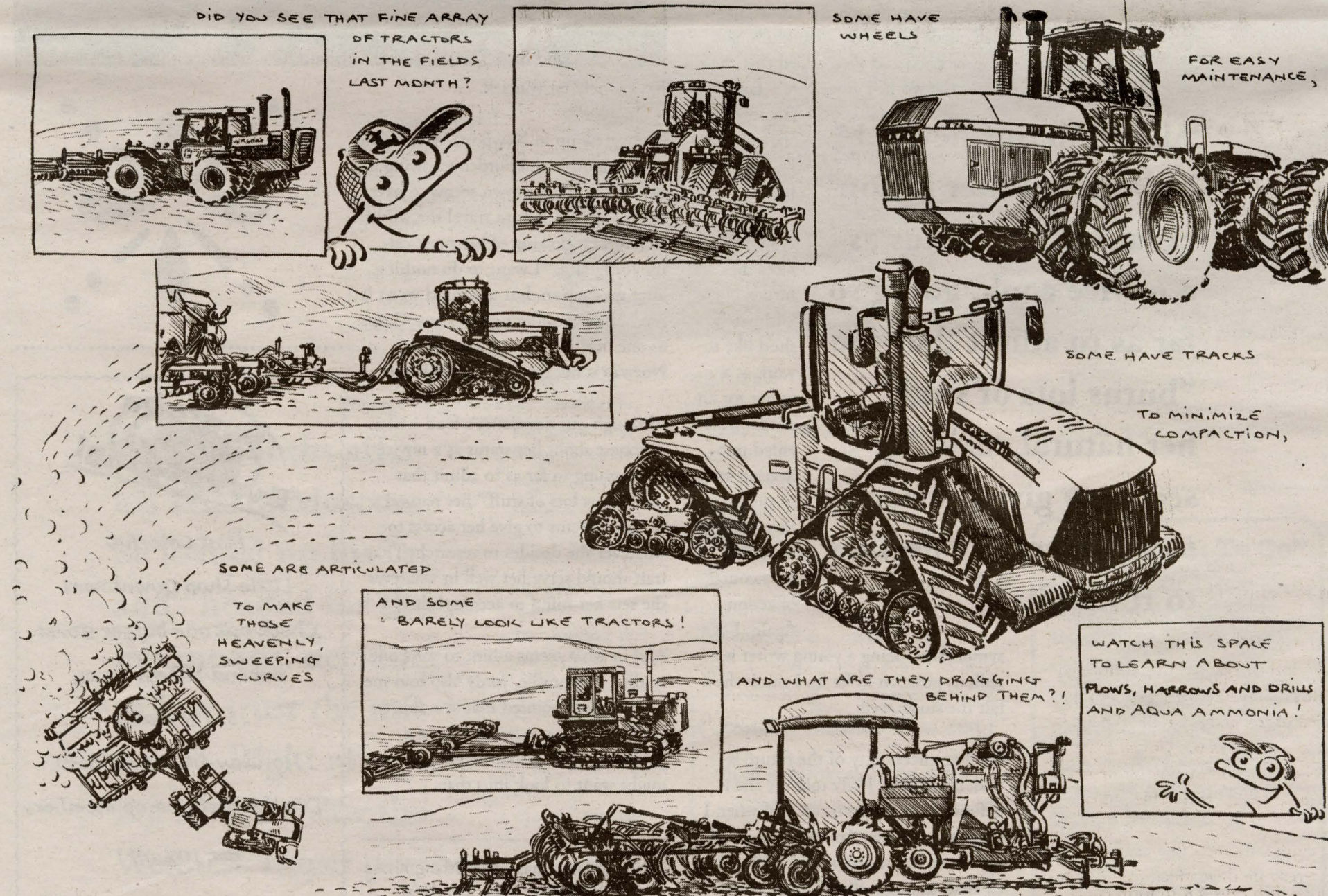
Take dough and mix it with almonds and dried fruits on a flour-covered surface. Form dough into a "Stollen". Again, cover and let rise until it's gotten substantially bigger.

Preheat oven to 430 degrees, put dough in oven, bake at 355 degrees for about 60 minutes.

Melt the 5 Tablespoons of butter. When cake comes out of the oven, brush butter on the warm cake immediately. Let cake cool, then cover cake with confectioner's sugar.

Put cake in aluminum foil, let stand for 1 week before it's eaten.

PALOUSE REPORT: Tractors on Parade



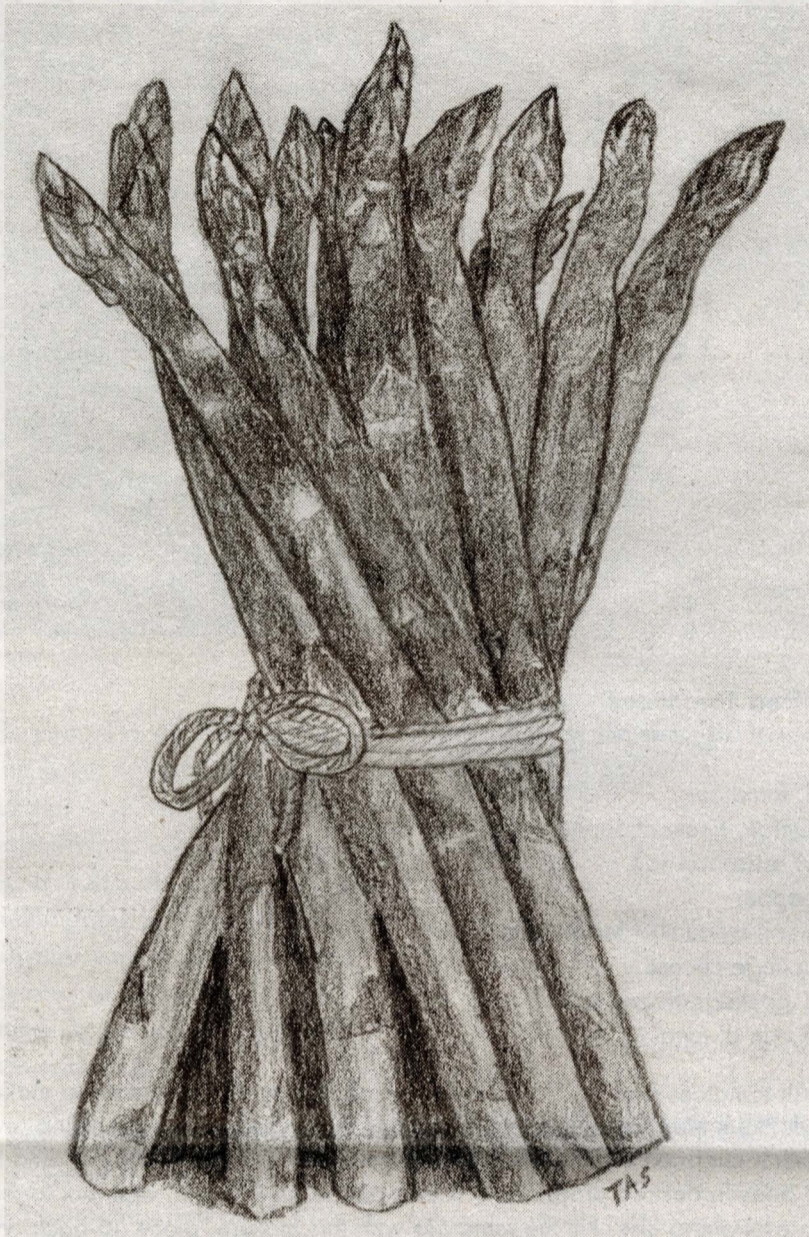
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Much Ado About Tofu: How Tofu Is Made

by Terri Schmidt, Newsletter Volunteer, illustration also by Terri



When I talked to Tofu Phil a couple of months ago, he mentioned his tofu is made in small batches so they can keep a close watch on it and make a quality product. Phil also told me that all tofu is cooked. If you buy a package of pre-baked tofu, it has been cooked twice. After talking to Tofu Phil I was more interested in how tofu is produced. I'm sure there are variations in the process, but I will share what I learned with you.

Tofu is made from dry soybeans that are soaked for about a dozen hours to re-hydrate them. This softens them and makes it easier to extract protein from the soybeans. The moist beans are then ground up with water to make a kind of slurry. This mixture is then cooked and separated by pouring it through a filter. This filtering leaves a pulp, called okara, and soy milk. Okara is fed to animals in the United States, but in Asia people enjoy eating it. The Japanese call it "honorable pulp."

Calcium salts and other coagulating materials are then added to the soy milk which causes it to form curds. You can observe a similar process by watching WSU students make cheese at Ferdinand's in Pullman. They put salts and enzymes into cow's milk, which

causes it to form curds and whey. Cheese curds are mild and tasty. I wonder how soybean curds taste.

The soybean curds are then poured into cloth-lined boxes and excess whey is pressed out. Differing amounts of pressing creates different types of tofu. The longer tofu is pressed, the firmer and less liquid it becomes. If you buy tofu that seems too soft, you can use this same process at home to make firmer tofu. Just put the tofu on a plate with several layers of paper towels underneath and put a weighted plate on top for a while to squeeze out the excess moisture.

Pressed tofu is then cut in blocks and packaged and pasteurized. Tofu is packed in water. If you buy bulk tofu, it will be found floating in water. Mori-Nu pasteurizes its tofu when it is in the slurry phase. It is then hermetically sealed by a patented process. As long as the box is unopened, Mori-Nu has a shelf life of one year and does not need refrigeration until it is opened.

Tofu Phil said he is a hands-on kind of guy and wanted to learn to make tofu on his own, which is how he began his business. Some of you readers may also be interested in making tofu at home. As for me, I am grateful there are many

Bisque of Fresh Asparagus

"The Art of Tofu", Akasha Richmond (by permission Mori-Nu)

- ✦ 1 large bunch (about a pound) fresh asparagus
- ✦ 3 cups water or vegetable stock
- ✦ 2 tablespoons vegetable broth powder
- ✦ 2 leeks (about 2 cups) mostly the white part and some of the green sliced thin.
- ✦ 1 small yellow onion, chopped small
- ✦ 2 shallots, peeled and minced
- ✦ 1 clove garlic, minced
- ✦ 1 teaspoon chopped fresh thyme leaves
- ✦ 1 tablespoon chopped fresh parsley
- ✦ 1/8 teaspoon fresh ground black pepper
- ✦ 1/4 teaspoon salt
- ✦ 1/2 package Mori-Nu Lite Tofu (firm) pureed to become 3/4 cup by volume
- ✦ 1 tablespoon white miso

Cut 2 inches off the bottom of the asparagus stalks and peel each stalk about 3 inches up.

Cut the asparagus into 2-inch pieces. Add the asparagus and the rest of the ingredients, except tofu and miso, to a 4-quart soup pot and bring to a boil. Reduce heat to a simmer and cook covered for 30 minutes.

Turn off heat. Add the tofu and miso to the soup and cool for about 10-15 minutes. Puree the soup in a blender until it's smooth. Pass through a wire mesh strainer to remove any remaining asparagus stalk fiber. Serve with croutons.

