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Community News

FREE!
PLEASE TAKE ONE

May 2008

The monthly newsletter of
the Moscow Food Co-op



Co-op Essentials Makes Shopping Naturally Easier

by Kenna S. Eaton, Co-op General Manager

Food prices are increasing and family budgets are shrinking, making life more difficult. The Co-op wants to help you with our new Co-op Essentials program, slashing prices on several dozen basic grocery and wellness products.

Our goal for Co-op Essentials is "making shopping naturally easier."

We have identified several dozen products—from our Daily Wheat bread to lean ground beef, Barleen's flax oil to Nancy's Yogurt—that will be included in this price-reduction program. From various departments around the store (grocery, wellness, produce, meat and our bakery) we've chosen items that will have everyday low prices and have low or minimal packaging and processing (no chips or cookies!). These products will remain on sale with the Co-op Essentials program for three months. Then, next



season, we will select different products to be part of the Co-op Essentials program. Produce will be included, but this selection needs to change weekly.

Just look for the Co-op Essentials tag as you shop. In addition, we hope to pro-

vide a handy shopping list of all the Co-op Essentials products for you to use.

Some of you might remember our "Basic Basket" program from our former location (we've actually had lots of requests to bring it back), so here it is with a twist. We'll change it up seasonally so none of us get bored.

Note: No other discounts will apply to products included in the Co-op Essentials program.

www.moscowfood.coop

Community News

Published by
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121 East Fifth Street
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(208) 882-8537

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



Parking Lot Update

by Kenna S. Eaton, Co-op General Manager

Here's what's going on with the parking lot. We planned to change the entrance and exit starting with spring break. It was a good plan that hit a snag: the weather wouldn't cooperate! Our intention is re-route all traffic in through Fifth Street, around the lot and back out onto Fifth Street. To make this work we need to not only remove obstacles to the flow of traffic but also clearly repaint arrows and stripes so everyone knows what to do. So what was the hitch? It needed to be 50 degrees outside to paint the parking lot. So we waited and waited and waited. Thru snow, rain, hail, more snow, freezing rain and just plain cold days. Each week it seemed that we might finally get to paint but we had to postpone again and again. Finally, we agreed that we might as well wait until after graduation and settled on the

weekend of May 18.

So with the painting completed, the old egresses blocked off by new planters what else can you expect? Well the planters are going to get a dashing combination of low water/ low profile plants, the State of Idaho will paint parking stripes on Washington Street, we hope to plant a tree in the handy dandy space in the sidewalk and things are going to be swell. Okay, maybe not right away. There will be a few awkward moments as we re-train you after 48 years worth of driving habits, and there definitely will be some confusion at first, but I think you'll find that it works a lot better than it used to.

Another area we've changed concerns illegal parking in our lot. We've found that it is legal for us to clamp (or boot)

illegally parked cars. Doesn't sound like a lot of fun does it? But too many people are taking advantage of our space and we find it frustrating to have the lot half full and no one in the store. Hopefully word of the "boot" will spread thru town like wildfire and we'll never have to boot anyone....

Later we'll add outside tables and chairs, make the sidewalk in front of the store level and eventually repave the parking lot. Right now we are researching the cost of replacing the asphalt with permeable pavers and of installing more green spaces. Remember we've got plans for more bike racks as well. Please be patient with us as we do each piece, even the best-laid plans can be delayed by forces outside of our control!

MIND THE BOOT!



Illustration by Lucas Rate

Correction

On page nine of the April CommUNITY News, I erroneously placed a photo of Cass Davis with the previous month's caption. Cass is definitely not Diana Armstrong as the caption mentioned! Please accept my apologies for this mistake.

—Megan Prusynski, Newsletter Volunteer Designer

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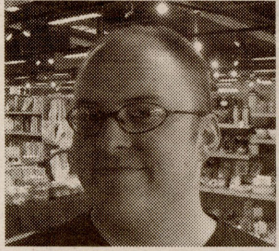
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Co-Operations



Tuesday Night Concert Series in May

by Dave Billin, Co-op Music Coordinator

May is the month on the Palouse when the abuse of winter finally subsides and spring bursts into fullness. The daffodils and tulips blossom, the warmth of the sun becomes an ever more familiar presence, and the atmosphere fills with the festiveness and music of the Renaissance Fair and Saturday Farmers' Market. A great place to enjoy some of this spring vibe is at the Co-op's Tuesday night concerts, with some head-bobbin', toe-tappin' music from May's featured artists.

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 - 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.

Tuesday night performers in May:

☞ **May 6** Dan Maher, Traditional Folk Tunes.

Moscow folk musician Dan Maher, a

longtime favorite of Palouse audiences and host of popular radio show Inland Folk, sings heartfelt and humorous renditions of traditional folk tunes and Irish shanties.

☞ **May 13** Natalie Rose, Soul Keys and Vocals

With a smooth, sultry voice and a captivating stage presence, Moscow's Natalie Rose delivers two hours of stirring soul, R&B and blues music.

☞ **May 20** Clevenger and Cantina, Reggae Folk Rock

Moscow musicians Garret Clevenger and Bennett Barr team up to perform energetic acoustic folk rock music

☞ **May 27** David Otterstrom, Piano-Vocal Ballads

Moscow's David Otterstrom combines his home-grown, original songwriting and a powerful voice to deliver deep, emotional piano ballads with an inspirational theme.

Co-op Business Partners

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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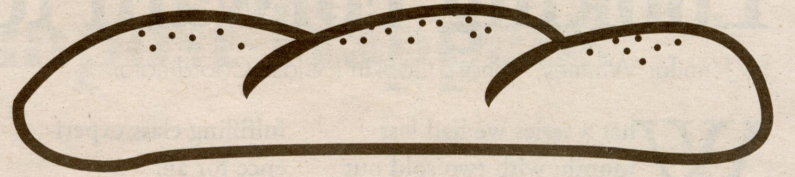
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Bread Happenings

by Annie Pollard, Co-op Bread Bakery Manager



With the growing selection of new breads in the bakery, it seems we are past due for a little explanation of them. Let us browse the bread case together.

✂ Since last month, we have been offering Roasted Garlic Potato bread, a versatile bread that makes a delicious sandwich as well as a subtly savory accompaniment. We begin this bread the day ahead, allowing the delicate flavors of the wheat to blossom over the long fermentation. The addition of freshly roasted red potatoes contributes to the moist, soft crumb of the loaf, while the underlying tones of the roasted garlic add a unique accent.

✂ We recently began baking Moscow Sourdough, a basic, everyday sourdough bread leavened entirely by natural yeast. The distinct, yet mild tang and smooth crumb of this sourdough

brings something extra to an ordinary staple.

✂ Perhaps my personal favorite, the Toasted Pecan Cranberry is packed with toasted pecans and dried cranberries in every bite. Smear with peanut butter or topped with Brie, this bread satisfies while retaining a lightness, despite its 50 percent whole-wheat flour.

✂ Another new addition from last month is our Sunflower Parmesan Levain, a naturally leavened sourdough loaf. With a liberal inclusion of both shredded and cubed Parmesan cheese and the delightfully nutty accent of toasted sunflower seeds, you are sure to find a favorite in this new bread.

✂ A far cry from the cinnamon bread found on generic grocery shelves, our scrumptious Cinnamon Swirl

oozes with sweet goodness. We make a rich, buttery dough, add a bit of whole wheat to appease our dietary conscience, and swirl it with a sweet cinnamon filling. Wish it had pecans or raisins also? Call ahead and we'd be happy to make your special order!

✂ The whole-wheat, fiber-rich Multigrain, with its blend of rolled oats, millet, sunflower seeds, and flax, has proven to be a customer favorite. With its full body, sturdy crust, and even crumb it works beautifully for sandwiches, paired with cheese, or for sopping up the juices of a hearty stew. Topped with sunflower and flax seeds, the Multigrain rolls are an attractive addition to your dinner party!

✂ What was meant to be a strictly Valentine's specialty, our Triple Chocolate Apricot bread remains on the menu due to wide customer praise.

The combination of milk chocolate chips, semisweet chips, and cocoa powder create a unique chocolate flavor profile that is both sweet and biting at the same time, while the dried apricots contribute a pleasing tang. The inclusion of sourdough starter and butter yield a moist loaf that will last through the week.

Understandably, you may be hesitant to buy a large 2-pound loaf as your staple for the week when you have never tried it before. Look near the coffee counter for new bread samples, and if you are interested in a loaf that is not being sampled, we would be more than happy to cut a taste for you. We are always right behind the bakery doors—just pop in and let us know how we can help!

Tuesday Growers' Market News: A New Season Begins and a Torch is Passed

by Jeanne Leffingwell, Newsletter Volunteer

Who: Local Area Farmers
— Your Neighbors!
What: Tuesday Growers' Market

Where: In the Co-op Parking Lot

When: Tuesday Evenings from 4:30 to 6:30 p.m. beginning May 6

What to expect: Spinach, lettuce, bok choy, arugula, radishes, green onions, rhubarb, bedding starts, herbs, and more.

Note: Music will be inside from 6-8 pm.

Amy Newsome was the Co-op's volunteer manager of the Tuesday Growers' Market last year. Amy, who is now writing the staff profile articles for this newsletter, has just handed over the torch (i.e., The Notebook) to Andrika Kuhle. Andrika, a geologist by training who is currently a full-time mom, takes over as manager this month. In her other life, Amy is an Instructional Assistant in Special Education at Lena Whitmore Elementary, so that notebook is very well organized.

If you're wondering just what's up with a job this nice, there is a lot to it: The Tuesday Growers' Market Manager is the point person for both growers and buyers during the market hours, 4:30 to 6:30 p.m. each Tuesday, beginning May 6 through October. In addition,

it's the manager's responsibility to line up all the vendors before the season ever starts, collect their fees and registrations, keep other paperwork current, field inquiries from potential growers, and make sure the dedicated parking lot space is ready each Tuesday so the growers can set up.

There is one aspect of the job that is occasionally nerve-wracking: parking. "The front-end staff are wonderful, helping to set out those bright pink 'Sorry No Parking' sandwich boards," according to Amy. But there is still the occasional rogue parked car or truck whose owner cannot be found. If paging through the Co-op P.A. system doesn't produce a driver, the police can sometimes provide a phone number, by looking up the vehicle's license number. But it's a royal pain. More than once the growers have simply had to just squeeze over and make the best of it, with diminished space and visibility. Which they do, says Amy. But she hates to see them inconvenienced.

There are currently eight regular growers setting up each week. And a waiting list from which "walk-ons" can be added if one of the regulars can't be there. This brings us to the other hard part of the manager's job: turn-

ing potential vendors away. Tuesday Growers' use a total of nine parking spaces. Some vendors need and pay for a double space and others split just one. But basically, the Tuesday market is as big as it can be for now.

There was discussion and a survey last season about trying to use the alleyway behind our parking lot for the Tuesday Growers' Market. Consensus after deliberation, though, was that the cons far outweighed the pros. (If you want to know more, contact Andrika. That's part of her new job too!) And it's another example of neighbors working together, and then realizing, "It ain't broke for now; let's not fix it."

Speaking of pros and cons, you may wonder, "Does the Co-op see a decrease of in-store revenue from produce on Tuesdays during the market season?" Well, the answer is "Yes." But remember, it is an essential part of our Co-op's mission to provide "support for local producers." And in the end, all of us want our local producers to thrive so



Andrika Kuhle (on left) inherits 'The Notebook' from previous Growers Market Manager, Amy Newsome.

they can keep offering us the best and most nutritious food around.

When Andrika asked Amy if there were any other challenges for the Tuesday Growers' Market, Amy mused, "They could always use a few more customers."

Well! After such a spring as this cold one, aren't you glad some folks have been extending their seasons, planning ahead, and taking special care with their soil and resources, critters, and crops so they can provide some to us?

Let's get out there and support them!

Jeanne Leffingwell, a local artist, is totally glad there are neighbors who are better at gardening than she is.

Looking Forward to Cooking with the Sun

by Jennifer Whitney, What's Cookin'! Class Coordinator

What a series we had last month; with two sold out classes and only two seats left in a third, it was our most attended series yet!

Our participants filled their tummies with authentic cuisines from Thailand, Mexico, India, and Nepal while learning about the culture, traditional methods for preparing common dishes, where to find customary ingredients, and possible variations or substitutions if an item is out of season, unavailable, or you just don't feel like running down to the store.

Some of our classes were a relaxed, sit down evening of learning and some were completely hands-on, with class members rinsing, cutting, mincing, dicing and stirring, but all were chock full of samples, time for questions and answers, detailed instructions and recipe cards for you to go home with. Some special features of this series include a surprise Mango with Sticky Rice dish from our Modern Thai class, a pepper identification demo from our Authentic Mexican class, and take home baggies of Panch Poran seeds—an equal mix of five key seed ingredients—from our Indian/Nepali class.

All our classes are tailored to our participant's dietary needs, so no matter your particular situation—from soy allergies to gluten intolerance and vegetarians to nightshade sensitivities—we'll work to adapt our menu for a worry-free and

fulfilling class experience for all!

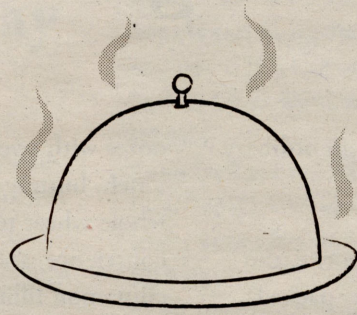
If you missed this series, don't despair! Based on the strong, positive feedback we received and the many requests for future classes expanding on these cuisines, we are looking into offering these classes again.

Our ethnic series may be over, but we have one last treat for you: our Solar Cooking Workshop. The workshop will be from 2 - 4:30 p.m., Saturday, May 10, and will be limited to 16 participants to ensure enough room to build our cookers. A supply list is available for pick-up when you purchase your ticket from any Co-op cashier and includes common items like cardboard, tin foil, and a box knife or other cutting instrument. The list gives you dimensions for small or large cookers, so you get to decide the right size for your application. Complete details are listed below.

For questions or comments, contact Jennifer Whitney: jenwhitney@gmail.com or 882-1942.

Solar Cooking

Featured Recipes: Scalloped Corn Casserole (vegetarian); Gallon of Great Sun Soup [Gluten-free (GF), vegan]; Katherine Hepburn's Brownies Go



Solar (vegetarian); Chunky Fruit Sun Sauce (GF, vegan); Sunbeam Chicken Wings (GF), Sunshine Vegetable Medley (GF, vegan)

Are you intrigued by the idea of cooking with sunshine, a renewable, non-waste creating resource? In this workshop, you will see solar cookers in action (weather permitting), construct a simple Solar Panel Cooker that can cook up to a gallon of food, and receive handouts of recipes, tips for using your new cooker, and online resources. Learn techniques that will increase your confidence in constructing other models, including amazing and wonderful box ovens, at home. You'll taste some delicious suncooked dishes and learn about the difference that solar cooking technologies, which address all eight of the United Nations Millennium Development Goals, can make in the developing world. You may also opt to make a suncooking jar, which can work even better than a pot.

Instructor: Sharon Cousins has lived,

loved, and cooked on the Palouse since 1976 and been a Moscow Food Co-op member for over 30 years. She started cooking at the age of four, but only discovered the joys of suncooking a couple of years ago while researching for her novel series about a future society in which the only legal sources of energy are the ones our society foolishly labels "alternative." She has since become an avid solar cook and advocate for the spread of solar cooking technology, dedicating her advocacy to the memory of Leroy Lee. She is available for presentations on the difference solar cooking technologies can make in the developing world, and how people can help get the technology to those who need it most.

Date: Saturday, May 10

Time: 2 - 4:30 p.m.

Place: Unitarian Universalist Church's basement, 420 East Second Street, Moscow

Cost: \$29; register with any Co-op cashier

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Book by Stuart Ross

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by William Shakespeare

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Fun in the Sun at Compost Happens Event

by Nora Locken, Co-op Compost Coordinator, photos by David Hall

On April 12, we were graced with beautiful blue skies and sunshine, it was the perfect day to have an outdoor Compost Happens event. The event took place on the west end of the Co-op parking lot and adjacent alley. Compost Happens was a group effort put together by the Palouse Clearwater Environmental Institute (PCEI), Moscow Recycling, and the Moscow Food Co-op. Folks of all ages came by and I was amazed with all the compost related interest and inquiries.

A creative and enthusiastic PCEI staff taught four kids workshops and four

adult workshops, all free of charge. Each group was given the low-down on how compost happens and the kids were able to play in a couple compost worm bins. My duty as the Co-op Compost Coordinator was to explain how composting works inside the Earth Tub. Everyone was encouraged to have a look inside of this commercial-sized composter and ask questions to their hearts' delight. For those of you who could not make it to Compost Happens, check out the educational display on composting at the front of the Co-op.

It was incredibly uplifting to see the number of Earth Machines that left the Co-op parking lot that day. Moscow Recycling has sold nearly all of the 300 Earth Machines ordered. Each of those home-composting units can



Above: Nora Locken, Co-op Compost Coordinator, explains to Meghan Marsh (3 yr), Bennett Marsh (5 yr), and Karen Marsh, how Bertha, the Earth Tub, works.
Left: A sunny bright morning for the Composting workshop.



divert up to 30 percent of your garbage from going to the landfill. I love to think of all the households that will be benefiting their garden and our community by composting.

I would like to say a sincere thank you to the following: Andy Boyd and his helpers from Moscow Recycling; Laura, Jenica, Caroline P., and Caroline R.

from PCEI; Carol Clark with Master Gardeners; and Ashley and Arjan from the University of Idaho Soil Stewards.

Nora Locken is tending to her new seedlings and hoping sunshine beats snow is this springtime battle.

From the Suggestion Box

Ever heard of Snap Peas? They are dried snacks... Calbee brand. Thanks!! By the time you read this they should be in the store. Thanks for the suggestion.

—Marie, Grocery Buyer

Are you no longer carrying Cherrybrook Kitchens? I came here to get a few boxes of sugar cookie mix before Easter and found none. I love their mixes.

That product can be special ordered but it did not earn its place on our shelf. —Marie

Can we stock quart sizes ice creams in more flavors? They cost about half the price per volume and with kids, we eat a lot of ice cream. All I see are chocolate and vanilla.

