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Community News

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March 2008

The monthly newsletter of
the Moscow Food Co-op



Strategic Planning: Moving On

By Kenna S. Eaton, General Manager

Last year we began the process of strategic planning for our Co-op; we wanted to create a guide to help us stay on the path and make better decisions during the next 10 years.

We started with a small working group composed of members, board members, staff and volunteers who got together to create a process by which we could involve all the stakeholders in helping us develop our vision. Once we had identified the process, the work began. During the past year, we've met and talked with members in a variety of ways (meetings, coffee tables, newsletter articles, thru the vision box, etc), with the staff, and with the board to gather the ideas and use them as a basis for a plan that represents our Co-op and its dreams.

The strategic plan we developed has been thru a variety of meetings, iterations, rewordings and retreats to get to where it is today: almost ready, but not quite! Now we need a few interested members

to act as a focus group and help us look at our plan with fresh eyes before we reveal it to the entire membership, hopefully in the May or June edition of our newsletter.

So we're inviting you, the interested member, to join us for dinner March 18 at the 1912 Building. There, we'll show you what we've been working on and ask you to help us answer a few questions like: Does our plan resonate? What

is missing? etc... After we've supped together (a fine dinner prepared by our own kitchen), we'll be working in small groups with our fearless facilitator, Jessica Bearman, to ensure that full attention is given to each strategic direction.

Does this sound like something you'd like to help with? Space is limited, we've got room and food for about 25, so please email me at kenna@moscowfood.coop or call me at the Co-op (882-8537).

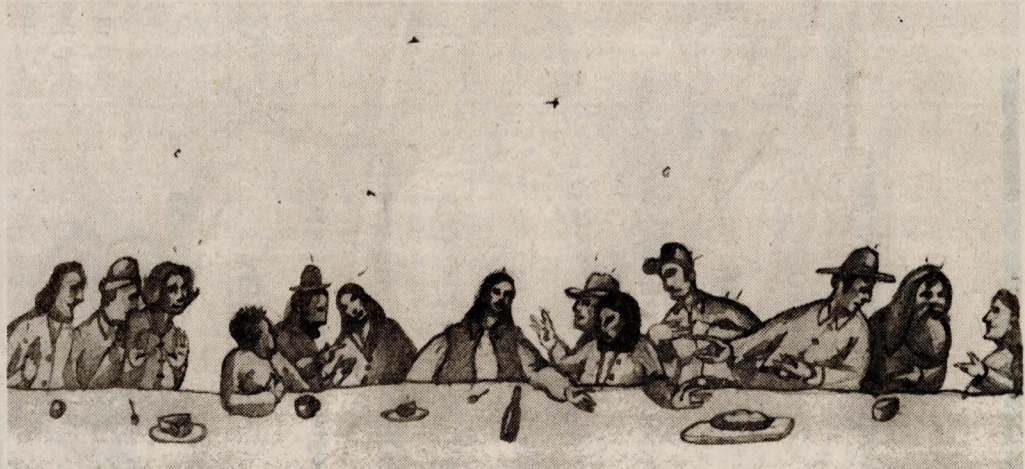


Illustration by Lucas Rate.

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



Produce Ponderings: A little about Citrus

By Scott Metzger, Produce Manager

Fall and winter are prime citrus harvesting times in North America. Florida, Texas, and California are the three primary commercial citrus producing states. Their warm climates, friendly people, sandy soils, and long growing seasons allow for the cultivation of the many varieties of citrus we have come to know and love. Most of the oranges grown in the United States are actually used for fresh or frozen orange juice concentrate, with the minority being high quality eating oranges like the fancy navels, bloods, and cara caras which are available at the Co-op. There are many varieties of citrus grown in the US, but the main production is in navels, valencias, grapefruit, lemons, limes, and tangerines. While it is estimated that Americans consume an average of 12 pounds of citrus per year, Co-op shoppers are anything but average, and my guess is most of us eat at least 12 pounds of Satsumas alone, more than enough to prevent a debilitating bout of scurvy.

Because of increasing demand by children for easy to peel, seedless citrus fruits, many orchards are transitioning into tangerine production. Tangerines are small, sweet, easy to peel and often

have far fewer seeds than their laborious cousins. Unfortunately, Florida tangerine production is on a steady decline, in large part due to recent hurricane damage, although fortunately for vitamin C enthusiasts, California's citrus growers are planting more trees every year.

Citrus used to be a special treat around the holidays, something you only got in your Christmas stocking, but not anymore. Now it is available in abundance, in every grocery store, from Florida to

Alaska, including the Co-op. Look for these superbly high quality, certified organic citrus varieties on the left, in the produce department through the month of March.

Oranges

- ✦ Navel
- ✦ Valencia
- ✦ Blood
- ✦ Cara Cara
- ✦ Temple
- ✦ Hamlins

Tangerines

- ✦ Mandarins:
- ✦ Gold Nugget
- ✦ Royal
- ✦ Orlando
- ✦ Daisy

Other

- ✦ Lemons
- ✦ Meyer Lemons
- ✦ Limes
- ✦ Sweet Limes
- ✦ Kumquats
- ✦ Ugli Fruit
- ✦ Ruby Red Grapefruit
- ✦ HoneyGold Grapefruit
- ✦ Minneola Tangelos

All information from the USDA Economic Research Service, California Citrus Growers Association, and the Florida Citrus Growers Association



Illustration by Lucas Rate.

Correction:

By Scott Metzger, Produce Manager

In Sharman Gill's recent "Conscious Consumer" article, she correctly observed that the "local and organic produce sign" in the produce department read that we currently carried everything from Anaheim peppers to Zucchini. Unfortunately what she

could not know is that the sign was terribly out of date. The only local produce items we are currently carrying at the Co-op are potatoes, green cabbage and red onions. Sorry for the confusion.

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Co-Operations



Buy Local Moscow Update

By Amy Richard, Co-op Kitchen Manager

Check it out. Go to the Buy Local Moscow website, www.buylocalmoscow.com, and look toward the bottom of the page for the Scrolling News Feature.

The locally owned independent businesses of Moscow use that nifty news feature to announce in-store events and special deals. The messages change all the time, so keep checking back.

The Co-op is one of the 80 local businesses that have joined Buy Local Moscow. We now have an eight-member steering committee (I am the Co-op representative on that committee) and we are busily planning fun events for the spring and summer.

Please mark Friday, April 11, on your calendar. We are planning another party at the 1912 Center, very similar to our Kickoff Party that was held there in November. We'll offer free admission, free samples of food and other goodies, free music, and piles of raffle prizes. See you there.



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

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

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

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

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

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

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

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

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

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

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

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

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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

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

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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

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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

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Parking Lot Update

By Kenna S. Eaton, General Manager

Since relocating over two years ago, revamping our parking lot has been high on our wish list. That time is finally here! Unfortunately, we still don't have the funds to build the lot of our dreams, but bit-by-bit we will make it greener, safer and easier to negotiate.

Phase 1: During the week of Spring Break (March 10-15), we will begin making physical changes to the lot.

☛ We will remove the existing light pole [the one we cut down last fall] and the plants that are in our way and then replace the remaining light pole with one that is shorter and uses a more efficient light bulb.

☛ Next, we'll close off the entrance and exit on Washington St. with Jersey barricades and planters and begin having cars use the 5th Street entry only, thereby making it safer. Our new planters will sport some cool plantings that are drought tolerant as well as attractive.

☛ Finally, after patching the holes we will add some new stripes, redirecting the traffic flow around the lot.

An ongoing problem for us is the folks who abuse our parking lot by leaving their cars overnight and sometimes for days. Recently, we discovered that we can legally "boot" or clamp cars that are left longer than we like. So with the new lot upgrade will come the addition of the BOOT!! Cars that are warned but don't relocate will be booted, signed and eventually declared abandoned before being towed away. Anyone getting the BOOT will have to pay us \$50 to get it removed (we'll put that fine towards repaving the lot).

Phase 2 will involve the leveling off of the sidewalk next to our building, the addition of some sporty new tables and chairs for outside eating, and an alley upgrade of new concrete where our trucks drive, a re-vamped recycling center for store use, and improved storage for carbon matter for the Earth Tub.

Thanks for your patience, everyone!

Tuesday Night Concert Series in March

By Dave Billin, Co-Op Music Coordinator

March is at last upon us, and with it comes the first aromas of Spring, the revelry of Saint Patrick's Day, and (if you're a student) a long-awaited week off from school. To many individuals (except perhaps Caesar), March engenders a lightening of mood and an excitement over things to come. These same feelings are reflected in this month's Tuesday Night Music Series at the Co-op.

If you haven't yet made it to one of these free live music events, you're in for a thrill. Performances are held on Tuesday evenings from 6 to 8 p.m. in the Co-op's deli seating area. They provide an excellent place to unwind and witness original compositions from local musical talent, all while taking in a delicious meal from the Co-op deli.

This month's performers include:

March 4 - Greg Davis

Originally from Louisiana, Greg performs a diverse blend of music with

voice and acoustic guitar. His repertoire includes original songs, classical guitar pieces, and interpretations of popular favorites. More information at gregpavy.googlepages.com

March 11 - Porch Swing

This talented group of Moscow musicians is aptly described as 'good old acoustic swing music'. A lively evening that will help to overcome the switch to daylight savings time.

March 18 - Brian Gill and Katrina Mikiah

A consummate entertainer and Co-op favorite, Brian performs an array of heartfelt original tunes from his latest album "Idaho Peace of Mind" on voice and acoustic guitar, and is backed up by the lovely voice of Katrina Mikiah. Additional details available at www.briangillmusic.com

March 25 - TBD



Freezer Face-Lift

By Peg Kingery, Chill and Frozen Buyer

Spring is usually the time to roll up your sleeves and do a little housecleaning. Here at the Co-op, business is usually brisk in spring as shoppers venture out of winter's cocoon – hungry! – in search of healthy organic food.

Back in January, I decided to take advantage of the quiet of winter to do some "spring housecleaning" in our freezer set. It was bothering me that our product selection wasn't better organized and that we might not be carrying the top sellers in our region. With the amazing help of the Northwest district sales manager from Amy's and several of our brokers, we donned gloves and fleece and gave the freezer section a whole new look. I'd like to highlight some of the products we added to our shelves.

Ethnic cuisine is IN. And so is the demand for special diet foods. With this in mind, we expanded our ethnic entrée and burrito selection. Look for tamales from Amy's and Cedarlane, and

a greater selection of Indian and southern-style meals from Amy's. We added four new burritos with mouth-watering flavor combinations such as couscous vegetable and Indian spinach tofu.

Do you crave Amy's macaroni and cheese or Mexican tamale bowl but are concerned about salt intake? Both are now available in low-sodium versions, giving you six Amy's meals to choose from.

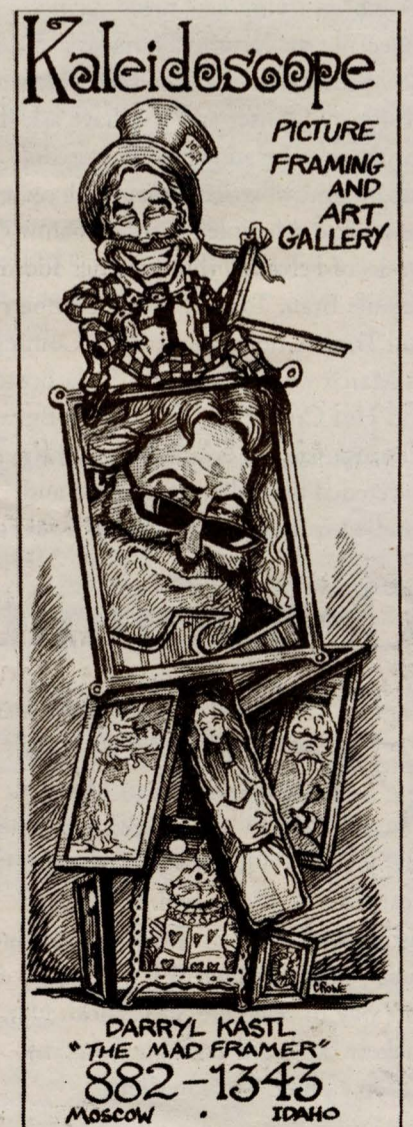
I have a major addiction to whole grain carbohydrates, especially bread. So I feel for those with special diet needs when it comes to choosing what to spread some butter on. Fortunately, Food For Life and French Meadow produce many yeast-free, gluten-free and wheat-free breads (or combinations of these). We added two yeast-free breads from French Meadow (spelt and brown rice/whole wheat); two yeast-free, gluten-free breads from Food For Life (brown rice and multi-grain); and three wheat-free, gluten-free breads from Food For Life (rice pecan, raisin

pecan, and millet).

Ice cream is ALWAYS popular – the more decadent the better. If you're a fan of Green and Black chocolate (and who isn't!) you'll be delighted to know that the company also makes ice cream – and it's in our freezer now. Indulge in rich dark chocolate, vanilla or white chocolate/strawberry.

There are always housecleaning projects to tackle. I see the freezer reset as a work-in-progress as new products become available to us and customer preferences change. Feel free to contact me if you have any special requests and I'll do what I can to make room for what you'd like. (My motto: There's always room!)

One final note: For those of you who are gluten intolerant, I've posted a list of the frozen products that are gluten-free on the wall beside the first meat door.



Co-Operations



Dairy Questions and Dairy Answers

By Peg Kingrey, Co-op Chill Buyer

Is the organic milk sold at the Co-op really better? Do the farmers behind those products really treat their animals better?

Those are common questions, and we are pleased to respond. As an example, we recently received this e-mail:

My name is Gina and I just had a few questions for you! I am relatively new to organic eating but am learning all of the great things that come from it. I was just wondering when you buy dairy and meat products does the Co-op send anyone out on site visits to check out the farms? I bought some Organic Valley products and checked out their

website. It seems like a great product with great people behind it. I am a huge animal lover and most importantly care about ethical and humane treatment of animals. Is there anyway of knowing for sure that all of these farms use good practice or is it relatively easy to slap a "USDA organic" label on something? What have you found with your experience?

I responded with the following e-mail:

Hi Gina, My name is Peg Kingrey. I'm the chill and frozen buyer at the Moscow Food Co-op. Kenna forwarded your questions about Organic Valley to me. I was fortunate enough to attend a

farm tour sponsored by OV a couple of years ago. I was extremely impressed by the co-op's philosophy and dedication not only to organics but to the family farmer/owners. The cows at the dairies I visited were treated like pets. They receive holistic veterinary care, have lots of access to lush pasture and clean water, and are milked in stress-free environments. I understand that most of the farmer/owners are small operators (herd size about 20 cows). I, too, am an animal lover. My degrees are in Animal Science and I've worked with cows. So be assured that any of the dairy products the Co-op sells come from producers I've researched to make sure that they take exquisite care of

their animals.

In the December, January, and February Co-op newsletters I have articles on our three milk suppliers – Straus, Wilcox and Organic Valley. I hope the information there will answer any more questions you might have. The February newsletter is available in the Co-op; the other two articles can be read on our website: www.moscowfoodcoop.com.

If you have any more questions please don't hesitate to email or call me (882-8537). Thanks for shopping at the Co-op! Cheers, Peg

Bread Update

By Annie Pollard, Bread Manager

Many thanks to all of you customers who have offered your input regarding the changes that have been occurring in the bread bakery. Your feedback helps us to understand what is working and what's not. Please see the Suggestion Box column for answers to some specific bread questions.

You have probably noticed that we have been trying new bread recipes, especially on Tasteful Thursdays. These new breads have all been met with very positive responses and you have asked for them to be added to the schedule. At the time of writing this, we have a new bread schedule for the remaining weeks of February that includes Raisin Sesame Bran, Toasted Pecan Cranberry, and Triple Chocolate Apricot. Coming in March we will add Irish Soda Bread and Hot Cross Buns. Hot Cross Buns, a traditional Easter roll, are a lightly sweetened bun filled with dried and candied fruit and topped with a sweet

glaze. They are a tasty and attractive breakfast or brunch accompaniment. We'd be thrilled to take your special order for them. Though some of you enjoy the Roasted Red Pepper Asiago and Rosemary Garlic loaves, it seems that most customers are ready for something different. Look for our new savory Roasted Potato and Sunflower Parmesan breads mid-April. Our goal is to have a new bread schedule for each month, with many of the traditional Co-op staples always available, and other varieties rotating through the months. We will aim to offer on a daily basis: a multigrain/whole grain, a savory, a fruit/nut, a sourdough, and a sweet bread variety.

If there is a specific variety or genre of bread that you would like us to try, give me a call. And remember, you can always place a special order. A huge thank you from the bread bakers for your patience and support!

Community Dinner

By Amy Richard, Kitchen Manager

Our Community Dinner this month will be on Monday, March 17, at 6:30 p.m. The chef will be Philip Wrigley. As a special treat this month we will have a beer tasting with our favorite beer and wine buyer, Julie Gardner. What an excellent way to celebrate St. Patrick's Day. Tickets (\$24) are available from any Co-op cashier. See you there!

- ✦ Carrot Soup with Orange and Tarragon
- ✦ Lamb Chops with Sweet Onion Compote
- ✦ Braised Brussels Sprouts with Sage and Pistachios
- ✦ Rosemary and Sea Salt Roasted Potatoes
- ✦ Patty Cakes - Bittersweet Chocolate Ganache Cakes with Peppermint Cream

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Spring What's Cookin'! Series Unveiled!

By Jennifer Whitney, Class Coordinator

I'm starting to see mud instead of snow working its way into my house and green growth pushing up through old leaves and snow... spring is on its way. With the new season comes our next 4 classes in the Co-op sponsored What's Cookin'! series: Ethnic Cuisine. Each class will include a 1 - 1 1/2 hour cooking session with sampling and discussion. Along with your glimpse into another culture, you'll go home with a satisfied tummy, the memory of appetizing aromas and recipes cards to repeat the experience for your friends and family. All classes are held in the basement kitchen area of the Unitarian Universalist Church of the Palouse, 420 E. 2nd St., Moscow. Enrollment is limited to 20 per class and reservations are required—purchase your ticket with any Co-op cashier. The cost is \$21 per class.

On Wednesday, April 2, at 5:30 p.m., treat your tongue to a fiery session of Traditional Thai Cuisine taught by Papitchaya "Add" Simpson, featuring a spicy Pork Salad called "Laab Moo" that combines the flavors of mint, lime juice, shallots, cilantro and Thai fish

sauce. This will be followed by "Gang Kiow Wan Gai" or Green Curry w/ Chicken and "Tom Yum Gung" or Sweet & Sour Shrimp Soup. Cooking is an art for Add and it shows with the enthusiasm she has for Thai cuisine and her desire to cook for others. She loves spicy food and disclosed that she even brings her own bag of peppers with her when she and her husband dine out! My tongue is quite pepper challenged (I have an allergy to the nightshade family), so I was happy to learn that all dishes will be spiced individually to please a variety of palates—from Add's to mine!

Add continues on Wednesday, April 9, also at 5:30 p.m. with Modern Thai Cuisine, a more health conscious class with adaptations like, baking instead of deep frying and leaner choices of ingredients. You'll enjoy "Gai Satay" or Chicken Sauté w/ Peanut Butter Sauce, which is not a traditional food for Thais, but a delicious modern adaptation. "Ope Mun" (Pork Cakes) and "Nua Takrai" (Lemongrass Beef) are two other recipes you'll learn and sample with Add, who has also shared

her creative cooking skills with the Culinary Arts program at North Idaho College.

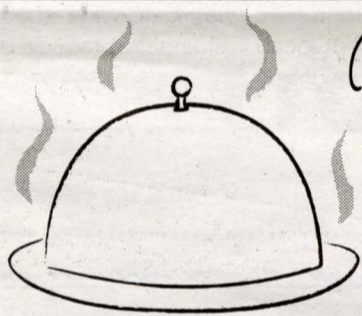
Experience Authentic Mexico at 5:30 p.m., on Wednesday, April 16, with Wendy C. Willis, where you'll learn about the diverse nature of Mexico's cuisine, sampling "chiles en nogada"—roasted poblano peppers stuffed with fruit, pine nuts, ground pork and topped with a creamy walnut sauce. This is a national recipe that represents the three colors of the Mexican Flag, so if you are unfamiliar with Mexico this could be a completely new food sensation for you! This full-course event will include "molletes"—a bean appetizer, "nopalito"—a cactus salad, and a traditional flan. Wendy's passion and knowledge for food were honed in her family's gourmet Mexican restaurant in Virginia, under the tutelage of her grandmother and mother.