Small Planet Tofu-Mushroom Loaf

by permission, Tofu Phil

- ✦ 1/2 pound Small Planet, Fresh, Organic Tofu, any flavor
- ✦ 1 tablespoons vegetable oil
- ✦ 1 large onion, diced
- ✦ 1 cup chopped walnuts
- ✦ 1 cup rolled oats (not instant)
- ✦ 1/2 pound mushrooms, sliced
- ✦ 2 cups vegetable broth
- ✦ 2 cloves garlic, minced
- ✦ 1 cup grated carrot
- ✦ 3 tablespoons Dijon or other hearty mustard
- ✦ 4 tablespoons tomato sauce
- ✦ 2 tablespoons soy or tamari sauce
- ✦ 2 tablespoons arrowroot powder
- ✦ 2 cups whole wheat or preferred bread crumbs

Preheat oven to 375°F. In a large skillet, heat 1 tablespoon oil. Sauté onion slowly until a rich brown, about 15 minutes. Stir occasionally. Transfer to a large mixing bowl. In the same skillet, heat remaining oil, add walnuts, and sauté over medium heat 3 minutes. Add oats, sauté another 3 minutes, stirring. Add mushrooms, broth, and garlic. Reduce heat to low. Cook until mushrooms soften and stock is absorbed, about 8 minutes.

While oat mixture cooks, add carrot, mustard, tomato sauce, soy or tamari sauce. Add oat mixture to bowl with onions and set aside.

Puree tofu and arrowroot powder in blender or food processor until smooth. Add to oat-carrot mixture, and mix well. Add bread crumbs and mix again. Pour into oiled 5"x2 3/4" loaf pan. Bake 40 minutes. Cool 30 minutes before slicing.

tasty tofu products at the Co-op, so I can enjoy tofu without all the work.

I hope you enjoy trying this month's recipes, which include easily purchased tofu from the Co-op. Asparagus season lasts through this month, so you should be able to find fresh local asparagus to make the bisque.

Informational sources: www.innamaskitchen.com, www.house-foods.com, www.morinu.com

Terri Schmidt will use her time not spent making tofu out in nature enjoying the lakes and woods of Idaho.

Meals Kids Might Eat: Frozen Peas!

by Judy Sobeloff, Newsletter Volunteer

Uses for frozen peas not listed on the package: 1) Stack mattresses high atop a lone pea, and have unsuspecting family members and friends lie on top for rigorous testing. 2) Pelt those who claim to feel the pea (a.k.a. “princesses”) with remaining peas in package. Promote said weaponry as a smaller, greener, year-round alternative to snowballs. 3) Try the recipes below.

Frozen peas—currently featured as part of the new lower-priced “Co-op Essentials” list—are not only tasty by themselves but can literally be tossed into almost any dish, thus upping not only the fun factor but taste and nutrition as well. As Nancy, my friend and fellow Co-op newsletter writer, says, “I use them often, maybe too often—no, I don’t think there’s any such thing. They’re green, which pleases me, and they’re sweet, which pleases the kids.” Nancy adds them to mac and cheese, noodles, rice, soup, “everything.” I suggest adding them to quinoa or couscous, and Nancy has successfully (i.e., surreptitiously) added them to fruit smoothies for her kids, as opposed to broccoli, which she tried first and found too bitter.

My family tried three frozen pea salads this month, with positive enough responses that I’d try the latter two again. While some recipes suggested thawing the peas in a colander under cool running water, I always found it more satisfying to throw them right in. First up, and the least rewarding, was Green Pea Salad with Cheese, perhaps because my children (like me) tend to

shy away from mayonnaise, or at least the vegan variety we used. While my 4-year-old refused to try this one, stating that the only food he likes is what his 6-1/2-year-old sister makes, Fred raved, “Hey, that is really tasty—almost like a frozen dessert.”

We fared better with Pea Ball Salad, a cold peas and peanut combination introduced to us last summer by our friend, Nils. This one has obvious appeal, as it’s tasty, unusual, and incredibly easy.

Last up, we made Stuffed Tomatoes with cottage cheese, tuna, and peas. While the instructions suggest having the kids scoop out the tomatoes (“It’s like a tomato gook bath,” said the 4-year-old as he dug away), the group participation was perhaps not as delightful as one might expect. Now a veteran scooper, I advise having on hand a) extra tomatoes to replace those that tear and/or b) scotch tape for kids to repair them themselves. (Whatever works. Fred’s artistic suggestion that we arrange torn tomato skins one inside the other like flower petals went nowhere with the kids.)

“I do not like tomatoes,” the 4-year-old announced as soon as he saw them. “I only like them when they’re... (pause)... Now I remembered I never like them!” While our kids never ate the much-lamented tomato bowls (nor the scotch tape), they seemed to enjoy the filling well enough, and I think this recipe bears making again.

Fred was particularly pleased to discover that tuna tastes great with cottage cheese, even better than with mayo. (Tuna sandwich makers, take note!) Nancy, who provided the vegan Stuffed Tomato alternative below, noted that her almost 8-year-old likes cottage cheese with peanut butter, though not necessarily in a tomato.

Judy Sobeloff has never to her knowledge slept on a pea.



Stuffed Tomatoes

adapted from www.eartwiggles.com

- ✦ 1 Tomatoes
- ✦ Onion, finely chopped
- ✦ ½ teaspoon salt
- ✦ pepper
- ✦ small amount of lemon juice
- ✦ cottage cheese
- ✦ 1 package frozen peas
- ✦ 1 can of tuna

Wash tomatoes and dry. With knife, cut off the top of the tomato to make a lid. Have kids scoop out tomato insides with a spoon. For the filling, mix together chopped onion, salt, pepper, lemon juice, cottage cheese, and frozen peas in desired proportions. Open can of tuna, drain, and mix together with everything else. Fill the tomatoes with this mixture, place lid back on top, and enjoy.

Stuffed Tomatoes, Nancy’s Vegan Variation

- ✦ Tomatoes
- ✦ Toby’s Tofu Pate (Original flavor for kids, or Mild Jalapeno for adults)
- ✦ OR: Mash up tofu with a fork, add chopped celery, little bits of sweet onion, peas, very tiny bits of red pepper, salt or tamari to taste, and rice vinegar. Spoon out tomato insides and spoon in Toby’s Tofu Pate or tofu mixture.

Pea Ball Salad

- ✦ Stir mayo and frozen peas together until peas are lightly coated. Stir in salted peanuts or cashews. (If using the Co-op’s bulk shelled peanuts, which are recommended rather than the bulk Spanish peanuts, also add a little salt.) Adjust ingredients as needed. Best if cold, so serve immediately if not sooner.

Green Pea Salad With Cheese

adapted from allrecipes.com

- ✦ 2/3 cup mayo
- ✦ salt and pepper to taste
- ✦ 1/3 cup diced red bell pepper
- ✦ 1 cup diced celery
- ✦ 3 large sweet pickles, chopped
- ✦ 1 package (16 oz.) frozen green peas
- ✦ ¾ cup cubed cheddar cheese

Mix together mayo, salt, pepper, bell pepper, celery, and pickles in a large bowl. Stir in peas and cheese. Chill until ready to serve. Serve over lettuce leaves.

VARIATION: Substitute ½ cup chopped almonds, ½ cup chopped green onions, ½ cup crumbled feta cheese, and 2 tablespoons balsamic vinegar for bell pepper, celery, pickles, and cheddar cheese.

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Smart Shopping at the Co-op

by Melynda Huskey, Newsletter Volunteer

Food prices worldwide are up 40%, according to the U.N. High Commission. There are pasta riots, tortilla riots, rice riots . . . and if what I've read about the hops shortage is true, we may even be seeing some beer riots soon. While economists, agriculturalists and pundits debate the complex interactions of global climate change, skyrocketing meat and dairy consumption, peak oil and war on our food supply, I'm down here on the ground asking myself, "How can I get the most out of my Co-op dollars?" And I know I'm not alone. I've talked to college students, single parents, empty nesters — and we're all feeling the pinch.

Over the years, I've figured out a few shopping hacks — little tricks that whittle away at my total. Becoming a member is the first order of business — for a mere \$10, shoppers are eligible for member prices and specials, for a 10% discount on case orders, and the fabulous array of discounts available on Member Appreciation Day. Get the card, save some cash!

Plan ahead. I know that impulse shopping will overwhelm my budget in no time. So I make a list and try to stick to it. I read the sales fliers, check out the specials on-line, and order some items, like the incredibly delicious Mojo bars, by the case — that's a 10% discount on my lunch every day of the month! I try to remember to bring my own containers and bags, and my own mug for the coffee I treat myself to while I'm shopping. Which brings me to my last, perhaps most useful tip: never shop hungry. It's easy to pile up the snack items, which are more processed and consequently more expensive.

For more advice, I called Kenna Eaton, the Co-op's General Manager. She tipped me off to a new program designed to save Co-op shoppers money on a whole range of staples: Co-op Essentials. It's actually a refreshing of what used to be called the Co-op Basic Basket. Kenna describes it as

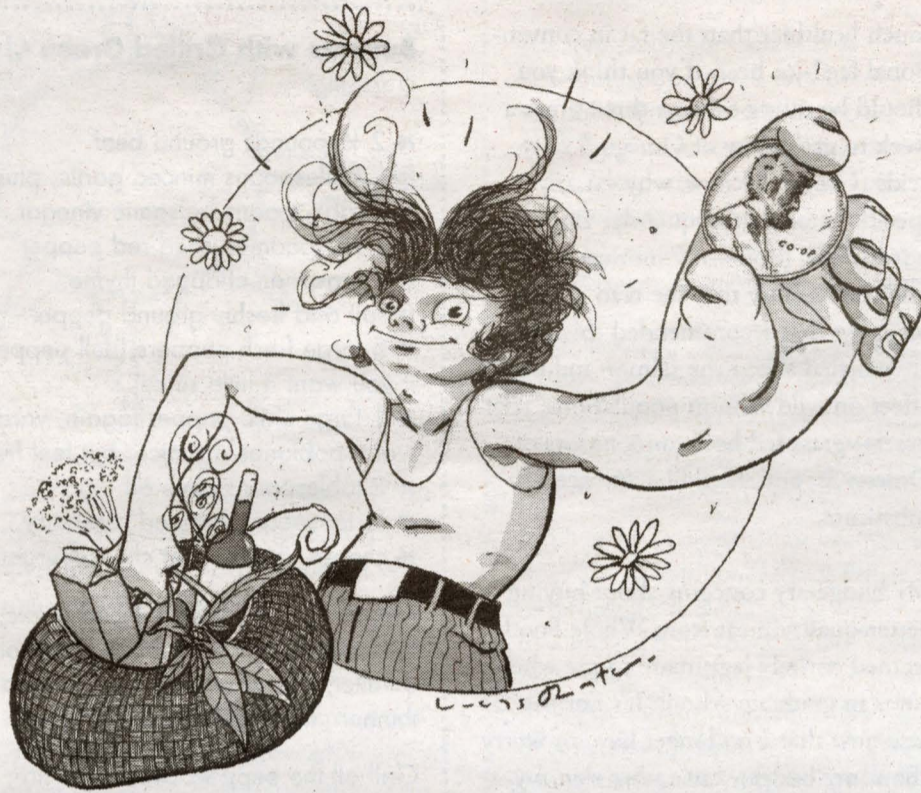


Illustration by Lucas Rate

"rock bottom prices on basic foods." The items include a lot of bulk items like oatmeal, some wellness items, and even pet food. They'll change seasonally, to reflect availability and keep things interesting. Relying on these mainly unprocessed, basic foods to fill my basket will help keep my food costs down. Co-op Essentials will be marked with a special logo — watch for it!