Look for Alden's ice cream in 48-ounce cartons soon. —Peg, Chill & Frozen Buyer

The Palouse Report comics are great!

Very well done! My husband and I save them from each issue.

We agree. Anna Brewer is very talented. If you want to see more, Anna Brewer's artwork depicting Palouse landscapes, farms, and farm machinery is on display at Columbia Tractor in Moscow, now through June 11. This is the first time this local John Deere dealer has sponsored an art exhibit. —Bill London, Editor

Everything is good – yet Alden Organic Vanilla Ice Cream and Yummy Earth Organic Lemon Drops would gild the lily. Thanks a lot.

We will be bringing in Alden's Ice Creams soon, but are not planning to stock the lemon drops as of this writing. We will keep your request in mind. —Marie & Peg

Any chance of adding multiple bins of bulk products that go quickly (meusli)?

Is the product you want not stocked

when you shop? I'm not clear which product you are referring to. Our bin space is limited so I would like to know what the issue is and determine how we can resolve it so it is available when you are here. Please phone. Thanks. —Seth, Bulk Buyer

Melinda was our cashier today. She is an extremely friendly and professional person. I just returned from Florida and one really appreciates excellent service, especially when you've been away. Keep up the good work!!

Thank you for the kind words. Our checkers are awesome. We appreciate you taking the time to let us know you received good service. —Annie H., Front End Manager

You're awesome. Keep it up. Good work!

Thanks, we love to hear it! —Kenna, General Manager

I always forget that the counter in the

ladies room is wet on the edge and my shirt gets soaked when I wash my hands. Can this be fixed? – A member

That has happened to me too so I can empathize, unfortunately short of replacing the counter and setting the basin closer to the edge we don't have a solution. —Kenna

It seems like the Co-op is getting busier and busier. Is there ever going to be an option of a bigger store?

NO!!!! Ok, let me amend that. We actually feel like we have as large a space as we feel comfortable in and at this point, we also have 13 years left on our lease. However, we might someday open a satellite store either here or in Pullman. —Kenna

Coat hooks, maybe by the bathrooms? Every time I come I have to put my coat on a chair, taking up seating space and it often falls on the floor. (I would even donate some if you would put them up).

From the Suggestion Box

Sorry, currently no room in the deli, but we'll keep it in mind during later renovations.

—Kenna

The Co-op now has a huge composter, how about a compost bin where the recycling ones are? All those food scraps are still filling up the landfill. While it has always been our intention to collect post consumer waste in the deli and compost it, we are still in the early stages of learning how our composter works. To compost post consumer waste safely we need to get more proficient at reaching and maintaining optimal temperatures for decomposition. Don't worry we'll let everyone know when we figure it all out. —Kenna

What happened to Stonewall's Jerquee? We loved that stuff, but it's been gone from the Co-op for awhile. I would love to see Stonewall's tofu jerky again. The mushroom kind just isn't the same.

That was a popular product, but also one that contains potassium sorbate, an ingredient we consider unacceptable in food products, so we took it off our shelves. —Joan, Grocery Manager

Please make the gluten-free rolls count for punches on our bread card! They're pretty expensive and this would be really nice.

At this time we are only offering bread cards for baguettes and loaves of bread. It would be quite overwhelming for the cashiers to keep track of all the different items if we allowed rolls and other bakery items to count for punches. —Aven, Pastry Manager

The Daily Wheat has really changed. It doesn't really rise and it is too dense.

Whole wheat is too airy—I've been getting it for many years and lately it's too marshmallowy—so are the baguettes. I've always loved all the breads but they've changed in a way I don't like as well! Thanks! A very loyal longtime Co-op member!!

Most of the bread bakers are new and learn more each day. The majority of the time, the Daily Wheat turns out well. Occasionally, they are under- or over-proofed. The bakers are learning more and improving greatly every day. If you are ever unsatisfied with your bread, please bring it back to us and we would be more than happy to give you a fresh loaf in exchange. —Annie P., Bread Manager

More Daily Wheat.

We make Daily Wheat twice per day and occasionally three times per day. The size of our mixer limits the batch size. We are working on how to produce more because it usually sells out. Glad you like it! —Annie P.

The BUTTERY Challah was better. Why the change? It's dry and tasteless now. Please use the old recipe-

The current Challah recipe uses Safflower Oil in lieu of the butter that the Co-op used in the past. Since oil is 100 percent fat whereas butter is only about 81 percent fat, oil will actually result in a moister product compared to the identical one made with butter. But the main reason we decided to omit the butter is due to the Jewish laws of kashrut. Since my knowledge of this is extremely limited, here is a quote from an external source:

"The laws of kashrut prohibit the consumption of dairy and meat at the same meal. Since the first two Sabbath meals (on Friday night and Saturday morning or early afternoon) are often meat meals, classic challah is parve, i.e., made without dairy products. Use of dairy is common in challah recipes created by those who are not kosher-observant, but this is considered highly nontraditional as it limits the consumption of the bread to dairy meals only." —Annie P.

I haven't seen the beet and kale salad in quite some time. I miss it 'cause I love it!!

We will try to make this more often. It is quite tasty! —Emily, Deli Manager

Roasted Red Pepper Cheese Bread ONLY one day a week!?! How will we survive!?! I love new selections, but. . .?!

Thank you for your loyal support of Roasted Red Pepper Asiago—we love it, too! But it seems that most customers were ready for a change. Week after week, we were freeing-out many more loaves than we were selling. Roasted Red Pepper Asiago is baked every Sunday. If you would like a loaf to be held aside for you, just give us a call! —Annie P.

Please bring back the Rosemary Garlic bread!

Like the Roasted Red Pepper Asiago, the Rosemary Garlic bread was not selling. We will bring it back in the future, and currently we are offering a variety of other savory breads: Roasted Red Pepper Asiago, Sunflower Parmesan, Focaccia, and

Roasted Garlic Potato. —Annie P.

A couple of months ago one of the bakers was handing out (new) bread samples. One kind was "sourdough whole wheat" and it was superb. But I keep looking and never see it! Will the bakery be producing this bread soon? Thanks

I am so glad you liked it! The Whole Wheat Sourdough will be offered in the future, but when exactly we have not decided. Mondays and Wednesdays we bake "Moscow Sourdough," which is part whole wheat, part rye, and part unbleached white flour. —Annie P.

Please put less salt on small bread sticks at deli. Thanks.

I agree that they often are very salty. We actually received much feedback in the past to increase the salt, so we have. We'll try to find the happy balance! —Annie P.

I do my shopping in a.m. and can never predict when breads will be ready.

We aim to have Daily Wheat available by 10:30, Salted French by 11:00, and Baguettes by 11:30. Most days this happens, but Fridays and Saturdays tend to work a little differently due to the Challah and an overall heavier production day. On those days the "everyday" breads may be out a little later, but Challah is usually out around 11:00 or 11:30. We would be happy to hold a loaf aside for you for later or next day pick up—give us a call! —Annie P.

Please consider trying "Green Tea with White Chocolate Chips" in your Ciao Bella ice cream line-up. I think a lot of folds (including me) would love it!!

Space is always an issue in the freezer but I'll do what I can to make room for it. It sounds yummy!! —Peg

Tonight we had the veggie potato patties for dinner and it was LOADED with ginger. A week ago we had the cabbage carrot salad and it was the same. Even for ginger fans, this is too much. Please add "ginger" or "gingery" to deli item names so consumers can be aware (some aren't ginger lovers) thanks!

All ingredients are listed on the signs for the salads in the case. Ginger is a pretty strong flavor and sometimes it can overpower the rest of the flavors. You are welcome to sample a salad before buying to see if the ginger flavor is too strong for your liking! —Emily

I would like to buy organic bread here also. I would like to buy more products in glass bottles rather than plastic. Thanks.

We do carry Rudi's Organics sliced breads in the freezer. We too would like to carry more glass bottles, but when a manufacturer makes a switch we are not given a choice. We always choose glass when given the option. —Marie

Will you be stocking Seeds of Change garden seeds this year?

We chose not to carry that brand this year because they have gone to a plastic package that is good for two years. We took the option to carry local seeds from Ellensburg, Washington and Genesee, Idaho that are packaged for this season only. —Joan

STOP packaging individual slices of cake/pie in plastic. If these must be packaged, perhaps paperboard boxes left open would be better. I have quit buying these items due to packaging.

We started selling cake slices in the Grab & Go case in order to offer more variety and produce more slices more efficiently. Since most customers were ordering cake and pie slices "to go" previously we didn't see this a big increase in packaging. Right now cheesecake and pie slices are still available in the deli full-service case and you can ask the deli servers to package your slice in whatever kind of packaging you prefer. —Aven,

It would be helpful if bakery items made with citrus would recognize that in the title. I know ingredient lists are available, but I don't always think about lemon in something blueberry. It definitely affects the taste in a big way.

We try to label products to reflect the major flavors and ingredients. We can't always include all the flavors or spices in the title due to space constraints. If there are specific ingredients that you greatly dislike or are sensitive to I would encourage you to ask a deli server or read the ingredient tag thoroughly. You can always get your money back if you're unsatisfied with a product. —Aven

*1. Mint Ganache cake is delic.
2. Meat Dept. has great meat & excellent service.*

Thanks! —Aven, Pastry Manager and Brennus, Meat Manager

Staff Profile: Beth Schultz

by Amy Newsome, Newsletter Volunteer

Since the Co-op does such an excellent job hiring cashiers, it's a field in which it is difficult to find a stand out, but Beth Schultz stood out to me. The first time I remember her checking out my groceries, I let her know I was a member and that I had a newsletter discount. She asked me if I had bread and coffee cards. It only took that one time and now she immediately remembers that I am a member, she reminds me to use my coffee and bread cards, and she takes off my volunteer and reusable bag discount so fast that I often don't even realize she's done it. With as many customers as the Co-op serves, I thought "Wow, she's one sharp young lady"!



Beth has worked at the Co-op as a cashier since September of last year. With her comfort and skill at cashiering, I was sure that she must have been a grocery cashier somewhere else, but she hasn't. Her past job experience includes farm work, fast food drive-through, waitressing, and telephone customer service.

Beth moved to Moscow from Spokane to attend the University of Idaho as a freshman in the fall of 2006. After she completes her undergraduate work, she'll study art history. However, the University of Idaho does not offer a

degree in art history so Beth is considering a couple different options. The first option is transferring to Western Washington University in Bellingham. The second option she is considering is staying at the U of I and earning an art education degree

with a minor in art history. Either way, she'll stay in Moscow through the summer and take next school year off to work and save money. In addition to working at the Co-op, she hopes to pick up a little work at an art gallery so she can start learning about their inner workings.

Beth's dream is to own an art gallery. Since she was little she has always loved going to art galleries. Her mother is an artist, but Beth doesn't consider her-

self an artist. She's more analytical and organized, a trait she likely acquired from her father who worked for Boeing and Hewlett Packard.

In her blended family, Beth has six sisters but no-brothers. She's currently living with two male roommates and has found living with guys "refreshing."

"There's no worry that they'll wear my clothes when I'm not around and getting enough bathroom time is no problem!" she says. In fact, nowadays she hangs out mostly with guys; her boyfriend, Tyler, her roommates, and all of their friends. They often play Frisbee golf together.

She loves her job at the Co-op. She says there is a lot of camaraderie among the cashiers. She also said that Annie Hubble is the best boss she's ever had. Annie will work on holidays so cashiers can travel to see their families, she's very understanding and willing to do anything that she asks of her cashiers. Beth also appreciates the regular pay raises, the paid sick and vacation time, and the full medical and dental benefits the job provides.

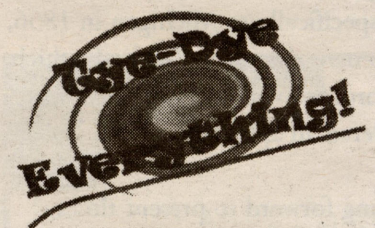
Recent reports offer encouraging news about today's young adults being more politically and environmentally conscious than previous generations. I compared Beth to the young adults of my generation, those who reached adulthood in the mid 1980s. As a group we were restless, we wanted everything in a hurry, we were destined to live complex lives. In contrast, Beth is focused and thoughtful. She is carefully planning her future and

is patient to receive things in life as she earns them. She appreciates that she has to work to pay for her college education. She said, "It makes me appreciate what I have so much more." She has no interest in getting a credit card, "because anything I was to buy with a credit card, I'd know really isn't mine."

After speaking with Beth, I felt encouraged. If we were all more patient, and content living simpler lives, wanting less and using less, wouldn't the world will be a much better place?

.....
Amy Newsome wonders if anyone who plays "Frisbee golf" ever calls it "frolf."

"After speaking with Beth, I felt encouraged. If we were all more patient, and content living simpler lives, wanting less and using less, wouldn't the world will be a much better place?"



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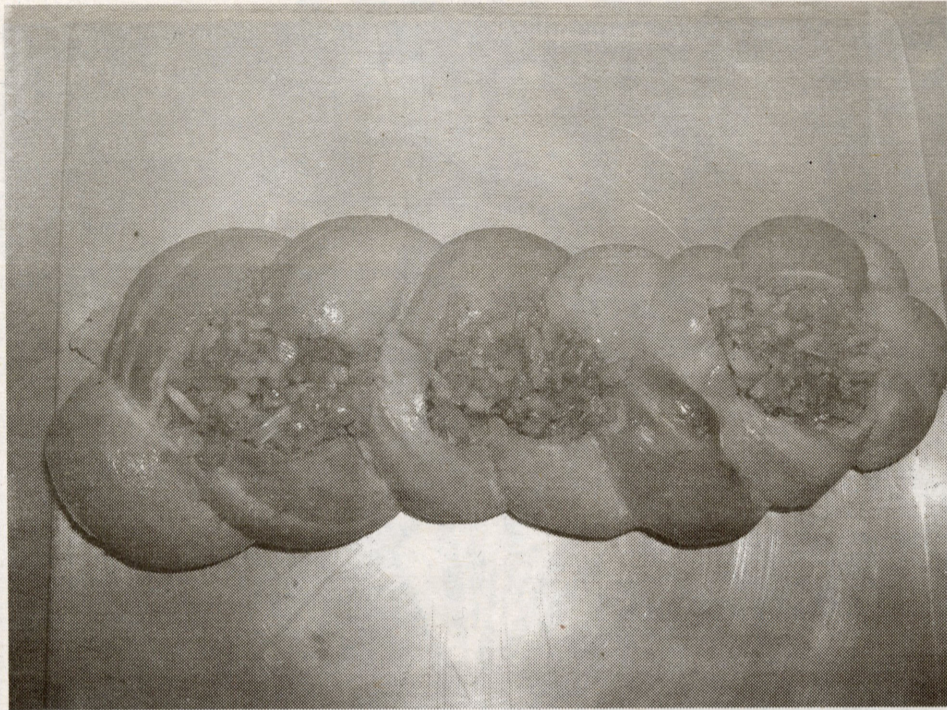
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Incorporating Celery into My Picky Diet

by Jordy Byrd, Newsletter Volunteer



A variation of the celery rolls recipe, using the Co-op bakery's challah bread.

It doesn't matter if you smother it in peanut butter or sprinkle it with raisins. And it doesn't matter if you serve it with hot wings or slipped inside the tall glass of a Bloody Mary. The fact of the matter is; I don't like celery. Never have and I'm beginning to wonder... if I ever will.

For me, celery's one of those vegetables that a) has an unpleasant crunchy yet stringy texture, b) has hardly any taste, and c) what taste it does maintain, is gross. Despite my perhaps childish biases or reservations, I know that celery is good for me, whether I like it or not. And because of this, it's a vegetable that I would like to incorporate (more like force) into my diet.

Celery is a member of the Umbelliferae family, which also includes carrots, parsley, dill, and cilantro. Long before the vegetable was brought to American, more specifically to Michigan in 1856, the Romans devoured the food, which in accordance with their culture, was considered an aphrodisiac.

Swinging forward to present times, scientists have discovered that celery contains androsterone, a pheromone released by men's sweat glands, which is supposed to attract females. Hmmm. Today, California is the nation's top celery producer (watch out for those Californian men!) with Michigan ranking in fourth place.

Despite some "dieters' secrets," which claim that celery has negative calories since it takes more calories to digest the food when eating it, it has been found that each stock actually contains 10 calories. Which is still not bad.

The first recipe I work with was Celery Rolls. Before I even begin, I must say that I cheated and didn't use rolls. The

Challah loaf in the bakery at the Co-op was calling my name, and I used it instead. Although the loaf itself turned out beautiful, the taste was odd. The combination of the olive oil, ketchup, and celery created a tart and almost bitterness to the bread. The taste wasn't too bad, it was the soggy texture that developed inside the bread that I didn't like.

The second recipe was different for me. Because it didn't require any hard and fast rules, I chose the desired amounts of my ingredients. While cooking I was somewhat reminded of my mother, who I swear hasn't used a measuring cup or teaspoon in 20 years. Overall the salad was easy to make, even the dressing, which surprised me as it thickened before my very eyes.

The only difficulty I had was in regards to my proportions. I ended up with way too much dressing and not enough vegetables. Yet even with more vegetables, I couldn't help but feel that something was missing. So in the end I made two different portions of salad. One, I included miniature shrimp and the other remained meatless, and was poured over white rice. I really feel that the recipe alone, without the addition of a rice or noodle, would be too soupy and not nearly as good.

Sources
<http://www.healthdiaries.com>
<http://recipes.lovetoknow.com>

Jordy cannot help but shout: hurray, hurray for the month of May!

Celery Rolls

- * 6 rolls
- * 4 stalks of celery
- * 1 teaspoon salt
- * 1 teaspoon pepper
- * 1 tablespoon grated onion
- * 2 tablespoons tomato ketchup
- * 4 tablespoons olive oil
- * 1 teaspoon of lemon juice

Cut out a silver-dollar sized piece from the top of each roll. Scoop out the inside of the roll. Chop the celery very finely. Mix together the celery, salt, pepper, grated onion, tomato ketchup, olive oil, and lemon juice. Refrigerate. Fill the rolls with the celery mixture and serve very cold.