If Wednesdays just don't work into your schedule, then don't miss our first ever Saturday class, Indian/Nepali Cuisine, on April 19 at 4 p.m. (Everything else will be the same: class

will still be held in the UU church basement and length will still be 1 - 1 1/2 hours long, etc.) Our teacher, Navin Chettri, is a very busy musician during the week also working toward his music performance degree at the U of I, so this Saturday class fits perfectly into his schedule. Learn about the key spices and ingredients of this cuisine and the significance of food in the Hindu culture of India and Nepal, while preparing and sampling "Dal" (lentil stew), Chicken Curry, "Saag" (greens w/ potatoes) and "Paneer Matar" (Indian cheese w/ peas) all on a bed of Basmati Rice. These popular and traditional staple dishes will make what is known as "Thali", a plateful!

Stay tuned for more details about our May Solar Cooking class, with Sharon Cousins in April's newsletter.

Register for any one class or all four with any Co-op cashier. For more questions, contact Jennifer Whitney, class coordinator, at jenwhitney@gmail.com or 882-1942.



What's Cookin'!

Spring 2008 Cooking Classes

Ethnic Cuisine

1 Traditional Thai Cuisine

Featured Recipes: "Laab Moo" (Pork Salad), "Gang Kiow Wan Gai" (Green Curry w/ Chicken) & "Tom Yum Gung" (Sweet & Sour Shrimp Soup)

If you've experienced great Thai food and longed to have that same taste closer to home, now you can! Join Add and learn practical ways to prepare traditional Thai food that both mild and fire eaters can enjoy. Add will tell you the best places to find authentic ingredients locally and how to substitute others with inexpensive, more easily available ones. Come enjoy a slice of Thailand with us!

Instructor: Papitchaya Simpson, known as Add, started preparing Thai cuisine at the age of eight in the north eastern province of Thailand, Si Saket. She moved to central Thailand, Krungthep province, as a teen where she learned a variety of styles from all over the country. Add has been stateside for over three years now where she has been a guest teacher for Culinary Arts at North Idaho College in Coeur d'Alene and has more recently taught at churches and friends' homes in Moscow. Now Add is looking forward to sharing her experiences with you.

Date: Wednesday, April 2nd **Time:** 5:30 pm-7pm

Location: UU Church's basement, 420 E. 2nd St., Moscow

Cost: \$21; register w/ any Co-op cashier

2 Modern Thai Cuisine

Featured Recipes: "Ope Mun" (Pork Cakes), "Nua Takrai" (Lemongrass Beef) & "Gai Satay" (Chicken Sauté w/ Peanut Butter Sauce)

Have you enjoyed Thai cuisine before but been concerned about fat and oil content? More Thais that have traversed international borders and seen other cultures' health conscious cooking feel the same. Join Add as she teaches you about some modern adaptations that have been made to more traditional Thai foods in the interest of health. Learn to make pork cakes, popular throughout Thailand, but with leaner pork and baked instead of deep fried like their traditional predecessors.

Instructor: Papitchaya "Add" Simpson

Date: Wednesday, April 9th **Time:** 5:30 pm-7pm

Place: UU Church's basement, 420 E. 2nd St., Moscow

Cost: \$21; register w/ any Co-op cashier

3 Experience Authentic Mexico!

Featured Recipes: "chiles en nogada" (Traditional Stuffed Poblano Peppers), "nopalito" (Cactus Salad), "molletes" (Bean Appetizer) & Traditional Flan

Join us to prepare, sample and learn about the authentic and diverse cuisine of central Mexico with Wendy. In this interactive class we will make the traditional "chiles en nogada" by roasting and peeling poblano peppers, then stuffing them with fruit, pine nuts and ground pork (vegetarian options will also be available) and we'll top it all off with a creamy walnut sauce. The full-course Mexican tutorial and eating experience will also include a "nopalito" (cactus salad), "molletes" (bean appetizer) and a traditional flan made from scratch.

Instructor: Wendy C. Willis has always believed that "food is one of the passions of life"; she grew up under the tutelage of a grandmother and mother who were always cooking, talking about food or eating food in her family's Mexican restaurant in Strasburg, Virginia. When not reading absurdly long books for school, Wendy is taking pictures, bird watching, cashiering at the coop or dreaming about the food that she wants to cook and eat.

Date: Wednesday, April 16th **Time:** 5:30 pm-7pm

Place: UU Church's basement, 420 E. 2nd St., Moscow

Cost: \$21; register w/ any Co-op cashier

4 Indian/Nepali Cuisine

Featured Recipes: "Thali" (which means a plateful) including: Basmati Rice, "Dal" (lentil stew), Chicken Curry, "Saag" (greens w/ potatoes) & "Paneer Matar" (Indian cheese w/ peas)

Learn about a variety of staple dishes shared in Indian and Nepali cooking. Surrounding a bed of Basmati rice, sample Dal (lentil stew), and learn how to make Chicken Curry, Saag (greens with potatoes) and Paneer Matar (Indian cheese with peas). Learn about the significance of food in the Hindu culture and the key spices and ingredients that will allow you to recreate these delicious dishes at home.

Instructor: Navin Chettri grew up in Darjeeling, India, amongst a predominantly Nepali population. He lived in Kathmandu, Nepal for over ten years as a professional musician and music teacher, and is currently working on his music performance degree at the University of Idaho. While cooking started out as a necessity as a bachelor in Kathmandu, Navin quickly learned to enjoy the subtle flavors and spices in Nepali/Indian cooking and often cooks for friends and family. He also enjoys cooking a variety of ethnic foods with his wife, Kate, a native of Moscow.

Date: Saturday, April 19th **Time:** 4 pm- 5:30 pm

Place: UU Church's basement, 420 E. 2nd St., Moscow

Cost: \$21; register w/ any Co-op cashier

Register for any one class or all four with any Co-op cashier. For more questions, contact Jennifer Whitney, class coordinator, at jenwhitney@gmail.com or 882-1942.

Co-Operations

A Little Story of the Moscow Farmers' Market

By Carrie Lowe with the help of her trusty long distance editor, Nate Lowe, newsletter volunteers

My days of being a Moscow resident are waning. I, like many, pass through this town wishing I could stay, but due to a variety of circumstances must move on. As I begin to think of my life in a new community, I begin to evaluate Moscow's appeal. It's hard to put into words, but if I were to try, I would use words like community, progressive, active, healthy and agricultural. Though some Moscow residents have lived here for 30 years or more and know the stories that have melded to make Moscow so unique, many others, such as myself, only know and love Moscow for what it is now. Few of us know the stories that sculpted our little city with big ideas.



Photos of the Farmer's Market through the years, courtesy of Linda Pall.

The history of Moscow's Saturday Farmers' Market is one such story that demonstrates Moscow's long-standing commitment to its community. None other than the Moscow Food Co-op started the Farmers' Market in their parking lot and adjacent sidewalk. Back then, the Food Co-op was located on the corner of 4th and Washington and was managed by three paid coordinators. Otherwise, volunteer laborers did the remaining work at the Food Co-op.

The Moscow Farmer's Market began in the mid '70s and was very informal. Only farmers were allowed to sell their locally grown food. In fact, the early Farmers' Market was similar to our current Tuesday Growers' Market, but without the music or barbeque. At no cost, farmers were able to show up with their produce and sell out of the back of their pickup trucks. Early on, only about five or six farmers attended, with many of them coming from the Lewiston-Clarkston Valley, Juliaetta and Kendrick.

As simple as this scenario seems, Moscow, and especially the Moscow Food Co-op, were breaking new ground. In the mid-'70s, few communities outside of large metropolitan areas had farmers' markets. Not to mention, during the mid-'70s the federal government told farms to "Get big, or get out." So small produce farmers were not as prevalent as they were 2 years prior, or even now. At this time, growers at farmers' markets were expected to have cheaper produce than what one could find at grocery stores. Grocery stores felt their produce departments would suffer as a result,

thus were not supportive of farmers' markets in general. Such sentiments are less prevalent now, as farmers' markets have become successful ways to revitalize a downtown or a small community, to the benefit of local grocers.

As the Moscow Farmers' Market became successful, the Moscow Food Co-op recognized that their parking lot and sidewalk were not the ideal place for an event where the community would come to forage for locally grown produce and shoot the breeze about schools, families, and the government. They began to search for new places to have the market. In June of 1976, representatives from the Food Co-op went to the Moscow City Council and requested that the Farmers' Market be moved to the area between Friendship Square and Jackson Street (the current location of the Farmer's Market). They also requested that the Market be an all day event on Fridays. At this time, the City Council had recently acquired the old Post Office (the current City Hall building), and City Council members agreed the parking lot behind the old Post Office would be a better spot for the Market. The Council also decided that Saturday would be better than Friday. The finer details of the Market were postponed for committee work, so it wasn't until the summer of 1978 that the Farmers' Market actually moved to the parking lot behind the old Post Office.

A couple of years after the decision to move the Farmers' Market to the old Post Office, the city of Moscow received a couple of sizeable grants from the Federal government to revitalize downtown. With the funds, down-


town Moscow was given a facelift in 1980, with new lights, crosswalks, trees, a playground and our lovely fountain. About the same time, the City Council created the Moscow Arts Commission. So with a little foresight and a lot of hard work, the Moscow Arts Commission became the administrator of the Moscow Farmers' Market. With this undertaking, the market began to encourage artists, musicians and activists to take part in the market in addi-

tion to the farmers. With the increased attention being placed on Friendship Square, the city agreed to have the Farmers' Market in its current spot.

This certainly isn't the whole, or the end, of the story. The story is much fuller and continues on with new faces and old alike, always changing and evolving to make our home a little better tomorrow than it is today. I hope the importance of telling stories and being a participant in the story continues in Moscow, and teaches other passer-bys like myself to learn and spread Moscow's character to other communities perhaps in need of a little facelift.

A big thanks to David Cook, Dorothy MacEarchern Lawhead, and Linda Pall for passing some of Moscow's history on to the rest of us.

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



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213 NORTH MAIN STREET, MOSCOW

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volunteers@moscowfood.coop

By Nancy Casey

Have you tried out that e-mail yet? volunteers@moscowfood.coop? That's where you send any info that you have to say, think or remember about working memberships at the Moscow Food Co-op. You can ask questions, too.

The e-mails you write go to us—a working group that's "taking a look" at the volunteer program. We meet every other Tuesday at 5:45 p.m. in the Co-op upstairs meeting room, and our next meeting is March 4. Anyone can come.

Annie Hubble, Front End Manager and coordinator of the volunteer program, came to our last meeting and explained the program's nuts and bolts. About 100 people volunteer, roughly half inside the store and the rest doing jobs away from the Co-op, such as recycling and the newsletter. Store managers give Annie descriptions of jobs volunteers can fill. Annie then matches those positions with applications from potential volunteers. Volunteers serve in the deli, cut cheese, pack fruit, clean bulk containers, help cook and bake, tidy up...and other jobs, too. Depending on how many hours they work, volun-

teers can earn up to 18% discount on purchases. The total value of discounts for in-store volunteers amounts to some \$5,000 (or so) per month.

There is other information that we need to gather for our research into the volunteer program. And we fear it could take carrots, gimmicks and awards to get it. Because it's the information we need from you. How can we get members to "participate" in this inquiry? How does one "participate"? Talk to each other about the role of volunteers in the Co-op. Maybe we could give volunteer awards.

Some ideas:

- ✦ The Person who has Performed their Volunteer Job the Longest
- ✦ The Most Disastrous Volunteer Mistake
- ✦ The Youngest Volunteer
- ✦ The Most Heroic Volunteer Deed
- ✦ The Volunteer from Hell.
- ✦ The Volunteer Job from Hell.
- ✦ The In-store Volunteer who Walks the Most Miles (on the job).
- ✦ The Funniest Thing a Volunteer Ever Said
- ✦ Best Practical Joke by a Volunteer

- ✦ Most Memorable Behavior at a Volunteer Party
- ✦ Best Suggestion for a Volunteer Award

You better write us quick with your suggestions and nominations! We also need suggestions for what the prizes might be. And a process for deciding who the winners are.

Have you ever been a volunteer? When? At which store? Who did you work with? What did you do? What was it like? Have your kids or parents volunteered at the Co-op?

Send that e-mail right now, folks. If you don't volunteer, you could still think up something to send us. (The email, by the way, is volunteers@moscowfood.coop). For example, complete this sentence: "I will volunteer when-----."

If you don't want to e-mail us, you can use up to 13 of those little suggestion sheets you can find at the registers, write your volunteer saga on it, and drop it in to the suggestion box. Or write it on your own paper. Or in the

margins of this newsletter. It's no fun to check the mailbox and find it empty. Besides that, isn't member participation one of the hallmarks of the Co-op?

We are also conspiring to hound you to fill out a survey when you vote in the Board of Directors Election (you ARE going to vote, aren't you?) Maybe by the time you are reading this you will be able to take a survey online. Until that's ready, you can always write—volunteers@moscowfood.coop. There is no limit on the number or length of contributions, by the way.

Myself, if I had carrots, I would give a carrot to anyone who gives any feedback or information about the working member program. You can't email carrots, but you can email us!

The other members of the working group are Gina Baldwin, Bill Beck, Gary MacFarlane, Seth Magnuson and Dena Neese. While waiting for your input, we're researching how the working member program fits into government regulations concerning taxes and labor, and starting to contact other co-ops about these issues.

From the Suggestion Box

Walking by the Earth Tub the other day the faint earthy smell reminded me of all the wonderful nutrients being broken down to feed us again. This led me to think about the deli and the process of giving people the amount of food they want- and paying by the pound must reduce a huge amount of foodwaste; this by itself means we are using our agricultural resources more efficiently. What different model this is than the super-size approach used by other food services. Thanks to everybody who makes the Co-op work! - A member

And thank you - we appreciate your support and kind words! —Kenna, GM

Safeway is hiring cashiers @ \$8.17 per hour. Shouldn't we increase our wages to meet similar jobs? - Anonymous

Our cashiers currently start at \$7.88/hour, and by the beginning of September will begin at \$8.25/hour. In fact, by the end of 2010, we plan to start all staff in that tier @ \$9.75/hour. At our current wages, with benefits, cashiers actually make over \$10.25/hour, and on top of that, we are a pretty nice workplace! - Kenna

Perhaps the incorporation of a bio-swale in the new parking lot to help clean run off?

Bio-swales are a sweet way to process run off heading towards our stream, but unfortunately, we lack the space to incorporate one. -Kenna

Hi! We always walk to the Co-op so we have filled

and used 2 of your green "bike/walk/run" cards. However that means we can't buy anything heavy [beer, wine] because we'd have to carry it up the 6th Street hill. Would it be possible for you extend your green card discounts to people who drive but don't park in your lot? - A member

I'm not sure I understand your concern here. I, too, walk to work and live at the top of a hill, so I empathize with not wanting to carry lots of wine or a 6 pack (although I do!). But your discount for filling a green card can be used anytime, including your next trip in a car to shop here no matter where you park or what you buy (including wine). —Kenna

With such a historical caucus taking place on Feb 5 in an era where political change is so necessary, why hold the BOD meeting the same time as Super Tuesday. Shouldn't we encourage everyone to take part in our nation's caucus? - a member

Yep, we made a mistake and re-scheduled that meeting. Sometimes when planning meetings, it doesn't always dawn on us until the last minute that we've double scheduled ourselves. And just for the record, most board members, including myself, did attend the caucus after all. —Kenna

Please consider stocking SPEGA yogurt. It comes in glass bottles. Thanks!

I'm sorry but this product isn't available from our distributor. —Peg, Chill & Frozen Buyer

You have a great selection of Rudi's bread but we would really like the whole wheat one!! Is there a reason you don't carry it?

Rudi's whole wheat bread is now available in our freezer. Thanks for asking. -Peg

Please stock the Simply Organic Garlic Vinaigrette Salad Dressing mix. I used to buy it at Rosauers but now I can't find it. The Italian dressing is OK, but the garlic vinaigrette is better!

We'd be glad to try that flavor, look for it on the shelf. —Marie, Grocery Buyer

The Hummus wrap I had tonight, Jan. 29, was great! (Can the to-go sandwiches have condiments on the side instead?)

Glad you enjoyed the wrap! We try to avoid extra packaging. Individual condiments on the side goes against that. If you don't want the condiments on the to-go sandwiches, try a made-to-order from our fantastic sandwich bar! The sandwich maker will make one just to your liking! —Emily Melina, Deli Supervisor

Goat milk vanilla ice cream please!! Matt is the best checker. I love the Co-op.

We used to carry Laloo's goat milk ice cream but it didn't sell well enough to earn its place on our shelf. It's available from our distributor if you want to special order a case.

From the Suggestion Box

Thanks for the appreciation of the staff and the co-op. We appreciate the feedback. —Peg

Can you get Fever Tree Tonic please. It's organic.
We can special order this product for you. Call the grocery office. —Peg

Hooray, black-eyed peas are back!! Herald and trumpets abound!!

We are open to trying new ideas, knowing that not all of them are keepers. Thanks for taking the time to give us your feedback. We listen to our members. —Joan, Grocery Manager

Come out with a schedule for bread.. When each will be out. Times / days. Also, have baguettes available at night. Also, if you don't have restaurants pre-order baguettes, you should.

A bread schedule for the remaining months of February is posted and available for you at the bread case. Also, a new bread schedule for March will be posted by March 1, listing what breads will be baked on what days.

As for the times each will be available, that is a bit trickier. The bakers arrive in the morning at 6 a.m. The earliest that those first batches come out of the oven is about 10 a.m. It is not possible for us to give you a specific time that each variety of bread will be out of the oven, but we are committing to Daily Wheat being available at 10 a.m., Salted French available at 10:30 a.m., and

Baguettes available at 11 a.m.

Moreover, please understand that the pastry bakers and the bread bakers share not only a cozy, compact space, but also all equipment. The kitchen cooks also regularly use the ovens. The speed with which we can mix, shape, and bake our products and therefore make them available to you, is limited by these physical constraints. We appreciate your understanding and patience! —Annie, Bread Manager

I love your bread. . . it's orgasmic!

Well, that compliment takes the cake! Many thanks! —Annie

Please go back to the previous recipe for honey butter oat bread. My kids don't like the new recipe and loved the old. The old one was the only Co-op bread they liked.

As I explained in the January newsletter, we have not thrown out the Honey Butter Oat recipe and in fact, we make it 3 days per week. —Annie

I'm feeling disappointed with the quality of the baguettes for the last few months. They've been burnt looking or have black flecks on them. Have you changed something? Could we go back to good baguettes? Thanks very much.

Historically, the Co-op has brushed oil on the tops of the baguettes prior to baking. A traditional baguette naturally forms a golden, shiny crust as

a result of proper flour type, dough development, and oven steam. Oil is traditionally never used. We have been working on achieving that naturally golden luster and recently learned that the steam injection in the ovens is broken, a huge part of the problem. The phenomenon of the dark crust is due in major part to our ovens, which have been having some issues with temperature and equal heating. We are working on the oven issue and you will hopefully soon see a more golden, shiny crust on the baguettes. Furthermore, in hopes to sate the appetites of those customers who prefer the baguettes in the historical style (oiled tops with a less crunchy crust), we will soon be offering both varieties. —Annie

The bread department needs work—doughy, over-risen, burnt bread on a regular basis is kind of a drag.

Aside from the manager, none of our bakers have been baking bread longer than 3 months and 4 out of 6 of the bakers made their first loaf of bread 1 month ago. They are all trying very hard to understand the many phases of bread baking and every day they improve. We sincerely appreciate your patience and understanding. —Annie

Please bring back the cracked wheat bread—it's yummy.