Kenna also recommends buying in bulk, which allows shoppers to buy as little — or as much — as they like. This can be a real savings in herbs and spices, which are often quite expensive, and can lose potency if kept too long. Small amounts purchased as needed allow you to save in actual dollars spent as well as in waste prevention.

In the produce aisle, look for the seasonal abundance, and make the most of it. Likewise, locally-grown fruits and vegetables benefit from lower transportation costs, which means more savings for us. More and more locally grown items are available. The Tuesday night Growers' Market is another great way to source local, fresh, delicious food.

to me and my family. In fact, eating the right diet is one of the best ways to change the world. Importantly, a diet that is nourishing for the body, our culture and the environment that sustains us should be available to all, regardless of income. I found it a struggle at times to live my values as a student (and wasn't able to at times). Consequently, it's important to me to increase access to organic whole foods. What I love about the new program is that it does exactly that!"

We don't have a lot of control over food prices; they're likely to continue to rise over the next months. But every little bit helps. If you've got tips for saving money at the Co-op, please pass them along. As Red Green says, "Remember, we're all in this together."

Melynda Huskey blogs about food, craft, and family life at The Things That Make Us Happy Make Us Wise (<http://melyndahuskey.wordpress.com>). Email her at Melynda.huskey@gmail.com.



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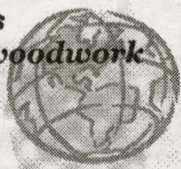
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Omnivoria: Burgers on a Budget

by Alice Swan, Newsletter Volunteer

In the summer of 1998, I was on a road trip from Missoula to Baltimore with my husband (who at the time was just my boyfriend). When I was very young, my family had driven from California to Minnesota a couple times, but this was the first time I remember much of anything specific about the West. As we drove south on I-90 from Montana into Wyoming, we saw a sign that said "Eat Beef—You're in Cow Country."

At the time, the sign made quite an impression on me, because eating beef was something I rarely did. In fact, I hardly ever ate meat because I was in graduate school and didn't have much money or time. My method of cooking was often to heat up pasta sauce from a jar, and the kind with the meat already in it kind of grossed me out. Actually, all the meat that was sold at the supermarket where I usually shopped in Baltimore kind of grossed me out, but I felt that I couldn't afford to shop at Whole Foods where the meat was much nicer.

Since I moved out West, I've eaten way more beef than I used to, because, well... it's Cow Country! That sign from 10 years ago may not have been put up by a localvore, but it was prescient of the currently growing popularity of eating locally.

In the late '90s, my attitude towards beef was in part colored by the impression that it was unhealthy, left over from all the negative press about red meat's effect on cholesterol and heart disease in the '80s. But I now know that grass-fed beef can be just as lean as chicken, and the fat it does contain is

much healthier than the fat in conventional feed-lot beef. If you think you should be eating salmon three times a week to get plenty of Omega-3 fatty acids (I know, I know, why eat any specific meat that frequently? But I'm not making it up—my mother-in-law told me recently that she read a book on aging that recommended this), but are worried about the salmon industry's effect on wild salmon populations, take heart—grass fed beef contains lots of Omega-3s, and would be an excellent substitute.

My budgetary concerns about buying better-quality meat from Whole Foods seemed entirely legitimate to me when I was in graduate school. It's not the case now that I no longer have to worry about my budget, but rather that my priorities have changed. Groceries now consume a higher percentage of my budget (since eating well is important to me), and going to bars and buying expensive art books have ceased to matter to me. But the Co-op also helps out in the budget department with the 78% lean ground beef from Country Natural Beef for an every day low price of \$2.49/pound. For comparison, at the Moscow Safeway, the regular price of 80% lean ground beef is \$3.29/pound. And think of the difference in quality!

On those rare occasions before I moved West when I used to buy ground beef, I always got the 95% lean variety, with the thought that leaner is healthier. But for making burgers, the quintessential summer grilling food, fat is important. It keeps the burger juicy. And with the good fats in grass-fed beef, there's not so much cause for concern.

Burgers with Grilled Green Chiles

6 servings

- ✦ 2 ½ pounds ground beef
- ✦ 2 tablespoons minced garlic, plus 4 cloves, thinly sliced
- ✦ 2 tablespoons balsamic vinegar
- ✦ 1 teaspoon crushed red pepper
- ✦ 1 teaspoon chopped thyme
- ✦ salt and freshly ground pepper
- ✦ 5 large fresh peppers (bell peppers if you want sweet, Anaheim or similar if you want a little spice)
- ✦ 1 large chile pepper (again, variety depends on how much spice you want; poblanos are nice, but feel free to kick it up)
- ✦ 2 tablespoons olive oil
- ✦ ½ teaspoon chopped rosemary
- ✦ cheese, if you want cheeseburgers—Gruyere or Fontina is nice

Mix the ground beef, minced garlic, vinegar, red pepper, thyme, about 1 teaspoon of salt and 2 teaspoons of pepper, and make your burger patties. Smaller, thicker patties are easier to cook rare (and keep juicier) than larger, thinner patties. Refrigerate until you're ready to cook them.

Grill all the peppers over a hot fire, turning them frequently, until they're charred all over. Put them in a plastic bag, or a bowl covered with plastic wrap for about 10 minutes, then peel, stem and seed them, and cut into strips. Mix the pepper slices with the olive oil, rosemary and sliced garlic and season with salt and pepper.

Grill the burgers, 2-5 minutes on each side, depending on how well you want them done. If you want cheese, add it about 1 minute before you take the burgers off the grill. Serve the burgers on buns topped with marinated peppers. I also like to add tomato, arugula and mustard, but they're also good with ketchup.

If you enjoy your burgers rare, the grass-fed beef is again a winner. Ground beef is typically the culprit in meat recalls, because grinding the meat gives it more surface area on which to harbor bacteria. But the deadly e-coli that develops in the stomachs of feed-lot cows because they are eating a diet unnatural to them is not a problem in grass-fed beef, since the cows are eating as Mother Nature intended. And Country Natural Beef is processed with more care than the industry standard,

which means less chance for contamination of the meat in the first place.

For more information on Country Natural Beef, visit www.oregoncountrybeef.com, or see the article in the September 2007 Co-op Newsletter.

Alice just got back from a vacation in San Antonio, where she ate a lot of beef.



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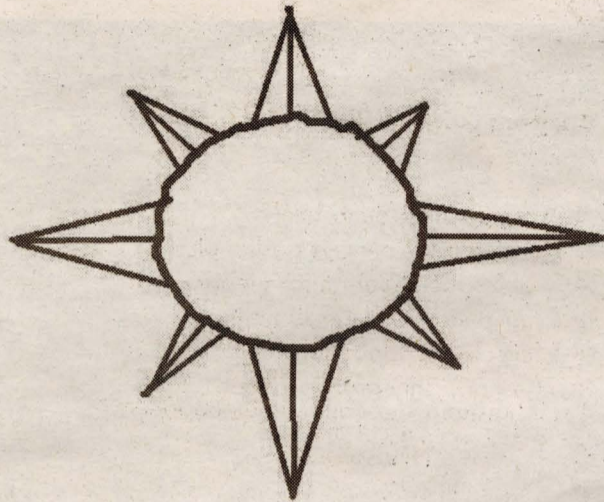
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Veganesque: Big Hats and a Shady Tree

by Caitlin Cole, Newsletter Volunteer

One of the things I enjoy most about warmer weather is the feeling of expanded space. Being able to walk outside on a whim, without mittens hats and boots, is the feeling of freedom! Our little house has suddenly become bigger with the outside being an extra room for us, and eating al fresco is now the norm.



As the solstice sun shines down upon us, I am grateful, but also afraid! The one the ancient Celts called Belenus the Sun God, giver of life, also has been accused of causing skin cancer.

For those who know my family knows that we are pigmentally challenged! I have worn sunscreen all of my life, long before it was the norm. Back then in the late 1960s, there was only one brand and the highest SPF was 4. My mother use to cover my brother and in the blue stuff that smelled like rubbing alcohol during our summers on a lake cabin in Maine. I did not like having the stuff rubbed all over me, and I would squirm and complain like my children do now, but I knew I had to be covered or else I would burn. Now there are hundreds of brands of sunscreen from which to choose. I tried a mainstream brand last year, one that claimed to be easier to rub in. It did rub in much easier, but after using it a dozen times it caused me to wonder, what is in it that makes it disappear into the precious skin of my little lovies? For the past 15-20 years, it has become the de facto standard that slathering on sunscreen is the best way to stay safe in the sun, but I began to wonder after I found out more about sunscreen. The reason why this particular sunscreen rubbed in easier is because it is made with nanoparticles.

Nanoparticles present possible dangers, both medically and environmentally, due to the high surface to volume ratio, which can make the particles very reac-

tive. They are able to pass through the membranes of cells in organisms, and their interactions with biological systems are unknown. These nano-scale ingredients are used mostly for UVA protection, which is important because the sun's UVA rays do the most damage. Most major commercial brands of sunscreen contain nanoparticles. The Europeans have developed an effective UVA filter for their sunscreens, but the FDA has not approved it for use in the U.S.

There was a study done by the Environmental Working Group on sunscreen protection. Their scientific review indicates that 86% of 1,013 sunscreen products offer inadequate protection from the sun, or contain ingredients with significant safety concerns. That leaves only 14% of the products on the market that are both safe and effective, blocking both UVA and UVB radiation, and containing few if any ingredients with significant known or suspected health hazards.

Take heart, sun-loving reader, because luckily there is a large selection of organic, chemical free sunscreens in our Co-op's HABA (health and beauty aids section). One of the best features of HABA is the knowledgeable staff. Have a question about the ingredients in a particular sunscreen and they can tell you, and if they do not know, they find out for you. Can you imagine getting that kind of service and information in the health and beauty aisle of a supermarket chain?

East City Park Picnic Salad

- * 1 cup baby spinach leaves
- * 1 tablespoon dried cranberries
- * 1 tablespoon chopped pecans
- * 1/2 apple, cored and diced
- * 1 tablespoon diced red onion
- * 2 tablespoons grated carrot
- * 1/4 avocado, peeled and diced
- * 1 tablespoon balsamic vinaigrette salad dressing

Place spinach, cranberries, pecans, apple, onion, carrot, and avocado into a bowl. Drizzle with balsamic vinaigrette, and toss to coat.

Cheeziness Sandwich Spread

- * 15 ounce can of white beans, drained
- * 1/3 cup nutritional yeast flakes (Co-op bulk department)
- * 1/4 cup fresh lemon juice
- * 3 tablespoons tahini or nut butter
- * 1/2 teaspoon paprika
- * 1/2 teaspoon prepared yellow mustard
- * 1/2 teaspoon salt
- * 2 cloves garlic, minced (optional)

Put all ingredients in food processor and pulse until completely smooth. Chill well before serving. Keep leftovers in refrigerator for up to five days.

While picnicking in the parks and in our yard this summer, our family will be wearing sunscreen, only less. You will find us sitting under a shady tree wearing big hats, eating loaded veggie sandwiches from our Co-op's deli, or one of the recipes below.

Resources: www.cosmeticsdatabase.com/special/sunscreens, www.mercola.com/forms/aubrey_sunblock.htm

Caitlin Cole is still searching for the perfect floppy summer hat.

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In The Garden: Berries and Grapes for the Palouse

by Holly Barnes, Newsletter Volunteer

Every garden is unique with a multitude of choices in soils, plants and themes. Finding your garden theme is as easy as seeing what brings a smile to your face.