Peas, Cheese and Celery Salad

- * Green peas, cooked and cold
- * Carrots
- * Shrimp (optional)
- * Swiss cheese grated
- * Celery, washed and chopped
- * Lettuce
- * (Proportions of ingredients to taste)

Mayonnaise dressing:

To make mayonnaise sauce or dressing: Mix 1 teaspoon of pepper, 2 teaspoons of mustard and 1 teaspoon of salt with 2 yolks of egg. Add ½ tablespoon of vinegar. Add 1½ cups of olive oil gradually, stirring constantly. As soon as the mixture thickens, thin it with a little more vinegar. Proceed until two tablespoons of vinegar, and all the 1½ cups of oil are used. If the oil is added too rapidly, mayonnaise will curdle. Smoothness can be restored by taking the yolk of another egg and adding to it little by little. Mayonnaise should be stiff enough to hold its shape.

On each plate place some leaves of lettuce. Mix peas, cheese, celery, and mayonnaise. Arrange in the center of lettuce leaves. Pour over rice.

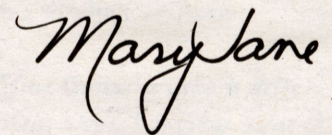
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Much Ado About Tofu: Flowers: Fun and Food

by Terri Schmidt, Newsletter Volunteer, illustration also by Terri

May is one of my favorite months of the year. The sun is shining more often after a long winter, I get to start digging in the dirt and planting, Renaissance Fair jump-starts the month, and Saturday Market opens for the season. In May, the world looks like a beautiful watercolor painting with all the spring flowers popping out all over town—perfect for the celebration of May Day.

May Day is not a hugely popular holiday in the United States. The Puritans put the dampers on it early on because of its relation to a former Roman pagan holiday. Originally, May Day was devoted primarily to the worship of Flora, the goddess of flowers. As part of the celebration, people went to the woods to collect a tree for the maypole and apparently got frisky with each other while out in nature. This was another tradition the Puritans objected to, so the holiday was downplayed in the United States. However in Europe, many countries consider it a time of courtship. (<http://www3.kumc.edu/diversity/other/mayday.html>)

When I was growing up, my five siblings and I looked forward to May Day. My mother, unconcerned about puritanical warnings, had trained us in the fine art celebrating the lighthearted day. We created paper baskets and

filled them with fresh spring flowers. Then we would tip toe up to various neighbor's houses, put the baskets on the porch, ring the bell, and run like crazy so we wouldn't be seen. It was meant to be anonymous. We found it delightful to share joy and be sneaky at the same time. I kept up the tradition when I had my own children. On May Day I would watch out the window as the kids snuck up on the neighbor's houses to deposit their flowers and then run frantically away. It would make me laugh every year.

Flowers not only brighten up our world, they can also be used as food. Several varieties of flowers are edible. Some of the edible flowers you can find growing in May are pansies, dandelions, tulip petals, violets, johnny jump-ups, prim roses, peach, and pear blossoms. The first time I ate flower petals it was with trepidation. I wasn't concerned about the flavor, but whether they were actually safe to eat. Having survived that first experience, I have since enjoyed many blossoms as food. Blossoms can be mild, spicy, lemony, bitter, or sweet. When picking flowers to enjoy, be sure they are an edible variety.

This month's recipes feature fresh greens from the garden. Many new spring greens are now available through

Tofu Spring Greens and Flowers Salad

- ✦ Fresh spring greens (baby lettuce, kale, watercress, baby arugula, dandelion greens, sprouts, pea shoots, etc.)
- ✦ 1 package flavored baked tofu (Small Planet is good)
- ✦ ¼ cup sunflower seeds
- ✦ 1 cucumber, sliced
- ✦ ½ cup grated carrots
- ✦ edible flowers (pansies, pea blossoms, violets, etc.)

Dressing

- 2 tablespoons fresh dill, minced
- ½ cup olive oil
- 6 tablespoons lemon juice
- 1 garlic clove, minced
- salt and pepper to taste

Choose a few of your favorite fresh local greens, tear into bite size pieces, and place in large bowl. Cut the tofu into cubes and add to greens. Add seeds, carrots, and cucumber. Sprinkle flowers or petals over the top. Mix dressing ingredients and serve with salad.

Ginger Orange Small Planet Tofu (by permission Tofu Phil)

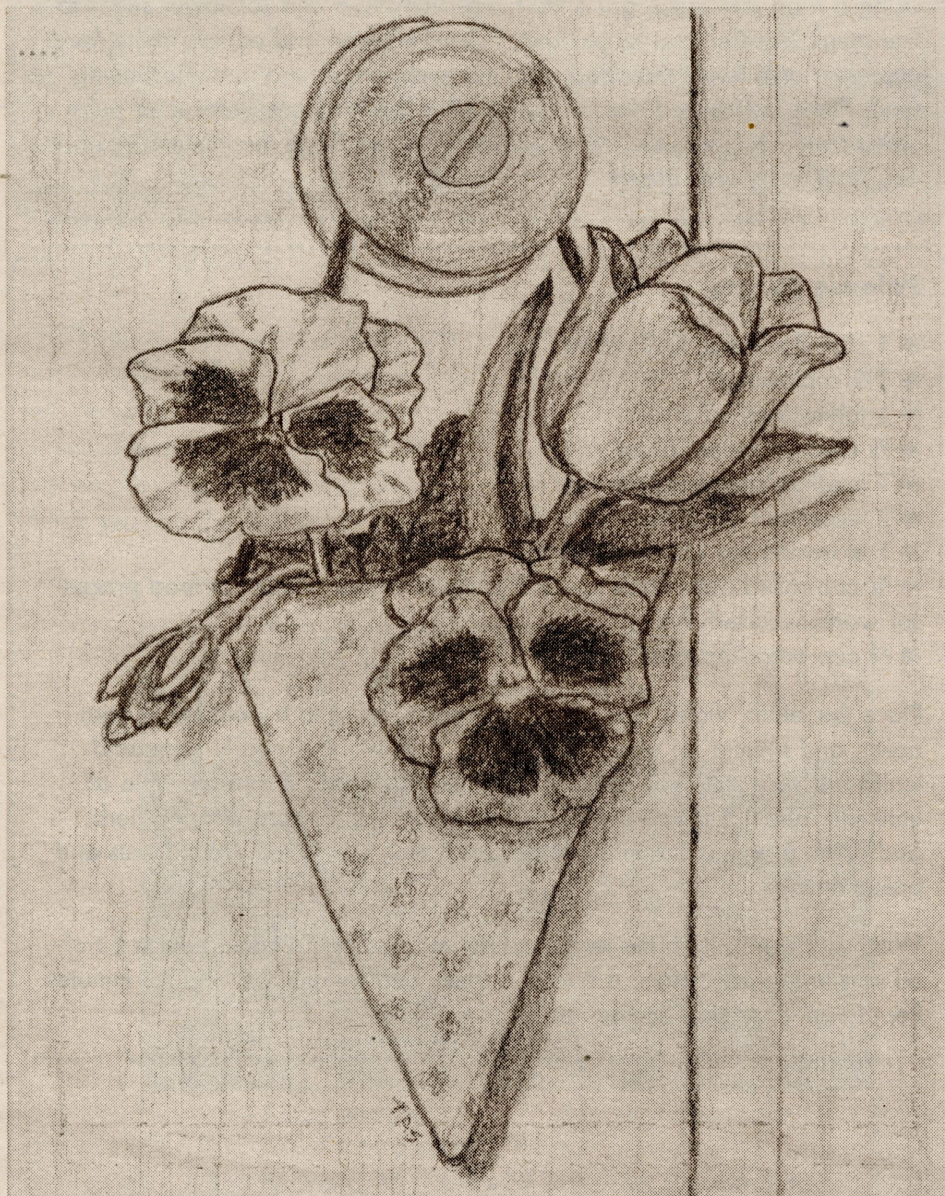
- ✦ Your favorite white Basmati rice recipe (plain), fully prepared
- ✦ ½ - 1 cup orange juice (concentrate works)
- ✦ spinach, a small batch, rinsed and stems removed
- ✦ 3 cloves of garlic, finely chopped
- ✦ fresh ginger, julienned to measure ¼ cup
- ✦ 1/2 teaspoon ground ginger powder
- ✦ 1 pound of Small Planet, Fresh Organic Tofu, (any flavor), cubed
- ✦ 1 tablespoon olive oil
- ✦ salt and pepper to taste
- ✦ Add carrots, pine nuts or almonds, splash with a little lemon juice for variation.

In a non-stick fry pan or wok, sauté olive oil, tofu and garlic, keep stirring so as not to burn the garlic. As you are browning the tofu, add the fresh and powdered ginger, and the spinach. Depending on the portion, more olive oil may be necessary. Once lightly browned, pour in the orange juice, bringing down the heat, and reduce for five minutes. The idea is for the vegetables to absorb the juice flavor, so add more if necessary to retain a broth. Pour entire mixture over the bed of rice.

our local growers. Tender sweet spinach adds color and flavor to the spicy ginger orange tofu recipe.

Bright fresh leafy greens also make a delicious salad. The flower salad is complimented by the seasoned tofu cubes. The protein rich tofu makes the salad heartier and adds additional flavor. To celebrate the spirit of May Day, pick a few bright and colorful new flowers or flower petals to add to your salad. And if you really want to have some fun, pick a few extra flowers, hang them on your neighbor's doorknob, ring the bell, and run.

Terri Schmidt looks forward to seeing friends and friends she hasn't met yet at Ren Fair and Saturday Market.





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Veganesque: The Unbearable Lightness of Burgers

by Caitlin Cole, Newsletter Volunteer

The first burgers were oatcakes that the Scottish have been baking since the 14th century which inspired North Staffordshire cakes of England. These all plant staples were made with ground oats, flour, and yeast with a little liquid and heated on a metal plate. Today's English oatcake is served as fast food and offer fillings such as tomato, cheese, and onion making for a transportable and hearty meal. There is quite a controversy as to when and where a ground meat version first was invented, but the most popular theory is that the modern "hamburger" first made its appearance in Hamburg, Germany in the mid-1800s.

From then until the age of big bands circa 1987, the word "burger" implied the "ham" in front of it. When I first became vegetarian during the mid-1980s I was wallowing in existential angst, trying to fill the void in my diet that I use to fill with meat. I tried the

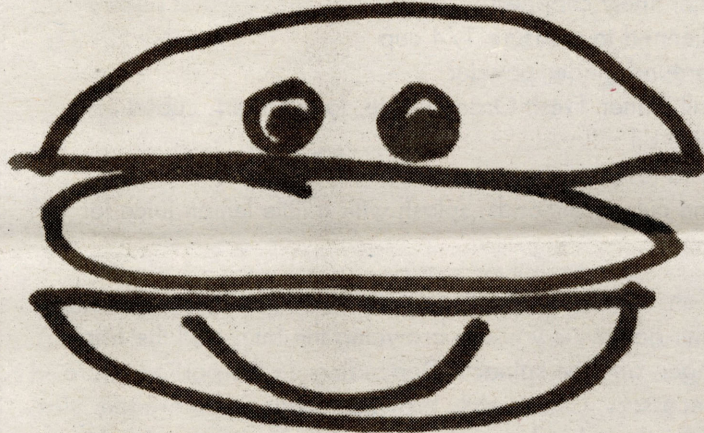
(fancy grilled cheese with veggies) and didn't look at the other offerings. There was a little carrot next to the "Sugar Magnolia Burger" (side bar: the GLB was run by deadheads) and after getting gently assured by Tom that the "burger" was made with a "Gardenburger" from a company in Portland, Oregon (the other Portland) I had my first of many veggie burger experiences! They were not available in grocery stores so I found out about a cook in the kitchen named Blaze who was a vegetarian too, and we bought and split a case from the distributor because they were a rare and precious commodity!

Flash forward to today....there are dozens of commercial veggie burgers made with a wide variety of ingredients to suit everyone's needs and tastes! Here are my top three picks:

Bocha Burger Vegan: Good for grilling and for those who want a more authentic meaty taste.

**Sunshine Burger
Garlic and Herb:** Made from seeds and veggies, gluten-free and delicious.

**Garden Burger
Black Bean:** Yummy with salsa.



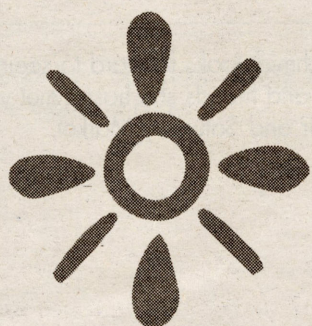
recipes in my new Laurel's Kitchen cookbook I bought from the little health food store down the street from my apartment. I made walnut oatmeal burgers. They came out dry and people made fun of them when I brought them to potlucks, so I gave up and usually ate buns with cheese and mustard.

The first time I discovered a decent tasting non-meat burger was in 1989 at my favorite haunt, The Great Lost Bear restaurant, in Portland, Maine (the other Portland). I had been there many times with my friend Cookie but mostly for beer and appetizers. On this fateful night, Cookie and I sat in the dark bar in our favorite red vinyl booth that had a black and white photo of two bowlers from the 1950s posing with their bowling balls. Our server Tom brought our menus, which had been newly designed with a little symbol next to each dish to indicate its meat status. I asked Tom what was up with that? And he said it was because they have been having their vegetarian customers requested it. At that point I had not even met another vegetarian! Usually I ordered a "Cheese the One"

Find them in our Co-op's freezer section.

There are also many recourses for recipes using any kinds of ingredients you have on hands. There are countless combinations; it is fun to experiment! After getting over the dry burger syndrome, I had the confidence to try my hand at homemade veggie burgers again with much tastier success! Below are a few of my favorite burger recipes. They can be made and put in the refrigerator for up to three days, or may be frozen. Enjoy!

Caitlin Cole wishes you a joyous Beltane!



Mushroom Wonder Burger

- ✦ 2 tablespoons olive oil
- ✦ 1 onion, diced
- ✦ 1 clove garlic, minced
- ✦ 3 green onions, diced
- ✦ 1/2 teaspoon cumin
- ✦ 3/4 cup diced fresh mushrooms
- ✦ 1 15 ounce can pinto beans
- ✦ 1 teaspoon parsley
- ✦ salt and pepper to taste
- ✦ oil for frying

Sauté the onions and garlic in olive oil for 3 to 5 minutes, until onions are soft. Add the green onions, cumin, and mushrooms and cook for another 5 minutes, until mushrooms are cooked. Set aside. Mash the beans with a fork or a potato masher, or process in a food processor until well mashed. Add the mushrooms to the beans and add parsley, salt and pepper. Stir until well combined.

Shape the mixture into patties. Heat about 2 tablespoons of olive oil and cook each patty until the veggie burgers are done, about 3 minutes on each side.

Nutty Hemp Burger

- ✦ 3 cups uncooked brown rice
- ✦ 6 cups water
- ✦ 1 cup toasted cashews
- ✦ 1 3/4 cups toasted unsalted sunflower seeds
- ✦ 1 sweet onion, chopped
- ✦ 6 carrots, chopped
- ✦ 3 tablespoons hemp seed
- ✦ 1 tablespoon extra virgin olive oil
- ✦ salt to taste

In a large pot, bring the rice and water to a boil. Reduce heat to low, cover, and simmer 45 minutes.

Using a food processor, grind the toasted cashews and sunflower seeds to a fine meal. Transfer to a large bowl. Pulse the onion and carrots in the food processor until finely shredded, and mix with the ground nuts. Add hemp seed. Place the cooked rice and olive oil in the food processor, and pulse until smooth. Mix into the bowl. Season with salt. Form the mixture into patties. Grill or fry until brown.

Palouse Burger

- ✦ 1 cup dry lentils, well rinsed
- ✦ 2 1/2 cups water
- ✦ 1 tablespoon olive oil
- ✦ 1/2 medium onion, diced
- ✦ 1 medium carrot, diced
- ✦ 2 teaspoons dried herb of choice
- ✦ 1 teaspoon soy sauce, optional
- ✦ 3/4 cup rolled oats, finely ground (a clean coffee grinder or food processor works wonderfully)
- ✦ 3/4 cup bread crumbs

Place the lentils, water, and salt in saucepan, bring to a boil, lower heat, cover, and simmer for about 45 minutes, until water is nearly gone and lentils are very soft, with splitting skins. Sauté the onion and carrot in oil until soft, about 5 minutes. Mix the lentils, onions, carrots, pepper, herb, and optional soy sauce in the large bowl, then mix in the ground oats and bread crumbs

While still warm, form the lentil mixture into patties. To cook, heat a bit of oil in a frying pan, place a burger on top, and fry until brown, 1-2 minutes. Repeat on other side and serve.

Omnivoria: EcoFish Scallops

by Alice Swan, Newsletter Volunteer

I love scallops. They're tender, they're sweet, they practically melt in your mouth... However, I'm often reluctant to eat them, because they're very much like the little girl who had a little curl in Longfellow's poem: when they are good, they are very, very good, but when they are bad, they are horrid.

I have a distinct memory of ordering scallops at a restaurant in Berkeley while visiting my grandparents when I was in college. It was an upscale restaurant, and I thought the scallops would be wonderful. But I could barely choke them down once they arrived because they tasted so awful. (And since I was raised in the non-confrontational Midwest and was out with my grandpa who tended to embarrass the rest of the family by complaining about everything, I didn't send them back as I probably would now). It probably took me 10 years to order scallops in a restaurant again after that experience.

Now that I am older and wiser, or at least have done a bit of research on scallops, I think I know why those scallops long ago tasted so awful. First off, a bit of scallop anatomy: scallops are bivalve mollusks (that means they have two shells, unlike snails, for example, which are univalve mollusks), like clams, oysters and mussels. Unlike their equally tasty brethren, however, scallops are not stationary in the ocean. They "swim" by opening and closing their shells, which forces water out and sends the scallop shooting through the water a short distance. As a result, the abductor muscle that controls the opening and closing of the shell is well developed, and that is the part of the scallop that we eat.

Scallops are highly perishable, so they are most often shucked as soon as they are caught, and then also sometimes injected with the preservative sodium tripolyphosphate. The preservative helps prolong the shelf life of scal-

lops, but affects their flavor and causes them to absorb water, making them seem larger than they actually are. Unpreserved scallops are called "dry scallops," since they don't absorb extra water. I'm reasonably sure that the scallops I had that night with my grandparents were the wet variety, which is why they tasted so bad.

