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Community News

FREE!
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October 2008

The monthly newsletter of
the Moscow Food Co-op



Yummm ... Can you say cheese festival?

By Kenna S. Eaton, General Manager

Earlier this year I read that Pike Street Market in Seattle has a cheese festival every year. My heart was instantly filled with lust and wonder — why couldn't we have one? I brought the idea up to Amy, our wellness manager, and she instantly (smart girl that she is) agreed it was indeed a great idea and offered to help launch our first Annual Cheese Festival on October 25.

Since we've never had such a festival before, it is still a little bit of a mystery at this point as to what exactly we'll do. But we envision cheese paired with sumptuous foods and drinks that we make and sell at the Co-op spread throughout the store. There'll be an education table where you can learn the difference between sheep, goat and cow cheeses. There will be imports and regional cheese. There'll be artisanal cheeses. There'll be some basics ...imagine cheese and pears,

cheese and port, cheese and crackers, cheese and olives, cheese and ... I see already your imagination has made the connections and you're marking the date on your calendar: Saturday, October 25 from 10 a.m. to 3 p.m.

Yes, we know it's Homecoming — but isn't that a little bit cheesy too?

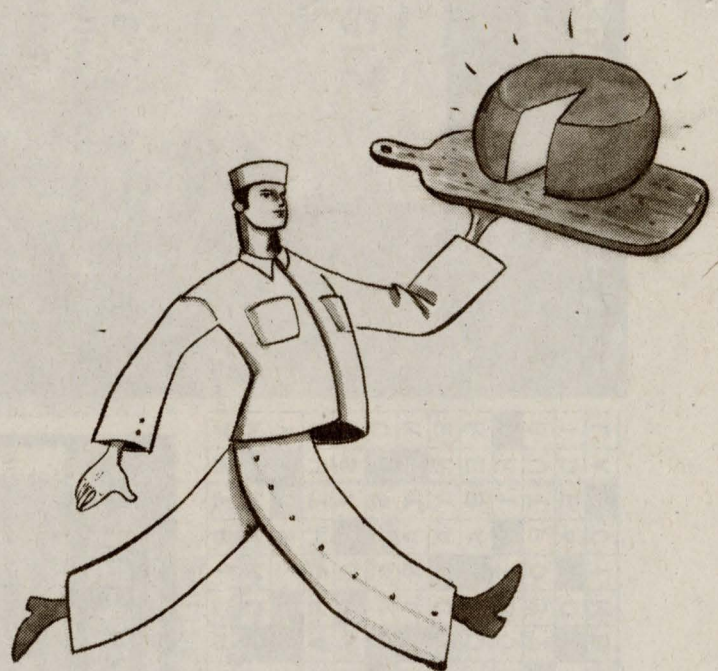


Illustration by Lucas Rate

www.moscowfood.coop

Community News

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



Annual Membership Meeting Recap

By Kenna S. Eaton, General Manager

One of the smartest things I did this past year was to hire someone else to organize the Annual Membership Meeting (aka the Parking Lot Party). Required by our by-laws, the meeting has morphed into a celebration and a little bit of a monster. But this year the meeting/party went off amazingly well and everyone had a great time. Whew! Note to self: do the same thing next year!

I hired Pam Palmer, ex-cashier, to help us get this event under control and she did an awesome job planning and executing the whole event. If you missed it, you missed one heck of a good time. With the help of several stalwart members, the parking lot was transformed into a fine affair with a beer and wine garden (catered by Mikeys—thanks y'all) and a grillers tent selling burgers, falafel, roasted corn, chips, soda and cake (thanks to all those great folks as well). Next to the food booth, we had a tent for the Board of Directors to showcase their projects from the past year. Each committee had a display and was prepared to answer questions from the membership. Then next to that tent (vision a circle of tents around the parking lot) was a tent for kids to paint a placard using the number 35. The 35 placards featuring the number 35 and celebrating our 35th anniversary will be on display in our deli seating area during October, so drop by and check 'em out. Finally, we had the stage. Local talents Ben Walden and Dan Maher crooned away the early afternoon whilst members mingled, ate, drank and listened before Kim Vincent, Co-op board president and I took to the stage. We reported on the highlights of the past year both in the store and through the combined efforts of the Board. In addition, the Board put together an amazing Annual Report that we handed out at the end of the talking. If you didn't get one, please stop by the store and pick up your copy today. After we finished with that section, we heard, according to Kim, the "tight" sounds of Low Red Land, based out of San Francisco. These guys got the louder portion of the party really going. By the time



Fun and festivities at the annual meeting and parking lot party. Photos by David Hall.

Finn Riggins took over, the sun had set, the food was eaten and everyone was ready to dance! And while the youth danced, the clean-up crew got going; hauling plates in e-cars and e-trucks to the 1912 building (did we tell you this was an almost zero-waste event?), composting scraps, taking down displays and tables and generally bringing our party under control. I think we were all toast by the time the music ended, but happy toast, glad we were able to have such a great meeting and glad it'll be another year before we do it again! On a final note, congratulations to our raffle winner: Bob Thyberg. Bob, a lifetime member and our previous recycling king, won \$100 worth of food at the Co-op.

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Co-Operations



The Front End News

Annie Hubble, Front End Manager

As I write this in early September, the sun is still shining and the warm days of late summer/early fall are blessing us. Many of you attended the very fun and extremely well organised parking lot party (thanks, Pam Palmer, for all your hard work!) celebrating the Co-op's 35th anniversary. I consider it an incredible achievement to have come through the years and be such a vibrant and enduring business. So many of the early co-ops failed, and we are so fortunate to have one still in the Palouse. The success has, I think, been a lot due to the Co-op's willingness to move with the times, but at the same time making every effort to be a welcoming place for its membership. When I first started working for the Co-op in 1991, there were only 20 staff members, and I was the deli, and now we have, at last count, 107 employees. I am certainly proud to be part of such a structure. Things cannot always go the way each person wants, and compromises sometimes have to be accepted, but I know that each and every person involved in the running of the Co-op — be it staff,

volunteer or member, has the Co-op's best interests at heart. I so appreciate everyone I come across during my busy work days.