—Teresa Watkins,
Gardening With Soul

From a lecture by Dr. Danny Barney, Extension Horticulture Specialist and Superintendent of the University of Idaho's Sandpoint Research & Extension Center.

In last month's column, I mentioned the class I took in April on grapes and berries for our area. I wanted to share more of that lecture this month.

The most important consideration for growing small fruits on the Palouse is to match the crop to the site, rather than the other way around. Success will be achieved if you select crops that are adapted to your growing conditions.

Raspberries are the best-adapted berry to this area and arguably the most popular. They require good drainage and if this is a problem on your site then build raised beds. In addition to improving drainage, the soil in raised beds warms up earlier in the season than the surrounding soil and dries out 2-3 weeks earlier, providing you with a longer growing season. Raspberries want full sun and good air movement. It is better for them to be a little too dry rather than too wet.

The best soil for raspberries is 1/3 loam, 1/3 sand and 1/3 compost. It takes 3 years for plants to mature. Raspberries do best when they are replaced after 8-10 years. Start a new bed in another location 3 years before and you won't have to do without this berry for even a season. When pruning, keep in mind that the lower you prune them the lower the yield and smaller the fruit size you will harvest. It is better to bend over the tops and fasten to a lower wire. Specific instructions for pruning can be found at the U of I Sandpoint Research & Extension Center website listed at the end of this column. Buy certified berry bushes from a well-known nursery. This will guarantee that the berries are disease free.

Strawberries are also well adapted to our area. They also prefer raised beds,



Backyard raspberries are growing!

as they are susceptible to root rot. Rows should only be 12" wide, as berries only grow on the outside of the plants. They grow well in containers on the patio and are a good choice for small gardens. Strawberries thrive in full sun, but do not tolerate drought. They are of three types: June-bearing, everbearing and dayneutral.

Strawberries should be replanted every 3-4 years in a new bed. The first year cut off all blossoms to force the plant's energy into the roots instead of into berry production. You will find rankings of varieties and more cultural information on the website.

Red, white and black currants are adapted to our area. They do well in light to moderate shade and are attractive ornamentals, especially the reds. The fruit is used for jellies, syrups and juices and as herbal medicines and teas.

Grapes need more heat than the Palouse usually provides, but if you can find a south facing wall or protected area you may have success. Select one of the most cold-hardy varieties, Canadice is the best seedless in Dr. Barney's opinion.

Other fruits for the Palouse are blackberries, gooseberries, jostaberries, blueberries, lingonberries, huckleberries, saskatoons and kiwifruit.

Other websites with more information on small fruits are:

<http://www.ag.uidaho.edu/sandpoint>
<http://berrygrape.oregonstate.edu/>

In the June Garden:

- ✦ Prune or deadhead lilacs no more than 2 weeks after bloom has ended;
- ✦ Plant seedlings of summer blooming flowers;
- ✦ Plant biennial plants from plant sales: hollyhock, foxglove and sweet William. Biennials grow leaves the first year and flower the next;
- ✦ Divide iris any time after bloom. Cut segments so each has a fan of leaves;
- ✦ Plant warm season plants: squash, melons, tomatoes, and beans;
- ✦ Succession plant salad vegetables (lettuce, radish) every 2 weeks for a continual supply;
- ✦ Put up hummingbird feeders and change the nectar frequently, better yet, plant hummingbird friendly plants;
- ✦ Pick flowers and give them to your friends and neighbors.

Errata: the Potlatch Growers Group was started by local Potlatch and Princeton community members in January 2006

who were, and are, passionate about growing and supporting local food systems in the rural community. Contrary to what I stated in April, there were no master gardeners involved in starting the Group.

The June seminar from the Growers is on season extenders: hoop houses, row covers, etc. For information email potlatchgrowersgroup@yahoo.com or call (208) 875-0644.

Holly Barnes took time out from a major (and messy) garden remodel to write this article. She and her husband, 'the sailing guy,' have torn up part of the backyard lawn and existing cement slab and are replacing it with lavender plants, a new patio, and some blueberry plants in a raised bed.

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Camping with Cranberries

by Jordy Byrd, Newsletter Volunteer

I am fortunate to come from a family of campers. We were never the ones to visit



an integral part of our camping experience was the food. It really doesn't matter whether you're a seasoned pro or a

Disneyland, Florida or Hawaii. Rather, my family's vacations included trips to Glacier, Yellowstone and the Redwood Forest.

This too was before the "modernization" of camping. Truly, it was before camping was...comfortable. We didn't sleep on pillow-top mattresses, in a 41-foot fifth-wheel with satellite television. This, friends, is the unfortunate reality of many present-day adventurers (and trust me, I know). Throughout college I've spent my summers as a park ranger with the Army Corps of Engineers in Idaho.

No. No. My family of four slept in a tent. I swear, a three-man tent. You know the kind where you can't exactly stand up to change. The kind of tent where the unfortunate sleeper, who on the outside of the sardine tin, woke up to water at the mere touch of a tent wall. The kind of tent that was brown, with burnt-orange rain flaps, and holes from when my older brother brought in the lantern, despite my parents dire attempts to stop him.

In addition to our time-warped tent,

beginner; all campers need a steady supply of camp-food. Of course there's the food you make directly on site, but often underestimated is the dry food made in advance. So, in the spirit of summer and camping, I wanted to share a dry food that is perfect, alone or mixed, for all your outdoor adventures. Behold the cranberry.

First things first, why are they called cranberries? Some say it's because of the crane shape of the fruit's flower. More probably and practically, if less poetically, it is because cranes (the birds) and cranberries, both find home in bogs. Another name for the cranberry is the bouncing berry. This is because the good ones bounce. Not too long ago, the tart treats were tipped down steps, which caught the bad ones on the way down. Present-day grading machines use the very principle.

There are two main types of cranberries. First is the European cranberry, which grows wild on moors throughout northern Europe and Asia, as well as in North America. Second is the American or large cranberry, which is naturalized locally in Europe, and parts of Britain.

Oatmeal Cranberry White Chocolate Chunk Cookies

- ✦ 2/3 cup butter or margarine, softened
- 2/3 cup brown sugar
- 2 large eggs
- 1 1/2 cups oats
- 1 1/2 cups flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 6-ounces dried cranberries
- 2/3 cup white chocolate chunks or chips

Preheat oven to 375°F. Using a mixer, beat butter or margarine and sugar together in a medium bowl until fluffy. Add eggs, mixing well. Combine oats, flour, baking soda and salt in a separate mixing bowl. Add to butter mixture in several additions, mixing well after each addition. Stir in sweetened dried cranberries and white chocolate chunks. Drop by rounded teaspoonfuls onto ungreased cookie sheets. Bake for 10-12 minutes or until golden brown. Makes approximately 2 1/2 dozen cookies.

Cranberry Nut Bars

- ✦ 2 eggs
- ✦ 1 cup sugar
- ✦ 1 cup flour
- ✦ 1/3 cup butter or margarine, melted
- ✦ 1 1/4 cups fresh or dried cranberries
- ✦ 1/2 cup chopped walnuts

Preheat oven to 350°F. Grease an 8-inch baking pan. Beat eggs in a medium bowl until thick. Gradually add sugar, beating until thoroughly blended. Stir in flour and melted butter; blend well. Add cranberries and walnuts, mixing gently just until combined. Spread evenly in pan. Bake for 40 to 45 minutes or until golden brown and a toothpick inserted into the center comes out clean. Cool and cut into bars.

ies that were quick, hand edible, and could be easily stored amongst camping gear. The winning recopies included Oatmeal Cranberry White Chocolate Chunk Cookies and Cranberry Nut Bars. Let me tell you, they were sinful. As sinful as cranberries can be.

The cookies had that wonderful oat-

cranberries and the smooth introduction of white chocolate. I'm telling you, this cookie can compete with the best of 'em. For the bars, I ended up crushing my walnuts to smithereens, giving the bars an even nutty flavor. The taste complemented the cranberries well, but I think next time I'll introduce more whole nuts and a combination of dried fruits. After all, why buy a packaged granola bar when I can make my own?

Resources

<http://homecooking.about.com>

Jordy plans to re-visit the Redwood Forest as part of her post-graduation celebration of life.

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Wild & Free: Lamb's Quarters

by Sarajoy Van Boven, newsletter volunteer

*Like a true nature's child,
We were born, born to be
wild.* —Steppenwolf

Some plants bore cultivation like a cross, domesticity like a burden. When their captors' attentions and fancies turned to more trendy foods and flowers, some, like Lamb's Quarters, jumped the garden fence and took off for parts unknown. Wild at heart, Lamb's Quarters set its gaze on the horizon and never looked back.

A hardy weed with cunning survival strategies, it naturalized its way across the globe to pop up year after year in my old potato patch, thousands of miles from its European origins.

When fully grown, this adventurous, sprawling annual can be three feet tall. However, the leaves are best when the young plant is just a few inches high. The diamond or arrow shaped leaves shimmer with a green/blue velveteen that feels like fine dust. When very young, the leaves may have only one or two teeth near the base, but, like us, grow more teeth as they age.

Consume these leaves raw or boiled. Lamb's Quarters, like plantain and violet, was a precursor to domestic spinach and can be a modern "substitute". Lamb's Quarters provides more Vitamin

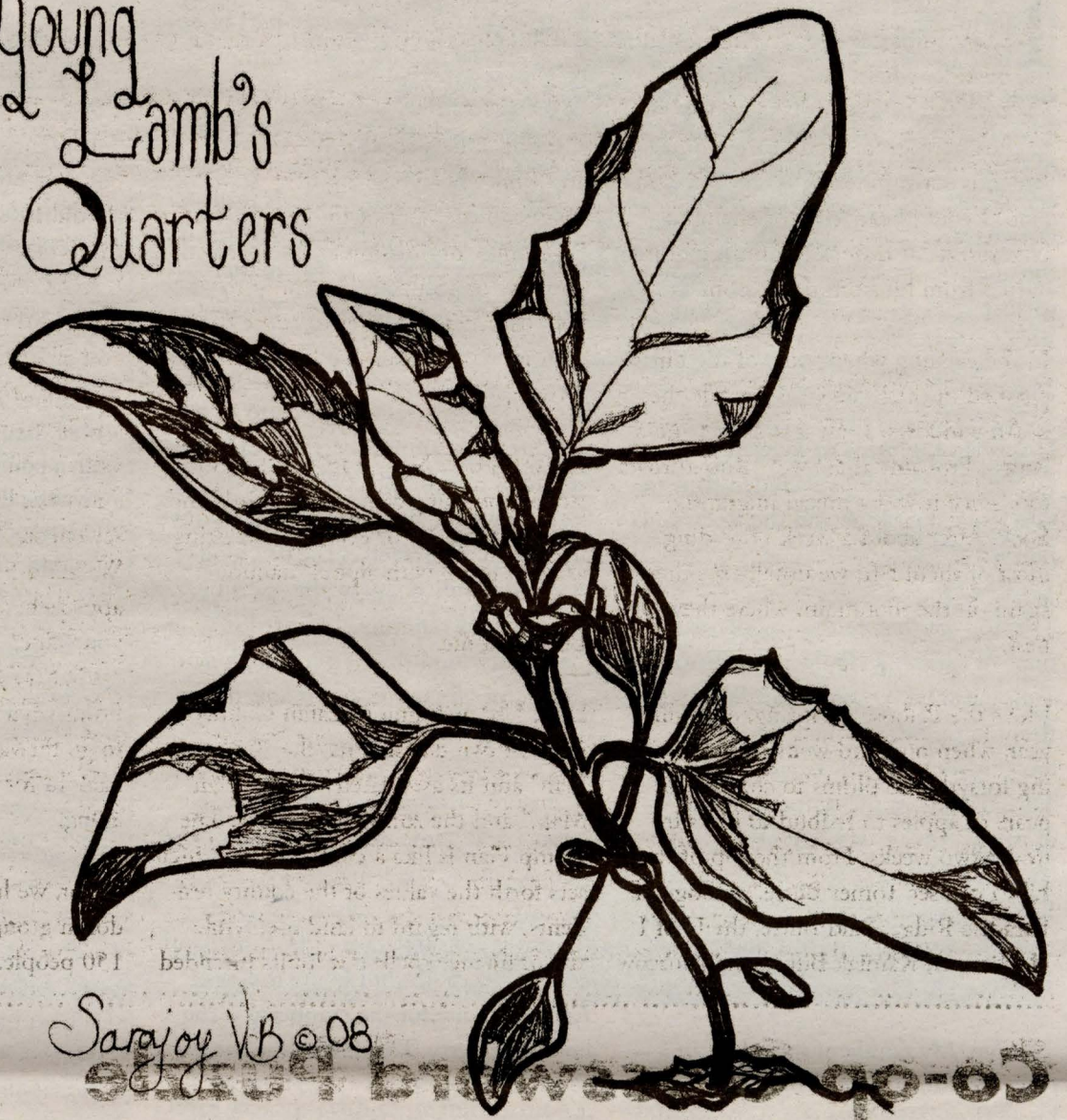
A and C than spinach; however, it also contains a similar quantity of a calcium absorption inhibitor: oxalates (*Eating Wild Plants* by Kim Williams). Which means moderation and separation from your calcium supplement.