In addition to the preservatives, those bad-tasting scallops were probably harvested by dredging (dragging a large metal net along the ocean floor), which is extremely habitat-destructive. Scallops have a very limited natural range, mostly along the U.S. Atlantic coast, and the populations have suffered greatly due to several environmental problems. There are two main types of scallops: sea scallops and bay scallops. Sea scallops live farther from shore, in deeper water, and are larger than bay scallops. Both varieties are generally dredged, however, if money is no object (and you are in a larger city than Moscow), you can get diver-caught sea scallops that come from areas too deep for nets.

Bay scallops have been introduced in aquaculture farms in China, and that is where the EcoFish scallops come from. They are raised on suspension nets, which keeps them off the ocean floor, meaning that dredging is not necessary for harvest. They require no feed, antibiotics or fertilizer, and actually help filter the surrounding water. Although they are a non-native species, they do not appear to survive in the wild in China. And their Seafood Safe number (the number of 4-ounce servings a woman of childbearing age can safely eat in a month, based on testing for mercury and PCBs) is 16+. So go ahead and indulge in EcoFish bay scallops (found in the freezer section of the Co-op), and be confident that they will be tender, sweet and delicious.

Citrus Scallops

- ✦ 2 tablespoons olive oil
- ✦ 1 red bell pepper, thinly sliced
- ✦ 4 green onions, thinly sliced
- ✦ 1 clove garlic, minced
- ✦ 1 pound EcoFish farmed bay scallops
- ✦ 1/2 tablespoon salt
- ✦ 1/4 teaspoon crushed red pepper flakes
- ✦ 1/2 teaspoon grated lime zest
- ✦ 2 tablespoons fresh lime juice
- ✦ 4 large oranges, peeled and segmented
- ✦ 1 tablespoon chopped fresh cilantro

In a large skillet, heat the oil over medium-high heat. Add the red bell pepper, green onions and garlic. Cook, stirring for 1 minute. Add the scallops, salt and red pepper flakes. Cook until the scallops are opaque and the red bell pepper is tender, about 4 to 6 minutes.


Stir in the lime zest and juice, scraping up any browned bits from the bottom of the skillet. Cook for 1 minute. Add the oranges and cilantro, cook until heated through, about 2 minutes. Serve over pasta.

Because of their tender nature and small size, it is easy to overcook scallops. And for that reason, most scallop recipes are very simple. They only need to cook for a few minutes, and it is far better to err on the side of undercooking (since they are also delicious raw), than overcooking, which will make

them tough.

.....
Alice hopes that by the time this article hits print the snow will have stopped for good. Or at least until November.

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Strawberry Festivals

by Melynda Huskey, Newsletter Volunteer, illustration by Lucas Rate

I'm jumping the gun a bit to reflect on strawberries in May, instead of June—but after this winter, and the chilly, dilatory spring we've suffered, I think it's wise to look ahead. And after the lilacs have bloomed in all of Fort Russell's alleys, and the Harison's Yellow roses along Sixth Street have rained down their golden petals, strawberries are the surest sign that summer has overtaken us.

The soft fruits—raspberries, strawberries, blackberries—are, to my mind, the best argument for local and seasonal eating on earth. Best of all, of course, from your own plants, sun-warmed and just picked. Nearly as good if picked yesterday and less than ten miles from your bowl. After that, not really strawberries at all.

It's obligatory here to quote William Butler, theologian and greedy-gut, who said of his own strawberries, "Doubtless God could have made a better berry, but doubtless He never did." In England, where he was gardening and guzzling, the strawberry is treated with princely care, bedded down in fresh

straw to prevent any dirt sullyng the fruit, so that it can be eaten without being washed. And there is something revelatory about the rush of flavor contained in a really ripe, fresh strawberry which merits that kind of pampering.

After the first gluttonous week or so of strawberries, human nature being what it is, we begin to cast about for novelty. Introduce these flourishes slowly. Don't rush. First, maybe a dish of berries sprinkled with a few drops of a nice syrupy balsamic vinegar and a grind of black pepper. Later, slice a bowl full of berries, and spoon on thick, thick, unwhipped cream. (I pause here to lament the passing of Sam's Dairy, where we used to buy glass bottles of cream so thick that it wouldn't pour, but had to be helped out of the bottle with a knife. That was long ago, children, before you were even born or thought of.) Sugar won't be necessary.

Should you have more punnets and pints of berries than you know what to do with, go prospecting for a recipe for strawberry preserves—whole berries suspended in thick ruby gel. In

Shortcake Biscuit

- ✦ 2 cups unbleached flour
- ✦ 3 tablespoons sugar
- ✦ 1 tablespoon baking powder
- ✦ 1 teaspoon salt
- ✦ 1 stick butter, frozen
- ✦ 3/4 cup milk

In a bowl, mix the dry ingredients well. Grate the frozen butter on a box grater into the dry ingredients and toss lightly. Pour in the milk and stir with the handle of a wooden spoon just until it forms a rough dough. Pat out 1 1/2 inches thick on a floured countertop and cut with a round biscuit cutter. Place on a baking sheet about 1" apart. Bake at 350 F for 10-12 minutes, or until golden brown and fragrant.

the nineteenth century, the preferred method for cooking strawberry jam was in the sunshine under glass for two or three days—on a shed roof, for example—the better to preserve the sweetness and color of the fruit.

As the season draws on, strawberry shortcake beckons, bringing with it the eternal question: sponge cake or biscuit? I am myself immovable on this question. Biscuit or nothing. But not just any biscuits. There is one biscuit suitable for shortcake, gilded, faintly sweet, tender, ready to absorb any amount of strawberry juice and cream, but retaining a toothsome crackle of crust. I'm biased in favor

of unwhipped, unsweetened cream, not least because the strawberry juices swirl into it so beautifully, but whip and sweeten if you must. Don't bother with anything else for supper. Just sit on your back porch, or in the grass, or next to your open window, and enjoy the sweet, fleeting taste of summer.

Melynda Huskey is a Moscow native. She blogs about food and craft at The Things That Make Us Happy Make Us Wise <http://melyndahuskey.wordpress.com>



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In The Garden: Gardening This 'n That

by Holly Barnes, Newsletter Volunteer

Anyone who has a library and a garden wants for nothing. —Cicero

Since I have been on the Palouse, I've never experienced such a cold spring and I'm curious to know what is going to happen in the garden once it finally warms up. Perennials and bulbs will not die from the frequent thaw and freeze cycles we are having but there will probably be leaf and flower burning, making plants a little more ragged looking. I wonder if there will be a riot of bloom in May when those things that were supposed to bloom in April, but were delayed, will join typical May bloomers. Tender plants purchased this spring (tomatoes, annuals) need to be held in a basement or unheated area until mid May, date of the last frost for the area. I hear old-timers in the area telling us to wait until the snow is all gone from Moscow Mountain before planting tender plants out. This will be a good year for testing that theory.



Soon our gardens will be this lush!

I have attended more gardening classes this month and have a sense that interest in the pursuit is increasing. This certainly will lead to more classes, more resources, and more pleasure for folks on the Palouse. I learn at every class about new plants and new ideas on culture. Education comes from the instructors as well as fellow students/gardeners who share their experiences. Classes are great for beginning gardeners to start absorbing all the knowledge that is out there.

Drought tolerant plants are rightfully popular in this area but there is a caveat that must be adhered to with all xeric plants. And that is to be sure to water! The first year, and perhaps even the second, you must water your drought tolerant plants frequently and generously. During the first year, especially, the roots are forming the characteristics necessary for being drought tolerant. On our hot summer days, these new plants must have moisture to develop as they should. In succeeding years, watering becomes much less important.

I took an informative class on grapes and berries in April. The most important part of small fruit selection is your site. You must match the crop to the site to expect success. Raspberries are the berry best adapted to this area. For these and other berries it is best to put them in raised beds. These beds improve drainage and the soil heats up and dries out 2 to 3 weeks earlier in the spring providing you with a lon-

ger growing season. When doing your research on whether a plant or fruit you desire will thrive in your garden, be advised that full sun on the Palouse means either all day sun, from dawn to dusk, or half day between noon and dusk. If you don't have that then pick a fruit that does well with some shade.

The May "Gardening in the Palouse" class is on Miniature Indoor Plants. Classes are held from 11:30 a.m. - 1 p.m. at the University of Idaho Greenhouse. Attendance is by reservation only to gmeyer@uidaho.edu. The June class is on tropical plant propagation. A list of future classes is also available from Jerry at that email address.

The May seminar at the Potlatch Grower's Group is on Green Gardening while June's topic is Season Extension. Contact potlatchgrowersgroup@yahoo.com.

The Moscow Farmer's Market (oldest in the state) begins on the first Saturday in May. If nothing else means that summer is on its way, the market does. Also beginning in May is the Growers' Market that takes place on Tuesday evenings in the Co-op parking lot. Both of these events bring the producer to the consumer and isn't that the way it should be?

In The May Garden:

✦ Plant cold season vegetables and herbs: lettuce, radish, chives, marjoram,

mint, oregano, parsley, rosemary, sage, tarragon and thyme. Buy seedlings (at the Grower's and Farmer's Markets) of broccoli, cabbage, chard, kale, and spinach.

✦ Plant bare-root cane fruits, tree fruits, and blueberries.

✦ Feed vegetable and flower beds with compost, if you have it, or use an organic fertilizer such as blood meal.

✦ Research how to bring bees to the garden for pollination

Holly Barnes is raising delphiniums from seed inside, under lights and hoping that one day soon she will be able to put them out in the garden where they will be much happier.

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Wild & Free: Pineapple-weed

by Sarajoy Van Boven, Newsletter Volunteer

Who will be the next Miley Cyrus? Who? A question, generated by internet news engines, which burns deep in the minds of the Palouse's more cosmopolitan residents. Will Hannah Montana be replaced? Can she be?

As a po-dunk, hokey resident with a strained relationship with the information age, my big question is: who would want to be the next anybody? Bob Dylan, Shakespeare, Judy Blume: would you be the Next? In my fuzzy dream of this world, no one should want to be a sorry copy of anyone else. Nobody sings their soul to be a second rate substitute.

And that is why our sympathies and understanding should be accorded Mr. Pineapple-weed. "Experts" compare Mr. Pineapple-weed to chamomile without flower petals. Mr. Pineapple-weed's Latin handle *Matricaria discoidea* is just one off from Chamomile's *Matricaria recutita*. The affects of Mr. Pineapple-weed's tea compare favorably to the mild, soothing reputation of Chamomile tea.

His English name, Pineapple-weed, announces his odiferous likeness to the spiky, tropical fruit.

How would you like to go through life with people saying things like, "Oh, I do know that Sarajoy. She's looks just like Sally and talks a lot like Arthur." No Thank You! Or perhaps your name is Sally-esc or Arthur-itic. Compare and Contrast.

Therefore, I will refer to the edible, frilly, silly-looking plant of Pineapple-weed by a different name that hopefully doesn't compare it to something else: Mr. Weed. Admittedly this new "unique" name sounds much too



generic and/or as if I'm comparing it to another plant with which, I assure you, there are no similarities aside from their propensity to photosynthesize and grow roots.

Unfortunately, in order to describe a new plant to you, I will need to do the dreaded comparing and contrasting on Mr. Weed anyway, whether I want to or not. His leaves are alternating and ferny, growing up the stems to the plant's height of a foot or less. The chartreuse flowers are like coney domes. It really does look just like Chamomile without the white flower petals and with more pronounced heads.

Where will you find the next Chamomile Pineapple? I have never looked further than my front walk. On second thought, perhaps I have looked as far as my gravel driveway. Unless you are missing the sense of sight, you've seen these around. Once mowed, Mr. Weed hunkers down with lawn, especially in municipal parks.

When will you find Mr. Weed? Barring the return of our over-zealous Warden Winter to imprison us, Mr. Weed should be hanging out in inauspicious places from May to July or beyond.

For such a humble and goofy plant, it's uses are many and mild. Mr. Weed

"Mr. Weed may look and smell like many things, but the combination is ironically unique: looks like Chamomile without white petals but smells like pineapple."

can be steeped into a relaxing tea. The fruity floral heads are also passively nibbled by my young as they meander about the yard seriously attending to the business of play. Once Mr. Weed was introduced to the "New" world, Okanogan children also enjoyed grazing on the flower tops.

Apparently an insect repellent, dried Mr. Weed was sprinkled upon food to keep away flies by the Flathead of Montana. Mr. Weed also has a history with the Ktunaxa and St'at'imx as air freshener (*Food Plants of Interior First Peoples* by Nancy J. Turner). And others used it as baby bedding and pillow filler. (*Edible and Medicinal Plants of the Rockies* by Linda Kershaw).

Ms. Turner notes that Mr. Weed's scientific name means "mother-care." Ms. Kershaw concurs with a list of uses for pre-, mid-, and post- natal care.

If you have an aster or ragweed allergy, use caution with Mr. Weed.

Mr. Weed may look and smell like many things, but the combination is ironically unique: looks like Chamomile without white petals but smells like pineapple. Nothing else really matches this description, although I can imagine a messed up scratch-n-sniff sticker.

Who will be the next Miley Cyrus? Nobody, not even Mr. Pineapple-weed. As with any consumable, be sure you've got the real thing before you partake.

Ms. Sarajoy feels Mr. Weed's pain as people are Always telling her she looks like someone else: a Harborview nurse, a Denny's waitress, Rachel, Marjorie, Liza Minnelli, Hannah Montana, etc.

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Letter from the Land: Visions for local agriculture

by Suvia Judd, Newsletter Volunteer

A friend of mine reported dropping by the Pea and Lentil Council on the Pullman Road and seeing a soup mix labeled "Palouse Blend," which was made in Vermont.

This jerked my chain. Can't the Palouse package its own Palouse Blend? (For example, Timeless Seeds, a Montana company that markets organically grown garbanzo beans, hull-less barley, and half a dozen kinds of lentils, has for the last fifteen years had their retail packaging done by developmentally disabled adults from a local organization.)

A friend recently complained that he could not buy local red lentils at the Co-op.

An acquaintance said that we need a plant here that makes Asian noodles; instead of shipping our wheat to Asia to be made into products, we should make them here.

Chewing it over, I decided that I have two goals for agriculture in Latah County (and the Palouse). First, I'd like for us to increase the proportion of food produced here which is processed here, so we can get more yield from our resources of soil and climate. Second, I would like to see us producing more of what we consume, instead of importing most of our food from elsewhere. This would decrease our carbon footprint, increase food security, and improve nutrition.

Shepherd's Grain is a local/regional company of farmers that does value-added processing and sells its product locally. It has its sustainably grown wheat processed into flour in Spokane, and sells it to "esteemed bakeries and eateries" in Idaho, Washington, Oregon and California. The company commands a premium price for its product that is based on the actual costs of production of its members; it has completely separated itself from commodity

wheat pricing. Besides empowering its members, and conserving soil through no-till farming, the company adds to the local agricultural economy both directly, through processing, and indirectly, through support industries like transportation. Its contribution to local consumption is small; more Moscow residents probably buy bread at area groceries than at the Co-op, but niche or even boutique markets can eventually lead to big change. (Think of the mainstreaming of sprouts.)

How can we encourage major positive changes in our local agricultural economy? Steve Cooke, a University of Idaho agricultural economist, suggests that change comes when groups of like-minded individuals get together. They can be entrepreneurs like the founders of Shepherd's Grain, or the local vegetable farmers who are members of Rural Roots, or they can be people who organize charities such as the UI business incubator or Backyard Harvest. And

then groups talk to groups and there is a ferment....Just like baking bread without added yeast in a kitchen where lots of bread has been made, eventually there is enough change in the air that institutional change begins to happen.

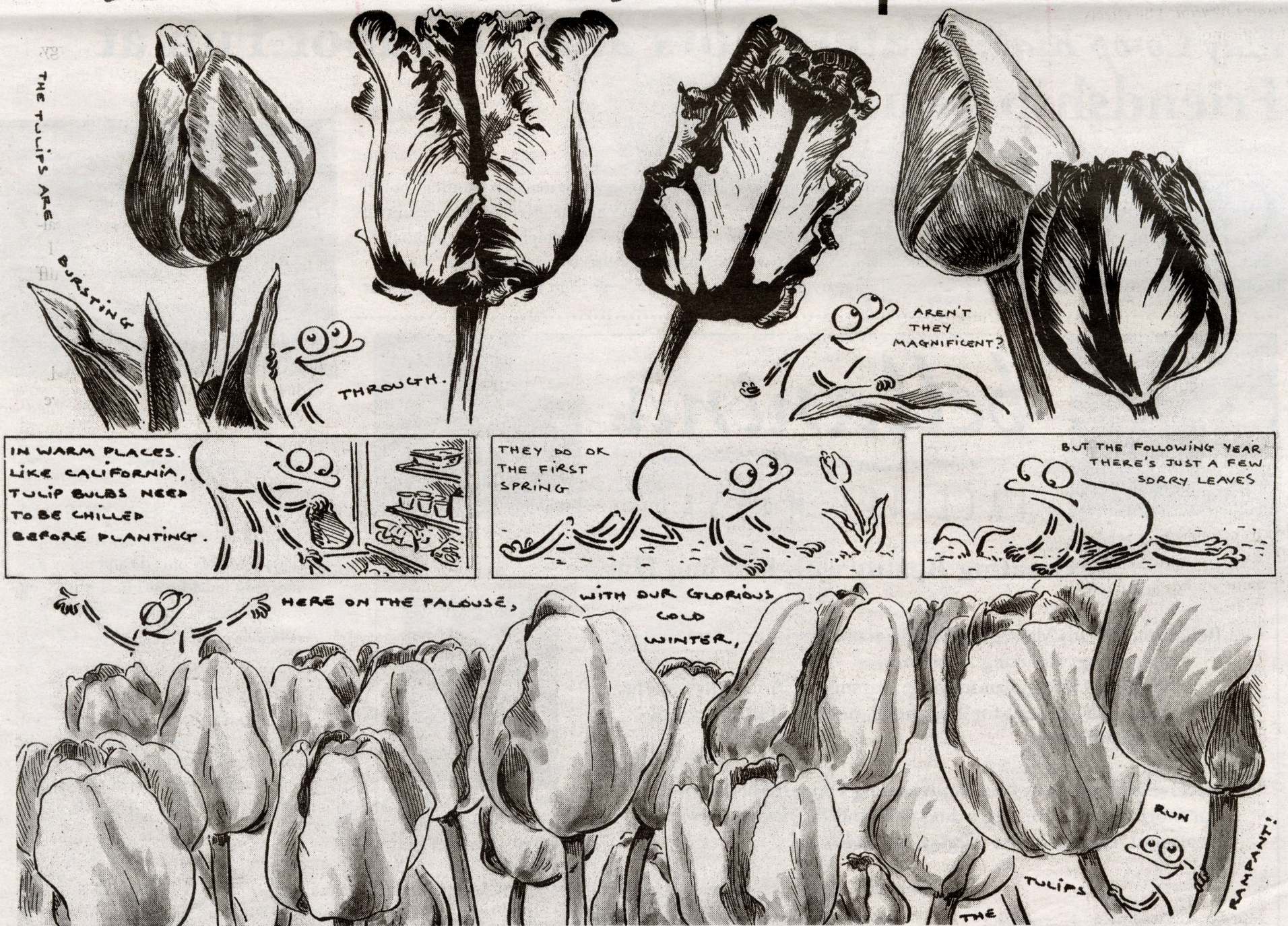
So keep the ideas and projects coming!