One of my department's latest efforts to stay with the times has been to try to cut down on our paper consumption. While we always recycled, we got tired of seeing large grocery bags of receipt papers go out the door every day. Now we are offering you a choice of receipt or not. We are absolutely willing to print a receipt if you want one, but, by offering the choice, we are already seeing a lot of paper saved. If you use a credit or debit card, you will receive the legally required receipt giving the total of the transaction, but cashiers are now asking whether you want an itemised receipt. Thank you for helping us do our bit to save paper.

And thank you all for your support of the Co-op. See you in the store!



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

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To subscribe: send check for \$18 (made out to the Moscow Food Co-op) to:
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Lifetime membership fees are \$150, or you may choose to renew your membership annually at the rate of \$10 per year.

Open Daily 7:30 am - 9:00 pm

Co-op Business Partners

A Choir of Angels Massage Center: 10% off all Gift Certificates, Patricia Rutter, CMT, choiramc@clearwire.net, 106 E Third St, 1C, Moscow ID 83843, 208-413-4773. Also by mail.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Co-op Tuesday Night Concert Series: Good Tunes on Tuesdays this Month

By Ashley Martens and Noel Palmer, Volunteer Music Coordinators

The Tuesday Night Music Series continues with a diverse and exciting array of performers this month. October brings Natalie Rose, Potatohead, Crazy Chester and Mark Maland. October brings a few more changes, too. First, it's likely that we will move the music indoors due to unpredictable October weather, though the Grower's Market will run through October 28 in the parking lot. Also, music will now begin at 6 p.m. and conclude at 8 p.m., so take note (pun intended)!

Now, for the musicians of the month:

On October 7, Moscow's own **Natalie Rose** will treat us with smooth jazz, a perfect accompaniment to a warm drink from your Co-op baristas or a sweet dessert from the bakery.

Local favorites **Potatohead** will get your toes tappin' to traditional Irish folk tunes on the 14 while you dine on delicious locally-produced cuisine.

Crazy Chester, locals from around the Palouse, will fill the Co-op

with acoustic Americana on the 21, so stop on in for a treat for your ears and your taste buds.

Finally, **Mark Maland** of Moscow will play lively acoustic folk, blues and country songs on the 28, so come on over to the Co-op to enjoy some local tunes and good food with your community on Tuesdays this month!

Ashley Martens and Noel Palmer are now coordinating and booking bands for music on Tuesdays. Dave Billin will continue to run sound each week. We are looking for creative new artists and seasoned old favorites to play for us all in the coming months. Please contact us at music@moscowfood.co-op if you are interested. We'd love to hear you!



Baking Season

By Aven Krempel, Pastry Manager

We all know that food tastes best when you eat it in season. Fruits and veggies harvested at the peak their ripeness are more colorful, flavorful and full of nutrients. While we do try to use fruits and the occasional veggies in their peak season when baking, most of our main ingredients don't have a season. Wheat and other grains are generally harvested in late summer and early fall, but the reason grains are considered a staple of our diet is that they're a long-term storage crop. Grains are steadily available (though the price can fluctuate) and taste the same year round.

However, culturally, if baked goods have a season, this is probably it. This is the time of year when people want to curl up with some good comfort food. As it gets colder outside and we spend more time indoors, having the oven on for a few hours with sweet smells trickling out seems like a perfect way to spend the afternoon. Though it's still sunny and warm as I write this, the holidays are fast approaching, and to me that means sharing lots of food with friends and family. Many of us have special recipes or favorite treats that we only eat at certain holidays. We could make or buy these items other times of the year, but then they wouldn't seem so special.

Of course, many of us don't have time to stay home and bake all the yummy goodies we're craving. Not to worry, the Co-op bakers will be making some great new items to help you celebrate the season. The breakfast pastry selection is changing to reflect the traditional flavors of fall. Apple Cheddar Scones are back, we're also making Cinnamon Oat Scones, which go great with a Spicy Cowgirl Chocolate Mocha. If you need to jump-start your morning, try a Best Day Ever Muffins—these muffins are so full of fruits and seeds that you're bound to have the best day ever!

Whole pies with your favorite fall filling will be available for the months to come. We'll keep making Classic Apple and Pear and also begin offering Pumpkin, Sweet Potato Ginger and Maple Pecan. We have an exciting new layer cake flavor debuting this month. Our Applesauce Spice Cake is a nice option when you want something sweet but not too rich. It highlights the flavors of cinnamon, allspice, cloves and nutmeg in an oat flour-based cake covered in our fabulous cream cheese frosting. This cake is one of our "Pretty Darn Gluten Free" options, but I encourage everyone to give it a try — it's truly delicious.

To The Hungry Planet or Just the Hungry Moscow Food Co-op Members

By Kimberly Vincent, Co-op Board of Directors

The Co-op annual meeting this year was another great parking lot party. The members and nonmembers who came to enjoy the food, drink, great music and the dynamic annual meeting all must have been hungry, for we sold out of burgers, the cake was gone early and only a few ears of corn were left. I will leave others to report on the party. However, I want to thank all the volunteers, musicians, board members, staff, and Pam Palmer and Carol Spurling for keeping the event organized. It was great to see such a young crowd enjoying the Co-op. It was also impressive to see the over-45 crowd stay and heft the tables and tents around for clean up.

Many shoppers have been enjoying our posters from *The Hungry Planet*, but

alas, it did not inspire many of you to invest the large amount of time to create your own picture for the contest *What We Eat in a Week*. At the annual meeting, I had promised to announce the winners of the contest.