So glad you like it! It is made every Monday ... we have never taken it away. —Annie

Co-op Crossword Puzzle

by Craig Joyner

ACROSS

- 1 Last month's profiled volunteer, last name, 1st is 2 down
- 4 Organic herbicide, 1st name, 2nd is 9 down
- 7 Progressive political action group Move__ .org
- 8 Post modern upgrade for A.D.
- 10 Wholesome Organic Raw Blue ____ Syrup
- 12 Braided bread baked fresh at MFC
- 15 Naught
- 16 Australian burger bird
- 18 The 2nd state of the union, abbreviation
- 19 This southern state's flower is the magnolia, abbreviation
- 20 Last month's profiled staff, last name, 1st is 23 across
- 22 Endangered Species Dark Chocolate with Espresso Beans ____ Bar
- 23 See 20 across
- 24 Coniferous tree or 1950 Nobel prize winner for chemistry
- 26 Williams or Griffith
- 27 Email attachment or a liquid measurement
- 29 Emerald Isle or a woman's name
- 32 College degree or Mr. T
- 33 French Dadaist sculptor
- 35 Eastern philosophy
- 37 Internet social networking site __ Space
- 39 45 across can be measured in this
- 40 Baseball or internet abbreviation
- 41 Demented or Grammy performing band ____ Punk
- 43 Public transport
- 44 Small metric measurement
- 45 A, C, or E
- 47 The final signatory of the thirteen colonies, abbreviation

48 Senator Obama's state, abbreviation

49 Poetic for enough

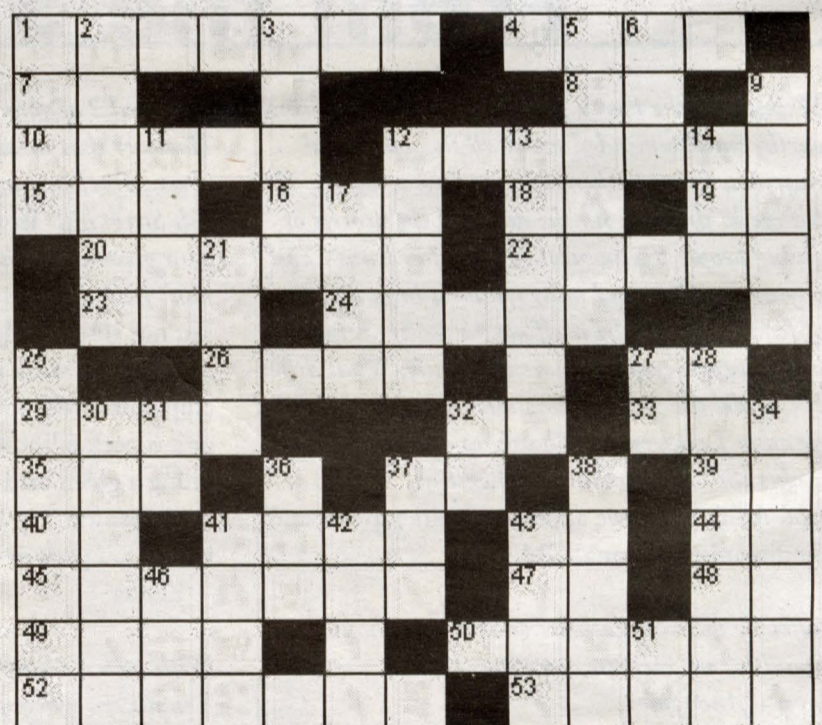
50 Sublimely inspired chocolatier

52 Last month's profiled band, last name, 1st is 39 down

53 His photos are on display at MFC, 1st name, last is 33 down

DOWN

- 1 Auntie Establishment's first name
- 2 See 1 across
- 3 Seeds of Change ____ Feta Vinaigrette
- 5 French pastry
- 6 Uncommon savory pie
- 9 See 4 across
- 11 Topical astringent
- 12 Last month's Free and Wild produce 1st name, last is 40 down
- 13 Greek brand of olive oil
- 14 Reinhaert Flemish Wild ____
- 21 Blue
- 25 Fragrant Asian grass
- 27 Silver Palm's Cabernet Sauvignon originates from this state, abbreviation
- 28 Italian brown mushroom
- 30 Also known as broccoli rabe or broccoletti
- 31 One of Jupiter's moons
- 32 Near
- 34 See 52 across
- 36 Male sheep



Atlas abbreviation

38 Nicoise or Cerignola

41 Slang for canine

42 See 52 across

43 Monty Python's Terry Jones' 1989 movie ____ the Viking

46 Clothe

51 Intravenous therapy

Craig Joyner is also known as KUOI's Brent 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

Staff Profile: Diana Armstrong

By Amy Newsome, newsletter volunteer

It was late and I was trolling the aisles at the Co-op. This time I wasn't looking for a natural cold remedy or for organic ketchup, I was looking for my next subject. I'm opportunistic; I would be open to whoever caught my eye. My first catch was predictably safe, an outgoing and friendly cashier. The second time, I was more daring. I ventured into the shadowy halls of the Co-op, meeting with a woman behind a closed door. So, just what would catch my eye tonight? I'll tell you what did: sheer energy, agility and competence. I was dragging after a long day, so maybe that's what made her stand out. She was near the special order shelf busily organizing products when a call came over the loud speaker, "Grocery, you have a call on line one". This woman deftly swung around and picked up the phone. She grabbed the special order clipboard and nimbly sat down on a makeshift milk crate seat, pen poised. She was clear, direct and courteous with the customer on the other end of the line. I thought, "She's the one!" She was old enough to be my mother, but like my own mother, she had energy and physical prowess that puts my 30-something self to shame.

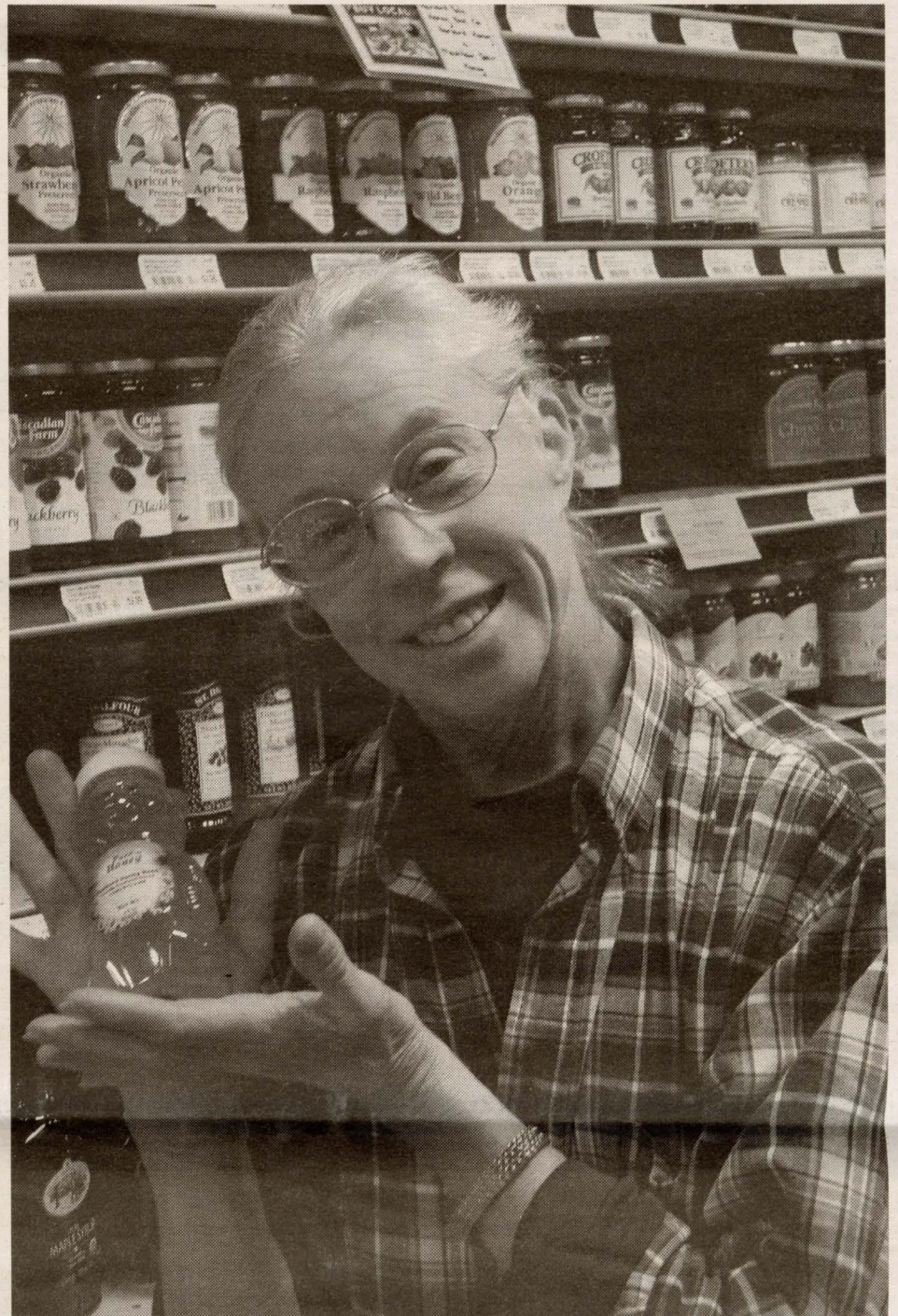
This dynamo of energy and efficiency is Diana Armstrong, a Co-op grocery stocker of two years. Unlike the majority of her pre- or mid-career co-workers, Diana considers herself post-career. She sees the job at the Co-op as an enjoyable way to stay physically active and engaged with people. She appreciates that this part-time job is one that

"This dynamo of energy and efficiency is Diana Armstrong, a Co-op grocery stocker of two years. Unlike the majority of her pre- or mid-career co-workers, Diana considers herself post-career. She sees the job at the Co-op as an enjoyable way to stay physically active and engaged with people."

she can really leave at the end of her shift, no more writing lesson plans and grading papers endlessly as an English teacher. At the end of her day, she now instead likes to have a glass of wine, watch PBS and read only good writing.

Diana was born and raised in New Mexico, where her 96-year-old father still lives. Her mother was a writer who wrote about the natural history of the

Southwest. Her father was a music teacher and photographer. Diana



Diana Armstrong gets to stock the sweet stuff: pure honey.

graduated from University of New Mexico with a degree in Psychology. She was married for eight years and has two sons. Diana and her two boys moved to Moscow from San Francisco in 1976. Soon after, she began volunteering at the Co-op. She was a tea and herbs stocker, a bulk bin washer and a cashier at three of the Co-op's previous locations. She returned to college twice, earning a degree in English at U of I and a Masters degree in American Studies at WSU.

Her sons, now 39 and 41, grew up here and both graduated from Moscow High School. Her younger son, Evan Boone, graduated from New Mexico State University and is now a Head Golf Pro in Carmel, California. Her older son, Jud Boone, graduated from U of I and works for Microsoft in Seattle. Jud has a daughter, Anna, who is four. Diana had the pleasure of taking care of her granddaughter from age 3 months to 2 1/2 years.

When Diana heard that Jud's wife would only have three months of maternity leave, Diana knew what she

needed to do. She immediately offered to move to Seattle to help care for her granddaughter. At that time, Diana was living in Chile and actually had everything she'd ever wanted: a ping-pong table, a great boyfriend, a nice job with benefits, a little house and a wonderful German Shepherd. (I swear, she mentioned the ping-pong table first.) She was teaching English at a University there. Her boyfriend's name is Jose Bravo (what a great name!).

After her time in the Seattle area, Diana was anxious to return to her own house in Moscow. She doesn't rule out going back to Chile one day to teach again for a couple years. The lure of the classroom is still strong and Jose is still there. But for now, she is quite content working at the Co-op, living in her house, hiking and taking aerobics (ah, that explains the agility and the energy).

Amy Newsome doesn't have a ping-pong table, but is now curious about owning one.

Volunteer Profile: Caitlin Cole

By Joshua Cilley, newsletter volunteer

No, the child in the photograph paired with this article is not a child prodigy who volunteers at the Co-op, although the wink seems to be a well-practiced conspiratorial sign. Her mom, Caitlin, author of this newsletter's "Veganesque" column, would probably have plenty of stories to tell about her 2-year-old daughter, Cassidy (who seems not to have inherited her mother's camera-shyness).

Like any freelance writer, Caitlin Cole is holding the proverbial corks under water. Two of these corks, the one pictured here, and the other, 4-year-old son Connor, keep Caitlin busy as a full-time mom. At night, Caitlin has time to work on her fiction stories while her husband of 12 years, David (formerly of Co-op volunteerism as well, as a baker) works a night job and is finishing his geography degree, with the goal of work as a map-maker. Caitlin also works as a grant writer.

Back when Caitlin was first deciding what to study in college, like many young college students, she wasn't sure. And like many (most?) English majors, she went with the "I love to read, so why not?" line. (I can say this because I did the same thing.) Anyway, sure enough, she graduated from the University of Maine with an English Literature degree, emphasis in 20th century works. D.H. Lawrence, Anne Tyler and Margaret Atwood were Caitlin's quick responses to my question of her favorite authors.

Since college, Caitlin has been slowly finding her way to smaller and smaller towns. After her upbringing in Massachusetts and college years in Maine, Caitlin visited some friends in Seattle and stayed. She remained there for seven years, during which she married David. The two then moved to Eugene, Oregon, and stayed for a few years before coming to Moscow four years ago when David started college.

Not a bad choice for the couple to raise kids and Caitlin to continue her writing career. Caitlin also enjoys the many opportunities for volunteer work to be found in Moscow.

Concerning her column "Veganesque," Caitlin aptly named it so because she describes herself as

"pro-vegan but not enough to be one." However, she is a vegetarian and tries to make her recipes convertible to either non-carnivorous option. That's my take though, Caitlin's is much better: "It's about what to eat, instead of what not to eat."

As a final cork in the water, Caitlin's favorite hobby is brewing beer. She claims IPA as her specialty, but enjoys coming up with her own recipes and

variations. That must be a wonderful creative outlet. Kind of like writing stories, the bad can just be erased and the good can just get better and better. At least with the beer, the return is immediate and satisfying.

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



Cassidy says, "Hey. Read my mom's column."

"No, the child in the photograph paired with this article is not a child prodigy who volunteers at the Co-op, although the wink seems to be a well-practiced conspiratorial sign."

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Rosemary's Reminder

By Jordy Byrd, newsletter volunteer

It's March, it's my birthday, and spring is soon around the corner. As is, everything was going pretty well and ordinary. Ordinary that is, until I began working on this, my story.

I want you to know that I approached this article much like any other. I knew I wanted to use fresh herbs from the Co-op's produce department and I knew I wanted to cook something I'd never done before. Easy enough, or so I thought. Ultimately, I decided to cook with rosemary.

Rosemary is an extremely fragrant plant that grows delicate, purple to white flowers. The plant is native of the Mediterranean and can actually grow four to six feet high. For thousands of years the plant has been burned as a form of incense, but today finds additional use in food, particularly southern Mediterranean and French cooking, and

beauty products such as face washes, perfumes and shampoos.

Having learned a little about the plant I was excited to begin cooking Rosemary Roast Chicken Stuffed with Potatoes and Grilled Rosemary Vegetables. Ugh, I was excited but unprepared. The moment I cut into the plastic wrap that surrounds the chicken, I knew there would be trouble. I managed to get the chicken out, pull out the bags of organs and get it to the sink. Then, with hot water running and salt ready, I began to cry. Bawl, actually. I could not wash the chicken. I just couldn't close my eyes to fact that I saw its legs and wings and felt the weight of a once-live animal in my hands. I couldn't handle to sorrow I felt for this beautiful animal.

Startled, my boyfriend sprang to the sound of my sobbing, looked at me a

little crazily, but nevertheless reassured me that it would be alright. I think deep down, he knew all along that this had been coming. He knew even before I did, that I can no longer eat meat.

I hope that my discovery sounds in no way judgmental or critical. I understand and acknowledge that it is simply a choice that one makes in life. I am just truly grateful and overwhelmed that working with rosemary has reminded me what type of person I am, and what type of person I'm growing to be.

Now don't worry, all was not lost. I absolutely refused to waste food, and my boyfriend does it eat meat, and was more than ready to take over preparations for the chicken. He said all-in-all, the chicken turned out sweet and juicy. He thought the recipe called for too much rosemary, but in the end the flavor is subtle and delicious. (Thankfully my tears had no affect to the overall product!)

Next was something I could enjoy, the Grilled Rosemary Vegetables. I do realize this recipe has limitations as it involved a grill, but I was pleased to finally use a tiny little camping stove I bought at the end of last summer...and never used. The vegetables turned out lovely, and I'll have to agree with my boyfriend in that "any vegetable that's grilled has to be good." The garlic in the oil mixture somewhat overpowered the rosemary, but the herb still added a different kick to the vegetables. Of course there's always one great thing



about skewers, you can pile anything you'd like on top. We added more peppers and some left over potatoes. Enjoy!

Jordy is excited that she doesn't have to ask her friends and relatives to buy alcohol for her onion rings, soups, and marinades any longer!

Rosemary Roast Chicken Stuffed with Potatoes

- ☞ 1 whole chicken (any size)
- ☞ 1/2 cup honey
- ☞ 1/4 cup salt
- ☞ 1/3 cup sugar
- ☞ 2 packs fresh rosemary
- ☞ 3-4 medium size russet potatoes
- ☞ 1/2 cup olive oil

Wash and clean the chicken with 2 T of the salt and place on a baking tray (press the chicken flat on the tray so it will cook evenly). Mix the 1/2 cup honey, remaining salt, sugar and 1 pack of rosemary leaves in a mixing bowl and mix well. Pour 3/4 the mixture onto the chicken and rub it all over the chicken, including the inside. Leave the chicken to marinate for at least 4 hours or overnight in the refrigerator

Wash and peel the potatoes and cut into cubes. Boil the potatoes till half cooked. Shake potatoes to dry, add the remaining marinade, and mix well. Stuff the chicken with the potatoes and insert 2 stalks of rosemary into the chicken.

Lightly glaze the chicken with the honey mixture and pour the olive oil over the chicken. Bake in a preheated oven at 400 degrees F for 20 minutes, then turn over the chicken and bake for another 20 minutes. Turn the chicken over once more, glaze it with the honey mixture, pour 2 T of olive oil over it, and bake for another 10-15 minutes or until golden brown.

Grilled Rosemary Vegetables

- ☞ 2 T olive oil
- ☞ 1 T fresh chopped rosemary
- ☞ 1 clove garlic
- ☞ 2 sweet peppers
- ☞ 2 medium sweet onions
- ☞ 1 medium zucchini
- ☞ 1 medium eggplant
- ☞ 15 cherry tomatoes
- ☞ 8 ounces mushrooms
- ☞ Skewers

Mix olive oil, rosemary and garlic in a bowl. Cut all vegetables except tomatoes in wedges or chunks. Thread peppers, onions, zucchini, eggplant, tomatoes and mushrooms alternately on each skewer, leaving a bit of space between each vegetable. Brush the vegetables with the rosemary garlic oil. Preheat the grill. Place skewers on the hot grill 5 to 6 inches over medium heat about 10 minutes, turning and brushing with the oil mixture.

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Omnivoria: The Grassfed Gourmet

By Alice Swan, newsletter volunteer

My friend Kate recently loaned me a cookbook, *The Grassfed Gourmet: Healthy Cooking and Good Living with Pasture-Raised Foods*, by Shannon Hayes. This book contains a wealth of information for the conscientious meat-eater. It features scientific information about the health and environmental benefits of grass-fed meats, questions to ask farmers before deciding to purchase their meat, tips on having a half or quarter beef processed, stories about farmers, and lots and lots of recipes and cooking tips. It's a wonderful resource, and I highly recommend it. (You can buy it directly from the author at www.grassfedcooking.com).

Pork has always been just about my favorite meat; I almost never ate beef before I started paying attention to what was in my food and where it came from. But almost every time I cooked pork (other than bacon and sausage), it was pork tenderloin. Eventually, I started to wonder what had become of the rest of the pigs from which we were eating nothing but tenderloin. Eating organically has given me a greater appreciation for different cuts of meat.