Poultices of bruised leaves have been used on burns, wounds, inflamed eyes, headaches, and heat-stroke victims. Additionally, a chewing of leaves is a reputed toothache reliever. A tea of this plant has been recommended for stomach-aches and joint pains.

Later in the summer, tiny gray-green flowers will pop up like a blight on the branch ends. These are also edible, good for salads or, apparently, as cold cereal with milk! (*Edible and Medicinal Plants of the Rockies* by Linda Kershaw)

These inconspicuous flowers give way to an astonishing 50,000 to 70,000 black poppy-like seeds, which could be roasted and

Young
Lamb's
Quarters



ground for coffee or flour, or whole in muffins or porridge.

Evidently, Napoleon relied heavily on these for making a black bread for his troops (*Plants of the Southern Interior* by Lone Pine). I can see him now: in thin woods, apron tied in a bow, cookbook lays open, one hand kneads dough, the other tucks securely into his shirt, the edges of a checkered tablecloth flutter in the breeze, a bird chirps above him and a sense of domestic tranquility rests on his face, while the sounds of raging battle clang up from the hills below. The angry army fueled by his coal colored biscuits. I wonder if he then, gently placed poultices of Lamb's Quarters upon the wounds of his men. Perhaps he first washed their wounds with Lamb's Quarters roots, a soap substitute. (Kershaw)

Similar to the plant and perhaps even Napoleon himself, local native Americans also made use of what fate and nature provided them. Not being native-plant-purists, the St'atl'imx, Okanogan, Secwepemc, Flathead and Cheyenne all welcomed Lamb's Quarters into their routines. (*Food Plants of Interior First Peoples* by Nancy J. Turner)

The name Lamb's Quarters caught the attention of this mostly vegetarian writ-

er, not only because it conjured images of slain baby sheep, but also because the name causes subject/verb agreement issues. "Lamb's Quarters" is perhaps based on some sort of harvest festival, or confusion with another plant. The scientific *Chenopodium album* is the only name with any sense, meaning goose foot, as the leaves appear to be shaped like goose feet (Lone Pine). This is even less appetizing than Lamb's Quarters.

Think of the adventures this humble weed has been on! Ancient harvest festivals, war with Napoleon, unwelcome "transitions" with the Okanogan, and a quiet regularity on Cleveland Street. And all because it took a leap of faith from the garden row, lo, these thousands of years ago. Where the winds would blow it, it knew not. What soft or inhospitable landing it may have, it knew not.

God grant us such hardy versatility on our own journeys. When I eat these wild things, I hope to inherit their will to thrive in whatever rocky or lush soils fate should plant me.

Sarajoy was born to be wild and her greatest hope is to fulfill this destiny.

June Hot Specials	
Breakfast / Lunch	Dinner
SUNDAY	
Egg or Tofu Scramble, Chicken Fried Steak, Homefries, Berries and Cream Bread Pudding	Baked Crispy Chicken, Baked Herbed Tomatoes, Smashed Roots, Berries and Cream Bread Pudding
MONDAY	
Gourmet Pizza by the Slice	Chicken w/Tomatillo Salsa, Spicy Potato Wedges, Veg Stir Fry, Raspberry Peach Cobbler
TUESDAY	
Spicy Thai Tofu Stirfry, Beef and Broccoli Stirfry, Rice, Egg rolls Strawberry Apricot Crisp	BBQ Night! BBQ chicken, Tempeh Kabobs, Burgers
WEDNESDAY	
Greek Bar! Beef/Lamb or Falafel, Zucchini Feta Pancakes, Ginger Lime Rice Pudding	Grilled Asian Flank Steak or Grilled Portobello, Sweet Slaw, Ginger Lime Rice Pudding
THURSDAY	
Smothered Burritos: Chicken, Veggie, Vegan, Green Chili Chix Enchiladas, Raspberry Peach Cobbler	Garlic Shrimp Veggie Sauté, Pineapple Cashew Quinoa Stir Fry, Coconut rice, Raspberry Peach Cobbler
FRIDAY	
Chicken Pesto Foldovers, Three Cheese Spinach Foldover, Mean Greens, Strawberry Apricot Crisp	Gourmet Pizza by the Slice
SATURDAY	
Breakfast: Stuffed French Toast, Homefries, Bacon, Egg and Tofu Scramble Lunch: Mac & Cheese, Mean Greens, Potatoes, Molten Chocolate Cake	Salmon Phyllo Sandwich, Minted Green Beans, Baked Sweet Potato Wedges, Molten Chocolate Cake

Letter from the Land: Planning for the Future

by Suvia Judd, Newsletter Volunteer

On the anniversary of my father's death, the hummingbirds came. My friend called me outside, where she was pruning the pear trees. "Listen," she said. High in the cherry trees around the house, which is surrounded by a cherry woodland, I could hear "cht cht cht" and "zzzzzzzzzz" as dozens of hummingbirds darted from blossom to blossom.

In the evening when some of the birds perched in the huge yews outside the north windows, I saw a Calliope and a Rufus. Probably there were Rubythroats too, since it was a mixed migrating flock. After about a week of feeding, most of them left; we usually see them again on the mountain, where they nest.

I love the Palouse in Spring, even this year, when our yard went from blooming forsythia to plums to cherries to pears to apples to redbud to lilacs in under two weeks. From the top of the hill, I can see Tomer Butte, a ridge of Paradise Ridge, Bald Butte, the U of I clocktower, Kamiak Butte, and Moscow

Mountain. In the foreground, trees and rooftops of town with a bit of the creek, and behind that, hills and hills of bright green wheat.

A lot of other people love the Palouse, and I have been hearing from some of them as a member of the Latah County Planning Commission as we visit with a variety of groups to get input to help us decide whether to revise the County Comprehensive Land Use Plan ("Comp Plan.")

I wish I knew how to make this subject as appealing as hummingbirds and cherry blossoms, or even as interesting as what to do with alpaca manure.

Bear with me.

Land Use planning in Latah County runs on two documents, the "Comp Plan" and its associated "Comp Plan Map," and the zoning ordinance. The Comp Plan is like a constitution, which sets forth the values of the county residents, with regard to land use, while the ordinance spells out limits intended

to manifest those values.

We just spent eight years revising the zoning ordinance. The last time the Comp Plan was revised was 1994. The members of the PC want to find out whether and how the Comp Plan should be revised. We are trying something new for public participation. Instead of holding public meetings in various towns, we are inviting any and all groups, clubs, or ad hoc collections of people to invite us to come and listen while they tell us what they value about living in Latah County, and what kind of land use they was to see encouraged in the next 10 years. We are using an "appreciative inquiry" approach, so we are asking "What do you value?" "What do you care about?" "What do you want to see more of?" From what we hear, we will decide how to go forward, and then bring people back in for more feedback as we go along.

So far, we have visited with about a dozen groups and heard from about 150 people. We would like to hear

"I love the Palouse in Spring, even this year, when our yard went from blooming forsythia to plums to cherries to pears to apples to redbud to lilacs in under two weeks."

from another 150 to 300 people by the end of the summer, from the widest diversity of residents possible. Call us to arrange a workshop for your group (883-7220). Want to read the current Comprehensive Plan? Go to www.latah.id.us/pb. Don't belong to any groups and don't want to organize your neighbors? You can fill out the short questionnaire on the website and e-mail us your individual feedback. Go to www.latah.id.us/pb.

Suvia Judd lives in Moscow, owns land in the rural County, and has served on the Latah County Planning Commission for 13 years.

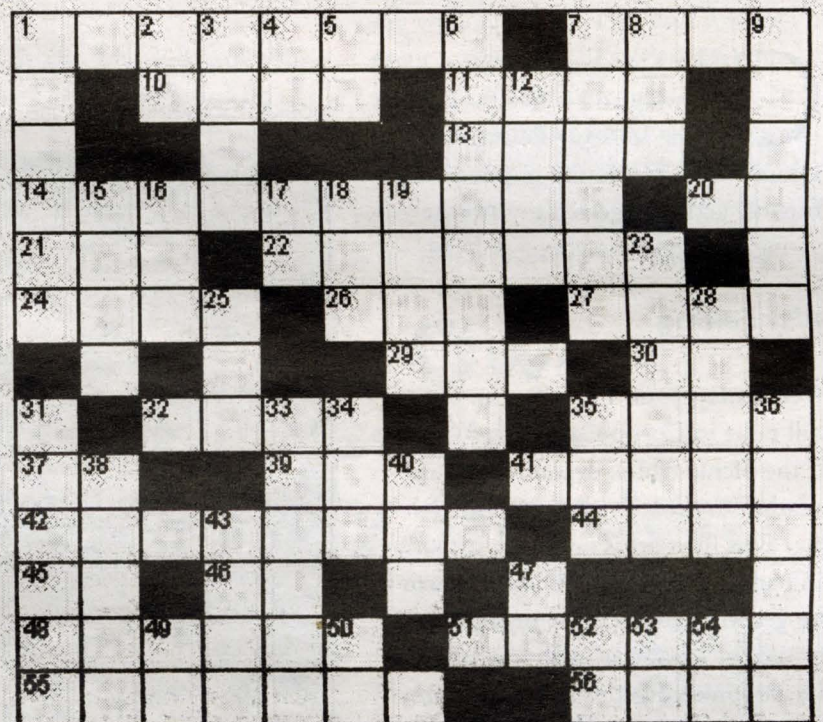
Co-op Crossword Puzzle

by Craig Joyner, Newsletter Volunteer

ACROSS

- 1 A new Friday treat from MaryJane Butters
- 7 Last month's profiled employee, 1st name, last is 55 across
- 10 Scent maker ____ Cacia
- 11 Dutch cheese with the red rind
- 13 Golden
- 14 Replacing the MFC Basic Basket, Co-op ____
- 20 KUOI or KRFP
- 21 Famous Fifth Avenue store name
- 22 Police officer
- 24 Restaurant or weekend acronym
- 26 Tempt or famous film director John ____
- 27 Religious litany
- 29 Layer
- 30 Opposite of lg.
- 32 Juice brand, ____ wood
- 35 Bond
- 37 Clothing purveyor, ____ Bean
- 39 Musician and artist Yoko ____
- 41 Royal or Dr. Who's current companion Donna
- 42 Exile
- 44 Chicken dish named after Ukraine's capital
- 45 Before Paso or Capitan
- 46 Ascent
- 48 One of Italy's greatest cities
- 51 Broccoli rabe or broccoletti
- 55 See 7 across
- 56 WSU organics professor profiled last month, 1st name, last is 6 down