Two families put a large amount of time submitting the information for the contest. Neither family was present during the business portion of our annual meeting, so I want to publicly thank both families for their efforts. The Jones family — Luke, Melanie, Abiona and Lily — shared a list of foods they typically purchase and where. Two things that seem to be important to the Jones family is they shop at several locations, perhaps for the best prices. They also "recycle" leftovers into other meals or freeze small portions of veggies for future

use. The second family to submit an entry for the contest was Sequoia Ladd, Aoife Billin and Dave Billin. What is important to the Ladd-Billin family is buying bulk and sale items and fresh produce in season from the Farmers' Market or their own garden. They cook most of their meals from scratch and feed their scraps to their rabbits, chickens or their compost pile.

Each family earned a prize for submitting pictures and description of their eating habits for our own homegrown version of *The Hungry Planet*. Thank you to both families for all of the time you took to gather the food and information. Look at the website in a month or two to see the pictures of these families.

One more comment: We have a

Board of Directors Meeting

The next MFC BOD meeting will be Tuesday, October 14, at 6 p.m., in the Fiske Room at the 1912 Center. The public is invited to attend; the community comment period is from 6-6:15 p.m. The agenda will be posted on the BOD bulletin board in the front of the store when it has been prepared.

printed annual report to share with our members. Kathleen Ryan did the layout. Kathleen, Kenna and I worked hard to present a professional report for August 2007-August 2008. Please pick one up by the bulletin board by the exit door or ask a cashier for a copy on your way out. We are very proud of the report and hope you find it informative. Please let the board know if you have further questions.

Co-Operations



I Can Hear You Now

By Carol Price Spurling, Outreach and Membership Coordinator

I'm so excited! Here I am, your new Outreach and Membership Coordinator, a very happy development in what I think of as my love affair with the Co-op.

It started innocently enough about seven years ago, when my family first moved to Pullman from Sitka, Alaska. My husband Walter is a lifetime member of Puget Consumers' Co-op in Seattle and we always shopped at the Ravenna PCC and then at the Wedgewood PCC when visiting family on the west side. What a treat it was to have our very own Co-op just a few miles away. We quickly decided that the Co-op was so important to us, we should live in Moscow so we wouldn't have to drive back and forth so much!

Then, my budding freelance writing career received a huge boost when I began volunteering as a writer for the Co-op newsletter. I still remember interviewing Sam Abrams for my first staff profile. (Sam most recently volunteered to be in charge of the grills at our annual membership meeting.) Later, I became one of the newsletter editors.

My family took a year off last year to volunteer on organic farms in France and Ireland and just before we returned, the Co-op board decided it was time to take the next step in its commitment to two of its major goals, as stated in the draft of the new Strategic Plan: "Build Co-op Community and Ownership," and "Increase Community Engagement, Outreach and Education Programs." That meant hiring someone specifically to work on increasing Co-op membership, providing opportunities for members to become engaged and involved in the Co-op, and increasing

awareness about the Co-op in Moscow and in surrounding communities.

I feel so fortunate to have been chosen for this brand-new part-time position, which reflects my deep commitment to our Co-op especially, but also to Co-op principles in general. I'm a sucker for high ideals like social justice, non-discrimination, environmental responsibility and sustainability, so I can't help but be attracted to the Co-op business model, which strives to be financially viable while still treating its workers fairly; impacting the earth as little as possible; and being a responsible, constructive presence in the wider community.

I report directly to Kenna Eaton, the Co-op's general manager. But I will also work closely with the board's membership committee, and the truth is, I really work for YOU, the members, who are the Co-op's owners. It's my job to make sure you're getting what you want from the Co-op and that your voice is heard by the board and the staff.

So keep my e-mail (outreach@moscowfood.co-op) and phone number (208-669-0763) handy, in case there's something you want to discuss with me.

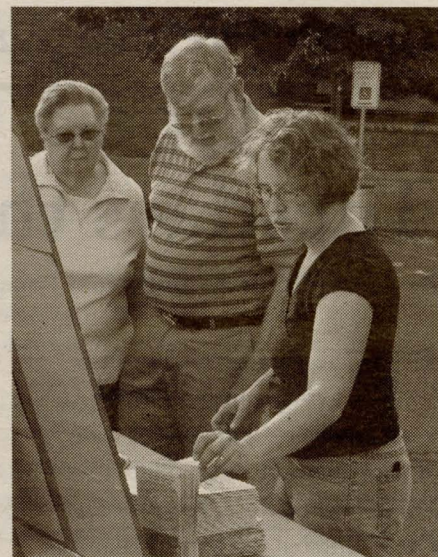
In October, I'll be starting "office hours" at the Co-op, where I'll be sitting in the deli or somewhere nearby, available to talk. For the first few months, I'm going to try having hours on the second Saturday of each month, from 10 a.m. to noon and again on the third Tuesday, from 5-7 p.m. Please stop by and say hello.

The first few weeks on the job were a whirlwind for me, as we held our

annual membership meeting (a big, fun party, actually, with just a little bit of business meeting thrown in) on Sunday, Sept. 7. I took the Co-op's outreach materials to the City of Moscow's Oktoberfest and Farmers' Market on Saturday, Sept. 6, where I signed up a new member. Yahoo!

You'll see me at other events in the community throughout the year (let me know if there's an event you think the Co-op should participate in), and also at in-store special events like our upcoming Cheese Festival on Saturday, Oct. 25.

I'll also be working with our webmaster and web volunteers on an ongoing basis to make the Co-op website as attractive and user-friendly as it



Carol working to increase Co-op membership. Photo by David Hall.

can possibly be, so that it will serve members and potential members even better.

There's more on my list of things to do (board elections will be here before we know it!), but I'll save some things to talk about next month. In the meantime, I hope to see you at the Co-op soon.

We're listening ... to your suggestions.

The Co-op has recently made some upgrades to its suggestion box! Now there's not one, but two, yes two, boxes. This reflects the Co-op's structure and the division of responsibilities between the board of directors and the Co-op staff.