The Grassfed Gourmet includes recipes for all kinds of different cuts. As a teenager, Hayes said she revolted against her parents (her dad was an animal science professor) by becoming a vegetarian. But as she got more interested in grass-fed farming, she learned to love eating the whole animal by blindly grabbing a piece of meat from the freezer each day, and cooking whatever her hand had happened to land on. The chapter

on "Beef, Bison, Venison, and Veal," for example, includes recipes for roasts, chops, flank steak, chuck steak, sirloin steak, ribs and tongue, among others. Recipes are coded according to several categories, including kid-friendly, on a budget (those using less expensive cuts of meat) and showcase (for recipes to make when you want to impress).

When I lived in Italy in graduate school, I noticed that people ate many more parts of animals than I had ever seen in the supermarkets I shopped in back in Baltimore. I had tongue for the first time in Italy, at a very ordinary neighborhood restaurant (a fellow student who was Dutch told me that tongue has a very delicate flavor; she was right, and I enjoyed it quite a lot after I got over the very recognizable shape it arrived in). When we visited a cousin in Padua, he took us to what might be the Italian equivalent to a large steak house where they bring trolleys of meat to your table and let you pick your steak. Except here, the meat was cooked, and there were two different trolleys—one of roasts (which Marcello recommended we eat), and the other of boiled meats (which Marcello ate). The roasts were quite recognizable to us Americans, but the boiled meats included all the cartilage-rich pieces, such as pig snout—nothing goes to waste! I still sort of regret not even sampling some of the boiled meats, since I don't know when the next opportunity to eat boiled pig snout will present itself to me.

Hayes includes so much information that it's hard to even summarize. Even

Stracetti

This was one of our favorite dishes when eating out at restaurants in Italy, and it is perfectly suited to grass-fed beef, because it is simply seasoned and barely cooked, letting the beef flavor shine through. This has become a traditional birthday dish in our house.

- ✦ About 6 ounces of lean steak (such as strip steak) per person
- ✦ salt and pepper
- ✦ several lemons
- ✦ olive oil
- ✦ arugula (about a large handful per person)
- ✦ shaved parmigiano reggiano or pecorino cheese

Season the steaks liberally with salt and pepper, and sear for about 1-2 minutes per side over a very hot grill (or grill pan, or under the broiler). Dress the arugula with olive oil, lemon juice, salt and pepper and divide onto individual plates. Slice the steak very thinly, squeeze lemon juice on the meat, and lay slices on top of the arugula. Garnish with lemon slices and shaved cheese.

though I had an understanding of the basics, it was nice to have spelled out for me the difference between cuts of meat that should be cooked with a dry method (the more tender cuts, which come from less-exercised parts of the animal) and those that should be cooked with a wet method (the better-exercised muscles that contain more collagen, which is broken down in cooking by water). And should you ever find yourself in a position to render lard, there are instructions in *The Grassfed Gourmet* for doing it.

Although one of Hayes's main points is that it's best to buy one's meat directly from farmers, the Co-op's meat department is the next best thing, bringing us high-quality meat with few middlemen. For those of us who don't have a lot of freezer space, it's nice to be able to buy a single cut of meat at a time.

Just be sure to buy a variety of cuts—I still don't know what happened to the rest of all those pigs whose tenderloins I ate!

Alice is enjoying cooking (finally!) in her newly-remodeled kitchen, and now thinks it was all worthwhile.

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Veganesque: Forty Shades of Green

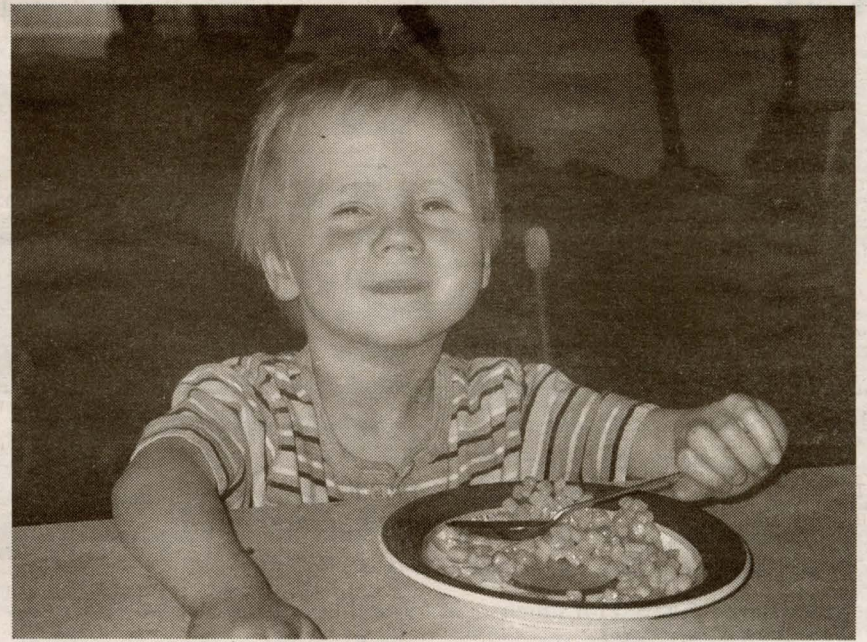
By Caitlin Cole, newsletter volunteer

I have always found St. Patrick's Day to be a weird holiday. Part religious and part reveille, it is a holiday that celebrates the life of Saint Patrick by commemorating his death. There are many peculiar things about St. Patrick, starting with the fact that he was a Scottish or a British guy named Maewyn Succat. There are not many facts about Mr. Succat's life, but most of the "legends" consistently credit him for converting the entire island from their ancient Pagan religion to his own.

I grew in an Irish family outside of Boston where Irish culture is revered. We lived in the suburbs, but my grandparents lived in "Southie," the South part of Boston that is a working class Irish neighborhood. I remember most of the neighborhood stores would have a sign in the window that said "Show your Southie pride" inside a shamrock. I did feel a sort of pride when I saw those signs, more like a sense of belonging. My family wasn't Catholic like most of the kids I played with in that neighborhood, which made my brother

and I slightly suspect, but we were included in their shenanigans. Back in the 'burbs, our family heritage did not matter, so I suffered serious bouts of lack of pride.

On the Sunday closest to St. Patty's Day we would visit Nanna and Grandpa in Southie and we would claim our spot in Andrew Square to watch the parade. Ireland is said to have 40 shades of green, there were at least that many at the Parade! Plus pipe bands and jigging too. After the parade we would go back to Nanna's for Irish stew, which was made with lamb and cabbage. I did not like lamb or cabbage, so I got to eat anything of my choosing, which was always a fluff-a-nutter sandwich and a can of tomato soup. (A fluff-a-nutter sandwich is a regional favorite made by spreading smooth peanut butter on one piece of white bread and marshmallow cream on the other, then putting them together.) My parents were not usually this flexible with allowing our own food choices, which was another reason why



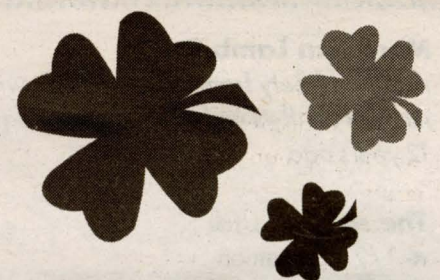
Mmmmmmm... corn!

my bother and I looked forward to the wearing of the green day!

When I contemplate St. Patrick's Day from my adult perspective, my two favorite things about it were being with my family and choosing the sandwich. I have misgivings about what St. Patrick did. I wonder if my relatives wanted to convert. Perhaps they preferred their own earth-centered egalitarian society to the one that was possibly imposed on them. How would history have been different if the Druids had not been visited by St. Patrick and their artifacts were not destroyed? When I feel troubled with these questions and struggle with whether or not to celebrate this holiday, I think back to the feeling of belonging and the honoring

of my choice. And since the Co-op now carries vegetarian marshmallow cream, I can have a fluff-a-nutter on salted French bread with my family if I want! (See slightly more traditional St. Patrick's Day recipes below.)

.....
Apropos of nothing, Caitlin Cole is looking forward to taking her 4-year-old son to see Elton John in April!



Lucky Orange Apple Bread Pudding

Serves 6-8

- ✦ Zest of 1 orange
- ✦ Zest of 1 lemon
- ✦ 1/2 cup fresh orange juice
- ✦ 1 1/2 pounds firm sweet apples (Fuji, Gala, Pink Lady, or Braeburn)
- ✦ 1 cup plus 2 tablespoons brown sugar
- ✦ 1 cup water
- ✦ 2 (3-inch) sticks cinnamon
- ✦ 1/2 cup walnuts
- ✦ 1/4 cup raw pine nuts
- ✦ 3/4 cup vanilla soymilk
- ✦ 1/2 cup black raisins
- ✦ 1/2 cup golden raisins
- ✦ 1/2 t ground cinnamon
- ✦ 1/2 t ground nutmeg
- ✦ 1/2 t ground ginger
- ✦ 5 slices Daily Wheat bread

Preheat the oven to 350 degrees F and lightly oil a 9 x 13-inch glass baking pan. Mince the orange and lemon zest and place it in a large mixing bowl. Squeeze the juice from the zested orange and add the juice of 1 or more oranges to measure 1/2 cup. Add the juice to the bowl with the zest. Peel, core, and chop the apples and place them in the bowl with the orange juice and zest. Mix well to coat the apples. Combine the brown sugar, water, and cinnamon sticks in a 2-quart saucepan, cover, and bring to a boil over high heat. Uncover the pan, lower the heat to medium, and simmer gently for 10 minutes. Add it to the apples. Toast the walnuts and pine nuts over high heat in a non-stick skillet, stirring constantly for 1 to 2 minutes until the nuts just begin to turn golden. Transfer them immediately to a dish to cool and add them to the apples. Add the soymilk, raisins, cinnamon, nutmeg and ginger to the apples. Toast the bread until dry and cut it into 1-inch cubes. Add them to the apples and stir well to moisten the cubes and distribute the ingredients evenly. Transfer the pudding mixture to the prepared baking dish, cover with aluminum foil, shiny side down, and bake for 45 minutes. Carefully lift the aluminum foil and stir the pudding mixture to break down the bread cubes. Replace the aluminum foil cover and bake for 15 to 20 minutes longer, or until the apples are softened. Serve warm or chilled.

St. Patty's Day Soup

Serves 6-8

- ✦ 3 small leeks, white part only
- ✦ 1 large onion, chopped (about 1 1/2 cups {360 ml})
- ✦ 1/2 cup water
- ✦ 1 T extra virgin olive oil
- ✦ 2 pounds local potatoes, unpeeled, diced
- ✦ 5 cups vegetable stock
- ✦ 1 stalk celery, sliced
- ✦ 1/2 cup chopped fresh parsley
- ✦ 2 cups unsweetened soymilk
- ✦ 1 to 2 T nutritional yeast flakes
- ✦ Salt and pepper
- ✦ 3 green onions, sliced

Have ready a 10- to 12-quart stockpot. Cut off and discard the root end of the leeks and cut the leeks in half lengthwise. Separate the layers and wash them thoroughly under running water to remove any dirt that clings between the layers. Thinly slice the leeks and put them into the stockpot. Add the onion, water, and olive oil and cook and stir over high heat for about 5 to 8 minutes or until softened, adding a small amount of water, if needed, to prevent burning the vegetables. Add the diced potatoes, vegetable stock, celery, and parsley and simmer for 30 minutes, stirring occasionally. Add the soymilk and nutritional yeast flakes and season with salt and pepper. Put half of the soup into the blender in batches and puree until smooth, or use a hand blender to partially blend the soup right in the stockpot. Just before serving add the sliced green onions.

Organic Food in India

By Jyotsna Sreenivasan, newsletter volunteer

My family and I recently spent six weeks in India. The main purpose of the trip was to introduce our kids to their many relatives in India, do some traveling and have fun! But we were of course also interested in checking out organic foods in India.

The first thing we found out: it is difficult to obtain organic food in India. The organic food industry is new and only a very few stores carry organic foods. In fact, towards the end of our trip we read an article in the newspaper about organic foods, which quoted the owner of a grocery store in Bangalore (the city where we stayed for much of the time). We figured this must

be a significant store, since it was in the newspaper! We excitedly tracked down the address. Well, it was a small one-room shop attached to someone's house!

We traveled to a few destinations that are leaders in the organic foods movement. One was Auroville, a 40-year-old, loose-knit spiritual community in the state of Tamil Nadu. Auroville is very committed to organic farming. Some of their businesses manufacture packaged organic foods such as jams and nut butters. In fact, we found their products in the little store in Bangalore!

Another organic hub we visited was the Mojo Plantation in the state of

Karnataka. This coffee and spice plantation is run by two scientists who have been doing controlled experiments on the best ways to protect their crops from pests. They use a combination of composting, encouraging natural enemies of pests, growing multiple crops in the same area, and targeted spraying with natural pesticides. They also keep geese to eat the bugs and weeds in the rice fields!

Here are some web sites, in case you are interested in learning more about organic foods in India. Auroville: www.auroville.org; Mojo Plantation: www.rainforestours.com; India Organic Trade Fair: www.indiaorganictradefairs.com.

“We traveled to a few destinations that are leaders in the organic foods movement. One was Auroville, a 40-year-old, loose-knit spiritual community in the state of Tamil Nadu.”

In Like a Lion, Out Like Moroccan Lamb Stew

By Melynda Huskey, newsletter volunteer

Winter. I've been telling my kids for years that they just don't know what winter's really like—six-foot snow drifts, howling winds, temperatures at 20 below, being snowbound in a weeklong blizzard. When I was a girl, Palouse win-

ters were more like polar expeditions than seasons. The part I forgot, but re-learned in a hurry this year, was how quickly winter stops being fun. When the school district declares a snow day, it's utter bliss. When we've racked up six, I'm just one hatchet away from the

Overlook Hotel.

When cabin fever looms, I take to the kitchen. I may not be able to leave the house, but I become a countertop tourist, cooking my way out of town. It's important to choose a complete change of pace, of course: May I recommend Morocco, via Paula Wolfert and Kitty Morse? Tangiers. Fes. The Casbah. Blue and white tile, plashing fountains, golden sand, and a rich and varied cui-

sine as far away from Idaho as anyone could imagine.

For the record, I've never been to Morocco, and don't expect to get there any time in the next 30 years. I have eaten in some pretty

good Moroccan restaurants, but not recently. The genius of Couscous and Other Good Things from Morocco, Paula Wolfert's tour de force, is in making me feel that I grasp the essence of the cuisine through its skillful distillation of the history, geography, agricultural, sociology, economy and culture of the region. My use of all that brilliance, of course, is the rankest tourism, and like all tourism, is intended to delight far more than instruct.

Still, with all my culinary imperialism, I have to say, this stew will entice and charm you. It's dark and spicy and savory and sweet, and with couscous and a salad of chopped cucumber, feta cheese, mint, and yogurt, it is a gloriously unlocal feast, and one which opens the mind's eye first on distant prospects and then on those close at hand. By going away, even just for dinner time, when you come home you'll see your way clear to daffodils and snowdrops and mud, the harbingers of a Palouse spring, with summer close at hand.

Melynda Huskey is still digging out from under the snowdrifts, but she continues to blog about food, craft, and books at <http://melyndahuskey.wordpress.com>

Moroccan Lamb Stew

Adapted freely from Paula Wolfert, with a nod to the venerable dish on the old menu at Swilly's and a really great tagine I ate at a restaurant in Missoula about 12 years ago.

The spice blend:

- ✦ 1/2 t cinnamon
- ✦ 1/2 t cumin
- ✦ 1/4 t turmeric
- ✦ 1/4 t cayenne
- ✦ 1/4 t coriander
- ✦ 1/2 t cloves
- ✦ 1 t black pepper
- ✦ Mix these ingredients well in a small bowl and put aside.

The stew:

- ✦ 3 pounds cubed lamb (stew meat)
- ✦ Olive oil
- ✦ 2 medium onions, chopped
- ✦ 1 large box of beef broth
- ✦ 4 carrots, sliced into coins
- ✦ 1 can Italian pear tomatoes, chopped
- ✦ 1/2 cup golden raisins
- ✦ 10 or 12 dried apricot halves, chopped
- ✦ 1 can of organic chickpeas
- ✦ Juice of 1 lemon

Working in batches so as not to overcrowd the pan, brown the lamb in a generous slug of olive oil in a large saucepan. Set the meat aside. Add a little more olive oil to the pan, and gently fry the onions till soft. Add the spices and fry a little longer, stirring constantly to prevent it sticking and burning. Pour in the broth and scrape the bottom of the pan to loosen and blend in all the spices. Return the lamb to the pan, and add the remaining ingredients. Simmer for an hour and a half. Season with salt and pepper to taste and garnish at the table with toasted slivered almonds or pistachios. Serve with couscous prepared according to the directions on the package.



Illustration by Lucas Rate.

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March Tofu Article: Scary White Stuff Goes Green

By Terri Schmidt, newsletter volunteer, illustration also by Terri

I was recently at a group dinner where a husband and wife were telling an entertaining story about their first experience with tofu. They had been at a potluck where plain soft cubes of tofu sat on a bed of lettuce adorned with sprigs of parsley. It apparently looked inviting. They were surprised, but not pleasantly, when they tasted the slippery tasteless little squares. The experience completely turned them off eating tofu.

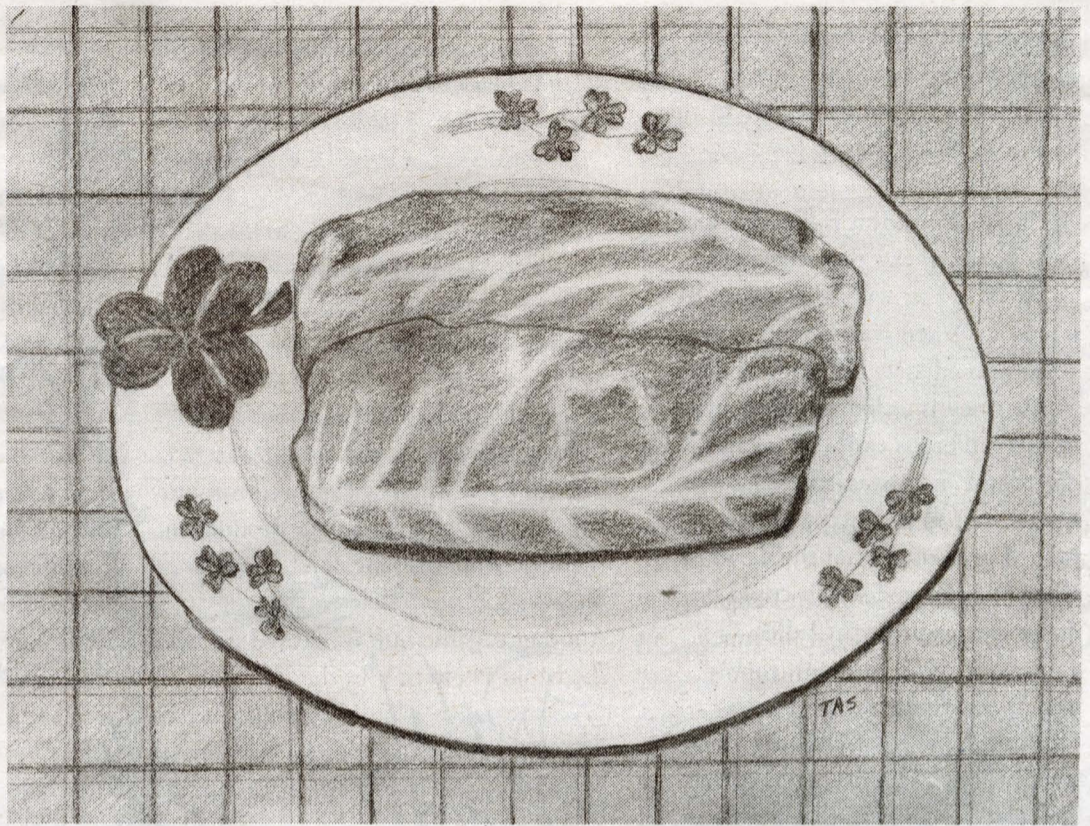
The couple had no idea there was a tofu eater in their midst. Listening to their story, I felt a little like a spy who had infiltrated a different culture. I was entertained to hear the unveiled discussion of their less than glowing opinion of tofu and descriptions of the bland white jello-like stuff. They are ranchers and eat beef every day, so tofu was not destined to become a staple in their diet, but I couldn't let them leave without sharing the positive aspects of this versatile food. I blew my spy cover and talked about how delicious tofu can be, hoping to persuade them to give it another try.