* When I called the Pea and Lentil Council they didn't have any Palouse Blend, but they had more than a dozen soup mixes and the like, from local, regional, and national sources, which I guess effectively promotes the reach of their members' production.

Thanks to Steve Cooke for sharing his research on the contributions of agriculture to Idaho's economy.

Suvia Judd raises alpacas and squash and aspires to permaculture.

PALOUSE REPORT: Tulip Patrol



“Mama Can We Make...?”: Mini Windmills

by Nancy Wilder, Newsletter Volunteer

Spring is finally here...we hope. It's certainly starting to feel that way, but this has been one crazy and unpredictable season. One thing we have come to expect, regardless of the outdoor temperatures, has been the wind. This wind: Amazing, powerful...fun to play with! If you're a kid, or a grown-up who lives or plays with kids, you know that kids and wind have a lot in common in the energy department. So it is only natural that we try to figure out ways to harness that energy and put it to good or just plain fun, use.

It is not new to have the intention to harness wind's incredible energy toward making our human lives more efficient, with a bit more ease. What is new is that we now find it increasingly necessary to figure out ways in which we can generate power without the use of carbon-producing, not to mention increas-



Pinwheels fly in May on the Palouse.

ingly expensive, fossil fuels mined from our weary planet.

With these lofty goals in mind (Okay, we also needed to create some fun for the kiddos on a particularly cold and blustery late spring afternoon) we set to making our own small windmills. More commonly known as pinwheels, these small gizmos are incredibly easy to make and dazzling to the eye when decorated and set to spin in the predictably blustery gales which seem to

greet us daily here on the Palouse in the spring.

You will need:

- ✦ 6" square piece of sturdy paper
- ✦ Pencil with eraser
- ✦ Straight pin
- ✦ Scissors

Begin by coloring your paper (if white) with any sort of abstract, bright, multihued design. Place design face down. Draw one dot on each corner and in the center of your paper. Cut a straight line from each corner toward the center of your paper, being careful not to cut all the way through to the center of the square. Now make a small dot directly to the LEFT of each of the four cut lines. Next, fold the dotted corners into the center of the square, lining up the dots on top of each other. We found this to be easiest if the paper is laid flat on a table surface. Finally, a grown-up or big kid can push the straight pin through the corner dots, through the dot in the

center of the square, and into the side of the pencil's eraser.

Now you are ready to test your mini windmill. Blow into it, and adjust (tighten or loosen the center pin) as needed for it to spin freely. The fun (and educational) part is trying it outside, turning at various angles for maximum wind power, or testing it at differing heights to find out about “drag” closer to the ground versus higher wind speeds on top of a hill (the same reason windmills are usually on hilltops when possible for maximum power generation). We found this to be a highly enjoyable even exciting project for a variety of children and adults alike. The bigger kids helped with the cutting and pinning, while everyone had fun decorating and testing the gizmos in the wind.

Nancy's Note: No teeth were harmed in the making of this project...we're just waiting on the tooth fairy to blow in on a breeze.

May Co-op Kids!: Watercolors and Outdoor Fun at Friendship Square

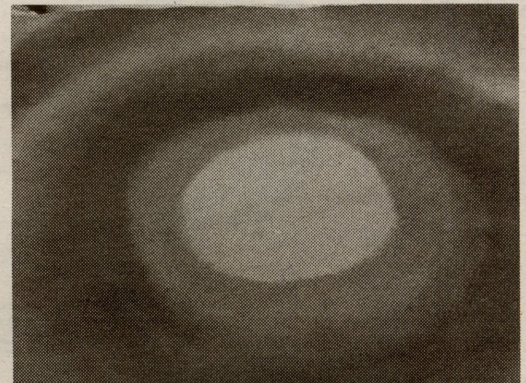
by Rebekka Boysen-Taylor, Co-op Kids! Coordinator

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

young child and the young at heart.

Watercolor Painting: At 9 a.m., Wednesday, May 14 we will meet in the Co-op cafe and try our hands at wet

on wet watercolor painting. This technique gives stunning results and is a simple way for budding artists to play with color. Please wear paint friendly clothing as this

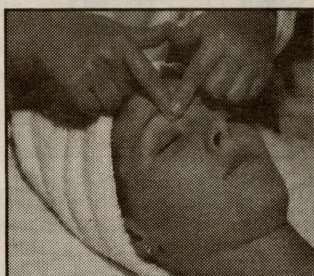


Come try your hand at wet on wet watercolor painting with us on May 14th!

could get a bit messy!

Outdoor Fun: At 9 a.m., Wednesday May 28 we will meet at Friendship Square to play outside and enjoy a morning in Moscow's beautiful downtown. Rebekka will have drinks and delicious snacks donated by the Co-op.

Rebekka Boysen-Taylor is the Co-op Kids! volunteer and mama to two organically growing little ones in Moscow. You can reach her at amamaswork@yahoo.com with questions or suggestions.



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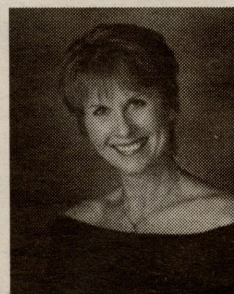


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Meals Kids Might Eat: Food Under Cover

by Judy Sobeloff, Newsletter Volunteer

Hungry FDA Official Orders Massive Pot Pie Recall: The FDA is urging all Americans in possession of flaky, delicious pot pies to turn them in to FDA headquarters as soon as possible.—The Onion, April 2008

This month, basking in the glow of successfully applying a pearl of wisdom gleaned from my previous column—that dinner will go way better if we have three or four different kinds of food on the table—I did a past-life regression, returning to two of my favorite foods from my childhood, pot pie and pigs in a blanket. Their common element: crust. While my fondly remembered versions contained meat and were made in part or in full by multinational corporations, the versions my family sampled this month were vegetarian or vegan and made mostly from scratch. In other words, after fruitlessly scouring the Co-op for tubes of crescent roll dough that would magically puff up upon being released from their cans (the blanket component of pigs in a blanket), I set off like a fairy-tale heroine to make my own.

While I did find recipes for so-called Easy Crescent Rolls on the Internet, easy didn't look so easy once I read the instructions, which involved starting with yeast the day before and multiple subsequent stages of punching and poking and prodding. Instead I opted for "really easy," sampling two versions of both pigs in a blanket and veggie pot pies.

While my childhood pigs in a blanket were beef hot dogs with melted cheese inside perfect, golden store-bought wrappers, the pigs we blanketed this month were not as pretty but still

well-received, and my kids didn't want cheese. Our first version involved wrapping a blob of biscuit dough around one's dog of choice (veggie or otherwise). The second version involved thawing a pie crust found loitering in our freezer (a step that added almost no time) and wrapping a triangular wedge of rolled-out pie crust around each dog.

In the dog department, my kids had tofu dogs, which fit under their blankets well enough, and veggie sausages, which were a little too large. While the results were less than spectacular visually, (the pie-crust wrappers were so crumbly we called this version "Dogs in the Sand") my family really liked both. Yes, I did see a more involved pie crust version on FamilyFun.com suggesting the use of an egg wash and refrigeration to help hold the crust together, but the quick and dirty way worked for us. Perhaps essential were the dainty dipping bowls of ketchup placed in front of each eater.

"Yumsters!" said the 4-year-old. "Mom? I like this!" said the 6-year-old. "Two thumbs up," I said, summarizing the consensus, but my four-year-old corrected me: "No, I know—a billion thumbs up! That means all the people in the world have to put their thumbs up!"

Thinking that the blanket in its many possible forms could be the key to dinner happiness, I set my sights on vegetable pot pie. Here, too,

Pigs in a Blanket, Variation 1 (inspired by FamilyFun.com)

- * 1 package hot dogs (veggie or otherwise)
- * Optional: slices of cheese
- * 1 frozen pie crust, thawed OR: 1 pie crust from scratch (your favorite recipe)

Preheat the oven to 450 degrees. Optional: cut a slit down the middle of each dog lengthwise and insert thin slices of cheese. Divide the dough in half and roll out to about a 1/8-inch sheet (use flour sparingly to keep the dough from sticking.) Cut the dough with a knife or pizza wheel into long triangles. Starting with the wide end (as opposed to the tip), roll a triangle of dough around the middle of each dog. Arrange on a greased baking sheet seamed-sides down. Bake for 10 minutes or until the crust is golden.

Pigs In A Blanket, Variation 2

Proceed as above, using refrigerated biscuit dough (your favorite recipe). Wrap a biscuit-sized blob of dough around each dog and place on greased baking sheet. Bake at 350 degrees for 10 minutes or according to biscuit recipe or until biscuits are brown.



we tried two versions: biscuit-topped and with a regular flat crust. While I loved the biscuit-topped version we sampled first and found it not just beautiful but intelligent (i.e., very tasty), my children were unenthused and said they didn't like it. Maybe this was due to the carrots (not called for in the recipe) not being soft enough or the unfamiliar aspect of the cornstarch (an element I didn't particularly love either, come to think of it) or... I still think this one would be

great to try again, ideally by another set of parents with another set of kids.

Both our kids, however, liked the gluten-free-and vegan-crust (read: crumbly and hard to roll out) pot pie we tried later, which confirms for me, Dear Reader, that their affinities may be—dare I say it—subject to change. We parents also liked this version, even more than the first one, with Fred saying, "Wow, that sure is good—what a tasty treat!"

Recipes continue on next page...

Judy Sobeloff likes both crust and frosting.

Meals Kids Might Eat: Food Under Cover (continued)

by Judy Sobeloff, Newsletter Volunteer

Recipes continued from previous page...

Awesome Gluten-Free Vegan Pot Pie (adapted from bookofyum.com)

Dough:

- ✦ 1 cup gluten-free flour blend (or regular flour)
- ✦ ½ teaspoon salt
- ✦ 1/3 cup vegetable margarine or organic vegetable margarine
- ✦ 2 tablespoons dairy-free milk of choice (or dairy)

Filling:

- ✦ 1 small onion, chopped
- ✦ 1 tablespoon olive oil
- ✦ 1 large carrot, chopped
- ✦ ½ red, green, or yellow pepper, chopped
- ✦ 1 medium pepper, finely chopped
- ✦ 1/3 cup frozen peas
- ✦ OPTIONAL: ½ cup crumbled tofu (can be marinated in vinaigrette overnight)
- ✦ 1 portobello mushroom, chopped
- ✦ ¼ cup red lentils
- ✦ 1 cup vegetable stock (fresh, prepared, or from vegetable bouillon cube)
- ✦ ½ teaspoon salt
- ✦ ¼ teaspoon pepper
- ✦ ¼ teaspoon sage
- ✦ Optional: ¼ teaspoon poultry seasoning
- ✦ ¼ teaspoon cayenne pepper
- ✦ 2 tablespoons gluten-free or other flour
- ✦ ½ cup non-dairy or dairy milk

1. Whirl the flour and salt together in food processor or mix by hand, then add the margarine and pulse or cut in until it becomes mealy. Then add milk and combine. Remove and shape into a ball and chill for at least an hour.
2. When ready to assemble, place your ball of dough inside a sturdy, freeze-proof, gallon-sized zipper storage bag and roll your dough out inside the bag to fit the baking dish (8 x 8 inch) you'll be making your pot pie in. NOTE: Patience may need to be summoned here, as gluten-free crust can be hard to roll. Optional: refrigerate the rolled-out dough in its bag for another half an hour or so before using. Repair or enjoy cracks.
3. Preheat oven to 400 and grease baking dish.
4. Make filling: Heat olive oil over medium heat in heavy pot and then add onions, cooking until translucent. Add carrot and bell pepper and cook a few more minutes. Add potato, peas, optional tofu, portobello mushroom bits, lentils, stock, and seasonings (but not flour or milk!) and bring to a boil, lowering heat and simmering for 6 minutes or more. Lentils should be al dente. Finally, sprinkle in flour and add milk, letting the dish thicken and stirring as needed.
5. Pop filling into greased pan and cover with dough. Cut into the dough so steam can escape and bake for 25 minutes or until lightly browned.

Homespun Biscuit-Topped Pot Pie

(Adapted from Moosewood Restaurant New Classics)

Filling:

- ✦ 1 tablespoon vegetable oil
- ✦ 2 cups coarsely chopped onions
- ✦ 2 or 3 garlic cloves, minced
- ✦ 1 teaspoon salt
- ✦ 1 teaspoon dried thyme
- ✦ 1 teaspoon dried marjoram
- ✦ 4-5 cups sliced mushrooms
- ✦ 1 tablespoon Dijon mustard
- ✦ 2 cups chopped sweet potatoes
- ✦ 2 cups chopped potatoes
- ✦ Optional: 2 cups peeled and chopped parsnips
- ✦ ½ teaspoon pepper
- ✦ 3 cups water or stock
- ✦ 3 tablespoons cornstarch dissolved in ½ c. cold water
- ✦ (OR substitute 6 tablespoons all-purpose flour or 3 tablespoons rice flour)
- ✦ 1 cup fresh or frozen green peas
- ✦ 1 cup fresh or frozen corn kernels
- ✦ 1 tablespoon soy sauce
- ✦ ½ teaspoon salt

Biscuit topping:

- ✦ 2 cups unbleached white flour
- ✦ ½ teaspoon salt
- ✦ 1 tablespoon baking powder
- ✦ ½ teaspoon baking soda
- ✦ 6 tablespoons melted butter
- ✦ 1 cup buttermilk or plain yogurt
- ✦ 1 teaspoon dried or chopped fresh dill

1. Preheat oven to 400. Lightly oil a 9 x 13 inch casserole dish.
2. Warm the oil in a soup pot. Add the onions and garlic, cover, and cook on medium heat for 10-12 minutes, stirring occasionally. Add the salt, thyme, marjoram, mushrooms, and mustard. Cook until the mushrooms start to release their juices, about 5 minutes.
3. Add the sweet potatoes, white potatoes, optional parsnips, pepper, and the water or stock and bring to a boil. Then reduce the heat, cover, and simmer for 15-20 minutes, until the vegetables are just tender. Stir the dissolved cornstarch mixture or flour into the simmering vegetables, stirring constantly. When the liquid starts to thicken, mix in the peas, corn, soy sauce, and salt. Pour the vegetables into the prepared casserole dish and set aside.
4. In a mixing bowl, sift together the flour, salt, baking powder, and baking soda. In a separate bowl, mix together the melted butter and buttermilk or yogurt. Combine the wet and dry ingredients with as few strokes as possible to make a soft dough. Drop the biscuit batter over the vegetables in the casserole dish in 6 equal mounds. Sprinkle the dill over the biscuits.
5. Bake for 25-30 minutes, or until a knife inserted in to the center of a biscuit comes out clean. Serve immediately.

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2008 Koppel Farm Spring Fair

by Tim Paulitz, Koppel Farm Representative

Come to the Pullman Community Gardens spring fair and open house at Koppel Farm from 10 a.m. - 2 p.m., Saturday, May 10. Garden plots, either 10 x 10 foot or 20 x 20 foot, are available for rent for only \$20-40 per year, including the use of hand tools and water. This is an organic garden on rich, river-bottom soil, adjacent to the South Fork of the Palouse River. We will have a plant sale at the open house including bedding and vegetable plants. Get advice on gardening from the Master Gardeners. Look at birds of prey from the WSU Raptor Club. A number of other community groups will be there, including the Palouse Prairie Foundation, Groundworks, Community Action

Center of Pullman, Whitman Humane Society, Backyard Harvest, and the Palouse Discovery Science Center. Vegetables from some of the plots grown by WSU students go directly to the Community Action Center food bank. Find out about how you can become involved in community gardening, even if you do not have your own land. You can email us at koppelfarm@pullman.com or visit our website at <http://www.pullman-wa.com/svcorg/pcg/default.htm>

Koppel Farm is located on the corner of Derby Street and Professional Mall Boulevard in Pullman.

Grow Your Own Food Co-op

by Andrew McLeod, Workshop Coordinator

The Northwest Cooperative Development Center is offering two weekends of workshops in Idaho. This two-part series will be hosted by the two established Idaho food co-ops, as an effort to bring cooperative resources to the Inland Northwest.

The first event will take place in at the Moscow Food Co-op May 30 - June 1, and will focus on building a strong organization and leadership. The second event will be held at the Boise Co-op August 15 - 17, and will focus on feasibility and financing. Each gathering will run from Friday evening to Sunday afternoon.

Currently, many Inland Northwest co-op members drive great distances to stock up on natural foods. These work-

shops will provide a detailed look at the process of opening a store and give these distant members have an opportunity to start their own cooperative.

Participants will learn from a food co-op development specialist, and directly from staff of the host cooperatives. You will also connect with each other for ongoing mutual support. The hosts are natural food stores, but those interested in starting consumer-owned stores of any size and flavor are also encouraged to attend.

Registration fees for each weekend will be only \$50, including materials. For more information, please email andrew@nwcdc.coop or call 360-943-4241. Registration is due May 23.

Riding the Organic Wave at WSU

by Bill London, Newsletter Volunteer

Two decades ago, organic agriculture was a fringe movement, generally ignored by land-grant researchers, when Washington State University professor John Reganold began comparing the soil quality, food nutrition and flavor, and environmental impacts of conventional and organic methods. Now, Reganold has become an internationally-recognized authority and the go-to source for reporters trying to explain the burgeoning influence of organic food.