Don't worry if you're not sure which box to use for your comments. Just put it in one or the other and we'll make sure it gets to the right person. —CPS

Guidelines for Making Comments, Complaints and Compliments

☛ You can find comments cards and suggestion boxes for both store staff ("operations") and the board of directors at the front of the store, near the exit doors.

☛ If your comment concerns the Co-op shopping experience or a product request or question, please use an "Operations" comment card.

☛ If your comment concerns long-range planning or over-arching policy and philosophy, please use a "B.O.D." comment card.

☛ Fill out the card and deposit it in the appropriate box.

☛ Comment cards are collected regularly and responded to as soon as possible. Depending on when you deposit your comment, it may take 4-6 weeks to receive a response. If your comment is printed in the newsletter, it may take as long as 6-10 weeks to appear.

☛ The Co-op staff and board of directors appreciate constructive dialogue. Anonymous, insulting, or inappropriate comments may not receive a response.

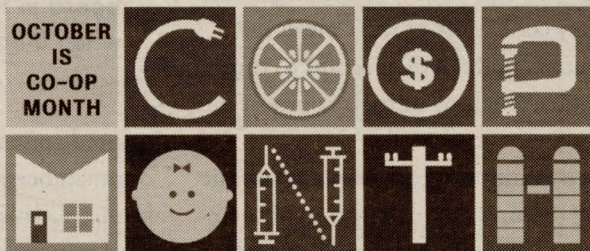
We're listening ... to your comments on the new Strategic Plan.

In the front of the Co-op, next to the BOD bulletin board, is a table with a bunch of copies of the new Co-op strategic plan. They're waiting for you, the members, to look it over and see if it sounds good. Do you agree? Do you have any concerns with it, or want to make some comments? No more procrastinating, now is the time to do it. Pick one up and let us know what you think. —CPS

October is Co-op Month!

Learn about the positive ways cooperatives contribute to our quality of life. We're a lot more than just a grocery store!

Check out the publication "A Day in the Life of Cooperative America," a project of the National Co-op Month Committee. We'll have copies in the deli area of the Co-op to read, and if you'd like your own copy, you can download the PDF of this booklet from our website, www.moscowfood.coop. If you don't have access to a printer or the Internet and would like a copy, contact Carol at 208-669-0763 and she'll send you one.

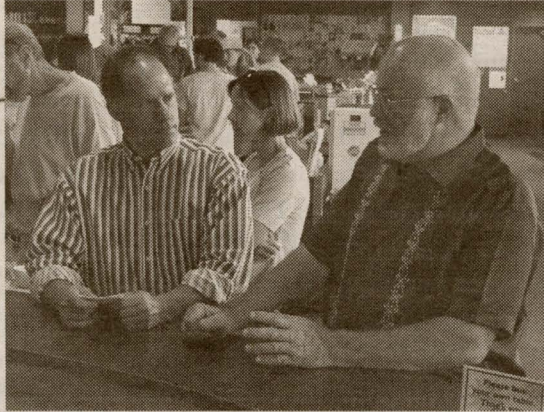




Art at the Co-op

By Annie Hubble, Art at the Co-op Coordinator

We have a wonderful treat for you all in October. On Friday, October 10, there will be an opening of children's art celebrating 35 years of the Moscow Food Co-op. There will be an opening from 5.30-7 p.m. that evening, and I am hoping many of the young people can be present. The show will run until Wednesday, November 12.



Gerry Queener's photos of native plants are on display until October 10. Photo taken at Gerry's opening by David Hall.

On Sunday, September 7, we had a parking lot party celebrating our anniversary. During that event, which included music, food, a beer garden and a wonderful occasion to visit with friends, (as local folksinger and Co-op member Dan Maher said during his gig at the party, "The Co-op is definitely a lot more than a grocery store!"), young artists created images

of co-op and celebration, with only one rule: that the numerals 35 should appear in the piece. The results are fabulous and I think you will enjoy the vibrancy and range of expression.

I love being able to display such colourful art. Do come and meet the young artists on Friday, October 10, from 5.30-7 p.m.

Welcoming Autumn with Co-op Kids!

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

Let me first say what a treat it was to have Sara Kate Foster teach a kids' yoga class last month. The kids really enjoyed her fun energy, and I would urge families with young children to check out Sara's wonderful classes through the Moscow Yoga Center. Thank you, Sara!

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.

Festive Fall Garlands
Tuesday, October 14, at 9 a.m.

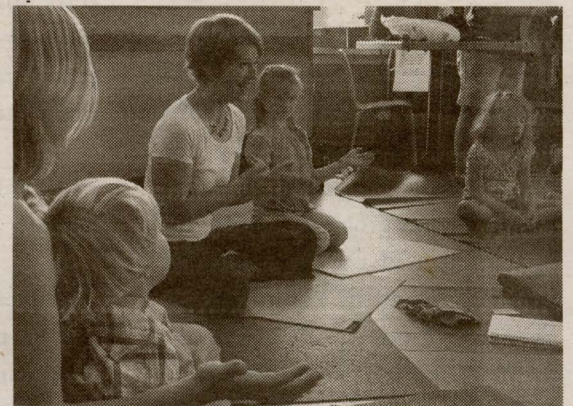
Meet us in the Co-op Cafe to make festive fall garlands to decorate your room!

Newspaper Hat Making

Tuesday, October 28, at 9 a.m.

We will use newspaper destined for the recycle bin to make wonderful hats. There will be lots of art supplies to decorate the hats and time for make believe after!

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.



Co-op Kids learning yoga. Photo by David Hall.