Tofu is still joked about as being some weird foodstuff. One story tells of a man who approached a woman shopping in a health food store and asked

her exactly what she did with the tofu in her basket. She said she normally puts it in the refrigerator, looks at it for several weeks, and then throws it away. The man replied, "That's exactly what my wife does with it. I was hoping you had a better recipe."

Daniel Orr, executive chef at Guastavino's in New York, said when he wrote his cookbook he had a section called "Scary White Stuff," but the editor changed it to "About Tofu." "It's something that people are afraid to use because of the texture and because of its foreignness," Orr says. "But as a cook, I find it such a subtle, custardy canvas that you can do a lot of things with. It lends itself to so many different types of uses. It's intriguing and fun to play with." (www.bnet.com)

If you are one of those people who are new to tofu, I suggest starting with firm tofu that has been seasoned and cooked in some way. Firm tofu has a more familiar texture. Prepared well,



soft tofu is enjoyable also. Many Asian restaurants serve soft tofu in soups and stir-fry dishes. You could start out trying soft tofu as an ingredient in creamy sauces or dips.

As strange as it still is to some people, over the last twenty years tofu has become a bigger part of the American diet. Where it was once confined to stores like the Co-op, tofu is now found in almost all mainstream grocery stores. In 2006, tofu sales were over \$250 million. (www.soyfoods.org)

This month's recipes will take you

from "scary white stuff" to tasty green stuff. In honor of St. Patrick's Day, I am offering recipes that incorporate a bit o' the green. Broccoli adds green and beneficial nutrients to the flavorful casserole. The "Veggie Cabbage Rolls" are a good low-cholesterol and vegetarian substitute for traditional St. Paddy's corn beef and cabbage.

Terri Schmidt offers you this Irish blessing: "May your thoughts be as glad as the shamrocks, may your heart be as light as a song, may each day bring you bright, happy hours that stay with you all the year long."

Broccoli - Small Planet Tofu Casserole

w/ permission: Tofu Phil

- * 1 1/2 pound chopped broccoli
- * 3 T oil
- * 1/2 cup chopped onion
- * 2 T flour
- * 1 1/2 T soy sauce
- * 1/2 cup broccoli water
- * 1 pound Small Planet, Fresh, Organic Tofu (any flavor)
- * 1/2 cup grated cheese
- * 1/2 cup sunflower seeds
- * 1/2 cup Parmesan cheese
- * 1/2 cup wheat germ
- * 1/2 cup sesame seeds

Steam broccoli, saute onions in oil, add flour, soy sauce, and broccoli water and cook until thick and bubbly. Mix in tofu, cheese, seeds and broccoli. Pour in casserole, sprinkle with Parmesan cheese, wheat germ and sesame seed. Dot with butter. Bake at 350 degrees for 30 minutes.

Veggie Cabbage Rolls

w/ permission: Tofu Phil

- * 1 large carrot, chopped
- * 1 large onion, chopped
- * 2 cloves garlic, chopped
- * 3 stalks celery, chopped
- * 1 medium zucchini, chopped
- * 4 large mushrooms, chopped
- * 1/2 cup fresh parsley, chopped
- * 1/8 teaspoon red cayenne pepper
- * 1 head cabbage, red or green
- * 1 pound Small Planet, fresh organic tofu (any flavor)
- * 1/2 t salt
- * Dash black pepper
- * 3 T Romano cheese, grated
- * 3 cups of ground or crushed tomatoes
- * bread crumbs

Sauté carrot, onion, garlic, celery, zucchini, mushrooms, parsley, and cayenne pepper. Steam head of cabbage for 15 minutes, so leaves separate. Set aside.

Cube up 1 pound Small Planet, fresh organic tofu.

Place in bowl: salt, black pepper, 1 c tomatoes, 1 T Romano cheese.

Add sauteed vegetables and tofu and mix well.

Pour 1/4 c tomatoes in bottom of large casserole. Fill cabbage leaves, roll and place in casserole. Pour remaining tomatoes over top. Sprinkle with bread crumbs and remaining Romano cheese. Bake 1 hour at 350 degrees.

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Wild & Free: Mint

By Sarajoy Van Boven, newsletter volunteer

Warning: the following may contain unappetizing ideas. Do not read while eating. If you do, be sure to have some Wild Mint on hand.

Wild Mint is like dog crap in exactly seven ways, you will be surprised to learn: 1) When you step on it, the smell immediately fills your nostrils, 2) the smell is unlike anything else in this odiferous earth, 3) it can be discovered in convenient places the world over, 4) its history is intertwined with ours from the dawn of time, 5) in large doses, it could be dangerous to pregnant ladies, 6) it comes out when the snow melts, and 7) accidental discovery can “break the trance of ordinary awareness.” That’s a lot of similarities to dog crap for an herb that is among the world’s most popular flavorings of all time!

You will not be shocked to learn that dog crap and wild mint don’t have anything else in common.

For instance, dog crap is not named after a naiad, a river nymph who was turned into a plant by Persephone just when the naiad Menthe was about to get it on with Hades and thereby inappropriately sweeten the odors of the netherworld.

In addition, dog crap is not globally known throughout all recorded history as a tea herb good for sloshy and icky stomachs and raw and painful throats, as is mint.

Dog crap attracts flies and rodents, whereas mint is said to repel these pests.

A lover’s mouth that smells like dog crap? Turn Off! A lover’s mouth that smells like mint? Turn On! Apparently this is not a new concept. Ms. Kershaw, author of *Edible and Medicinal Plants of the Rockies*, notes that people have freshened their breath and bodies with mint since males began finding it necessary to seduce their females, as opposed to whatever went on before. I have stumbled across this herb in Deary, Cottonwood and Pullman, beneath our apple trees and along railroad tracks. Each time, the place has been wet, with a magical feel. If I were a water nymph, I would haunt these enchanting spots myself.

There are three types of mint: Wild/Field mint, Peppermint and Spearmint. Most of these have apparently circum-

navigated the globe, procreating and naturalizing, likely due to their seductively smelling bodies.

Wild Mint grows 8 inches to 2 feet tall. Its thin velvet leaves with sharp, toothy edges, grow in pairs on opposite sides of their four-sided stems. Purple tinted flowers grow in clusters at the leaf axils.

Many plants may look like Wild or Field Mint when they are young: nettle, false dead nettle, and perhaps Wild Bergamot (none of which would be a deadly mistake). However, only Wild Mint will smell like mint. And I don’t know of anything dangerous that smells like mint but isn’t. If in doubt, crush it between your fingers. My apologies if it turns out to be nettle.

What to do with Wild Mint? Eat it right then, take it home for fresh mint tea, dry it for tea later. For drying: harvest before it flowers, hang upside down in a dry place with decent ventilation and no direct sun until dry yet still green, then store in a jar in the dark. My favorite dinner recipe for



“The most useful sources of illumination are not always holy books, revered dogma ... They might also be serendipitous anomalies that erupt into the daily routine and break the trance of ordinary awareness.”

—Rob Brezny, Astrologer

and Tomato Salad on Pasta. Mint and Pasta? Yes!

The flavor of Wild Mint is harsher than domesticated mint, and I would guess that intensity varies with location. Experiments may be necessary to find your stash’s best quantities.

Although bulk mint from the Co-op is hardly expensive, Wild Mint holds the thrill of discovery, a connection to the wild earth beneath our feet, and a close encounter with the seductive naiad Menthe. You could just buy some, but why cheat yourself?

Wild Mint is something I look forward to stepping on. These refreshing leaves are the “serendipitous anomaly” I want to stumble into. Your dog’s crap? Not so much.

Looks like Sarajoy’s adorable, little, affordable cottage with a great edible yard in Pullman will go up for sale soon: sarajoyvb@yahoo.com.

my cache of Wild Mint is Moosewood Restaurant New Classics’ Thai Eggplant



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Letter from the Land: Looking Backward and Forward

By Suvia Judd, newsletter volunteer

All week there has been a male varied thrush outside my window, turning over big beakfuls of leaves in the search for tasty morsels. I egged him on to go eat a little closer to the garden, where we've had a lot of slug damage the last two years. (A varied thrush, with its bright toasty-orange chest with the broad black necklace, black and orange eyelines, and upturned beak, looks like a robin in fancy dress.) I don't see it out my window today, so maybe it has moved on to the mountain to look for nesting sites. I have heard them some years by Gnat Creek, among the cedars and white pines, giving their strange double-reeded call: "Flleeent".

Our pastures are still covered with snow. The field and the sledding hill, which was full of joyful shouts for two months this winter, are still white expanses. Paths around our place are raised rivers of ice. But around the yard and paddocks the snow is melting off. Yesterday I saw a nuthatch with the chickadees and juncos, and today I heard its tin-

horn call. The catkins on the Italian hazel next to the barn have softened just enough to dangle in the breeze.

This has been the snowiest winter I can remember in 20 years. At our barn the alleys in front of the alpaca shelters filled up with snow and dirty straw in tall narrow piles that we and the animals picked our way around; as the fences grew shorter and shorter I began to wonder if the animals would start to hop over. On the first warm day after the last big snow, so much snow slid off our south-facing metal roof that the alpacas were marooned inside and outside their stalls until we could shovel it away. Having a single barn with an indoor corridor has never seemed more sensible.

Before I had livestock I always enjoyed the dormancy of winter, a time to bake and make applesauce, read books and sew and knit. No more. Now it's a time to think hard to myself, as I bang ice out of buckets with a hammer, "Remember, come summer, what this is like, and make changes before next year!"

We rediscovered reading aloud this year, and are almost finished with *The Omnivore's Dilemma*, by Michael Pollan, which I highly recommend. Pollan compares four meals from field to table: one of industrial conventional fast food, one of industrial organic origin, one from local and sustainable sources, and one hunted and gathered by himself.

There's some familiar material for me in this book, but lots of new details. I was interested to learn how much of our modern industrial agriculture rests on a single change in price supports for corn made by Agriculture Secretary Earl Butz during the Nixon administration.

The second section of the book covers the original concept of organic farming as a complete alternative to industrial agriculture, and its modern successors. On one hand are the huge industrial organic operations, where dairy cows graze only on the milk cartons, and free-range chickens never go outside, and a box of Earthbound Salad greens uses 57 calories of fossil fuel per food

calorie to be grown and shipped to an East Coast consumer. (Yet Earthbound plants trees, uses biodiesel, and has put enough land into organic production to reduce pesticide use by 270,000 pounds.) On the other hand there are ecosystem farmers like Joel Salatin of Polyface Farm in Virginia, who raises cattle, pigs, turkeys, chickens and eggs on intensively managed pastures. If you have been thinking about organic versus local, and what constitutes sustainability, this section of the book is worth the price of the whole.

We are still reading the last section. Meanwhile, the seed catalogs are beginning to pile up; Johnny's Selected Seeds came today, and I am mulling over my pole bean and squash list. Before the ice turns to mud we are hauling the manure and straw out to the squash garden site to compost till May. Lots to do, but lots to look forward to.

.....
Suvia's thought for the month (from a friend): "Agriculture is not permacultural."

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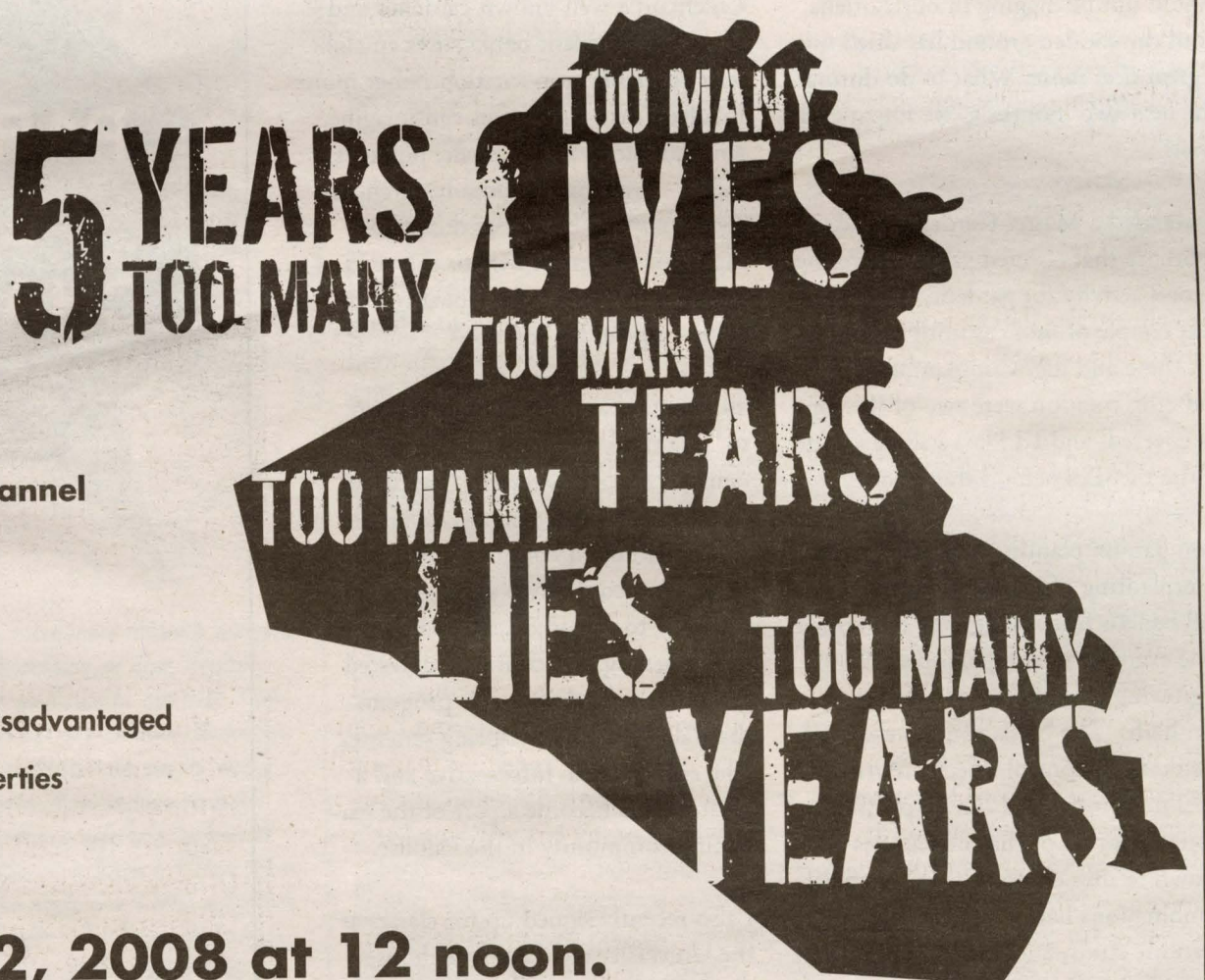
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In The Garden

By Holly Barnes, newsletter volunteer

“Winter always keeps its promise of spring”

—*Lauren Springer in The Undaunted Gardener*

As I write this column, my *Galanthus* (snowdrops), the earliest bulb to bloom, are popping up and the cobalt-blue *Muscari* (grape hyacinth) are just beginning to emerge from the nearly frozen ground,

dening.com for some suggestions.

Crop rotation can reduce insects, nematodes and diseases that slowly accumulate in the soil over time. Another reason to rotate is that plants use soil nutrients at different rates and some crops add nutrients to the soil. Knowing what nutrients plants need for optimum growth helps you plan crop placement each year. An absolute rule is to never plant anything from the same

885-6379, or e-mail him at gmeyer@uidaho.edu for a schedule of upcoming classes and reservations. The classes have been quite popular and fill quickly. There is no charge.

In the March Garden:

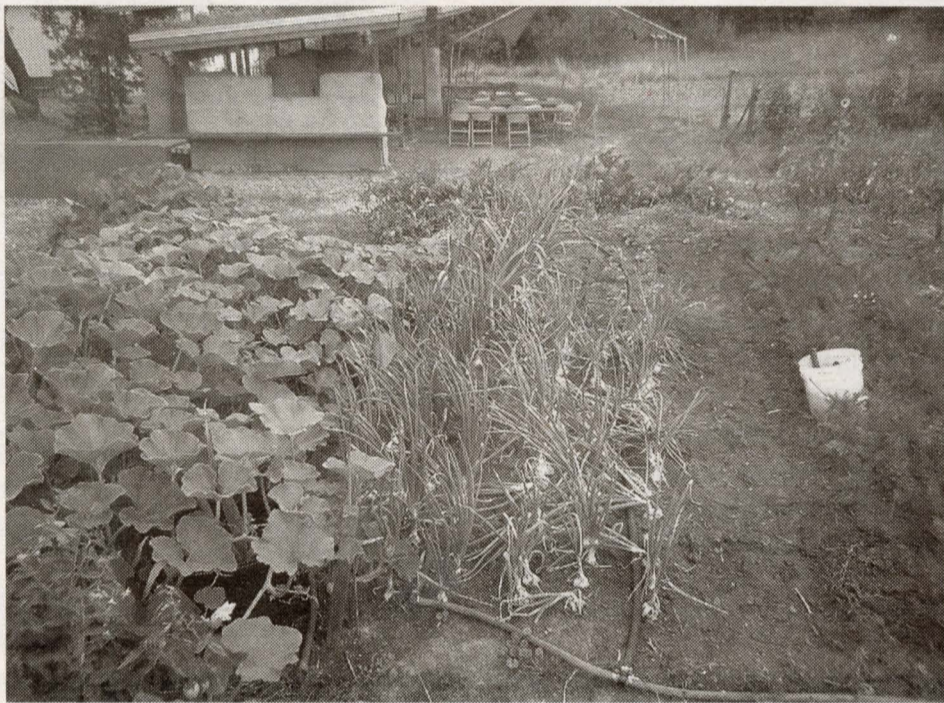
✦ Clean up debris from winter storms;

✦ According to phenology, a branch of science dealing with the relations between climate and periodic biological phenomena (as bird migration or plant flowering), the time to prune the roses is when the forsythia bloom;

✦ While pruning, clean up and dispose of rose leaves since they may harbor diseases;

✦ Dormant spray fruit trees and roses (using an organic horticultural oil) when above freezing temperatures and no rain are forecast for a 48-hour period. The spraying will be most effective when buds are swelling and just about ready to open. Do not spray after the buds show color, and keep the spray away from the lower part of the tree, as this is where many of the beneficial insects lay their eggs.

.....
Holly Barnes awaits spring with barely-contained excitement. This year the new garden house will be used to extend the season, providing an earlier start.



Spring brings the excitement of working in the garden.

so there is a promise of spring in the air as the snow recedes. But, alas, we should not be digging in our gardens until the sodden ground has dried out a great deal more. What to do during the next two months as we impatiently wait?

I attended a Master Gardener's class in February that covered garden planning, a good activity for gardeners over the next couple of months until we can get out there and dig. Companion planting and crop rotation were two of the topics covered, and I'd like to share a little of the theories behind them both.

Companion planting is defined as the interplanting of two or more crops that will benefit from being near each other. One example of companion planting is growing vegetables along with certain herbs. The herbs contain essential oils that can control insects. Marigolds repel nematodes and can be planted around root crops that nematodes are known to munch on. Other beneficial combinations have been proven by scientific study, and a small amount of research (i.e. Googling) on your part will lead you to those discussions and lists of likely combinations. Part of the fun of gardening is to experiment with combinations of your own. Try www.gardenguides.com and [dening.com for some suggestions. plant family in the same location or in the same soil two years in a row. Eliot Coleman, a well-known gardener and author of excellent books, uses an eight-year vegetable crop rotation rather more involved than most of us can imagine. An example of his rationale: potatoes follow sweet corn because research has shown corn to be one of the preceding crops that most benefit the yield of potatoes. Coleman also liberally uses cover crops in his rotations.](http://www.organicgar-</p>
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As they say, so many things to learn, so little time. I've been attending gardening classes this month (February) in our community and am excited by the availability. I completed the Master Gardening course two years ago and continue to attend classes each year to keep learning. I encourage interested gardeners to look into this program that takes place every spring semester. The classes are so informative and a great way to become a part of the gardening community in the Palouse.