- 3 Local musician Milo ____
- 4 Otherwise
- 5 Commonwealth and home to eight Presidents, abbreviation
- 6 See 56 across
- 7 Aromatic tree resin also used medically by herbologists
- 8 Rescue worker, abbreviation
- 9 Extra lemony, Lilly's ____
- 12 Pickling herb
- 15 Bringers of bread, The ____ Baking Co.
- 16 Sport on snow or water
- 17 State named after the largest English Channel Islands, abbreviation
- 18 Haul
- 19 Restaurant abbreviation with a lot of bounce
- 23 Spicy, bright green condiment
- 25 Kallispell/Glacier National Park airport code
- 28 Grin
- 31 New in the freezer and 48oz. large ____ Ice Cream
- 33 Local farm that offers tours
- 34 Art rocker Brian ____ has collaborated with David Bowie and Byrne and U2
- 35 Vegetable choy
- 36 From the MFC bakery, sunflower parmesan



- 49 Base or acid
- 50 Abbreviation for saint
- 52 Bed clothes, abbreviation
- 53 One of Jupiter's moons
- 54 1st US state to have its own constitution, abbreviation

DOWN

- 1 Endangered Species dark chocolate with mint Rain ____ Bar
- 2 One of America's largest cities

- 38 One of Moscow's sweet flowers of the Spring
- 40 Home to Crater Lake and Mt. Hood, abbreviation
- 43 One of the original Star Trek crew or Philippines island
- 47 Home to Mt. St. Helens and Rainier, abbrevia-

Craig Joyner is also known as KUOI's Brent Bent 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

“Mama Can We Make?": Summer Games: Hoop and Arrow

by Nancy Wilder, Newsletter Volunteer

The unofficial start of summer has arrived. And after our long cold winter, it's not a moment too soon. Still, there will be long hot days when the inevitable, "I'm bored!" will ring through the house. So it's time to get busy making fun summer games that will provide many hours of outdoor activity during the dog days of summer. Of course, there are games available at the stores, but why not create your own, with readily available (and inexpensive!) materials you can find around the house and outside. While creating something uniquely their own, kids are also gaining valuable skills and a measure of self-sufficiency...so perhaps the next time they are tempted to repeat the old "I'm bored" refrain, they may instead decide to scrounge around for materials and get busy making some of their own fun.

This game was invented long ago by Native North Americans who knew that the ability to hit a moving target could mean the difference between having dinner and going hungry. By practicing their aiming and throwing skills when they were relaxed and well fed,

the first Americans helped ensure their continued hunting success. For us now it can simply be a new way to sharpen our eye-hand coordination while enjoying a new pastime outdoors. Beyond home, this game can also be prepared and played on a camping trip or during an afternoon at the river.

You'll need:

- A circular plastic lid at least 6 inches across (like the Nancy's large tub yogurt lids)

- ✦ Scissors
- ✦ A large, empty net bag (like the kind



Hoops and Arrows will be even more fun in the heat of mid-summer.

- onions come in)
- ✦ Twist ties
- ✦ A thin, branched twig approx. 6 inches long
- ✦ A utility or camping knife (use with adult assistance)
- ✦

the bag to the hoop with twist ties. You'll have to fold and roll the edges of the open end of the net bag toward the hoop until the fold lies along the rim and then tie it down (adult assistance is helpful here). Now flatten the twist ties against the plastic rim. Your hoop should now be covered tidily with netting so that the hoop can roll smoothly on its side. Next, with an adult's help, trim your twig down to two or three branches. Cut the tip straight across cleanly with a knife. Avoid a sharp point as this can be dangerous. Then roll a small ball of clay and stick it on the cut end of the twig. The clay ball should be much smaller than the holes in the net bag. Finally, if desired, attach feathers or small ribbons to the ends of the branches on the twig with twist ties.

Modeling clay

- ✦ Feathers or lightweight ribbon (optional for decoration)

To begin, use scissors to cut the center out of the plastic lid so that all you have left is a 5/8 (1.5 cm) plastic rim. This is the frame of your hoop. Next slip the net bag over your hoop and cut the open end of the bag with scissors so that the netting barely extends beyond the hoop. Then stretch and tighten the net bag all around the hoop and secure

To play the game, one player rolls the hoop across the ground and the other tries to throw the arrow into it. The players take turns seeing who can put the arrow closest to the center of the net. As you improve your skills, stand farther and farther back and see how you do.

Co-op Kids!

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

Co-op Kids! happens twice monthly and is free for families in the Moscow-Pullman area. Please join us for nature inspired, earth friendly activities geared toward the young child and the young at heart.

Wet Felting

Wednesday, June 11, at 9 a.m. we will meet in Co-op Cafe or out front at the picnic tables, depending on the weather, and try our hands at wet felting. This fiber art is satisfying for kids and adults. We will talk about where we get wool and how we manipulate it into sweaters, coats and insulation! I have some gorgeous raw wool from Melissa Lines at SkyLines Farm that we will work with. For more information about locally raised sheep and fibers check out Melissa's website: www.skylinesfarm.com.

Friendship Square

Wednesday, June 25, at 9 a.m. we will meet at Friendship Square to play outside and enjoy a morning in Moscow's beautiful downtown. Rebekka will have drinks and delicious snacks donated by the Co-op.

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.



Melissa from Skylines Farm has wonderful local wool and lambs

City of Moscow Wisescape Award

by Nichole Baker, Water Conservation Program Coordinator, City of Moscow

Do you know someone in our community who is making an effort to save water through efficient landscaping? If so, now is the time to nominate innovative landscaping for the new Moscow Wisescape Award. This program has been initiated to recognize those individuals, households, businesses, public buildings, or anyone in Moscow that sets a great example for aesthetics and resource conservation. Entries, due September 15th, will be selected for recognition on one or more of the following:

Does it limit traditional turf? Does it use efficient irrigation?

* Reduction of resources. Does it save water and require less mowing? Is there a reduction of yard waste? Reduced labor, pesticides, and fertilizer use?

* Soil. Are soil enhancements, such as compost and mulches used?

* Plant selection. Are the plants suitably selected and placed within the landscape?

* Design. Is it aesthetically pleasing?

Nominees must be Moscow residents,

and must follow Moscow water ordinances and resolutions, and may be self-nominated or nominated by someone else. The Mayor will select those that inspire others through their Wisescape landscaping.

For a nomination form and questions please contact Nichole Baker at nbaker@ci.moscow.id.us, 883-7114, or 201 North Main St. You may also go to the Wisescape website at www.ci.moscow.id.us/pw/WaterConservation/Wisescape.asp to print out a nomination form. Although this award focuses on the local Moscow community, a

This program has been initiated to recognize those individuals, households, businesses, public buildings, or anyone in Moscow that sets a great example for aesthetics and resource conservation.

A free nomination form template is available for the surrounding region. If you know someone that would like to start a similar program elsewhere, please invite them to download the Palouse Wisescape Award available online.

Tour Local Artist Studios

by Donna Woolston

Celebrating regional artists, the 2008 Artist Studio Tour of the Palouse will take place on Saturday and Sunday, June 14th and 15th. Over twenty-five artists residing on the Palouse are welcoming the community to their private studios. The Artist Studio Tour will be hosted on Saturday, June 14 in Moscow and Pullman. On Sunday, June 15, the tour features an artists' studio open house at the Dahmen Barn in Uniontown.

Saturday studio tours in Moscow and Pullman will be held from 10 a.m. to 7 p.m., with noon to 1 p.m. reserved

for lunches. Sunday tours in multiple studios at Artisans of the Dahmen Barn will be held from 10 a.m. to 6 p.m. Lunch selections will be offered between noon and 2 p.m. at the Barn.

The Artist Studio Tour is supported by many local business sponsors, including Moscow Food Co-Op. The Co-Op is the official Moscow lunch site for Studio Tour patrons on June 14. The partnership between the tour and Co-op is a natural collaboration. As Moscow Arts Commission chair Joanne Reece noted, "We all love the Co-op and what they offer to enrich our lives."

A 2008 Artist Studio Tour ticket (\$8 for seniors; \$10 for general public) provides entry into all studio spaces, ranging from converted warehouses, to residential studios, to outdoor gardens, and to Uniontown's showcase center for the arts, the Dahmen Barn. Tickets are available at Bookpeople in Moscow, Neill's Flowers and Gifts in Pullman and the Artisans at the Dahmen Barn Gift Shop, Uniontown.

The Artist Studio Tour is jointly sponsored by the City of Moscow Arts Commission, the City of Pullman Arts Commission, and the Artisans at



the Dahmen Barn. This 2nd Annual event is presented as a related feature to Moscow's ArtWalk opening, Friday, June 13. For more information, please see <http://www.moscow.id.us/mac/>.

Moscow ARTWALK

by Gina Baldwin, Moscow Arts Commission

Moscow ARTWALK 2008 opens on June 13 and runs through September. This year, we have over 40 businesses (including the Co-op) participating. There will be an all-ages sidewalk Chalk Art program at Friendship Square from 9 a.m.-5 p.m. Friday, June 13, and live music Friday night throughout Downtown Moscow including Two Old Brass Guys, False Pretense, and Clevenger and Cantina. Art Walk continues Saturday, showcasing the Chalk Art from Friday as well as revealing the Wild at Art and Rendezvous for Kids installation at the Moscow Recycling Center. The 2nd Annual Artist Studio Tour begins on Saturday, June 14, in Moscow and Pullman and carries through Sunday, June 15, at the Dahmen Barn in Uniontown. For more information, contact gbaldwin@ci.moscow.id.us or visit our website at www.moscow-arts.org

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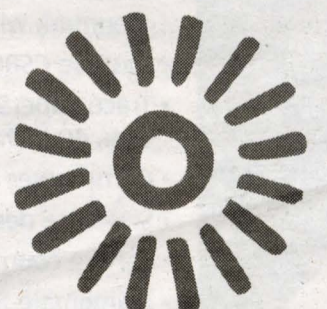


Grow Your Own at the Moscow Community Garden

by Laura Milewski, PCEI

Get Some Soil In Your Soul! The Palouse-Clearwater Environmental Institute is now leasing plots at the Moscow Community Garden for the 2008 growing season. Would you like to produce your own veggies, flowers and herbs, but find you don't have room to grow? This is your opportunity to put your green thumb to work. We provide land, tools and water. You provide enthusiasm and a willingness to grow with your garden.