Compost and Conversation: A Casual Gathering

By Nora Locken, Co-op Composting Coordinator, Photos by David Hall



On Thursday, August 28, the Moscow Food Co-op and the Palouse-Clearwater Environmental Institute (PCEI) combined efforts to host an educational forum called "Compost and Conversation". This was the final event in a community educational series concerning compost. Thanks to an Environmental Protection Agency (EPA) grant awarded in April 2007, the Moscow Food Co-op was able to purchase an Earth Tub industrial composter. One stipulation of that grant was to provide educational programs on composting. "Compost and Conversation" would be the most informal and flexible of the gatherings.

Jenica Wood-Beauchamp, of PCEI, did the majority of preparations for this event. The agenda included discussion items on how to compost on different levels — from individuals, to businesses, to city composting programs. There was information on home composting using worm bins and heaps. My role was to explain why the Co-op chose to get a composter, what are the advantages and disadvantages of our current system, how the Earth Tub works, and what quantity of food waste it can handle. Andy Boyd, of the Moscow Recycling Center, was on hand to answer questions about what is being done on the city level and what could be done in

the future.

It has been a lot of fun to put on these compost events. Thank you to all the individuals who have participated!

Nora Locken, Co-op Compost Champion, is picking apples and canning tomato sauce in preparation for the upcoming cool months.

BE GOOD TO YOURSELF

Start treating yourself today!!!

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

What's a FoldOver? It's a luscious little pocket of food pleasure with either a meat or vegetarian filling baked inside a golden crust using MaryJanesFarm fabulous new ORGANIC Budget Mix® baking mix (available in the grocery section).

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

MaryJane

MaryJanesFarm
1000 Wild Iris Lane • Moscow, Idaho 83843 • 882-6819

Organic Flour

By Annie Pollard, Kitchen Manager

The Co-op bakery once again is using organic flour. Aside from some of the unique flour types used in the gluten-free bread, 100% of the flour used in our desserts and breads is now certified organic. The bakery has always been committed to conscientiously deciding upon the ingredients we use, and consequently has regularly engaged in the organic vs. local debate. Over the years, we have used a variety of flour brands and types, some organic, and most recently, Shepherd's Grain, a locally produced and sustainably grown product.

A few months ago, we encountered some major problems with our whole wheat flour, causing the final product to be doughy, gummy and very inedible. While hunting down an explanation for this problem and afraid to continue with the same flour, we began using organic whole wheat flour from Montana. Unexpectedly, the new flour proved to be a joy to work with, a shocking difference from what we had been using. After weeks of getting excellent results from this new flour, we opted to make the switch to the organic whole wheat flour. Though it is not grown on the Palouse, it remains fairly local, being grown and milled in Montana.

Once we were so happy with the organic whole wheat, it made the

problems that we were experiencing with the white flour that much more apparent. The flour we had been using was a great product, but not the best fit for the majority of our bread baking. After test baking different flour varieties, we chose an unbleached, organic bread flour produced by Giustos, a third-generation family mill based in San Francisco. The dough mixes better, is easier to work with, rises predictably and bakes beautifully. The final product, as some of you have expressed to us, yields an improved flavor, crust and crumb. A Giustos representative is helping me track down the origins of the flour. For now I know that it is organically grown in the western U.S. and likely milled in Utah.

Is organic healthier than conventional?

The question remains unresolved, due in large part to the great variability in agriculture data resulting from uncontrollable factors such as weather and sunlight. However, without going into a long spiel, many of the papers I read indicate that organically grown produce and cereal grains do in fact contain more nutrients and minerals than their conventionally grown counterparts. One study in particular found much higher levels of vitamin C, iron, magnesium and phosphorous and significantly lower levels of

nitrites in organically produced crops compared to the same ones conventionally grown. Another study found that though the protein content of organic winter wheat was lower than conventional, the quality of the protein was substantially higher.

So now that we have gone back to organic flour, what does this mean to you as the customer? The first thing you may notice before you put that aromatic fresh slice into your salivating mouth is the price. The rising bread prices are multi-fold. Firstly, many of the Co-op's breads — i.e.: Daily Wheat, Buttermilk Bran, Honey Butter Oat, etc. — have not been cost-out in many years, and over that time, our cost of ingredients has increased. Secondly, the market price of flour has more than doubled in the past year. And thirdly, organic flour comes at an even higher price. The many factors that cause organic flour to cost more than conventional flour include increased production costs; more time to organically care for the soil; tiny organic flour market compared to conventional; increased costs for storage (conventional flour is thoroughly fumigated to deter pests); organic inspection / verification costs; infrastructure (keeping equipment used for organic separate from that used for conventional); and perceived value.

Yes, the bread may cost a bit more than you'd like, but you can feel good that you are supporting farmers who are working extremely hard to tend our soils, prevent erosion, safeguard

our waterways and make the Earth a little better for all of us.

Thank you for returning to organic flour in the fresh baked breads!

Glad you like; we are happy with the change, too.

We are blown away by the \$2 increase in Challah bread. We can't afford it and it looks like, by the stacks of it on the shelves (when it used to be hard to find) others can't either.

Challah had not been cost-out for many years and was extremely under-priced. If we want to continue operating a bakery, we need to sell our products at our margin, and we still are not all the way there. Keep in mind, all of our breads are made from scratch, shaped by hand and use all natural, mostly organic ingredients.

Would you be able to get your fresh bread out for sale earlier in the day? I like to shop in the morning. Thanks.

Our bakers arrive at 6 a.m. and work extremely hard to get the bread out as soon as possible. Perhaps in the future we will begin baking earlier. Until then, we are doing the best we can. If you want to special order or put a loaf on hold, we may be able to make it earlier in our production. Give us a call.



Monteillet Fromagerie Joins Co-op Cheese Case

By Julie Gardner, Cheese Buyer

Over the past seven years, I've had the privilege of purchasing wine for the two places I have worked. The Palouse is extremely close to the Walla Walla Valley, renowned for its collection of wineries. On the trail to Walla Walla are two small towns: Dayton and Waitsburg. Nestled between these little gems is Monteillet Fromagerie. This farmstead is the first artisan cheese facility in the Walla Walla Valley. For animal lovers, visiting the dairy flocks is a must, guarded by four Great Pyrenees and a Border Collie.