I also recently signed up for classes at the University of Idaho greenhouse. Gerald Meyer, Greenhouse manager, teaches classes which members of the community are welcome to attend. Classes range from Long Blooming Perennials to Plant Propagation to Growing Orchids. Call Jerry at 208-



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Meals Kids Might Eat: The Whole Foods Allergy Cookbook

By Judy Sobeloff, newsletter volunteer

Ah, the little cherubs and their bell-like voices, the little tykes clamoring for their mother. The youthful chorus of “I don’t want vegetables!” so deafening, I could barely wend my way to the table, hefting my steaming platters of, yes, vegetables.

This month I dragged my family into the world of a food allergy diet, sampling several recipes from *The Whole Foods Allergy Cookbook* by Cybele Pascal. While this cookbook did not consistently yield results for which my children would jump up and down, I have to say their reactions were no more negative than their typical responses to any standard (i.e., chock-full of allergens) fare. I, on the other hand, quite enjoyed this cookbook, and I think it would work even better for families with multiple food allergies, particularly those who eat meat and gluten.

I’ve been disappointed in the few food allergy cookbooks I’ve looked at previously, in that they tend to omit only one or two allergenic ingredients—cookbooks focusing on gluten intolerance, for example, tend not to omit eggs or dairy. I found *The Whole Foods Allergy Cookbook* a refreshing depar-

ture in this respect, as all of its recipes omit eight major allergens (dairy, eggs, soy, wheat, peanuts, tree nuts, fish and shellfish). Though this means that some recipes contain other common allergens such as gluten or corn, there is enough variety in the book’s 200 recipes that I think most families dealing with multiple food allergies would find it useful. Likewise, though several of these recipes are meat-based (using not just chicken, beef, turkey, or pork, but also bison, wild boar, lamb, rabbit, duck, pheasant, etc.), I still think allergic vegans and omnivores alike can find much to enjoy here.

The adults, that is. While many of these dishes seem pretty sophisticated for kids, I can only hope that kids with multiple food allergies would eventually come around, as they have fewer food choices in the first place.

My family tried several dishes: pasta primavera, millet marranca, lasagna with eggplant and portobello mushrooms, Thai yellow curry with eggplant and sweet potatoes, and black bean and spinach burritos. Of these, my children were fine with the pasta primavera (not so different from what you’d find elsewhere) and responded most favorably

to the lasagna and the millet. Though the gluten-free version of the lasagna I made was fairly monochromatic (I used rice milk, rice flour, and rice noodles), my children seemed not even to miss the cheese or wheat noodles, eating it with succinct approval and little fanfare. Venturing further afield, I made myself a portion without tomatoes (another common allergen)—though my noodles were by now swimming in an olive oil bath, I still liked it. As Fred said, “This is really good. The olive oil does seem to satisfy the cheese requirement.”

Note that while Pascal says to heat the eggplant in a microwave, lacking a microwave I chose to sauté the eggplant instead, further upping the olive oil ante. Also, while Pascal says to pre-cook the noodles, I opted for the path of least resistance and didn’t, hoping the olive oil would cook them instead (with decent enough results).

Though my kids initially declined the Millet Marranca, they both experienced an abrupt turn-around upon realizing they could add tamari. “Can we put this tray on the table?” the 6-year-old suddenly asked. “I’m going to serve it! I want my plate, Mom!” Oddly enough, she then immediately launched into a lettuce-and-salad-dressing-consuming frenzy, earlier anti-vegetable protestations apparently forgotten.

Personally, I loved the Thai Yellow Curry, but my children wouldn’t eat



Millet Marranca

it. I loved the Black Bean and Spinach Burritos, too, which my kids merely tolerated, clearly preferring tortillas with refried beans from a can.

The scope of this cookbook is wide enough that there are still many recipes I’d like to try, such as Pascal’s vegan “Classic Chocolate Layer Cake,” about which she says: “I tried making this cake at least twenty times before I finally got it right. And, oh boy, did I get it right in the end!” For those who’d like a closer look, *The Whole Foods Allergy Cookbook* is available at the Moscow Library.

Judy Sobeloff appreciates the inventiveness and generosity of her friends in adapting and sharing recipes for food allergies.

Lasagna with Eggplant, Portobello Mushrooms, and Fresh Tomatoes

- ✦ 1 medium eggplant, peeled and sliced into ¼-inch rounds
- ✦ 8 oz. rice lasagna (or spelt or corn/quinoa)
- ✦ 2 cups enriched rice or oat milk, hot
- ✦ ¼ cup olive oil
- ✦ ¼ cup + 2 T oat or rice flour
- ✦ pinch of ground nutmeg
- ✦ bay leaf
- ✦ fresh ground pepper
- ✦ 2 large Portobello mushrooms, sliced into ¼-inch strips
- ✦ 3 ripe medium tomatoes, deseeded and sliced into thin rounds, drained as much as possible
- ✦ 4 cups red sauce
- ✦ 20 basil leaves
- ✦ brown rice bread crumbs or corn-flake crumbs (optional)
- ✦ 3 or 4 more T olive oil
- ✦ salt

Preheat oven to 350 degrees F. Cook sliced eggplant in microwave about 2 minutes, until just tender. Set aside. Cook lasagna according to directions on box. While pasta is cooking make a cream sauce: Start by warming your rice or oat milk. Then heat the olive oil in a saucepan over medium heat, stir in oat or rice flour, and cook 2 minutes, stirring continuously. Don’t burn. Add heated rice/oat milk slowly while stirring. Add pinch of nutmeg and bay leaf. Bring to simmer, then reduce heat to low and thicken, still stirring (10 minutes or so). When cream sauce has thickened, remove from heat, and grind in a few turns of fresh pepper. Put about 1 T olive oil in bottom of lasagna pan. Cover bottom of pan with half the eggplant. Cover eggplant with mushrooms, then sliced tomatoes. Cover vegetables with 1-1/2 cups red sauce. Spread out 10 of the basil leaves. Drizzle with half of cream sauce. Cover with a layer of lasagna noodles. Sprinkle about 1 T olive oil over noodles. Layer the vegetables, another 1-1/2 cups red sauce, basil, and cream sauce again. Top with lasagna noodles. Drizzle final cup of red sauce, sprinkle with bread crumbs, and drizzle with a little more olive oil. Bake uncovered about 1 hour. Remove from oven and let cool completely before serving (to avoid a soupy mess). Cut into portions with sharp serrated knife.

Millet Marranca (slightly adapted)

- ✦ 1-1/2 cups raw millet
- ✦ 3-3/4 cups water
- ✦ 4 T olive oil (divided)
- ✦ 2 cups onion, diced
- ✦ 1 large cauliflower, cut into small 1-inch pieces
- ✦ 1 cup mushrooms, chopped (optional)
- ✦ 3 large cloves garlic, minced
- ✦ 1/3 cup tightly packed chopped parsley
- ✦ 1 t kosher salt
- ✦ freshly ground pepper
- ✦ ¼ t cayenne pepper
- ✦ ¼ cup lemon juice
- ✦ 1 15 oz. can Navy beans, drained
- ✦ sweet paprika for the top

Combine millet and water in a saucepan. Bring to a boil over medium high heat, reduce to low and simmer, covered, about 20 minutes until tender. Remove from heat, and fluff with a fork. Set aside, loosely covered. Meanwhile, heat 2 T olive oil in a large sauté pan over medium heat. Add onion and cook until soft, about 5 minutes. Add the cauliflower and garlic (and optional mushrooms) and cook about 15 minutes more, until cauliflower is tender when pricked with a fork. Meanwhile, preheat oven to 350 degrees F. Oil a 9x13- or 10x12-inch pan with 2 T olive oil. When cauliflower has cooked 15 minutes, remove from heat and add parsley, salt, pepper and cayenne pepper. Combine lemon juice and the navy beans with the millet, mixing well, but gently. Add the cauliflower mixture to the millet mixture. Then press into the oiled baking pan, smoothing down the top. Sprinkle all over with paprika. Bake about 30 minutes until it becomes slightly golden on top.

“Mama Can We Make...?”: Snow Goggles

By Nancy Wilder, newsletter volunteer

Snow, wind, sun: It must be March on the Palouse. The weather at this time of year can be pretty wild and fickle. But we can count on at least some bright sun and longer days – Daylight Savings begins March 9 and the Vernal Equinox occurs March 19. Here’s to more light all around!



Trying out some fancy snow goggles.

But the combination of bright sun and snow can make for some pretty extreme glare. We rediscovered this a couple of weeks ago while hiking and sledding near our home on one of those idyllic late winter days we are so lucky to get here: Beautiful clear blue sky, bright sun, warm enough to leave behind a layer or two, and still plenty of snow. A perfect day for outdoor play. But by mid-day, our two youngsters had painfully bloodshot eyes. Oops, bad-parent moment.

With this article I hope to share with you a fun, easy and creative way to avoid the guilty feelings that come with a child’s sunburned eyeballs. What’s more, you won’t have to shell out big bucks for sunglasses, which are likely to be lost even before summer rolls around.

Early Arctic people invented snow goggles to protect their eyes from the intense glare of the sun bouncing off snow. Make your own snow goggles and see what a difference they make.

Kids of all ages can make these

by themselves with safety scissors, and even the youngest children can decorate the finished goggles. Older kids and adults can have great fun decorating the snow goggles in any number of imaginative ways to personalize their own creations. Note: These goggles do not allow for good peripheral vision, so use caution when wearing them for intense outdoor activities.

To get started you’ll need:

- A cardboard egg carton (You’ve surely seen those teetering piles of egg cartons in the front-end recycle bin at the Co-op. I’m sure you might be able to get one or two there.)
- Scissors or a craft knife
- Two pieces of string, twine, or elastic bands, each 20 inches long
- Optional decorating supplies: Paint, glitter, moss, twigs/bark, crayons or markers, feathers, sequins, puff-balls, stickers etc.; whatever strikes your fancy.

First, cut two cups from the egg car-

ton so that they are attached to each other and to the flaps of cardboard on the outer side of each cup. Next, use your scissors or craft knife to cut slits approximately one-half inch long and one-eighth inch wide along the bottom of each egg-cup (see photo). This is a bit tricky unless your scissors have pointed tips, so little ones will need help here. Third, poke a small hole in each flap and insert string or twine through, then tie to hold in place. Now you are ready to try on your goggles and adjust for fit and ease of vision. Finally, decorate the goggles any way you wish. Keep in mind, these may get wet outside, so a coat of paint is nice to seal them before adding other artistic touches.

And there you have it; a pair of fabulously functional homemade snow goggles. They are fun to make, practically free, and they work! What a simple way to avoid sunburned eyes.

Nancy’s family looks forward to many more sunny winter days.

Co-op Kids!

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

In February, we made Valentines in the cafe. The kids loved using rubber stamps, ribbons and pretty paper as they made cards for their families and several Co-op members who were having breakfast in the cafe. What a wonderful way for the kids to brighten someone’s day and to feel the satisfaction of freely giving. I was amazed at the level of concentration the children brought to this task, and I think that Ellis alone must have made four or five beautiful cards for big sister Avery!

In March, we will begin to turn our thoughts toward Spring on the Palouse.

On Wednesday, March 5, at 9 a.m., we will meet at the round table in the cafe to make a nature-inspired spring art project. Wednesday, March 19, at 9 a.m., we will sow seeds for our gardens! This is always a very popular activity, and we will plant fast-growing seeds to reward the children’s careful planting. We will meet in the cafe or at the picnic tables outside if the weather allows.

Co-op Kids! is a free twice-monthly activity for families. The activities are geared toward young children, but

all ages are welcome. We especially love to have area seniors join us! A big thank you to our friends at Paper Pals for the use of the wonderful rubber stamps, inks and ribbons for the Valentine activity. If you are looking for card making or scrapbooking supplies in Moscow, Paper Pals is located at 212 E Rodeo Drive #110, just north of Moscow Building Supply.

Rebekka Boysen-Taylor is the Co-op Kids! volunteer and can currently be found with her nose in a seed catalog dreaming of this year’s garden.



Co-op kids are busily making Valentines while moms get a chance to chat.

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Free Tax Help from AARP Tax Aide Service

By Mary Hughes, Local Coordinator

Did you know you can get free help with your tax return? The AARP offers this service to anyone who needs it with a focus on elderly and low-income taxpayers. Help can be found at the Federal Courthouse at 220 East 5th Street in Moscow. This is the same building in which the Post Office is located. Just go around to the doors on the South side of the building on 5th Street. Be aware that since this is a Federal Courthouse; you will have to go through a metal detector at the door. So please leave your guns, knives, chainsaws, etc. at home. When you come, please bring your social security card and cards for your spouse and

dependents, last year's tax return, all W-2's, unemployment compensation statements, SSA 1099 if you receive Social Security, all 1099 forms (1099-INT, 1099-DIV, 1099-B etc.) showing interest dividends, broker transactions, any 1099-MISC for miscellaneous income, 1099-R if you receive a pension, all forms indicating any federal or state income tax paid, all information on medical insurance premiums paid and receipts or canceled checks if itemizing deductions.

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Your return will be electronically filed for the fastest possible refund. For joint returns, both spouses must sign the transmittal documents. This service is available on Wednesdays and Fridays from 10 a.m. to 3 p.m. now until April 11. See you there!

Mary Hughes has been preparing returns for the AARP Tax Aide Service since 2001 and they haven't gotten any less complicated in that time.

Discover the Wonders of Composting at the Compost Happens Event!

By Laura Marie Milewski, PCEI

As most of you have already heard and many have seen, there is a new composter in town! It is located in the alley on the north side of the Co-op. Officially, the industrial 4-foot-tall, 8-foot-wide bin is called an Earth Tub, but it will soon go by a new name based on votes in the recent "Name the Earth Tub" contest.

The installation of a composter at the Moscow Food Co-op has been a vision since 2005, but it came to fruition in December of 2007 through collaboration with Moscow Recycling and the Palouse-Clearwater Environmental Institute (PCEI). Through a grant written by PCEI for \$15,000 and fundraising efforts on the part of the Co-op during Tubfest, the Earth Tub was purchased and has been turning 150 pounds of compostable materials daily.

Now that the Earth Tub is in full swing, it is time to celebrate! Saturday, April 12, is the official "Compost Happens" event at the Co-op. PCEI will be offering several 45-minute adult workshops throughout the day explaining the details of composting and the

workings of the Earth Tub. At the same time that adults are learning how to transform food and yard waste into soil, younger composters can attend engaging kids' sessions and learn about compost, worms and the importance of composting. In addition, if you preordered an Earth Machine from Moscow Recycling, you may pick it up at the Compost Happens event. This is sure to be a fun and informative day, so keep your eyes peeled for further details!

In an effort to extend the composting spirit throughout the year, PCEI will host a multi-day workshop in the spring about the benefits of composting, details of the process, and how to build your own composter! More information will be available at the Compost Happens event.

Laura is the Community Outreach Specialist at the Palouse-Clearwater Environmental Institute (PCEI). She loves dogs and thoroughly enjoys eating kiwis and bananas during the warm summer months.

DOMA Coffee Roasting Company's Donation Report to Village Bicycle Project

By Korrine Kreilkamp, DOMA Coffee Roasting Company Office Manager

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



Last December, DOMA Coffee Roasting Company started donating 10% of their Moscow Co-op sales to Palouse Clearwater Environmental Institute's Village Bicycle Project. The Village Bicycle Project works to address the critical lack of basic reliable, affordable transport for millions of Africans by transporting donated used bicycles, teaching bicycle maintenance, and by providing tools to for bicycle repairs in African Villages.

In an effort to keep Co-op employees and customers informed on the progress that is being made from their coffee purchases, DOMA will be reporting

to the Co-op the monetary amount of their donations to the Village Bicycle Project on a quarterly basis. It is estimated that the first quarterly payment will be in the \$300-\$400 range. This amount of money provides 17 bicycles for those participating in a one-day workshop facilitated by the Village Bicycle Project in Ghana Africa.

You will have an opportunity to meet some of the DOMA Staff, as well as taste some of their coffees, at the upcoming Moscow Co-op Sample Fair scheduled for March 1 from 11 a.m. to 3 p.m. To find out more about The Village Bicycle Project and DOMA Coffee Roasting Company, take a look at the following links www.pcei.org/vbp/ - www.domacoffee.com.

St. Paddy's in Palouse

By Paul Smith

The Palouse Arts Council is sponsoring the fifth annual St. Paddy's in Palouse celebration on St. Patrick's Day, Monday, March 17, at the Palouse Grange Hall, 210 E. Bluff St., featuring music by local

favorites Potatohead and Irish dancing by Rose Among the Heather. The event begins with a traditional Irish dinner from 6-7:30 p.m. and the music begins at 7 p.m. Tickets are \$15 for adults and \$7 for kids 6-12 (younger

kids are free) and are available from Bookpeople in Moscow, Atom Heart Music in Pullman, Thurman's Market in Palouse, and at the door. Questions: (509) 878-1701.

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Congratulations to MaryJane Butters

by Bill London, newsletter volunteer

MaryJane Butters will receive the 2008 Cecil D. Andrus Leadership Award for Sustainability and Conservation from Sustainable Northwest at their awards gala on March 14 at the Portland Art Museum. Yes, that's our MaryJane: a Co-op member and supporter for the last two decades whose Moscow-produced food products and organic lifestyle magazines are available at the Co-op.

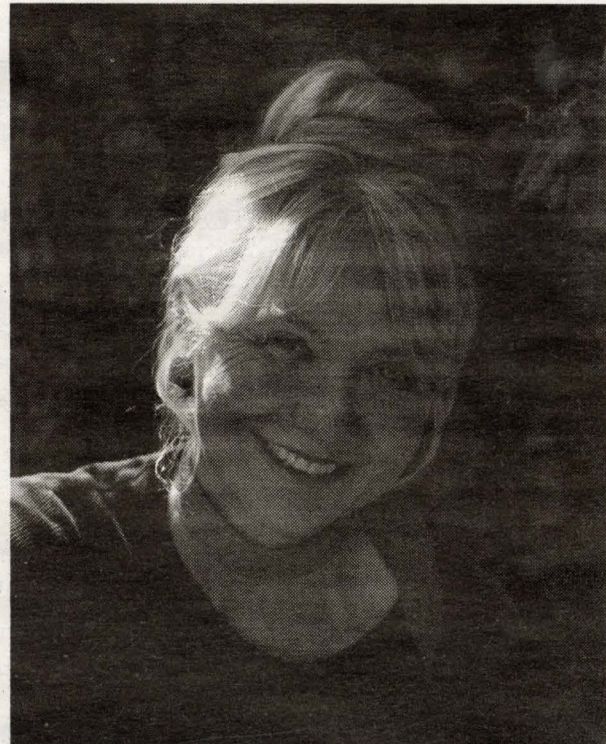
With the annual Andrus Leadership Award, Sustainable Northwest (www.sustainablenorthwest.org) recognizes two (one urban and one rural) leading examples of successful entrepreneurship in pursuit of sustainability with a demonstrated commitment to conservation of the environment, service to the community, adaptability and innovation,

and to leading others on a similar sustainable path.

The award will be presented to MaryJane by former Idaho Governor Cecil Andrus. Andrus governed Idaho from 1971 through 1977. Then after his stint as Secretary of the Interior in the Carter administration, he returned to office in 1987 for two additional terms.

"As an Idahoan, I've always been proud to say I hail from the state who gave the world elected officials like Andrus and Frank Church--men who gave us national treasures like the largest wilderness area in the lower 48 and the Birds of Prey Area in southern Idaho," said MaryJane. "I was working for the Forest Service back when some of that was happening. What a golden era that was."

Sustainable Northwest was established in 1994 by concerned political leaders from Oregon and Idaho who saw the need for a non-partisan entity that could help find solutions to the environmental, economic and social challenges faced by citizens, leaders, and communities in the Northwest.



Bill London edits this newsletter and enjoyed the two-book series entitled "Creative, Inc.: Stories About 63 Latah County Citizens" by Jerry Adams (available now at the Moscow Public Library reference collection). In the interest of full

disclosure, he admits that one of those profile stories is his own.