C Street in Moscow. There are two plot sizes: 20'x20' for \$75 per year, and 10'x10' for \$40 per year. We are also offering low-income plots for 2008. For more information, contact the Community Garden Coordinator at PCEI, 882-1444.



The garden is located at 1050 West

Update on *MaryJanesFarm* magazine

by Bill London, Newsletter Editor

MaryJanesFarm, the magazine created by Co-op member and organic lifestyle pioneer

MaryJane Butters, is now published by the Belvoir Media Group of Norwalk, Connecticut. The spring issue, which is available now at the Co-op, is the first of four issues planned for 2008, with six issues planned for 2009.

MaryJane will keep editorial control of the magazine and have approval of all ads. With her staff at her farm headquarters near Moscow, she will continue to create the content and design the publication. Belvoir, which publishes 35 national magazines on a variety of topics, will handle advertising, printing and distribution.

"I welcome this partnership with Belvoir," MaryJane said. "The magazine now has the

financial stability that will allow it to grow — and I can focus my efforts on communicating with those who read

the magazine and share my vision and interests."

"The magazine will continue to be based on the real-life, everyday events taking place on MaryJane's organic farm."

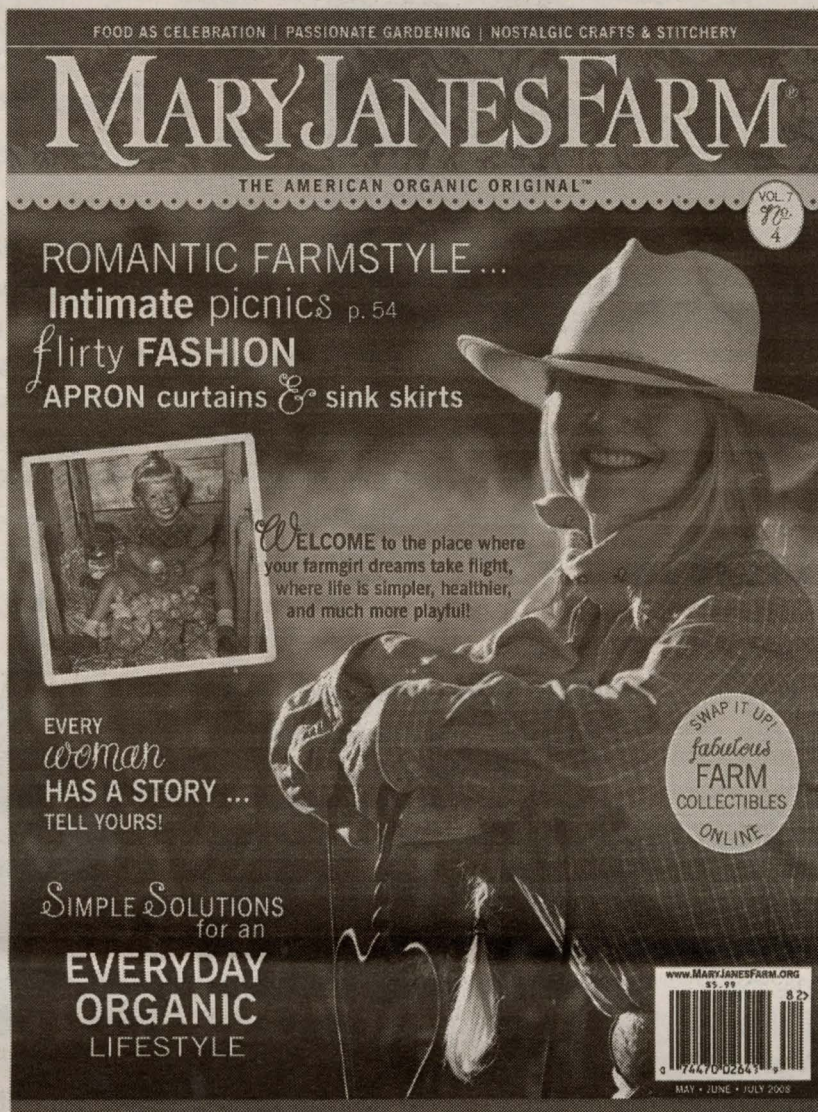
or without children, and what to do once you're there. Several local women are featured in the book.

MaryJane also designs and sells her own line of organic linens in about 300 department stores nationwide and is the creator of Project F.A.R.M. (First-class American Rural Made), an organization that employs rural women who sew totes, quilts, dolls, and more. She sells 60 different organic prepared foods and, in addition to *MaryJanesFarm* magazine, also shares the message of simple organic living with readers of her books, a syndicated newspaper column, and on www.maryjanesfarm.org and

www.maryjanesoutpost.org.

The magazine will continue to be based on the real-life, everyday events taking place on MaryJane's organic farm. Initially, 100,000 copies of each issue will be published. Belvoir's goal is to increase that print run to 400,000 in three years. The magazine will be sold in all major bookstores Borders and Hastings, as well as independent bookstores and grocery stores, including Whole Foods, throughout the United States.

In addition, her third book, *MaryJane's Outpost—Unleashing Your Inner Wild*, will be released by Clarkson Potter/Random House on June 28. In the book, she gives readers 240 pages of ideas for getting outdoors, with



Picture yourself as a business owner!

For Sale – Entire working frame shop, all top-of-the-line equipment in excellent condition. You'll get the equipment, current inventory of mat board, foam-cor, glass and frame stock, and 40 hours of one-on-one training.

Asking \$12,000. This is a "package deal" worth over \$20,000.

List of equipment:

- Fletcher 3000 Professional 60 Inch wall-mounted cutter for mat, glass and acrylic
- Fletcher 2100 professional mat cutter, cuts up to 48" matboard with measuring stops
- VacuSeal 3444H professional mounting system, combo hot/cold vacuum press. Programmable systems controller, digital microprocessor and touch pad controls on custom made heavy duty table with storage
- Morso DK-8900 foot-operated frame chopper. Made in Denmark with two sets of perfect blades
- Cassese CS88 foot-operated V-nailer/joiner, made in France
- Traco SuperSealer, industrial quality model SS-40SS, seals shrink film, 40 inch capacity
- Corner vises
- Steelcase desk, 65" x 30"
- Service counter, 7' x 28"
- Framemate fitting tool
- Fredrix canvas pliers

- Glass pick-up stick
- Kraft 36" paper dispenser
- Fletcher point driver
- Display cabinets
- Large oak table, 4' x 8'
- Large work table, 4.5' x 7'
- Wall paper dispensers
- 2 stackable print cabinets, 3' x 4'
- 3 print bins
- Large Windsor Newton easel, (adjustable) 8' tall
- Large rotating frame sample display
- 3 redwood easels

Also:

- 40 hours of one-on-one training
- Established account with Larson-Juhl
- Established client base from 11 years in business



For more information call Darryl Kastl, (208) 882-1343 (message) or cell# (208) 874-2662.

The Sustainability Review: Our Solar Hot Water System Part 1 of 3

by Mike Forbes, Newsletter Volunteer

The sun is out and the solar hot water system is chugging away. This month, I'm going to begin describing our system and how we did the install. April's article described the basics of solar domestic hot water systems (SDHW) and the different components and configurations that you are likely to see. For a review the Co-op's website has this article available online.

We chose to install a drainback system, which allows for excellent freeze protection during the winter and has features that keep it from overheating. The gist of the system is that when the sun is out, a sensor gets warm and turns a pump on that circulates a water/anti-freeze mixture through the collectors. As the fluid travels through the collectors, it picks up the heat from the sun and warms the water in your tank. When the sun stops shining or your tank water gets hot enough, the pump turns off and the water drains from the collectors and back into a reservoir. This draining process is where the drainback system gets its name and is the foundation of its operation. There is no fluid in the collectors to freeze or turn to steam. A very simple and elegant system; however, installation can be more complicated than other designs.



Installing the drainback solar hot water system on the roof of the Forbes family home.

We began our journey into this system with the installation of the collectors on the roof. Each of our four collectors are 4'x8'x4" and weigh about 150 lbs each. I wanted to get the collectors mounted on the roof during the fall so I could make all the roof penetrations before the snow came and made working on the metal roof hazardous. One afternoon, eight friends and a keg of beer (after the raising of course) made the panels go up like clockwork. We had several people on each roof level of the house and just handed the

panels up. Before the raising, I had affixed mounting hardware to the roof the panels would be anchored to. As the panels went up, they needed to be plumbed together; an interesting and comical process. I roped up and hung head first down the roof and was sweating copper pipe as best I could. At the end of the day, the connections were made and beer was had by all...

At this point, I had to bring copper pipe down through the roof and into a utility closet on the top floor of the house. Doing this in a house that has eked out every imaginable storage space is difficult to keep the pipes hidden. There was much finagling and tricky sweating to be done, but in the end it was complete and a tidy installation. The closet that holds the SDHW system is about as small as you could make

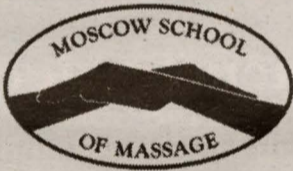
it; plumbing was tight and difficult to access. I would recommend sizing the area larger than you think, especially if you ever have to service the system. I'm skinny, and I barely fit into the closet to work on the system.

Our system has two storage tanks (one in the SDHW closet and the other in the basement). The upper tank is strictly for storing heat and doesn't contain potable water. We use a series of heat exchangers to transfer the heat from the upper tank to the tank in the basement. The system is more complex than most since we have a masonry heater that heats the water as well. Most homes can have a system that consists of one tank. Our upper tank is a 104-gallon tank from Europe that weighs 412 lbs when empty. My friend Bill and I hauled the tank upstairs using a 20:1 haul system and creative lifting techniques. In the end, the tank was in place and no one was hurt. The weight of the tank must be taken into consideration when placing them upstairs. Our tank weighs 1,362 lbs when full of water. The structure of your ceiling must be able to support this significant load.

Next month, I'll continue on through the system and detail my final plumbing connections and start with the operation and tweaking of the system.

Mike hopes others install solar hot water systems while the federal tax credit lasts. He can be reached at mike@f4design.org.

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Movie Review: Time to See "King Corn"

by Bill London, Newsletter Editor

"King Corn" is a full-length independent film, vaguely similar to "Supersize Me," since both investigate America's mega-food industry.

However, "King Corn" is also an entertaining buddy film, about two friends who leave Boston and move to Greene, Iowa. In Iowa, they rent a single acre and plant it to corn. Then they figure out what happens to the corn – and why.

They discover that their commercial corn crop has become the foundation

of the modern fast-food and processed food industry. Corn is in everything.

Cattle are essentially force-fed corn (which curdles their digestive systems and would kill the cows, if they were not slaughtered anyway). The fatty beef that results is everywhere, certainly in every burger.

Corn that is not processed to cattle feed often becomes high-fructose corn sweetener, which is in virtually every processed food, from soda pop to bread to cookies to ketchup.

The problem, they discover in the film, is that these commercial corn products are virtually void in nutritional value and high in fats that result in obesity and diabetes and other health problems. Americans may have access to lots of cheap food, but that cheap food exacts a very heavy price on their health.

And of course, all this cheap corn, they explain in the film, is grown at taxpayer expense. Through direct federal payments to farmers, our tax money props up this system. Without federal price supports, the huge mega-farms could

not continue their petroleum and pesticide-based growing system. Corn may be cheap, but that is because we pay for it twice.

This movie is well-worth seeing. A DVD copy is available at the Moscow Public Library.