"Organic is mainstream now," he said. "Since 1992 or '93, the organic market in the U.S. been growing by 20 percent annually. It's amazing."

At WSU, organic agriculture has become equally mainstream: offering the first, and still the only, undergraduate major in organic agricultural systems available in the U.S.

"At a faculty meeting in 2002, I said that the students and the industry both want an organic major, and that we should offer it as a way to get more people interested in agriculture," he said. "The department agreed. We finally got it all approved in 2006."

Twelve students are now enrolled in the major, with others in the pipeline ready to enter. Jobs await those graduates.

"I get calls all the time," Reganold said. "Industry people call me needing organic ag students. There are job opportunities to work at farms, restaurants, food production facilities and

certifying agencies."

One strength of the program is the combination of academic theory with practical field experience at the 3-acre Organic Farm at the Tukey Horticultural Orchard on the Pullman campus.

Brad Jaeckel is the farm manager and instructor of the practicum program. He established a CSA (Community-Supported Agriculture) program at the farm when he became manager in 2005. Through the CSA, local families pay a set fee at the beginning of the season and receive a box of fresh produce weekly (their share) from May through October. Pullman families pick up their CSA boxes Fridays at the farm and Moscow families get their CSA boxes at the Co-op's Tuesday market. Last year for the first time, Jaeckel was forced to turn away families wanting to buy one of the approximately 100 available shares. About 75 families are now on a waiting list.

With that increasing demand, Jaeckel was pleased to learn recently that the farm will be able to grow to about 10 acres at the Tukey site and that WSU is planning to build two permanent structures on the farm to house student workers and use as classroom, storage and office space—if the Pullman-Moscow Airport expansion does not interfere with the project.



"We will not know for several months about the impact of the airport expansion. We are excited and hopeful about growing our farm," Jaeckel said. "Interest in organic agriculture continues to expand, among students and in the community,

and we hope to expand to fill that need."

"At WSU, organic agriculture has become equally mainstream: offering the first, and still the only, undergraduate major in organic agricultural systems available in the U.S."

Bill London edits this newsletter. This article originally appeared in WSU Today, and is reprinted with permission.



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Kids Summer Expedition: Sustainable Agriculture on the Palouse

by Lahde Forbes, Palouse Prairie School Representative

Calling all kids: come garden, harvest, and learn sustainable agricultural practices July 21 - August 1! Palouse Prairie School of Expeditionary Learning and the Palouse-Clearwater Environmental Institute are collaborating to offer community kids a summer expedition they won't forget.

✿ Tend a plot at the Moscow Community Garden

✿ Harvest fruit and vegetables with Backyard Harvest for local food banks

✿ Get hands dirty learning about earthworms, pollinators, seeds, plant growth

✿ Paint a mural on the PCEI rainwater collection tank

✿ Learn planting and harvest dances of the English Country and Morris traditions

Participants will learn how watershed conservation intersects with agriculture and sustainability, as well as what each of us can do individually and together

to make choices that have positive community impact. All activities are guided by the Expeditionary Learning model, the model used by the Palouse Prairie School of Expeditionary Learning, opening in fall 2009.

Details: July 21-August 1, weekdays from 9 a.m. - 2 p.m. Children who have completed kindergarten to 4th grade are eligible. Space is limited to 20, so apply early! Cost is \$200. Scholarships are available, as well as volunteer positions for parents. Application deadline is June 21. To

learn more and apply, visit our website at <http://PalousePrairieSchool.org/>

Palouse Prairie Educational Organization Inc. also seeks a temporary part-time employee to coordinate start-up activities for the Palouse Prairie Charter School of Expeditionary Learning in Moscow, Idaho (opening fall 2009). \$15/hour, average 10+ hours/week, May 1-August 31, 2008. Full job description and application at <http://PalousePrairieSchool.org/>

Old Time Fiddling Concert at the Dahmen Barn

by Leslie Miller, Manager, Artisans at the Dahmen Barn

On Saturday, May 10 at 7p.m., champion fiddler Mabel Vogt will lead the Potlatch Jr. Jammers in an old time fiddling concert at the Dahmen Barn. The Jr. Jammers is a group of Palouse area young people who play traditional fiddle music. In the past 30 years, over a hundred young fiddlers have experienced the fun and challenge of playing in this group. They have performed for clubs, churches, and community events throughout the region. Their music has entertained convention visitors from around the state and world. Jr. Jammers encourage members' families to participate as stringed instrument accompanists, so bridge the generation gap. The group was organized and has been led since 1984 by Mabel Vogt. Vogt is recognized as a champion fiddler, most

recently taking the 2008 Idaho Senior Champion prize. She is a third generation fiddler who also judges fiddling competitions. Vogt will play from her repertoire of fiddle dance music featuring jigs, reels, ragtime, and waltzes. Accompanying Vogt will be Rod Anderson, the top back-up guitarist at the National Oldtime Fiddlers' Contest in Weiser. This is a concert not to be missed. The Dahmen Barn rocked last year when this group played. \$5 at the door.

Artisans at the Dahmen Barn is located in the big white barn behind the famous iron wheel fence on highway 195 in Uniontown. The artisan center is open Thursday through Sunday from 10 a.m. to 6 p.m.

Co-op Cartoonist Art on Exhibit

by Bill London, Newsletter Volunteer

The artwork of Co-op cartoonist Anna Brewer is on exhibit at Columbia Tractor, 1906 South Main in Moscow, through June 11. The work includes Palouse landscapes, farms and farm machinery.

This art exhibit is a first for Columbia Tractor, which is a John Deere dealership is better known for its combines, tractors, and lawn equipment.

Anna Brewer moved to Moscow on Halloween of 2006. Born in England, she trained in Fine Art in London and



Liverpool. Moving to California in 1987, she worked as a muralist, animation assistant, teacher, illustrator, and cartoonist. She now draws "Palouse Report," a cartoon in the Moscow Food Co-op's Community News and explores the wheat fields endlessly with brush in hand.

Bill London edits this newsletter and finds profound enjoyment from the incredible talents of Moscow community members, including Anna, who share their skills and work so generously.

Grow Your Own Medicine!

by Sunny Cook, Pay Dirt Farm School coordinator

"Grow Your Own Medicine!" is a practical, introductory class on how to grow, harvest, and use medicinal herbs. Participants will learn how to create the best conditions for growing herbs, evaluate the plants, and identify good quality herbs by their look, taste, and smell. Proper techniques for harvesting and drying the herbs will be examined, followed by methods used to prepare and use them for medicinal purposes. Class participants will take home plants, seeds, and the information necessary to start and maintain their own herb gardens. This class promises to be an empowering way to "localize" your medicine cabinet and reconnect with the soil beneath your

feet! Class instructor, Sequoia Ladd, is a practicing herbalist with over 15 years of experience. Beginning in early childhood, she learned traditional folk medicine and gardening techniques from her grandmother. She later continued studying herbal medicine with well-known Northwest herbalist Cascade Anderson-Geller, and graduated from the Southwest School of Botanical Medicine in Arizona. After operating an herbal clinic and dispensary in Tacoma, Washington for many years, she recently relocated to Moscow with her husband. In addition to raising a family, Sequoia continues to conduct a private herbal practice and work part time as

the Moscow Food Co-op Herb Buyer. On sunny days you will find her in the garden, since she grows and wildcrafts (harvests wild plants) approximately 90 percent of the herbs she uses.

The class is from 10 a.m. - 1 p.m., Sunday, May 18 at Sequoia's home and garden. Bring containers to take home seeds, and wear clothes that can get dirty. Cost is \$25, and preregistration is required. This class is offered through Pay Dirt Farm School, a nonprofit organization founded by MaryJane Butters. To register, call Sunny at 208-882-6819, or email her at sunny@maryjanesfarm.org. Hope to see you there!

Sunny enjoys gardening and learning about herbs, and is looking forward to playing in the dirt at this class!



Our Volksvegan Adventure

by Megan Prusynski, Newsletter Volunteer Designer

There are road trips, and then there are unforgettable adventures. For the last half of 2007, I went on one such journey.

My boyfriend and I lived in Moscow for over six years and loved it. But the open road was calling and we were ready for a change. We bought a diesel VW camper van and spent a year fixing it up and adding a conversion that allowed it to run on bio-diesel or waste vegetable oil. We'd gone on several weekend trips in the van we called the "volksvegan" but we longed for more.

We decided to do something crazy while we were still young and unattached. We wanted to move, but since we didn't know where, we would travel until we found home. So, making the most drastic but rewarding decision of our lives, we saved our money, quit our jobs, and sold or stored everything we owned. Then we embarked on our volksvegan adventure.

We traveled through Montana, Idaho, Alberta, British Columbia, Oregon, California, Utah, and Washington. Our time was spent hiking, climbing mountains, visiting friends, and seeking communities that felt like home. We visited 14 National Parks in the United States and Canada, plus many state parks and wilderness areas.

We made many memories on our adventure, but a handful stand out. Backpacking in Banff National Park, we stopped to camp. Suddenly we spotted a bear coming toward the campsite, and made noise to scare her away. We watched as the mama and baby grizzly meandered around the far side of the lake. Later, we came upon a herd of bighorn sheep munching grass. They were undaunted by us, so we had lunch with them before continuing our hike. These were just two of the many wildlife encounters we had.

Another wonderful experience was climbing Mt. Adams in Washington. It's the tallest mountain I've summited, at 12,276 feet, and one of several mountains we climbed during the trip. It was a rocky climb up, a cold couple of nights of camping, and a fun slide down the ice fields. The amazing view was worth it. From the top, we could see Mt. Hood, Mt. Rainier, and Mt. Saint Helens.

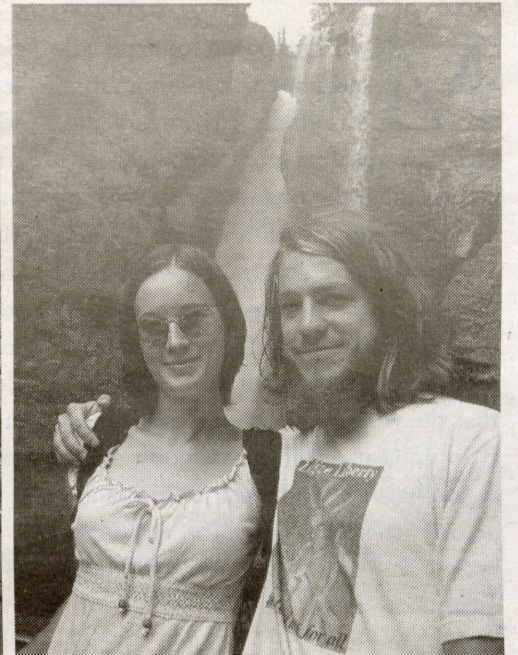
We walked on a glacier connected to the Columbia Icefield that is on a triple continental divide. We picked up a couple hitchhiking in Canada and made new friends. We went for late

night dips in hot springs near Eugene, Oregon. We met tree sitters in Berkeley, and we hiked on the mystical Mt. Shasta in California. We sampled beers at several breweries. We spotted all kinds of wildlife. And of course, we took pictures.

After six months on the road, we decided to settle down. We had really enjoyed Northern California, so we chose Fort Bragg as our new home. So far, we love being surrounded by redwoods, visiting beaches, and getting involved in the community. We still miss Moscow and our Co-op, but will never regret our volksvegan adventure or making a new start in a beautiful place.

You can read more about our adventure on "Our Volksvegan Adventure" at www.volksvegan.org, and see pictures at www.flickr.com/photos/meganpru/collections/72157600768129053/.

Megan Prusynski designs this newsletter from her new home in California. She retains ties to Moscow and hopes to visit often — because after visiting so many Co-ops on her travels, there is still no place like the Moscow Food Co-op.



Top left: Our home on wheels at Mt. Shasta in California. Top right: Hiking at Johnston Canyon in Banff National Park. Bottom: Our travel companion, Juneau, enjoys the view at Pulsatilla Pass in Banff National Park, Canada.

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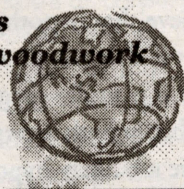
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May Hot Specials



Breakfast / Lunch

Dinner



SUNDAY	
Spinach-Mushroom Frittata, Tofu Scramble, Homefries, Sausage Patties	Lemon Herbed Salmon, Mean Greens, Pampushki (Rustic Potato Dumplings), Strawberry Rhubarb Cobbler
MONDAY	
Gourmet Pizza by the Slice	Greek Stuffed Cabbage Leaves, Feta Potato Casserole, Mixed Berry Crisp
TUESDAY	
Peking Chicken, Fried Rice, Egg Rolls, Molten Chocolate Cake	Tacos: Beef, Tofu, Fish, Spanish Rice, Refried Beans, \$2 Tuesday: Jalepeno Poppers
WEDNESDAY	
Quesadillas: Chicken or Veggie, Tofu Verde, Spanish Rice, Strawberry Rhubarb Cobbler	Stuffed Chicken Florentine, Mushroom Sweet Pea Risotto, Stuffed Portobellos
THURSDAY	
Smothered Burritos: Chicken, Veggie, Vegan, Chicken Enchiladas	Chinese BBQ Ribs, Wontons, Szechuan Sesame Noodles, Cherry Vanilla Rice Pudding
FRIDAY	
Foldovers! Mean Greens, Mixed Berry Crisp	Gourmet Pizza by the Slice
SATURDAY	
Breakfast: Homefries, Egg & Tofu Scramble Lunch: Chicken Fried Steak, Peach Honey Bread Pudding	Dinner: Tomato Baked Chicken, Chickpea Rissoles, Roasted Potatoes

Choices in Wellness: Ayurvedic Medicine

by Dr. Angila Jaeggli, Newsletter Volunteer

My first exposure to ayurvedic medicine was listening to this kindly, elder ayurvedic physician speak at a conference, where he explained the nuances of ayurvedic detoxification and elimination (known as *panchakarma*), beginning with vomit therapy. This got my attention, as it is not often you hear those two words used together. He went on to explain that the view of ayurveda is that illness is an imbalance within the body, and to regain balance, one must nourish and detoxify the body and spirit, eliminate toxins, and balance the *doshas* within. Treatments are aimed to promote self-healing and balance. I thought, this is a very lovely, gentle medicine, addressing the wellness of the *whole* person, spirit, mind, and body. Still curious about the (actually, turns out, not so shocking) vomit therapy, I later learned that it is indeed used, but typically sparingly, under medical supervision, and is not commonly prescribed in the West.

Ayurvedic medicine is an ancient form of health care native to India, dating back to 3,000 B.C. The word ayurveda literally means "life knowledge," however, also translates to "knowledge of a long life" and "science of life." It is widely practiced in its country of origin, as well as throughout Sri Lanka and Nepal. Ayurveda is now gaining popularity in westernized countries, as people are searching for healthy alternatives.

The basis of Ayurvedic medicine is

interconnectedness, with oneself, others, the earth and spirit. This connection affects the *prakriti*, or one's constitution, which is a unique combination of physical, mental, and spiritual characteristics. A person's constitution is a balance of the three *doshas*, or characteristics, *vata*, *pitta* and *kapha*, although one *dosha* is typically prominent. Imbalances of the *doshas* can be due to an unhealthy lifestyle or diet, too much or too little mental or physical activity, or exposure to viruses or bacteria.

Vata is responsible for the major physiological processes of the body. *Vata* dominant people are thought to be thin and energetic, who tire easily, are quick learners, and have irregular routines with a love for sweet and salty foods. When out of balance they can have cold hands and feet, variable digestion, dry skin and insomnia. *Vata* people are thought to be susceptible to skin, mental, and neurological diseases.

Pitta represents digestion, metabolism, hormones and heat. *Pitta* dominant people are thought to be of medium build, ambitious, intelligent, and dominant with a good appetite. When out of balance, they can be irritable, jealous, and short-tempered with a tendency towards acne, digestive disturbances and bad breath.

Kapha represents nourishment, and helps to build strength and immunity. *Kapha* dominant people are heavily built, strong, move slowly, but with



Illustration by Lucas Rate.

grace, are lovely, affectionate and reliable, and slow to anger. When out of balance, they can develop asthma, other respiratory illnesses, diabetes and digestive issues.

Ayurvedic practitioners assess you and determine your primary *dosha* and imbalances through a combination of pulse and tongue diagnoses, in addition to an assessment of diet, lifestyle, urine, stool, skin, and overall appearance. Digestion, personal habits, and the ability to recover from illness or stress are all considered when developing a health plan.

Treatment generally requires active participation from the individual, as changes in diet, lifestyle, and habits are typically recommended. Elimination of impurities, reduction of worry and symptoms, an increase in harmony and

treatment of physical and psychological issues are all possible treatment goals. These can be accomplished through recommendations of herbal formulas, yoga, meditation, fasting, enemas, special diets, botanical nasal sprays, sweating, exercise, and massage with medicinal oils. And for the brave, let's not forget vomit therapy.

Candace Magnuson, a Clinical Ayurvedic Specialist and Licensed Massage Therapist, is a practitioner of Ayurvedic medicine in Moscow at Healing Wisdom, (208) 882-2578.

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

Critter Corner: Hypothyroidism in Dogs

by Janice Willard, DVM, Newsletter Volunteer

"Rosie looks sad," said my friend Melodie. And she did, I realized as I looked closely at my 10-year-old, mixed breed dog. I guess I had seen it, but because of the gradual change, I hadn't paid close enough attention. She wasn't as active as before, but I had incorrectly dismissed that as her aging. It was time to take a closer look.

One thing that turned up on Rosie's blood-work was something that I had suspected: Rosie was hypothyroid.

The thyroid, a bi-lobed gland in the neck, produces thyroid hormone. Thyroid hormone functions as a master controller of the body's metabolic system and there is no tissue or organ system in the body that is not affected by thyroid hormone.

It seems that such an important hormone that does so much would show obvious symptoms when not present in the correct amounts. But the gradual onset and widespread effects, make it difficult to detect initially.

Hypothyroidism, producing too little thyroid hormone, can masquerade as old age in animals. A hypothyroid dog is often lethargic, mentally dull, tends to gain weight, fatigues easily, and has poor cold tolerance. Essentially, they turn into slow motion, heat-seeking missiles, always looking for a warm place to sleep. Classic hypothyroid changes in dogs can be seen in the coat, including hair loss, a dry scaly coat, and recurrent skin infections. Behavioral changes may include increased irritability ("crabby") or less enthusiasm, which may be described as "sad" as my friend Melodie noticed in Rosie.