Mentoring

By Donal Wilkinson, Moscow Mentor Program

Think back on some of the caring adults you had in your life when you were a child. They might have been family members, friends of the family, clergy, scout leaders and teachers. These were the folks who guided your decisions, provided you with safe learning experiences. A mentor is an older friend who has life experience and models appropriate behavior. The spend time listening to and encouraging mentees.

If you had someone like this in your life, you know how important it was. Or maybe you didn't have someone like this, but can see how it would have benefited you. Here is your chance to pay that back to a young person in your community.

The Moscow Mentor Program matches adult volunteers from the community and Moscow High School students (Bear Buddies) with students in grades K-6 in Moscow Elementary Schools. The Moscow Mentor Program is a school-based program. This means that all meetings between mentors and mentees occur on school grounds during the school day. After completion of the application process, mentors receive a handbook, attend a training/orientation program, successfully complete fingerprinting and a background check, and are then matched with a student sharing similar interests.

Mentors and mentees meet one day each week for one hour during the school day and on school grounds. Mentors and mentees spend their time talking, listening to each other, reading together, eating lunch, shooting baskets, flying kites, making art projects, doing school work, playing computer games and much more. The emphasis on our program is to build a relationship between two people.

For more information, or to request an application, please call (208) 892-1152 or 1149, or e-mail us at Moscow_mentors@sd281.k12.id.us

Program staff: Charlie Gerke, Lynn Weaver, and Donal Wilkinson

Peru Negro

By Joann Muneta


Everyone talks about celebrating diversity, but Festival Dance does something about it. Every year they bring in outstanding multicultural programs of music and dance that would not otherwise be seen here. Past programs have included Gran Folklorico de Mexico; Ragamala Indian Dance, and Chinese Performing Artists: 5,000 Years of Chinese Dance.

This year, on Sunday, March 30, at 3 p.m., Peru Negro, named by the Peruvian government as the cultural ambassadors of Black Peru, will perform at the Beasley Coliseum in Pullman. Formed more than 35 years ago to preserve Peru's African heritage, Peru Negro's high-energy show is made up of festive and celebratory dances interwoven with vibrant live music, recreating the folkloric history of their ancestors. Peru Negro's second U.S.-released album, *Jolgorio*, received both a Grammy nomination for Best Traditional World Music Album as well as a Latin Grammy nomination. The internationally renowned group of 22 performers bring to the stage a colorful pageant of music and dance, including a wide variety of unusual instruments such as the cajon, evolved from farm crates used to collect fruit, and the guajada de burro, the side of a dried out donkey jaw, as well as guitars, drums, and passionate singing and dancing.

Festival Dance is offering group rates for this great show. Groups of 10 or more get \$2 off ticket prices and groups of 15 get one free ticket. Admission:

adults regular \$22 – discount \$20/
students and children \$16 regular – \$14
discount. Contact Festival Dance 883-3267.

“Everyone talks about celebrating diversity, but Festival Dance does something about it.”



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The Palouse Road Runners: Fancy Footwork in the Inland Midwest

By Sean M. Quinlan, newsletter volunteer

It gives me great pleasure to introduce this month's highlighted community group: the Palouse Road Runners (the PRRs).

As you may know, the PRRs are a fixture in our region. The group serves the local community by promoting healthy running and exercise, and it does so by organizing competitive local races and by sponsoring daily workout routines. It also forges links with other community organizations to promote 'fun-run' events.

"It's a small club, but very active," says John Pool, who serves as a board member and directs publicity. "It also has a long-standing history – it existed long before it was technically a club."

Indeed, the PRRs have deep roots. The club was formed loosely around 1973 (no one can pinpoint the exact date). In those days, it organized the "First Annual Crazy Days Run" between Moscow and Pullman. In the early 1980s, under the auspices of Archie George, the club was transmogrified into the Moscow Road Runners.

Finally, in 1991, the club was baptized as the Palouse Road Runners, and now falls under the national penumbra of the Road Runners Club of America.

The members of the PRRs are quite dedicated. The organization has about 30–40 members. They organize three major runs each year, and they're always hoping to pull in new recruits.

The first event occurs each spring. This is the Snake River Canyon half-marathon, and it covers 13.1 miles. It starts and ends at the Wawawai Landing, where the WSU team practices. All are invited, and the event officially kicks off the running season.

The second event is the WSU 100K relay and solo race. This monster marathon extends 62.2 miles, and it starts and ends at the Field House at WSU. This is a team-orientated run on April 20 (registration materials are on the club's website, listed below).

The final race of the season is the "Moscow Mountain Madness," and it

occurs in early or mid-September (the precise date is yet to be announced). Starting on the west side of the mountain, this race goes 12 miles and can be done on either foot or on bike.

The PRRs are also active daily. Each weekday, the PRRs meet at noon outside the Memorial Gym at the University of Idaho to run together. To join, you simply need to bring your sneakers. There's also a regular meeting on the third Tuesday of every month, which moves around from home to home. Moreover, every couple of months, the group gets together to have dinner and drinks – meetings that Pool calls "serious hydration therapy sessions."

The best part of the PRR club, as Pool explains it, is that it gives runners a sense of camaraderie. "There's a certain loneliness in being a long-distance runner," he confesses. "It's not a terribly social activity. Essentially, you are out there alone. But the Road Runners gives you the chance to be with like-minded people."



This network is an essential part of the mission of the PRRs. "For instance, we can help individuals find other people to run with. We have a whole program for training partners. You don't even have to be a member – it's just a service that we provide. It's all laid out on our website."

Membership is negligible: the cost is \$15 per person or \$20 for a family. Your membership card also gives you a 10 percent discount at TriState on running gear, and it also lowers fees for the Moscow Madness registration.

If you're interested in the Palouse Road Runners, simply check out their site on the internet: www.palouseroadrunners.org, or e-mail them at prr1@palouseroadrunners.org.

Amy, Graduate 2007 Licensed Massage Therapist Medical Spa in Hawaii



Within months of graduation I landed a job in Kauai, Hawaii and was soon providing 20-25 massages per week. I now have the flexibility that I have desired for years and the opportunity for limitless personal and professional growth. Many of my goals have been reached including: gaining seniority as a lead Massage Therapist, rebooking clients regularly, and having time to surf too. I believe I have received the best training possible. Not only does MSM provide

students with a well designed education, but the school has the most knowledgeable and devoted instructors imaginable. I would not trade my experience for anything.

Seth, Graduate 2005 WA Licensed Massage Therapist WSU Health & Wellness Center



I provide 10-15 massages per week at WSU Health and Wellness Center while attending University of Idaho pursuing a degree in School and Community Health. Massage has changed me in many ways. I'm calmer, I have more confidence in myself, and all in all happier than I have ever been. I love working with people and having a physically active job is even better. Having more time to do other things is great too. My goal is to do massage related medical

research with an aim to increase the acceptance of massage therapy as preventative medicine. MSM was an excellent gateway to my chosen profession.

Janene, Graduate 1996 Licensed Massage Therapist State Director Missouri Sports Massage Team



As I graduated from school, I thought I would enter the "Spa" world of massage. After I had been in Missouri for a couple of years, I joined the local Sports Massage Team and have not looked back. The anatomy and kinesiology I learned in school has been the foundation for my entire practice. Even learning early on how to put together a Swedish Massage has helped me become a great therapist. The biggest goal I have achieved is that I am doing something I love

and I am good at it. MSM showed me how.



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Tara, Graduate 2006 Licensed Massage Therapist Quality Chiropractic Center



Within months of graduating, I started working 3 days per week providing 4-6 massages per day. I work with a chiropractor aiding healing processes, maintaining structural balance and increasing the patients quality of life. Before pursuing massage therapy, I studied the performing arts, acting, voice and dance. I have always been intrigued with health and the art of human anatomy. I was drawn to the benefits of massage and the benefits of the simple yet

powerful act of touch. I hope to further this knowledge through my continued education in massage and through my work with my employer.

Colin, Graduate 2006 Licensed Massage Therapist at Vandal U of I & Gritman Therapy Solutions



Before attending Moscow School of Massage, I worked for 7 years in a variety of jobs in medical settings as: EMT, CNA, PT Tech, and Anesthesia Tech. After receiving a massage as a gift, I realized that I had found my calling. Making a positive difference in people's lives has always been important to me. When the 10-15 clients I typically treat each week find relief from stress, pain, and injury, I feel joy. Moscow School of Massage was more than an educational

institution for me; it felt like coming together with a family who share the same goal of helping people with massage.

Meredith, Graduate 1997 Licensed Massage Therapist Private Practice



Immediately upon graduation I opened my private practice in Pullman, Washington. After 5 years, I relocated to St. Louis, Missouri. I see clients for 18-25 hours a week in my professional downtown office and also provide chair massage at a local architecture firm. I credit my MSM's experienced instructors with helping me build a strong foundation for my fulfilling and successful career. I am proud to say that I have found what I truly love to do.

Choices In Wellness: Yoga

By Dr. Angila Jaeggli, newsletter volunteer

“The world begins with the coming of light,” wrote Jungian analyst Erich Neumann. Beginning with our hands pressed tightly together and centered over our hearts (known as the Heart Seal), we begin our asana sequence, the Sun Salutation (Surya Namaskar). While moving through the poses, we are asked to do this with devotion and an awareness and focus on our hearts. This sequence has been described as a “humble adoration of the light and insight into one’s self;” the outer sun a brilliant reflection of our own inner sun. The Sun Salutation is a yoga sequence recommended to be done in the morning, as the sun rises to greet the day. Yoga is a vast collection of spiritual practices which originated in India. It is thought to incorporate one’s mind, body and spirit, with the ultimate goal of becoming enlightened and connected with the universe. The Oxford Center for Hindu Studies describes yoga as “technologies or disciplines of asceticism and meditation which are thought to lead to spiritual experience and profound understanding or insight into the nature of existence.” Yoga is not a religious practice, but a spiritual one that embraces people from all belief systems.

Evidence of yoga practices can be traced to over 5,000 years ago. The major branches include: Hatha Yoga, Karma Yoga, Jnana Yoga, Bhakti Yoga and Raja Yoga. Hatha yoga is the form that we commonly call yoga in the West. This form incorporates yoga postures (asanas), breathing (pranayama), body gestures (mudra) and internal cleansing (shatkarma) to attain mind-spirit-body connection. It aims to control the breath and the body to still energy (prana), which in turn will still the mind. Modern Hatha mainly focuses on breathing and physical postures, and less on the esoteric spiritual connection (depending on the practitioner). Bhakti yoga means “love” or “devotion” and links one with the divine. Raja Yoga is viewed as the “royal path,” and is highly revered because enlightenment is obtained from direct control and mastery of the mind. This is a difficult path, one not often pursued without great commitment. Karma yoga is the “yoga of action.” Everything we do can be a form of yoga, every intention, every word that results in karma. The thought is to always act mindfully, and here are a few tips to do just that: 1) Focus on your actions, not the results; 2) Become centered, then act; and 3) Always act from your higher self. Jnana (wisdom) yoga is by far considered the



Letter to the Editor: Bottled Water Blues

Anne Hubble writes about the environmental problem associated with bottled water and using resources to produce the bottles, which are so numerous as to clog the nation’s landfills. A second concern is with the companies that are buying, and thus privatizing and controlling, this resource which is essential to all life. These companies are making a profit from something that has always been part of the common holding of all mankind and available to rich and poor alike. Vandana Shiva makes a compelling case in “Water Wars” and “Earth Democracy” against privatization of such a resource.

—Jim Cooley, Troy

most difficult form, requiring great strength of will. One transcends the mind’s connection with thought and ego, becoming liberated to achieve union of the inner self with the oneness of the universe.

If becoming one with the universe is something you ultimately would like to do, but feels like a major undertaking at this time, don’t worry! Start simple. The beautiful thing about yoga is that the basic poses are safe and easy to learn, and with a small amount of practice, many benefits await you. Recent research has shown yoga practice lowers blood pressure, increases cardio fitness and lowers risk of falls and fractures in susceptible people. Lucky for us there are plentiful numbers of practitioners available in the Moscow-Pullman area who teach at all levels, as well as many of the types listed above.

Local resources are: Moscow Yoga Center (208.883.8315); University of Idaho Student Recreation Center (208.885.6381); Washington State University Student Recreation Center (509.335.8732); Pullman Parks and Recreation (509.338.3227). So, grab your mat, put your hands over your heart, slowly reach down and touch your toes, give thanks and you’re well on your way.

Dr. Jaeggli is a naturopathic physician who practices in Pullman and specializes in holistic, integrative family medicine, (509) 432-4301, www.sagemedicine-clinic.com

Idaho is a Lucky State to Have Wolverines

By Will McWilliams, Friends of the Clearwater

Imagine an animal that is about as big as the average dog but has the strength to move a dead moose carcass.

The wolverine is a rare and remarkable animal that lives in the Clearwater National Forest. Its scientific name is *Gulo gulo*, and it is the largest terrestrial member of the Mustelidae, or weasel, family. The wolverine is similar to a badger in stance, only much larger. Males stand at about 16 inches tall at the shoulders, with females being a little shorter at 14 inches. Both male and females are between 31 and 40 inches long including their bushy tail. The wolverine has a shiny dark brownish-black fur coat with a lighter brown streak on each side of its abdomen. It has a sort of mask on its face similar to the raccoon, but not nearly as dark or defined.

David Gaillard, Northern Rockies Representative for the Defenders of Wildlife, said that in the lower 48 states, wolverines can only be found in Idaho, Montana, Wyoming, Washington, the Northern Rockies

and a small amount in the Cascade Mountains. According to wolverine-foundation.org, wolverines once used to populate much of the United States from Maine to California. Gaillard said that much of the population was killed off due to trapping and poisoning, mainly during the European settlement. Another contributing factor is that much of the wolverines’ habitat has been lost due to human development.

When talking about the distribution of the wolverine, Gaillard said that nobody knows how many wolverines there are in the wild. “The research that has been done shows there’s not many, even in the best habitats,” Gaillard said.

He said that what is really remarkable about the wolverine is its toughness and its ability as a scavenger. “They’re ideal scavengers because they can travel rugged country really well,” Gaillard said. “They can even excavate carcasses that are buried under the snow.”

He says no one knows how they are able to find carcasses under the snow.

The wolverine could have known about the carcass before the snow fell, or it even could have smelled it out. At times they will even make their dens near the bottom of an avalanche to take advantage of the carcasses of animals that were killed in the avalanche. “They can scratch out a living in real tough conditions,” Gaillard said.

Michael Schwartz, Conservation Genetics Team Leader for the Rocky Mountain Research Center, described the wolverine as an “opportunistic feeder.” While wolverines generally are scavengers, Schwartz said that occasionally they will eat small game such as the snowshoe hare or even some ungulates such as deer.

Unlike bears, Gaillard said that wolverines are active during the winter. They give birth to their young in the middle of February and will usually have two to three offspring, or kits as they are called.

The wolverine has a reputation for being a ferocious predator, which Gaillard says is not true at all. “They

don’t have any interest in us (people),” he said. “They want to avoid us.”

According to Gaillard, wolverines are very solitary animals that like to be left alone.

Though the wolverine is rare and most of its population is now gone, there is still hope for its survival. According to Schwartz, there should be decision as to whether or not the wolverine will be put on the endangered species list. “It’s been going on since about 1990,” Schwartz said. “It has been caught up in the courts for a long time.”

Schwartz said that a decision should be made on or around February 28 this year.

For more information and to find out what can be done to help the wolverine, visit Friends of the Clearwater at www.friendsoftheclearwater.org.

Will McWilliams is currently in his junior year at the University of Idaho and has an internship at Friends of the Clearwater this semester.

Milkman's Son by Charlie Sutton

By Jeanne McHale, newsletter volunteer

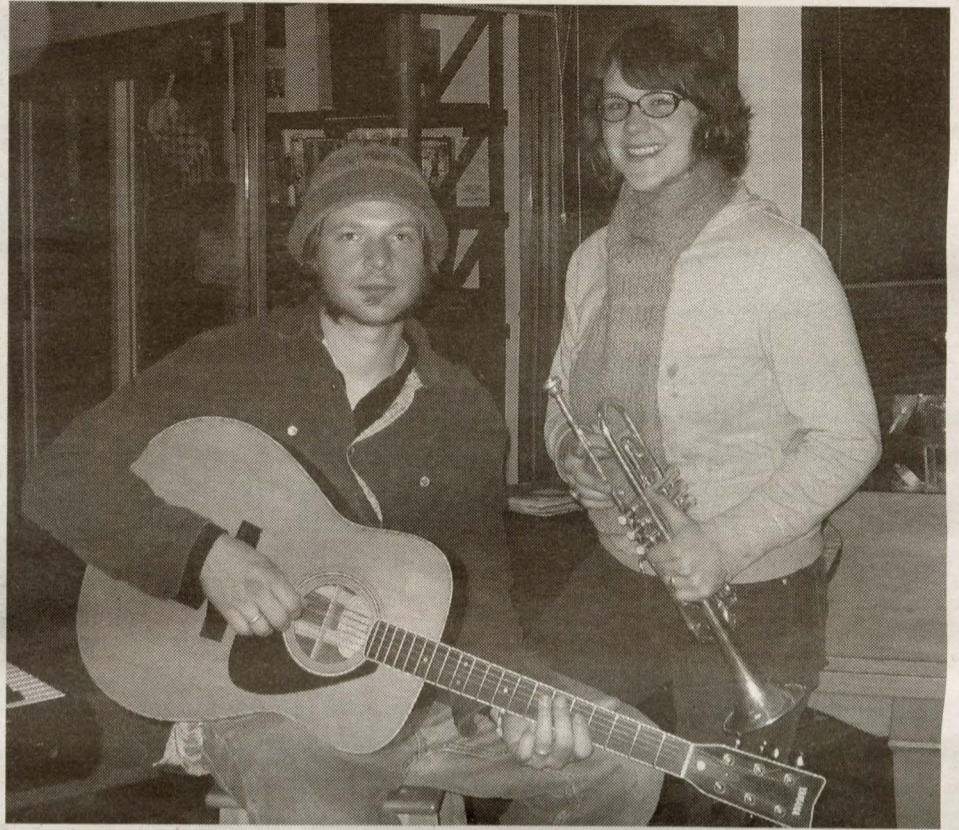
Co-op listeners know that the many locally-produced CDs for sale in our store reflect a level of musical talent that is beyond proportion to our population. This column bears witness to a musical expanse that spans blossoming young musicians, members of the hard-touring musical working class, and the fine wine of Moscow's jazz elders. This month I invite you to rest at home, have yourself an organic beer, and get to know Moscow's own Charlie Sutton. Some Co-op listeners may already be acquainted with the talented creator of "Milkman's Son" through hearing his performance on Prairie Home Companion in October of 2006. One of the songs from that show was "Old Friend Levi," referring to the son of your newsletter editor Carol Hill. Charlie's previous, self-titled, CD was the subject of the first newsletter column this reviewer had the privilege to write, which makes me especially pleased to have this chance to revisit his music. Charlie and his wife April recently paid me the honor of visiting my home for a pleasant evening of talking and playing music.

A lot has happened since Charlie was featured in my December 2006 column; most importantly, he and April were married last July. Love figures heavily in Charlie's music and the structure that supports it. It was Charlie's then-fiancée April who precipitated his appearance on Garrison Keillor's show. The tune "Hot Air Balloon," one of my favorites, paints an imaginative moving picture of the ascents and descents of

love. Rhythm and melody shift with the mood in this song, which stretches from the moon to the grave, always returning to love, "Nothing feels better than being your man." And when the balloon crashes, "Make sure my casket's built for two." The poetry of this song is unself-conscious verbal virtuosity.

Fine lyrics are supported by excellent, almost understated, musicianship in Charlie's songs. For example, "Three Words," is a nicely crafted country-style tribute to the restorative power of love. "Everybody feels low down, bound to overflow, leak out something mean as a toilet bowl." Check out the fine guitar break here, it will make you want to hear more. The instrumental stretches are spice to lyrics and tunes that will stick to your eardrums later.