The other farm menagerie, including chickens, ducks, lambs, goats and many cats, which coexist on the 30-acre farm located along the Touchet River, which is the shortcut route that the local Nez Perce Indian

tribes showed Lewis & Clark on their return trip.

Monteillet has three main objectives to help guide their growing popularity. First, to create a local marketplace at restaurants, retail outlets and farmers' markets. They have been featured at our farmers' market the last market Saturday of each month.

Secondly, they have become involved with internships of assorted students "of life", of different cultures, languages, outlooks on the future of agriculture and society, and the relationships to connect the two as well as respect of the agrarian lifestyle contrary to urban and visa versa. Third, looking at the educational rewards for local children visiting a small, sustainable dairy, which creates a venue of under-

standing of our food production, from the raising of the animal to the milk produced, and the cheese, ice cream, yogurts and butter manufactured.

Luckily, the connections I made many years ago have now brought Monteillet to the shelves of the Moscow Food Co-op's cheese department. Currently, we are carrying several of the cheeses produced by their goats. Some of the cheeses featured are:

■ Fresh Chevre — the freshest cheese they make is 48 hours from morning milking to finished soft cheese. A very mild, slightly salty cheese, excellent on salads, in pasta dishes or omelets.

■ Larzac — a soft-ripened goat cheese divided in half by a line of vegetable ash made from grape leaves and

vines.

Tender in texture, subtle, nutty flavor with a delicious edible rind. Aged in the cellar for seven days.

■ Provencal — a marinated goat cheese nestled in olive oil, sprigs of rosemary, sliced garlic, pink peppercorn berries, savory and a few drops of truffle oil. Reserve the extra virgin oil for vinaigrettes, a perfect picnic companion with great bread and red wine.

If you love goat cheese as much as I do, this is something not to be missed. They will also join us at our first annual Cheese Festival, October 25. Please stop by our cheese case, as their supply is extremely limited. Look for many new and exciting selections coming to our case over the next month. Enjoy!





Of Beer and Wine...

By Julie Gardner, Beer and Wine Buyer

As the changing of the seasons is here once more! Cuisine, activities and hours of sunlight are in constant flux as we watch our short-lived summer come to an end. Driving home this evening, I noticed the leaves blowing on the ground. One thing that helps ease me into the third act of the year is a great glass of vino with the last of my garden's vegetables. Wine also helps take that first chill of autumn off when I have forgotten to close my windows when the sun sneaks below the horizon. Here are some ideas to ease into autumn with:

*Merry Cellars — By now, most folks on the Palouse are aware that there is an award-winning winery just beyond our Idaho borders, in Pullman. My old buddy, Patrick Merry, has been making wine for many years and was finally bonded a few years back to sell wine to the public. I will not spend the whole article raving about his assorted awards or to tell about his humble beginnings. However, I will tell you the two wines we offer on our Co-op shelves are worth exploring! His Stillwater Creek Vineyard Merlot comes from one of the premier vineyards in Washington. It is everything a Merlot should be —

and more! His "Crimson" red blend is a delicious blend of four different grapes. Hopefully, he will be able to join us for one our Tasteful Thursday tastings this coming winter.

*Paul Dolan Vineyards — New to our organic wines section. Paul Dolan was just profiled in Food and Wine as one of the top 15 "green" wineries in the United States. To understand the full scope of this winery's dedication to green practices, please visit his website at pauldolanwines.com, since it would take many pages to explain what goes on at their farm. However, the wines are delicious. His Zinfandel is truly beautiful. It has a hefty mouth-feel, mild tannins and the complexity of a fine Cabernet — but the flavors are all Zinfandel. Black pepper, red and black cherries, currants, sweet tobacco, gingerbread and smoky notes. The Chardonnay is also a winner with pear, peach and butter cream flavors.

Super Deals:

☛ **Stonecap Riesling, Columbia Valley \$9.99**

Tart and spicy Riesling with spicy green apple, pear fruit and a hint of citrus rind.

☛ **Beringer Third Century Pinot Noir, California \$11.99**

Although this is a fairly one-dimensional wine, it really shows true Pinot Noir personality. Silky texture, cherry, crispness and a dry finish are offered without breaking the bank!

☛ **Cono Sur Organic Cabernet Sauvignon/Carmenere, Chile \$12.25**

Shows lots of dry fruit flavors and aromas that remind me of plums and cherries. These are accented by herbal/spice character and the slightest hint of vanilla from its time spent resting in oak barrels.

Beer...

I am still waiting for the major arrivals of the fall seasonals, although a few have trickled in. Red Hook Late Harvest Ale, Blue Moon Pumpkin Ale, Widmer Okto and the very popular Kona Pipeline Porter have all been flying off the shelves. Some special releases that are now gracing our shelves are as follows:

☛ **Rogue Double Dead Guy Ale (26 oz.), Oregon \$10.85/bottle**

A Doppelbock style pours a nice darker amber-brown color. Smells of sweet

"One thing that helps ease me into the third act of the year is a great glass of vino with the last of my garden's vegetables."

and bitter malts with some spices and a nice piney aroma at the end of the nose. Tastes of nice sweet and some bitter malts followed by a sweet caramel flavor and then a big piney hoppy bitter end to it.

☛ **Avery Brewing Ale to the Chief (22 oz.), Colorado \$7.65/bottle**

Only brewed in presidential election years, this year's bottle has a special message on it. As for the beer, it is classified as an American Double/Imperial IPA. The way it smells is the way it tastes; nice hops that last from the front to the back.