Bill London edits this newsletter and thanks the Co-op for making it possible to live without the curse of commercial cheap food-like consumables.



Letter to the Editor

European Bags

My family's been in Europe since last fall but we're keeping up on what's happening at the Co-op through the wonderful newsletter. One of the things we're always comparing between home and the places we're living this year is recycling and waste management.

Well, there are some interesting contrasts. In Northern Ireland, which is part of the U.K., most grocery stores still give you plastic bags for free, and they are generous with them too. Therefore: plastic bags are about the only thing littering up the hedges, the beaches, and clinging ghostlike in the tree branches. Some stores are charging for bags, like the slightly upscale grocery department at Marks and Spencer's department store. So there's slow progress.

In the Republic of Ireland, plastic bags will cost you, I think it was 20 or 25 Euro cents, and they don't offer paper bags. They do let you use their cast-off cardboard boxes if you forget your own bag. Not only were there no plastic bags floating around the lovely landscape, we were scavenging them to use for our wastebasket. And it wasn't really a hardship to always carry a reusable bag or backpack. And where we are in France (I don't know if this is the case everywhere, we'll find out soon), the grocery stores simply DO NOT offer any bags or boxes, paper or plastic, EVER. You must bring your own, period. I've never seen anyone forget.

Vendors at the outdoor market will offer you a plastic bag with your lettuce or cheese or whatever but everyone shopping at the market, old or young or middle-aged, is carrying a big basket over his or her arm. Cheese is wrapped up in waxed paper, bread is handed over with a little square of paper wrapped around it. And from what we can tell, just about everything plastic is recyclable, at least in this region.

There are a few things we miss about home and the Co-op is one of the main ones, right next to all our great friends. But we don't miss our collection of plastic grocery bags.

See you in August!

Carol Price Spurling



Letter to the Editor

A Farewell to the Co-op Community

After seven years on the Palouse, my family is starting a new adventure in Utah where we are looking forward to being near parents, siblings and plenty of cousins for our growing children. I will greatly miss the Palouse, and especially the Co-op community, where I've made countless friends and kept up with old ones. The food is amazing and the shopping atmosphere a delight. It has also been an educational year as I have dipped into the complex topic of food sourcing for the newsletter. Here's to food, friends and knowledge! My heartfelt thanks.

Sharman Gill

Co-Op business partner



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The Co-op Listener: "Full Circle," by Full Circle

By Jeanne McHale, Newsletter Volunteer

When Full Circle plays the Moscow Farmer's Market, they like to spread an array of shakers and percussion toys out on the square and invite kids to join in. The vibrations from their self-titled CD crackle with this inviting musical approach. Featuring some fine lyrics, percussion, harmonica, guitar and the occasional brass spice, this album will exhort you to "clap your hands, stomp your feet, come on, let's see what we can do." You can find this album and many others in the newly arranged CD section at the Co-op, located near the vitamins, which, like music, are good for your health.

Justin Bonner and Daryle Faircloth first jammed together at a New Year's Eve party in 1995, and continue to play music every weekend. Joined on the album by bassist and trumpet player Jake Weaver, Justin on percussion and harmonica and Daryle on electric and slide guitar offer 13 songs laced with philosophy and positive feelings. The band is anachronistic. The members, like the tunes on the album, represent several generations unstuck in time. The youngest member of the circle,

Jake, just started college, while Justin and Daryle are products of the beginning and end of the baby boom, respectively. The instrumentals transport the listener to the 70s, but the lyrics cover timeless themes of love, the earth, and the power of music.

Justin and Daryle kindly invited me to visit them at their A-St. Studio, where the album was recorded and mixed by Eric J. Cegnar. The two-story studio is a converted garage with a foam-padded, rug-strewn recording room on the first floor, and a low-ceiling acoustic fun room on the second floor, complete with vibration-activated



Daryle Faircloth on guitar and Justin Bonner on drums, doing what they love in their A-St. Studio.

flashing colored lights. The two-year process of recording the album took place on the first floor, and the on-going back and forth of jamming, writing lyrics, spinning new songs, and revisiting old ones, plays out on the second floor. Justin's absence is noted, but the hub of the circle is well-oiled and spins freely.

Justin is the lyricist, while Daryle modestly describes himself as "just a guitar player."

The first track on the CD seems to deal with the struggle between human potential and one's comfort zone. "You'll never beat out with a stick what is Born into the Bone." But another tune reminds the listener that "in your heart, you know, You Can Fly." Daryle says he wrote "Can't Take It," a working person's lament, in about 15 minutes at the end of a suboptimal work day. "Old Fashion Love," is a relentless harmonica-crazed proclamation of love, old-fashioned not in a porch-swing kind of way, but in a summer-of-love kind of way. The beautiful "Makin' Music With You," is a sweet ballad with fine vocal harmonies. "You'll be feeling a joy in your heart swelling like an ocean, the moment that you surrender to that sweet emotion." Listening carefully to these tunes feels like being part of the band. Just remember, "...it's not likely that you'll become famous real soon, just making music will do."

I was treated to a live version of "Turtle," a paean to primal passion for the planet. Picture yourself around a campfire while Justin sings "If I take

care of her, she's gonna take good care of me, if I do her wrong, I'll take you all down with me, on the back of a turtle in the middle of the sea." The band indulges in some playful effects on this one, from shakers to scratch. Even in person, these two guys sound like three or more people, with Justin playing harmonica, bongos and singing at the same time, and Daryle covering guitar and vocals.

I love their swirling portrait of Moscow's Farmer's Market. "It's nice to run into you, and it's good to see you smile... it don't cost a thing to dance." It makes me smile to learn that as a youth Justin played drums for the Boise-based band the Mystics, whose posters promised the first ten girls would be admitted free.

There won't be any charge for sampling Full Circle at the Farmer's Market on September 13, nor is there any cost to sit in the comfy chair by the Co-op CD display and give these tunes a listen. You may feel the urge to "let the music move your feet around. You got the rest of the evening to spread a little joy around."

The Co-op Listener is written by Jeanne McHale, who is solely responsible for its content, which is intended for entertainment purposes only. Side effects of listening to and playing music include a range of unpredictable emotional and physical consequences.

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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Hate Mail

by Bill Corbett & Kira Obolensky
August 1 at 7:30 pm

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Bulletin Board

MOSCO OOP

Co-op Events

Art at the Co-op

Friday June 13, 5—8pm

Opening reception for exhibit by photographer Donal Wilkinson who will display his work in the Co-op's deli gallery. Wilkinson, who takes families and children on wilderness trips throughout the Western United States with the non-profit organization Adventure Learning Camps, will be showing photographs of children in nature. The show runs through July 31.

Co-op Kids! Meet at 9am

Tuesday June 11: Meet at the Moscow Food Co-op Café or, weather permitting, at the front picnic tables for wet felting. Learn about this fiber art and where wool comes from using locally produced wool from SkyLines Farms (www.skylinesfarm.com).

Tuesday June 25: Meet at Friendship Square in downtown Moscow to play outside. *Children and their caregivers are welcome to these Co-op Kids activities. Co-op Kids events are all free, with snacks and materials donated by the Moscow Food Co-op.*

*Rebekka Boysen-Taylor
amamaswork@yahoo.com*

Tuesday Night Music Series Tuesdays from 5—7pm

Free, outdoor live music performances coincide with the Co-op's Tuesday Grower's Market in the parking lot, which runs every Tuesday from 4—6pm. The Co-op's popular 'Hot off the Grill' offers grilled dinner specials outdoors every Tuesday from 5—7pm.

- June 3** Crazy Chester & Miss Moses, Acoustic Americana.
- June 10** Gefilte Trout, Klezmer and Eastern European folk dance music.
- June 17** Musaique, Quiet Jazz and Pop.
- June 24** Parallax, Indie pop rock.

Community Events

**Opening of Moscow ARTWALK 2008
From Friday June 13**
For more information, contact gbaldwin@ci.moscow.id.us or visit the website at www.moscow-arts.org

Palouse Weed Walk!

Sunday June 8, 8.30—11.30am

Free workshop conducted on a piece of native Palouse land for the purpose of learning about the invasive species that are beginning to invade the area. The walk will be lead by Alan Martison and Richard Old. We will meet at the Pullman trailhead for the Chipman trail and park in the lot adjacent to the trail near the Quality Inn on Bishop Boulevard. *Be prepared with weather appropriate clothes, sun block, water bottle, and walking shoes. Come out to enjoy the weather and learn about our local invasive weed species! More info: Maryse Barker, PCEI ☎ 882 1444, maryse@pcei.org.

2nd Annual Tour Local Artist Studios Sat/ Sun June 14 & 15, 10am

Celebrating regional artists, the 2008 Artist Studio Tour of the Palouse will be hosted on Saturday, June 14 in Moscow and Pullman. On Sunday, June 15, the tour features a studio open house at the Dal Uniontown.

A 2008 Artist Studio Tour ticket (\$10 for general public) provides access to studio spaces, ranging from commercial warehouses, to residential studios, gardens, and to Uniontown's studios for the arts, the Dahmen Barn

Tickets are available at Book Neill's Flowers and Gifts in Pullman, Artisans at the Dahmen Barn in Uniontown.

<http://www.moscowartstour.com>

One World Café Mus All shows start at 8.30pm

- Friday June 6** Musaique
- Saturday June 7** Milo Duke and Friends
- Friday June 13** David Hannon
- Saturday June 14** Dan Maher & Terri Grzebielski
- Friday June 20** Gelfite Trout
- Saturday June 21** Karyn Patridge
- Thursday June 26** Lincoln Crockett

Introduction to Massage/ Classes Tuesday June 10— Neck & Shoulders Wednesday June 25—Back

www.moscowchoolofmassage.com

Dahmen

**Female Vocalist of
Saturday, June 7, 7pm**

2007 Female Vocalist of the Year brings her songs that have earned her many awards and yesteryears of the Western Music Association's Female Performer of the Year in 2004. Patty's songs have garnered her many awards and spotlight amongst the Western Music Association's Female Performer of the Year in 2004.

First annual Dahmen Barn Invitational Photography Exhibit Sunday June 8, 1—4pm

Opening reception for the first annual invitational photo exhibit that features the barn and its magnificent wheel fence as the subject. The exhibit will feature images from local, regional and national photographers. The exhibit runs through June 29.

Palouse Folklore Society

Thursday June 5, 7pm

First Thursday concert series with music by a wonderful performer or two in the Attic at 314 E 2nd St in Moscow.

Admission by free will donation.

Saturday June 14, 7.30pm

Contra Dance at the Old Blain with House Blend playing and Erhard-Hudson. [Potluck at 6pm]

Saturday June 28, 7.30pm

Contra Dance at the Old Blain with John McInturff and his son Bennett, and Mike Haberman playing, and calling by Joseph Erhard-Hudson. [Potluck at 6pm]

Vigil for Pe

Moscow: Fridays 5.30—6.30

Ongoing since November in Friendship Square. Resource and opportunities for action.

☎ 882-7067, www.kiwi.com

Pullman: Friday June 6

Under the clock by the Pullman

☎ 334-4688, www.kiwi.com

Moscow Food Co-op
121 East Fifth
Moscow ID 83843

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



We want to hear from you! Send us your community announcements by email to events@moscowfoodcoop.org the month. If your event is at the beginning of the month, please send it for inclusion in the previous month.

For more events & information, visit www.moscowfoodcoop.org