One would think that a disease with such far-reaching effects would be easy to recognize and diagnose. But sadly, this is not the case. Accurately diagnosing hypothyroidism can be a complex combination of observing clinical signs and sometimes several laboratory tests (luckily, with Rosie we found it easily). Sometimes, if the clinical picture and test results are ambiguous or don't agree, the diagnosis has to be made by doing a short trial therapy and looking at the response.

There is controversy about the prevalence as well. Many veterinarians believe that hypothyroidism in dogs is over-diagnosed; while others believe that it is under-diagnosed. In all reality, probably both viewpoints are accurate; there are likely hypothyroid dogs who are not recognized and diagnosed, while there are also cases of dogs who were

not, it turned out, actually hypothyroid.

A majority of hypothyroid cases in mature dogs is a result of deterioration of the thyroid gland itself, making it unable to provide the body with the thyroid hormones it needs. The cause of this is unknown. What is known is that life-long, thyroid supplementation will be necessary. A daily dose of the correct amount of supplemental thyroid (as determined by your veterinarian) will keep hypothyroid dogs healthy and happy for years.

I am grateful to my friend for alerting me to a problem that was right under my nose when I had on the blinders of familiarity. Likely we would have caught this eventually, but for Rosie's sake, sooner was better than later.

Book Reviews: Plowed Under

by Bill London, Newsletter Volunteer Editor

Finally, in Andrew Duffin's book, *Plowed Under*, we have an authoritative history of this unique environment called the Palouse. Duffin, who was fascinated by the ecological mysteries of this region while a graduate student at Washington State University and completed his research for this very readable overview while on fellowship at WSU's Foley Institute, is now an assistant professor of history at Western Kentucky University.

Duffin starts at the geologic beginning, with the ancient bedrock that pokes upward at Moscow Mountain, Kamiak Butte and other Precambrian protrusions; the layers of molten rock that covered the region periodically over 20 million years; the wind-blown dust and ash that formed the quilt of iconic dune-shaped hills; and finally the cataclysmic Ice Age floods of 20,000 years ago that scoured away the soil along the western boundary of the Palouse.

The original tribal people arrived about 12,000 years ago. At the time of the Lewis and Clark visit in 1805, there were perhaps one to two thousand members of the Palouse tribe living in the region. Neighboring tribes, includ-

ing the Coeur d'Alene and the Nez Perce, survive today, but the Palouse and Cayuse were scattered and eliminated by the incoming settlers.

The Palouse was initially considered a bunchgrass desert, unfit for agricultural development. But as other land in the inland northwest was occupied, in the 1870's, settlers moved into the Palouse, raising cattle and establishing towns and subsistence farms. In the decades to follow, the increasing population, the arrival of the land-grant universities and the railroads, and the gradual realization that the hills could grow lots of wheat, shifted agriculture toward mechanization and consolidation. Farms got bigger, and farmers got richer.

Duffin makes it clear that the lure of money was responsible for that shift away from small family subsistence farms to market-driven agribusinesses. And it was that same shift that unleashed the 800 pound gorilla—soil erosion—that dominated the changing Palouse environment at that time, and continues today as the hidden impact of plowing and planting these vulnerable hillsides.

By 1978, the US Department of Agriculture determined that erosion had stripped all the topsoil from ten percent of the Palouse and one-quarter to three-quarters of the soil from another 60 percent.

While this lurking 800-pound gorilla has killed the streams of the region and literally reshaped the hills, the agribusiness interests (including the university researchers, the banks, and the farmers themselves) ignored the obvious erosion, choosing greed over stewardship. Farmers, brazenly calling themselves "the original environmentalists," continued to take and even demand federal subsidies without any oversight or requirement to leave their land better than they found it.

That summarizes the environmental history Duffin has uncovered about the Palouse, and then has presented in an academic and factual, but not dry and boring, style.

If the book has a failing, that failing would be in emphasis. Duffin rushes through the preliminaries of geologic history and through the first decades of white settlement to focus on the

"Duffin rushes through the preliminaries of geologic history and through the first decades of white settlement to focus on the rise of agribusiness and soil erosion."

rise of agribusiness and soil erosion. By racing through the preliminaries, he does emphasize the ecological failings of today's Palouse monocultural desert. However, he does miss out on some great, and important, parts of the Palouse story.

For example, Duffin never explains how the tribes were chased off the Palouse, ignoring the failed campaign of Colonel Steptoe and then the later assassination of the tribal leaders at Hangman Creek.

However, that is really a petty concern. Duffin's book is the one to read for those who want to understand why the Palouse is what it is.

Plowed Under is available at BookPeople or at the Moscow Public Library.

Co-op Crossword Puzzle

by Craig Joyner, Newsletter Volunteer

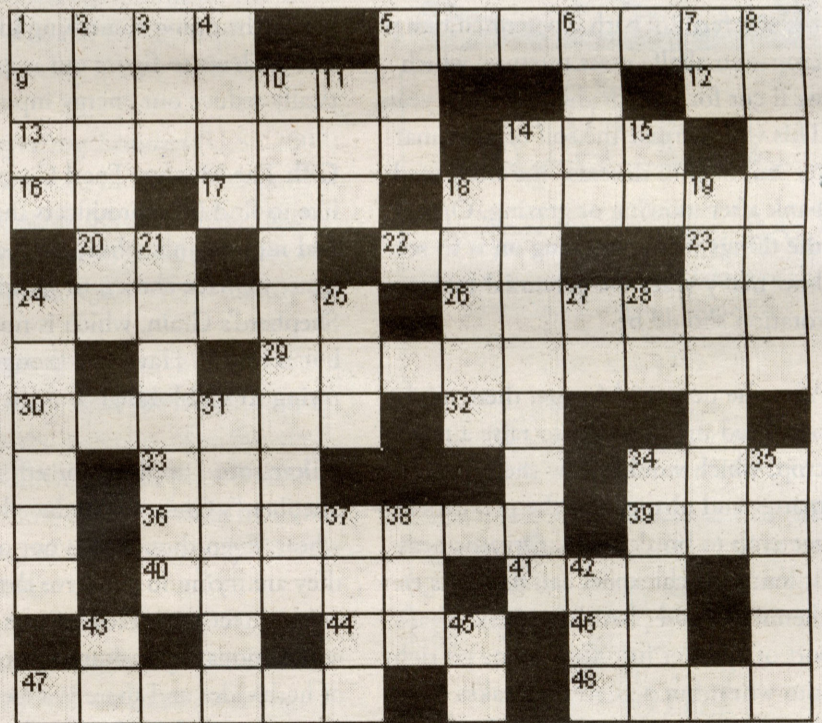
ACROSS

- 1 Re-elected MFC board member, 1st name, 2nd is 1 down
- 5 Frozen entrees that are gluten, dairy, & soy free, 1st name, 2nd is 24 down
- 9 FDR's wife
- 12 Preceding
- 13 Humans are adversely affecting this
- 14 Slump
- 16 Collegiate home of the Jayhawks or Hawaiian god
- 17 And so on
- 18 Lavender can help beat this
- 20 Mother
- 22 Cosmetics brand
- 23 Musical syllable
- 24 Comport
- 26 Instructor of MFC's solar cooking class, 1st name, 2nd is 8 down
- 29 New Mexico National Monument near Cibola National Forest
- 30 Stellar
- 32 Bulk bin items are priced by the ounce and this, abbreviation
- 33 ___ Paulo, Brazil
- 34 Thai Kitchen entree ___ Thai
- 36 Ancient city of Crete
- 39 ___ carte
- 40 Thespian
- 41 Been
- 44 Scharffen Berger or Dagoba have chocolate available in this form
- 46 Rural road, abbreviation

- 47 Cosmetics company _____
- Organic
- 48 Last month's profiled employee, 1st name, 2nd is 36 down

DOWN

- 1 See 1 across
- 2 Enlighten
- 3 Floral garland
- 4 Weak
- 5 Raw metal
- 6 Vegan gelatin source derived from seaweed
- 7 Personal pronoun
- 8 See 26 across
- 10 Closing band on the 1st night of Ren Fair
- 11 Medication that doesn't require a prescription, abbreviation
- 14 They have 4 in the freezer's top
- 10 ___ Island
- 15 This abbreviation will never precede MFC produce
- 18 Rope or carpet fiber
- 19 Unemotional
- 21 Cocoa brand!
- 24 See 5 across
- 25 Local musician Paul ___ Smith's cd, Homemade, is available at MFC
- 27 High school test to earn college credit, abbreviation
- 28 Iconoclastic jazz musician Sun ___
- 31 Animosity



- 34 Farfalle, fusilli, or radiatore
- 35 See 48 across
- 37 Japanese electronic corporation
- 38 ___ Lanka
- 42 Curve
- 43 Periodic symbol for gold
- 45 Neolithic comic strip character

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

Local Farm Initiatives toward Organic Wheat (Part II of II)

by Sharman Gill, Newsletter Volunteer

A future for organic wheat may only be a town away. Eric Zakarison, in cooperation with his wife (Sheryl Hagen-Zakarison) and parents (Russell and Elaine Zakarison) runs a 600-acre conventional farm in Palouse. They are transitioning toward organic with an integrated system of winter wheat, spring wheat, alfalfa, lambs, and pasture poultry. Zakarison says that in the long-term they are aiming to “to shrink the industrial arm and increase the organic farming system.” Following are some of his thoughts on organic farming techniques, research, the local market, milling, energy consumption, and even a few good books to read.

Gill: What are you currently doing to transition your farm toward organic?

Zakarison: I’m working with Lynne Carpenter-Boggs and Dave Huggins (Washington State University Extension) on a Bio-Ag project that we are going to do if funding comes through. We currently have a test plot in which we are looking at different rotations and how they enhance soil fertility.

Gill: What types of rotations will you use?

Zakarison: We first need to restore the soil fertility with a perennial forage crop—an alfalfa grass mixture, which we’ll cut for hay for the first three years. This will increase the soil organic matter and help to decrease the weed seed bank after mowing or grazing. One of the things we are working on is to see how many years the perennial forage rotation should be.

After the perennial forage, there might be a need the first year to raise a pulse crop, which would allow the organic matter and nitrogen of the previous forage crop to break down. Organic peas or lentils or chickpeas can fix nitrogen themselves and provide fertility. That’s sort of counter intuitive. Some go right into wheat but a good crop takes about three rotations, perhaps over four years.

Gill: What about the economic viability of multiple, long, rotations?

Zakarison: It is important to have an integrated farm with a crop/livestock mix. Right now the organic forage prices are very high, \$180-\$250 a ton. You can do well, especially with minimal inputs.

There is a tremendous local demand for our locker lambs along with our pas-

ture poultry. How much we cut for hay depends on the forage needs of our animals. Even without those animals, you could sell the hay and do quite well.

Gill: How are you controlling the weeds while conserving the soil?

Zakarison: The Holy Grail in organic farming is to do it organically with minimal soil disturbance, essentially no-till. The weeds are a real concern. One way to outwit them is to use extended rotations of pulse crops, grain crops, and even warm season crops liked millet. They can be planted at different times. It takes an innovative crop mix in order to outsmart the weeds.

I will probably use some tools that minimize soil disturbance, but one of my concerns is to make sure that our total energy consumption in producing the crop is reasonable. That’s where the livestock grazing comes in.

We are actually thinking about bringing draft horses and animals back. I’m learning how to drive a mule team. This past winter I’ve started raising a couple of young ox calves. Draft animals are solar powered, fueled by forage from my farm. Their motors are running all the time but they are not consuming fossil fuel and they help harvest the forage. I’m not saying everyone should be doing something like this. But we have to figure out ways to drastically reduce our energy inputs.

Gill: The Moscow Food Co-op would like to find local producers that grow and mill organic wheat. In the mean time, we have chosen to go with Shepherd’s Grain, which is not organic but is no-till. Have you thought about trying to mill locally?

Zakarison: I applaud the efforts of Shepherd’s Grain to produce local wheat. Even though it is not organic, they are trying to conserve the soil by using direct seed. However, as with any conventional agriculture, they use a lot of herbicides and there is a tremendous amount of fuel used in producing the food. Energy consumption is our next great challenge, probably more important than if it’s grown organically.

We have thought about local milling. Rather than the centralized mill, I’ve often thought what makes more sense are small on-farm mills. I realize that they can’t mill flour with the sophistication of the Archer Daniels Midland set-up that Shepherd’s Grain uses in Spokane. But it may be important to cut that carbon footprint as much as

you can and see if local-based milling works.

Also, there is a group in Dayton, Washington who is studying the feasibility of starting a dedicated organic mill. They have some state economic development money available to actually do this. Of course, the problem with local organic milling is the chicken and the egg thing. You can’t start milling without wheat but no one wants to grow the wheat without a small mill, so, thank goodness for Shepherd’s Grain right now.

Gill: Are you a reader of Wendell Berry by any chance?

Zakarison: Yes, some of his poetry, of course, and some of his articles. There are two books that have changed my whole outlook on farming: The Omnivores Dilemma, by Michael Pollan, and The Party’s Over by Richard Heinburg. Time is running out. While gas is still reasonably priced we have to figure out how to grow food and live in a different way. We really do.

“The Holy Grail in organic farming is to do it organically with minimal soil disturbance, essentially no-till.”

Gill: I appreciate this interview and wish you great success with organic farming. Hopefully, through research with WSU Extension, you can help to discover some organic systems that will work well on the Palouse.

Zakarison: Thanks for writing the article. The Moscow Food Co-op is wonderful. We greatly appreciate the products that they make available. It is food that is sold and marketed the way it should be.

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

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New at the Library

by Chris Sokol, Latah County Library District

Books are the blessed chloroform of the mind.”

—James Payn, 1864

NONFICTION:

Cradle to Cradle by William McDonough & Michael Braungart. A new “eco-effectiveness” that would render traditional environmentalism and manufacturing obsolete.

I’ve Heard the Vultures Singing by Lucia Perillo. Before she was diagnosed with MS, park ranger Perillo loved hiking and skiing in the Cascades.

The Last Polar Bear by Steven Kazlowski. An intimate photographic investigation of the fragile existence of a creature impacted by climate change.

The Open Road by Pico Iyer. The global journey of the Fourteenth Dalai Lama.

Three Cups of Tea: One Man’s Mission to Promote Peace in Pakistan and Afghanistan, One School at a Time by Greg Mortenson and David Oliver Relin. If you missed the authors’ appearance in Moscow on April 3, be sure to read the book (also on audio).

The Three Trillion Dollar War by Joseph E. Stiglitz. A winner of the Nobel Prize in Economics examines the true cost of the Iraq conflict.

Uncertain Peril by Claire Hope Cummings. Genetic engineering and the future of seeds.

FOOD:

Complete Book of Indian Cooking by Suneeta Vaswani. 350 recipes from the regions of India.

Dim Sum Made Easy by Lucille Liang. Make a fabulous array of delicious nibbles for entertaining.

Farm Sanctuary by Gene Baur. Changing hearts and minds about animals and food: what’s the real cost of the meat on our plates?

The Geography of Wine by Brian J. Sommers. How landscapes, cultures, terroir, and the weather make a good drop.

Moveable Feasts by Sarah Murray. From ancient Rome to the 21st century, the incredible journeys of the food we eat.

The South American Table by Maria Baez Kijac. The flavor and soul of authentic home cooking from Patagonia to Rio de Janeiro, with over 450 recipes.

Spain and the World Table by the Culinary Institute of America. A celebration of Spanish gastronomy and its influence on world cuisine.

The Trailside Cookbook by Don and Pam Philpott. A handbook for hungry campers and hikers.

HOME AND GARDENING:

The Complete Compost Gardening Guide by Barbara Pleasant and Deborah L. Martin. Save time and money while producing the most flavorful, nutritious crops ever.

The Complete Modern Blacksmith by Alexander G. Weygers. Teach yourself the lost arts of blacksmithing and tool design and repair.

Crops in Pots by Bob Purnell. A how-to for herbs, fruits, and vegetables in easy-care containers.

Garden Mosaics by Becky Paton. 25 step-by-step projects for your outdoor room.

Green Remodeling by John D. Wagner. Your start toward an eco-friendly home.

Wind Power: Renewable Energy for Home, Farm, and Business by Paul Gipe. The definitive book on wind energy, now revised.

PREGNANCY & PARENTHOOD:

The Complete Organic Pregnancy by Deirdre Dolan and Alexandra Zissu. What you need to know, from the bed you sleep in to the water you drink.

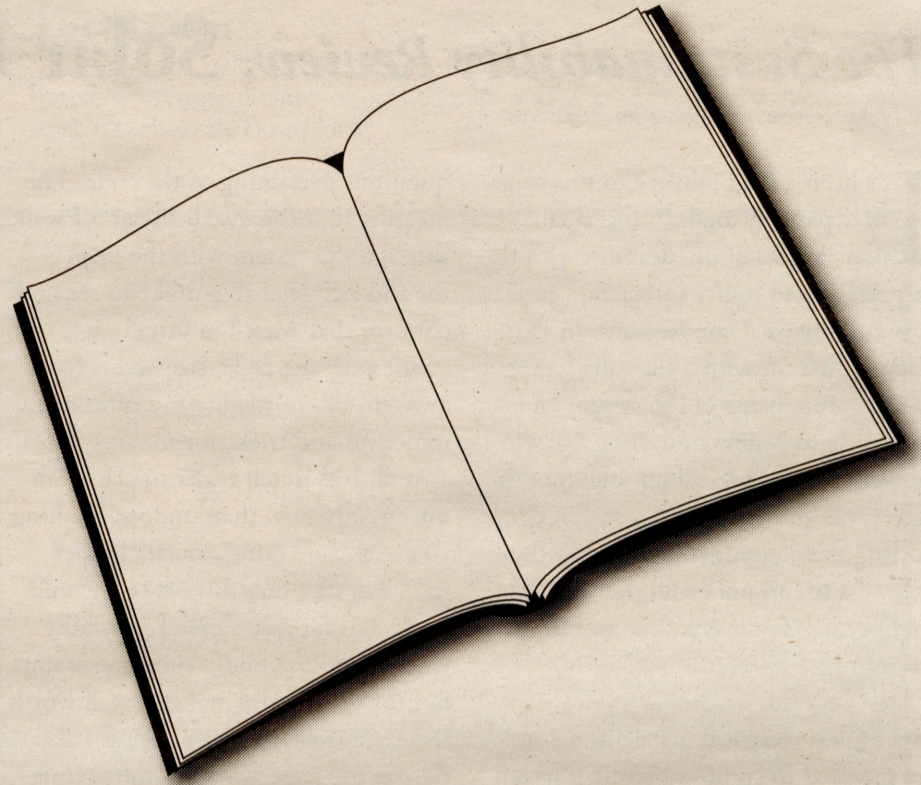
Our Bodies, Ourselves: Pregnancy and Birth by the Boston Women’s Health Book Collective. Up-to-date information along with firsthand experiences.