☛ **Snoqualmie Harvest Ale (22 oz.), Washington \$3.85/bottle**

Characterized as a Märzen/Oktobertfest, this garnet-copper colored beer has very distinct apple smells in the nose. The beer is a nice herbal, spicy märzen and spicy hops are present but do more bittering than flavoring or adding aromatics.

Have a wonderful month of October (my personal favorite month) and we will see you at Cheese Fest, October 25, and Tasteful Thursdays beginning in November!



Wellness Class for October: Ayurvedic Medicine with Candace Magnuson

By Amy Lucker, Wellness Manager

Attend the Co-op's next free Wellness Class on October 20, 7 p.m., for another evening of learning and discussion. Candace Magnuson, ayurvedic practitioner, will be talking about the basic principles of Ayurveda, India's ancient healing system, and how it can be used to maintain balance in the coming months of cold weather. This life science has been validated through

millennia of experiential testing and contains relevant insights into the roots of disease plaguing our modern culture. The class will be held in the deli at the Co-op, and the sign-up sheet is located on the bulletin board next to the meat department. Hope to see you there!

Bookpeople's Litany of Literary Events October–November 2008

- **10/4 Nisi Shawl** reads and discusses her collection of science fiction "Filter House" at Bookpeople 11 am-1 pm.
- **10/8 Alex Kuo** reads from his new collection of stories "White Jade" at Bookpeople, 7:30 pm.
- **10/15 - Sara Nelson** will be discussing and signing her translation of "Memoirs of Hortense Mancini" and she will discuss the art of translation 5-7 pm.
- **11/15 - Keith Morris** will read from and discuss his new novel "The Dart League King" 1-3 pm.

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Co-Operations

Tuesday Growers' Market News: Nuggets of Knowledge Gained From Soil Stewardship / What I Learned This Summer as a CSA Volunteer

by Jeanne Leffingwell, Newsletter Volunteer

Who: Your Local Area Farmer Neighbors
What: Tuesday Growers' Market
Where: In the Co-op Parking Lot
When: 4:30 to 6:30 p.m. every Tuesday, May through October

Did you know that of five local farms with Community Supported Agriculture programs (or CSA's), two of them, Affinity Farms and the WSU Organic Farm, are among our Tuesday Growers in the parking lot? Altogether, these farms provide weekly produce by subscription for more than 200 households in the Moscow-Pullman area. And Bunzel Organics expects to add a CSA component next year.

I wonder how many of the subscribers are folks like me? I've tried to grow food in my own little garden and wound up scratching my head. *How do they do it?* How do they grow carrots that don't have 5 legs each? How come their big sleek kale and chard leaves have no holes? And their radishes are all normal sized, with no worm tunnels? And how do they get perfect salad greens in October?!

You and I expect this from the non-organic grocery aisle, where we have no idea what chemicals and fertilizers are used, etc, etc... ("Blah blah blah" I'm not going there in this column.)

So! I decided this past spring to create a mini version of "farm school" for myself and see what secrets I could pick up from those who obviously know better than me.

I volunteered for a season with the University of Idaho Soil Stewards. Why them? Because some people at the Moscow Yoga Center were involved and it sounded like fun.

Anyway, after five months, here are a few of those nuggets. Let's start with:

❖ **ROWS:** There is a reason farmers plant crops in rows. Yes, there are other methods, including just stirring all your seeds in a dish and pitching them out there, but if you want to be able to weed, water or harvest, think rows. Wide or narrow, but *rows*. (Silly, but this was a hard one for an artist to grasp!)

WATER: Some sort of drip irrigation or slow soaking is the way to go around here. While a few things like carrots, beets and greens do OK with sprinkling, generally speaking, overhead watering in this climate encourages lots of weeds and wastes lots of water. (And for those of you on your own wells, now don't be pigs!)

❖ **SPACE:** This concept is closely related to *greed* for me. Which, along with *laziness*, has been my main motivation for allowing plants to grow too close together. There is a reason that all seed packets tell you how much space you need between plants. *Because they need it.* Duh! If you give your plants the space they need, they can grow as big as they are meant to grow. Actually, this space concept is analogous to My Life. Whenever I stop trying to cram so much in, I actually get a whole lot more out of it!

❖ **ROW COVERS:** Ah ha! This is the secret of fewer leaf miners, flea beetles, aphids, etc. Those who grow beautiful and bug-free chard, broccoli and cabbage around here invest in this lightweight stuff for their first line of defense. It makes a huge difference!

Miscellaneous Nuggets:

❖ The SCUFFLE HOE is a marvelous tool!

❖ If trained up a string in a hoop house, a TOMATO plant is a totally amazing factory of food. To grow tons of ONIONS economically, start them indoors from seed by... yes February. And therein lies the first of Two PROFOUND CONCEPTS our Tuesday Growers Have Mastered...

❖ **SUCCESSION PLANTING:** This, my dears, is the secret of those beautiful salad greens in October, and it's worthy of another column so I'll get back to it in the middle of the winter when you and I are oblivious to what-all our growers are doing in preparation for the next season. And, finally and above all...



UI Soil Stewards Manager Lydia Clayton with the author



❖ **STEADINESS:** This is the most important characteristic of a good grower. You cannot be successful if you only work in binges (as is my innate tendency.) Growers / farmers are good at keeping a steady, methodical grasp on things, day by day, week by week, season by season... This trait fascinates me and is something I am drawn to explore, seeking balance in my own cyclothymic life.

So next summer I'm hoping to find another opportunity to "apprentice." I'll concentrate on growing two or three crops at home that we never get enough of, like carrots and onions. Aside from that, I'm not wasting resources. I'll keep buying the rest right here at the Co-op from the Growers who know Best.

If you would like to volunteer and learn more about growing food, the UI Soil Stewards can use help through

the end of October. Contact Lydia: soilstewards@uidaho.edu

Also, two of our Tuesday Growers are seeking interns (paid or work-for-share) for next season:

GT's Farm Foods: Contact Garrett at 208-883-7965, garrettmc@verizon.net (Garrett also reports that they could use help this fall)

Bunzel Organics: Contact Ken or Betta at 208-882-0410, kbunzel@verizon.net

Jeanne Leffingwell, a local artist, learned from her mother, cellist and writer Beth Leffingwell, that "Good food is cheaper than doctor bills!"