Did I mention that Charlie is extremely easygoing and modest? Well, he is, so never mind the all those false accusations on "Tall Tales." "According to your friends, I got a warrant out in 50 states, but we both know that it's really only 48." And this album proves that he sure isn't lazy, as he single-handedly composed all the songs, recorded all the tracks including guitar, banjo, harmonica and his own back-up vocals. April provides sweet and subtle harmony on just two songs, "Sugar Bowl" and "Thumbnail Moon." Charlie also did the mixing and the cover artwork, the latter with help from Eric Jacobson. Whew, no wonder he can say, on the first track, "If you look around the premises, I'm the best deal."



Charlie and April Sutton: Live at the Luv Shak!

Charlie's songwriting, he says, tends to be sparked by music, with the words layered on later. You can sample the perfect fit that results from this approach on tunes such as "Milkman's Son," which asks the question "Did he have a taste for the liquor, and stayin' out late into the night? Cause if he's anything like me he's a heck of a sorry sight." Charlie Sutton's songs can be lugubrious, like "Sugar Bowl," a bluesy ballad in the style of the city of St. Louis where Charlie once made his home. "High Heels" is built on a 60's style guitar groove reminiscent of the Ventures. Like a number of Charlie's compositions, this tune switches effortlessly between two contrasting musical moods. This song features an especially fine guitar solo, and excellent lyrics as usual. "What is it with this human condition, do I have to pick just one religion?" There is so much more I could

tell you about these songs: the nice use of musical spaces, fine vocals, and the trademark final high chord that floats above the song like a smoke ring.

But I have sad news for lovers of live local music. Charlie and April are moving to Corvallis soon, where they hope to better pursue their musical goals. So if you didn't get to hear Charlie recently at the Green Frog Café or the Co-op, then be sure to catch him at the Renaissance Fair in May. And be sure to keep your ears open as the musical future of our hometown hero, Charlie Sutton, unfolds.

The Co-op Listener is written by Jeanne McHale, who lives in Moscow with her husband Fritz and their goldfish Booger.

March Hot Specials	
Breakfast / Lunch	Dinner
SUNDAY	
Egg Scramble, Tofu Scramble, Homefries, Bacon, French Toast	Meatloaf, Roasted Potatoes, Cheese Popovers, Mean Greens, Molten Chocolate Mint Cake
MONDAY	
Gourmet Pizza by the Slice	Salmon Kulebyaka, Smashed Roots, Rosemary Roasted Vegetables, Peach Cobbler
TUESDAY	
Corned Beef, Rumpledethumps, Chocolate Guinness Bread Pudding	Taco Tuesday!! Beef, Fish, Tofu Spanish Rice, Refried Beans Corn Fritters
WEDNESDAY	
Coconut Mango Stirfry, Peking Chicken, Rice, Egg Rolls	Stuffed Apricot and Shallot Pork Loin, Spinach Mushroom Risotto, Stuffed Portobellos, Berry Crisp
THURSDAY	
Smothered Burritos, Chicken Enchiladas, Molten Chocolate Mint Cake	Herbed Chicken or Spinach Manicotti, Garlic Bread
FRIDAY	
Dijon Chicken Breast, Mustard Crusted Tofu, Charred Green Beans, PeachCobbler	Gourmet Pizza by the Slice
SATURDAY	
Breakfast Burritos! Egg, Tofu, Homefries, Bacon Lunch: Beef or Mushroom Stroganoff, Berry Crisp	Chicken with Tomatillo Salsa, Succotash in Peppers, Rice and Beans, Apple Cinnamon Rice Pudding

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Sustainability Review : Our Solar Electric System, Part 3

By Mike Forbes, newsletter volunteer

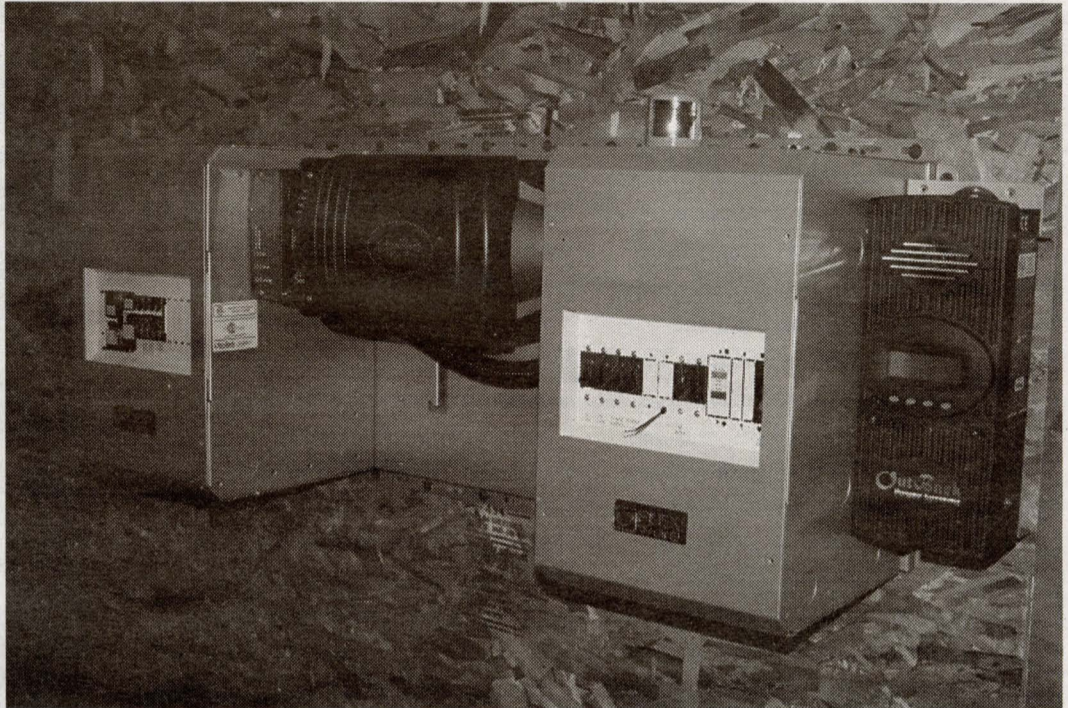
Okay, two more parts to go and we should be able to cover the system completely and hopefully inform those a bit who wish to install their own systems. Part 1: Basics, Part 2: Panel selection, mounting, and orientation. Part 3: Controls, Inverters, etc...

Once the panels are installed, we need to somehow bring their output together and transfer it to the grid and/or batteries. We first connect all the panels to a unit called a combiner box. This unit can be built into the inverter or can be separate. In our case the unit is separate and installed on the roof near the panels. All the wires go into this box, combine together and the output is sent down two wires to the charge controller. There is no charge controller in a grid-tie only system since there are no batteries to charge (the output of the PV panel goes directly into the inverter).

The charge controller is an essential device that does several things. Most

importantly, it takes the power from the panels and charges the batteries properly and efficiently and essentially shuts the panels off once the batteries are full. Newer charge controllers utilize a method called Maximum Power Point Tracking (MPPT), which is a complicated method of searching out the "sweet spot" in a panels output and charging the batteries optimally. This feature can add 20-30% to your panel's rated output under certain conditions (sunny cold days in particular). The extra money spent on this feature is definitely worth it (we went with the Outback MX60, a reputable industry standard from Arlington, WA).

The batteries. It used to be that battery banks were these behemoths that required constant maintenance for long-term survival. This is still true in



The Forbes family's inverter.

some circumstances, and most notably with flooded lead-acid batteries. These are still the most affordable battery in terms of \$ / storage capacity. Recently, another type of battery is making an inroad into the renewable energy market, the AGM (absorbed glass mat) battery.

They are very tolerant to temperature fluctuations, are good deep cycling batteries (meaning you can discharge the battery 80% or more and still recharge it without damaging it), and don't create hydrogen gas when charging. *Continued on next page...*

PALOUSE REPORT: What's under the Wheatfields?

<p>WINTER IS A GREAT TIME TO PONDER QUESTIONS AT THE LIBRARY.</p>	<p>HAVE YOU EVER WONDERED HOW OUR WONDERFUL WHEAT-FIELDS WERE FORMED?</p>	<p>UNDERNEATH THE SOIL LIES A SEA OF BASALT. MILLIONS OF YEARS AGO MANY LAVA FLOWS SPREAD THROUGH THE INLAND NORTHWEST, SOMETIMES 1-2 MILES DEEP.</p>	<p>WINDBLOWN GLACIAL SEDIMENT AND VOLCANIC ASH FORMED DUNES ON THE BASALT.</p> <p>SLOWED DOWN BY MOUNTAINS AND RIDGES AROUND THE PALOUSE, THE WIND DROPPED ITS PARTICLES FROM THE SKY.</p>
<p>"IF WE HAD HEAVY RAINSTORMS, LIKE THE MIDWEST, OUR HILLS WOULD HAVE BEEN FLATTENED."</p>	<p>AND IF WE HAD SUMMER RAINS, LIKE THE EAST, WE'D HAVE FORESTS</p>	<p>INSTEAD MILD WINTER RAINS AND WARM DRY SUMMERS WERE IDEAL FOR ESTABLISHING TALL PRAIRIE GRASSLANDS WHICH CONTRIBUTED RICH ORGANIC MATTER.</p>	
<p>DRY, DUSTY SOUTHWESTERLY SUMMER WINDS CONTINUED TO BLOW FINE SILT CALLED LOESS (PRONOUNCED LUSS) ONTO THE PALOUSE.</p>	<p>BECAUSE OF THE SOUTHWESTERN WINDS THE NORTHEASTERN FACES OF THE PALOUSE HILLS ARE STEEPEST.</p> <p>THE GRADES ON SOUTHERN SLOPES ARE ALSO SHALLOWER DUE TO THE INCREASED FREEZE-THAW CYCLE.</p>	<p>NOW LET'S PUT THIS THEORY INTO PRACTICE!</p>	

"ROADSIDE GEOLOGY OF IDAHO / WASHINGTON" D. ALT AND D. HYNDMAN, "PLOWED UNDER" A. DUFFIN, "GEOLOGY OF THE PALOUSE" R. BRECKENRIDGE. THANKS TO MICKEY GUNTER, U OF I AND CHRIS PANNKUK, WSU.

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Local Initiatives Toward Organic: a Conversation with Dr. Lynne Carpenter-Boggs

By Sharman Gill, newsletter volunteer

The Co-op's EarthTub is remarkable, composting hundreds of pounds of food scraps every day. I recently learned of a local compost heap that could digest livestock carcasses such as an entire cow. Dr. Lynne Carpenter-Boggs, a faculty member of Washington State University (WSU), is a proponent of this serious composting initiative, touting the benefits of closing the nutrient cycle on farms, reducing cost and landfill waste, and thereby increasing sustainable farming practices right here on the Palouse.

Carpenter-Boggs is the Biologically-Intensive Agriculture and Organic Farming (BIOAg) Coordinator for the WSU Center for Sustaining Agriculture and Natural Resources (CSANR). Livestock composting is her pet project, one of many initiatives that network through the center in a combined effort to increase sustainability. The Center defines sustainability with an illustration of three overlapping rings. The area of overlap—between environmental, economic, and social factors—is shaded to emphasize a target area for synchronization.

In my conversation with Carpenter-Boggs, I was most interested in one aspect of local sustainability—organic wheat farming. Following are some of my questions and her answers.

Gill: *The Moscow Food Co-op buys local Shepherd's Grain wheat that is*

produced from no-till agriculture but is not organic. What is your initial thinking about organic vs. no-till on the Palouse?

Carpenter-Boggs: It's just a tough one. At this time we do not know how to do organic, no-till wheat in this area. There are a few people who are trying some things out. We see Shepherd's Grain as moving toward sustainability that is appropriate for our area and we are very proud that WSU buys Shepherd's Grain flour, too ... They are one of our models, especially when we talk to growers who are still a little freaked out about the organic idea and are not going to go there. It is an acceptable move toward sustainability that's regionally appropriate.

I favor the local approach. You build relationships with people and little by little you change the market that they are trying to please. Shepherd's Grain is economically and socially sustainable. Environmentally, it's a whole lot more sustainable than the average in this area. If you are purchasing from them, you are in the position to say, okay, what can we do next? And that's part of what the Food Alliance does, too. They are always trying to get people to go the next step.

Gill: *I understand that there is a nearby test farm that has produced 100 bushels per acre of organic wheat. Would you comment on this?*

Carpenter-Boggs: The "Boyd Farm" project has small, experimental plots of organic wheat, but they haven't reached 100 bushels ... They got 75 bushels of winter wheat last year ... The results are still economically questionable. The best wheat yield was after 3 years of alfalfa and then they got two years of good wheat. With such a long rotation you've got to have a good market for the alfalfa in order to make the whole system work.

Gill: *Do you see a future for organic wheat on the Palouse?*

Carpenter-Boggs: ... going organic will require a significant system redesign. As far as anybody has been able to figure out we are going to have to bring back animals into the system, for the pasture rotation and to increase the local market for alfalfa. We have a new name for this project that's called "Beefing up the Palouse." It's very exciting.

Carpenter Boggs is positive about local organic agriculture but within the context of a complete Palouse agriculture system redesign. The local topography can't sustain the heavy tillage that organic farming usually requires. Changing traditional ways isn't easy. For example, despite the devastating effects of conventional soil tillage, only 10% of local farmers are using the successful direct seed/no-till model (e.g., what Shepherd's Grain does). Despite rising fuel and fertilizer costs, techno-

"As Co-op members we can support local agriculture and encourage modes of production that help the organic anomaly become the norm."

logical, sociological, and psychological factors reign and traditional ways are hard to change. Shifting to organic production pushes even further against traditional ways.

Carpenter-Boggs speaks of an anomaly: "We have one county, Columbia County, that's over 70% no-till and it's basically because there was one extension agent who's long since retired who went around and convinced people one-by-one that it was the right thing to do." The next step is going organic. "It is definitely possible to get there," Carpenter-Boggs says. "Certainly having great co-ops around for people to re-learn what food is creates market demands for sustainably grown crops."

As Co-op members we can support local agriculture and encourage modes of production that help the organic anomaly become the norm. Next month I plan to explore local organic wheat production from the grower's perspective.

Sharman Gill is a near 7-year resident of the Pullman. She's a former USFS biologist and a current at-home mom.

Continued from page 26...

They are, however, more expensive, almost twice the cost. We purchased four AGM batteries for our system (MK 12v/245Ah).

The inverter is next. This device takes the DC voltage of the batteries and transforms it into the AC power we use in our homes. It also interfaces with the utility and decides when to sell excess power, shut itself off in the case of a power outage, and can start a backup generator if you have one. The inverter is rated by wattage, and one must decide how much backup power they need. We opted for a 3,000-watt unit since our demand is low and our essential needs are small (pump, freezer, refrigerator). You can get inverters as large as you'd like, and most can be connected together to increase capacity. We went with an Outback Power

GTFX 3048 inverter.

The remaining components of the system are primarily disconnect switches, conduit and monitors. All systems need to have a way to let the owner know what the system is doing. Since I'm a gauge kind of guy, we opted for extensive monitoring that will allow me to collect data regarding every part of the system. I think being able to see what is going on allows you to fine tune the operation for increased performance.

Many packages today are coming pre-packaged and very easy to install. My first system required me to source every little part and wire it together on my own and have it inspected by the state. New systems are being assembled from the parts you request (or your installer) at the distributor's facility, and they are able to "list" the item as being code compliant, simplifying the inspection

process. We purchased our system made to order like this and found the increase in cost to be negligible in the scheme of things.

Mike and his family have dug out from the snow and are looking forward to the sunny days of spring.



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Bulletin Board



Co-op Events

Art at the Co-op

Friday Mar 14, 5.30—7pm

Opening reception for local quilters Alica Cunningham and Kristin Jones who bring us another wonderful display of their work.

Co-op Kids! Meet at 9am

Wednesday Mar 5 we will meet at the round table in the cafe to make a nature inspired spring art project.

Wednesday Mar 19 we will sow seeds for our gardens! This is always a very popular activity and we will plant fast growing seeds to reward the children's careful planting.

amamaswork@yahoo.com

Co-op Community Dinner

Our Community Dinner this month will be on Monday, March 17th at 6:30pm. The chef will be Philip Wrigley. As a special treat this month we will have a beer tasting with our favorite beer and wine buyer, Julie Gardner. Tickets are available from any Co-op cashier.

- Carrot Soup with Orange and Tarragon
- Lamb Chops with Sweet Onion Compote
- Braised Brussels Sprouts with Sage and Pistachios
- Rosemary and Sea Salt Roasted Potatoes
- Patty Cakes - Bittersweet Chocolate Ganache Cakes with Peppermint Cream.

Tuesday Music

Free Tuesday live music 6—8pm in the deli
This month, our Tuesday musicians will be:

- Mar 4 Greg Davis
- Mar 11 Porch Swing
- Mar 18 Brian Gill and Katrina Mikiah
- Mar 25 TBD

Community Events

Ian Sinclair - Jazz Concert

Wednesday Mar 5, 7.30pm

Lionel Hampton School of Music
Recital Hall, UI Campus.

Free to music students, \$3 (students)/
\$5 (general public)

Stress Release Clinic

Friday Mar 14, 7.30pm.

Experience a FREE ½ hour of Aura Clearing and Chakra Balancing, Crystal Healing Session, Polarity Balancing Session.
Self Healing Foundation
106 East Third St. #3A.
Please call ☎ 883 9933 to reserve your space.

5th Annual St. Paddy's in Palouse

Monday Mar 17, 6pm

Sponsored by the Palouse Arts Council, the celebration is at the Palouse Grange Hall, 210 E. Bluff St., Palouse, featuring music by local favorites Potatohead and Irish dancing by Rose Among the Heather. The event begins with a traditional Irish dinner from 6:00-7:30 and the music begins at 7:00. Tickets are \$15 for adults and \$7 for kids 6-12 (younger kids are free) and are available from Bookpeople in Moscow, Atom Heart Music in Pullman, Thurman's Market in Palouse, and at the door.
Information ☎

Moscow

Evening Book Club
Reading Lolita in

Day-time Book
Three Cups of T

David Relin. TH

IN MOSCOW O

library's website
available: www.l

Both groups mee
South Jefferson.

Peru Neg

Sunday Mar 30,

The Grammy nom

perform at Beask

Adults regular \$22—discount \$20/ Students and
children \$16 regular—\$14 discount.
Contact Festival Dance ☎ 883 3267.

One World Café Music – March

All start at 8.30pm

- Mar 6 Irish Sessions
- Mar 7 Mark Holt
- Mar 21 David Roon
- Mar 22 Tom Drake & friends
- Mar 28 Dan Maher
- Mar 29 Cadenza Collective

University of Idaho Library--periodicals
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Women's Cent

Wednesday Mar 5, 11

International Women's

Wednesday Mar 19, 1

Brown Bag Series: "We

FREE! Refreshments pr

Saturday Mar 22, 6pm

3rd Annual Step & Stroll

Wednesday Apr 2, 12-2

Virginia Wolf Distinguis

☎ 885 6616, wcenter@

Moscow League of Community

Wednesdays 12 noon - 1p.

Mar 5 Karl Johnson, "Housing issues in Moscow."

Mar 19 Jacie and Wayne Jensen, "Farming on the Palouse."

Mar 26 Steve Busch and Bruce Livingston "How Can We Work Together?"

<http://community.palouse.net/lwvm/>

Booksigning

Saturday Mar 29, 11am - 1pm

"This Bountiful World in Which We Live! The Collected Wisdom of Two Moose Day and Eight Eagles" by Troy area sculptor Michelle L. Carr at BookPeople in Moscow.

Moscow Community Theatre's Youth Acting Workshop

Saturday Mar 29 (continuing Apr 5 and 12).

Directed by Roger Wallins in the 1912 Center. Enrollment is limited. Registration and fee information available online at:

www.kenworthy.org/MCT.htm

Dahmen Barn events

Mar 1 - 28: Terri Walters will have current art works on display at Artisans at the Dahmen Barn

Saturday Mar 8, 7.30pm

Will Williams and Grave drivin', foot tappin' blue,

Saturday Mar 15, 7.30p

Concert by Dan Faller of perform a solo concert. \$

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Pullman: Friday Mar 7, 12-

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Moscow ID 83843



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