Raising Baby Green by Alan Greene. The earth-friendly guide to pregnancy, childbirth, and baby care.

REGIONAL INTEREST:

Jackalope Dreams by Mary Clearman Blew. Local author Blew tells a story of Montana in which the old West meets the new.

Palouse Paradise (DVD) A program from Idaho Public TV’s Outdoor



Idaho.

State Legislature (DVD) Lobbyists, lawmakers and their constituents debate and discuss during one entire session of the Idaho Legislature. The New York Times called this film “absolutely mesmerizing.”

Things to Do Outside On the Palouse by Mathew Hall. The Palouse outdoors offers both adrenaline and solitude, if you know where to look.

DVD:

Blue Vinyl (U.S., 2002) Skeptical about her parents’ re-do of their home with PVC siding, filmmaker Judith Helfand searches for the truth about vinyl, balancing horror with humor.

The Darjeeling Limited (U.S., 2007) Three American brothers who have not spoken to each other in a year take a train voyage across India together, but their “spiritual quest” veers rapidly off-course.

For the Bible Tells Me So (U.S., 2007) Through the experiences of five very normal Christian American families, we discover how people of faith handle the realization of having a gay child or family member.

Moolaadé (Senegal, 2004) The final film by African cinema’s founding father, Ousmane Sembene, is directed against the still-common practice of female genital mutilation.

The Real Dirt on Farmer John (U.S., 2005) An outcast in his Midwestern community, Farmer John transforms his farm, creating a bastion of free expression and a revolutionary form of agriculture.

Songs From the Second Floor (Sweden, 2000). The Globe and Mail said this is

“like an Ingmar Bergman movie as realized by Monty Python.”

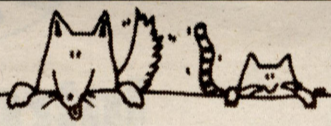
Chris Sokol is the Adult Services Librarian for the Latah County Library District. Check out more new stuff at www.latahlibrary.org

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The Sustainability Review: Solar Electric System (Part Four)

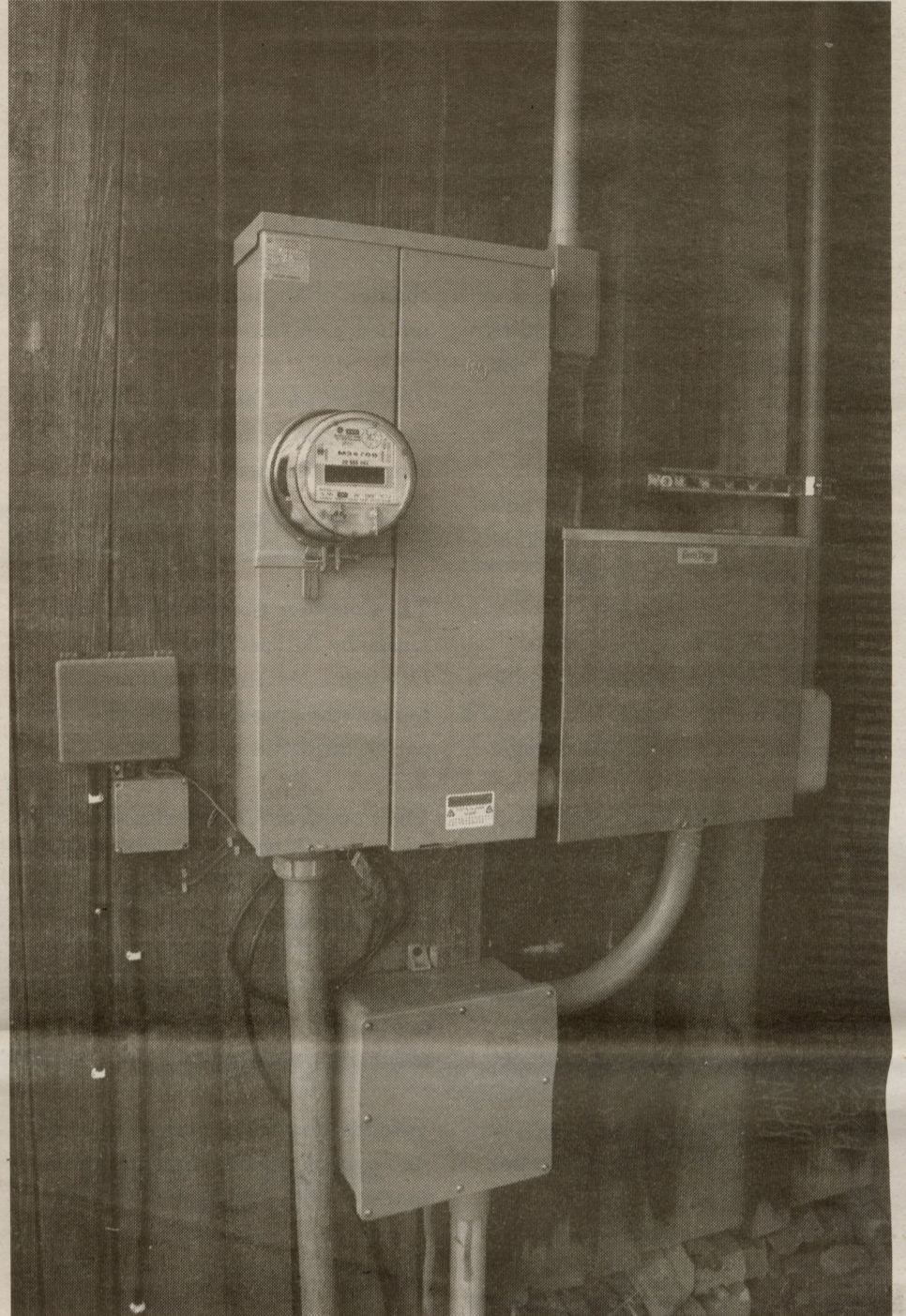
by Mike Forbes, Newsletter Volunteer

It's been a long journey to this stage, four parts in total. In this final part, I'll detail my dealings with the inspection and utility interaction process and my final connections. In Part Three, I left off with a final discussion of the components of the system and was ready to begin connecting the wires between everything. About one month ago, I was able to run the conduit connecting the components and with the help of a friend pulled all the wire. At that point, I felt it was time to call the inspector.

In a typical electrical installation you are required to "pull" a permit. I have been asked many times if you are required to have a licensed electrician do the wiring for you. Maybe. If it is your home, no, some else's home, yes, and if it's a commercial business then yes. You must follow all codes adopted by your locale and have an inspection completed. I typically approach the inspection process with a pre-inspection meeting. Most inspectors will do this although some might charge a small fee (it is still worth it though). At this meeting, I have drawings that I've done in hand (and as detailed as possible) showing what I'd like to do and a list of

questions pertaining to the code. The meeting is at the install site and I walk through the system with the inspector and ask what they'd like to see and confirm that what I'm installing is compliant with the code. Inspectors have a wealth of knowledge and offer many trade tips and tricks for the installation as well. It is much easier to clarify an uncertainty now than undo something you've already done (much cheaper too). I don't think this process would work well for a commercial installer who is working under time constraints but for the homeowner it is well worth the extra time. At this meeting I also fill out the paperwork for the permit to make everything official. The permit will most likely cost you less than \$200 if your system isn't incredibly large. These meetings typically last about 30 minutes and can typically be scheduled about 1 week in advance.

With regards to the utilities, I contacted ours, Clearwater Power (CPC). I spoke with both the general manager and director of engineering. Both individuals were extremely helpful and in no way discouraging. I've heard many horror stories about utility interactions where the clear intent of the utility is to

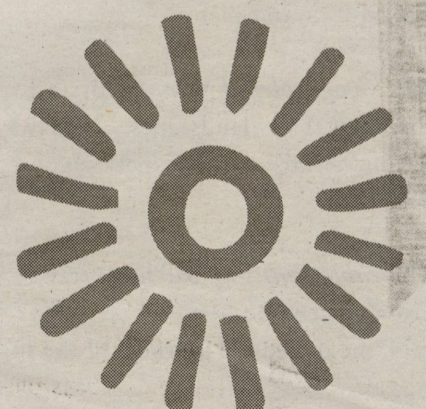


If you look real closely you can see the meter turning backwards...

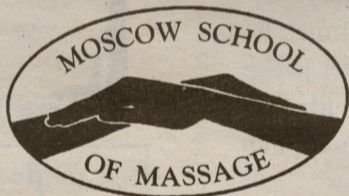
make things difficult any time they can. In our area both of the utilities, CPC and Avista, are very easy to work with. Once you notify your utility that you intend to produce power, they will send you an agreement to sign that details your system and explains the netmetering process they use. Netmetering is a system of crediting your power production against your power usage. Typically, the meter resets once per year (usually January 1) and any excess generation is donated to the utility. You are still billed on a monthly cycle. After the agreement is signed the utility will come out and switch out your meter for a bi-directional one. Most meters can only record electricity used by the homeowner, not generated. A lineman may come out and visit your system (I think I had every linemen in my power center room at my first install because they were all interested in the system) to familiarize themselves with it since they aren't common. Their interest lies in seeing how to disconnect it if they are working on the lines in the area.

and electrical inspector you are ready to throw the switch and start selling power back to the utility. My inspections were successful and we were able to start selling power back at the beginning of May. With the advent of the new digital electric meters the satisfaction of seeing your meter turn backwards isn't there but with careful watching of the numbers you'll see them increase at a much slower rate.

Mike is looking forward to a summer of fishing and camping with his family.

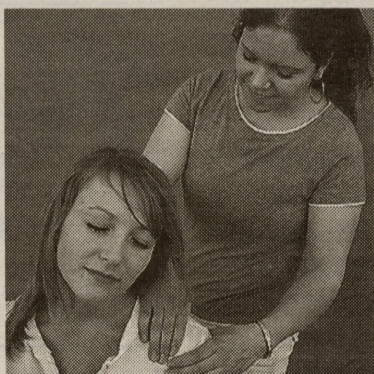


Once you get the OK from your utility



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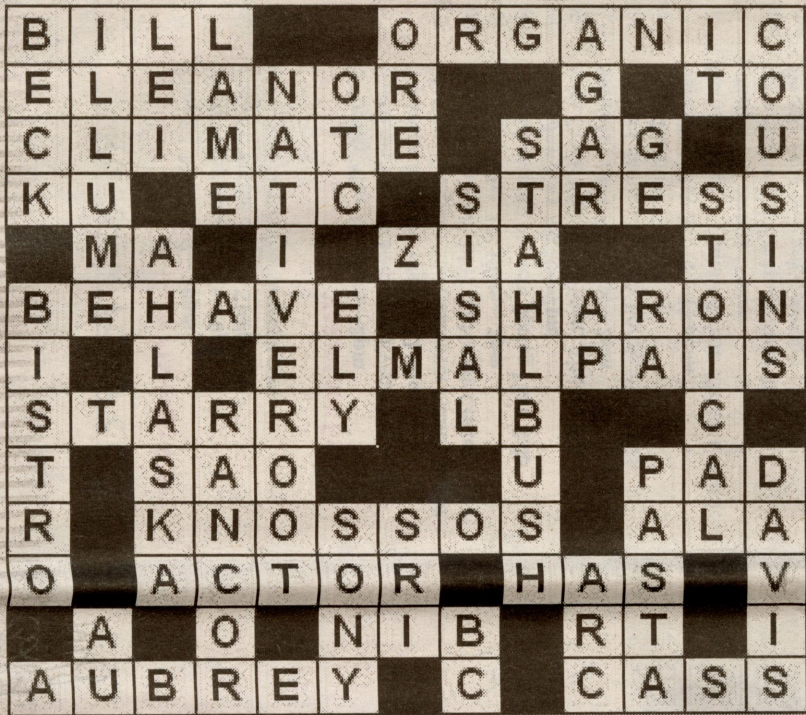
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← Last Look:

People of all ages learned about compost at the Co-op's Compost Workshop April 12. Photo by David Hall.



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- Fredrix canvas pliers

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Bulletin Board



Co-op Events

Co-op Kids! Meet at 9am

Wednesday May 14 - we will meet in the Co-op cafe and try our hands at wet on wet watercolor painting. Please wear paint friendly clothing as this could get a bit messy!

Wednesday May 28 - we will meet at Friendship Square to play outside and enjoy a morning in Moscow's beautiful downtown.

Co-op Solar Cooking Class

Saturday May 10, 2—4.30pm

Recipes include: Scalloped Corn Casserole, Gallon of Great Sun Soup, Katherine Hepburn's Brownies Go Solar, Chunky Fruit Sun Sauce, Sunbeam Chicken Wings, Sunshine Vegetable Medley. Construct a simple Solar Panel Cooker that can cook up to a gallon of food, and receive handouts of recipes, tips for using your new cooker, and online resources. Cost: \$29; register w/ any Co-op cashier. contact Jennifer Whitney: jenwhitney@gmail.com ☎ 882 1942.

Wellness Class Series—May

Monday May 19, 6.30pm in the deli

Join Candace Magnuson, Clinical Ayurvedic Practitioner for an introduction to the Basic Principles of Ayurveda. Please sign up by the bulletin board near the beer cooler.

Live Music at the Co-op

Tuesday evenings, 6—8pm by the deli

- May 6 Dan Maher
- May 13 Natalie Rose
- May 20 Clevenger and Cantina
- May 27 David Otterstrom

Art Combined with Tractors.

April 18th—June

Co-op cartoonist Anna Brewer has artwork on display at Columbia Tractor. 1906 S Main St, Moscow, ☎ 882 0303.

Community Events

One Little Hormone—Health Revolution

Wednesday May 7, 7-9 pm

Free introductory class on the hormone leptin, the powerful hormone that controls all other hormones. Contact Katrina Mikiah: katrina@alchymia.us, ☎ 882 1198.

“Mining Idaho’s History: Picking Your Way Through the Past”

Friday May 9, 7pm

Program about mining and geology in Latah County, to celebrate Idaho Archaeological and Historical Preservation Month. 1912 Center.

Contact: Reed Lewis ☎ 885 7472.

2008 Koppel Farm Spring Fair

Saturday May 10, 10am—2pm

Garden plots are available for rent for only \$20-40/year, including the use of hand tools and water. This is an organic garden on rich, river-bottom soil, adjacent to the South Fork of the Palouse River. 10 X 10 ft. or 20 X 20 ft. plots are available. We will have a plant sale at the open house—bedding and vegetable plants. Get advice on gardening from the Master Gardeners.

www.pullman-wa.com/svcorg/pcg/default.htm

Twilight Dinner on the Ranch

Saturday, May 10, 4—7pm

A Fundraiser for Rural Roots hosted by Eaton Natural Beef at Wawawai Canyon above the Snake River, near Pullman. With a silent auction, petting zoo, music, and wine.

www.ruralroots.com/ra/raForm.aspx or ☎ 883 346.

Grow

Sunday May 11

This practical class will cover how to grow, harvest, and use herbs. Cost is \$25, and pre-registration is required. This class is offered through the University of Idaho School of Agriculture, a nonprofit organization. Contact: MaryJane Butters. To register, call ☎ 882 6819, or visit www.uidorm.org.

Summer Art

Summer Art Classes are held from May 7—14. Drawing, painting, and sculpture. 2 week sessions; first session is free. Contact: Linda Canary ☎ 882 6819.

Moscow Farmer's Market—Music

Friendship Square, 9.30am

- May 3 Off the Leash
- May 10 RBMC Jazz Band
- May 17 Two Old Brass Guys
- May 24 Fiddlin' Big Al
- May 31 Potlatch Junior Jammers

MOSCOW

Introduction to B...

Tuesday May 13, 7—10

Wednesday June 25, 7—10

The cost for the class is \$20. Contact: www.moscowschoolofmusic.com

PCEI - Upcoming

Saturday May 10, 10am

Flannigan Creek Restora...

Saturday May 10, 10am

Mommy-Daughter Eco-M...

Bring a picnic lunch! PCEI

Saturday May 17, 10am

Native Learning Nursery

Saturday May 24, 10—2

Rose Creek Volunteer Ev...

Saturday May 31, 10am—2pm

Native Learning Nursery Spring Plant Sale

PCEI Learning Nursery

Saturday May 31, 10—12 noon

Gettin' Buggy! Family Event. Bring a picnic lunch! PCEI Nature Center

www.pcei.org or Courtney Rush on: ☎ 882 1444 or crush@pcei.org

Dahmen Barn events - May

Saturday May 10, 1—2.30pm

Class: Create a whimsical gift for Mom.

Saturday, May 10 at 7 pm

Old Time Fiddling concert with the Potlatch Jr. Jammers. \$5 at the door.

Saturday May 3, 1—4pm

Opening of exhibition of Judy Fairley's work

“Life's a Zoo” features new pastel and scratchboard work by this Clarkston artist.

Palouse Folklore Society - May

Friday May 2, 7.30pm

Renaissance Fair Contra Dance with music by Potatohead and calling by Joseph Erhard-Hudson, at the 1912 Center.

Saturday May 10, 7.30pm

House concert with Barb Ryman in the Attic. Admission by free will donation.

Saturday May 17, 7.30pm (Potluck 6.30pm)

Contra Dance with music by House Blend and calling by Joseph Erhard-Hudson at the Blaine Schoolhouse.

Vigil for

Moscow: Fridays 5.30

Ongoing since Nov 4

at in Friendship Square. Resources, information, and opportunities for a

Dean or Gretchen Ste...

☎ 882-7067, sperrin@moscowfood.coop

Pullman: Friday Ma

Under the clock by th...

☎ 334-4688, nancy@moscowfood.coop

Moscow Food Co-op
121 East Fifth
Moscow ID 83843

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



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