Tuesday Growers' Market October Produce List

- ❖ **Affinity Farm (Russell and Kelly Poe)**
Salad mix, spinach, carrots, beets, chard, lettuce, green onion, radish, broccoli, kale, cauliflower, cabbage, parsley, cilantro, onion, cucumber, summer squash, basil, tomatoes, potatoes, peppers, garlic, Chinese cabbage, winter squash
- ❖ **Avon Eggs (Kyle and Shelly Bujnicki)**
Locally produced eggs (from pastured birds)
- ❖ **Debbie's Flowers (Debbie and George Durrin)**
Plant starts, fresh flowers
- ❖ **Living Soil Microfarms (Ken and Betta Bunzel)**
Garlic, onions, leeks, potatoes, tomatoes, peppers, kale, chard, plums
- ❖ **WSU Organic Farm (Brad Jaeckel)**
Kale, chard, carrots, beets, onions, potatoes, garlic, leeks, winter squash, pumpkins, cilantro, radishes, bok choy, Napa cabbage

Suggestion Box – October 2008

Keep up the good work~ a happy customer

Thank you so much happy customer, you make us happy! —Kenna, General Manager

Several weeks ago I mistakenly thought that you could still get Gerolsteiner in glass bottles. Apparently Whole Foods in California had some in their warehouse or something for awhile, which gave me this impression. I was in error. Too bad no glass bottle Gerolsteiner.

—Anne

Thanks for writing Anne. If we could get the glass bottles we certainly would, but plastic is now the only choice for that brand. It is a lot easier to ship and expense. There are other brands still using glass however. Come check our shelves. —Joan, Grocery Manager

The Co-op has taken peanut butter and eggs off the Essential Grocery list. For most people, these items are considered essential. I know people who buy non-organic bulk peanut butter at WinCo just because it is cheaper than the Co-op's organic bulk peanut butter. When the Co-op's bulk peanut butter was on the essential list, it was more attractive to purchase. Peanut butter is an essential item for most people. Also, I eat eggs every day. I was excited to see Wilcox eggs on the essential list. Now, it has been removed. Essential groceries are those that most people use every day such as milk, eggs, flour, oil (olive is best!) salt and pepper...and peanut butter. Please bring the essential groceries back

to the essential list. Thanks! —Anonymous

I am delighted to hear the Essentials Program has been a benefit to you. We ran those particular items on sale for 4 months, from May through August. They are not off the essentials list, but they are off deep discount. We are offering other items for the next 4 months, giving an opportunity for those with peanut or egg allergies to benefit from the program as well. —Joan, Grocery Manager

Love the new comment boxes! ~ No name

Usually I don't answer anonymous comments, but had to say "thank you" for this one. —Kenna

More partial melons. I know you do it when one side gets spots, but it would be great to see them daily, or to have the option. It wouldn't be very hard to have the produce employee do it. I know other people would love it. \$7.00 is a lot to pay for a cantaloupe. —Kate, a member

We try to cut and wrap melons daily but can't always get to it. You can ALWAYS ask a produce employee to cut a melon for you and we shall happily oblige! —Scott, Produce Manager

Thanks for having hooks in the ladies room stalls. Could you add a hook or two outside of the stall to the right of the sink to hang a purse, tote bag or back pack? Thanks!! ~ Karin

Thanks for the suggestion Karin; we'll pass it on to the handy guy. —Kenna

Please improve the beer selection. —Eric

Sorry to say, but Co-op beer options have been going down hill for some time. And very few brown ales compared to IPA etc. ... Please fix.

Just fix. —Eric

Thanks for getting Belhaven (beer) CAN is better than bottles. More brown ale please. —Eric

We carry at least five kinds of brown ale, but IPA is by far the Palouse favorite so that is what we have the most of. Look for Lost Coast Brewing Downtown Brown, Abita Brew Turbo Dog, Newcastle Nut Brown Ale, Avery Brewing Ellie's Brown and other brown seasonals, such as Full Sail. We work hard to have a variety of interesting brews, but many breweries are not distributed in our area. If you have a specific label you are looking for, let me know and I will investigate availability. —Julie, Wine and Beer Buyer

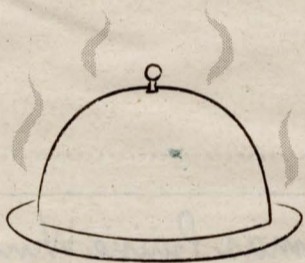
I would be happier if the Co-op would carry at least one kind of gluten-free beer by the 6-pack (12 oz bottles or smaller). M.

We put our faster moving brands in the cooler as 6-packs. We will be putting one gluten-free brand there today, so it should be there when you read this. Thanks for the suggestion. —Julie

Can we stock bulk tahini? Lovella

The cleanliness issues around bulk wet chill foods such as yogurt or tahini make this an untenable choice given our space and staffing constraints.

—Seth, Bulk Buyer



What's Cookin'! Fall 2008 Cooking Classes Ethnic Cuisine

1 Korean Homecooking

Featured Recipes: Kimchi, Japchae (sweet potato noodles w/ mixed vegetables), Bulgogi (marinated sliced beef), Shikhae (ginger cinnamon tea).

In this class, you will learn to cook some staple Korean foods, such as Japchae and Bulgogi, which are traditional special-event foods that have become popular everyday dishes. With simple alterations to the ingredients, Japchae can become a vegan meal, and the sauce for Bulgogi can also be used in mushroom and/or tofu sautés, making it a versatile Korean staple. Of course, no Korean menu would be complete without Kimchi and rice; learn to make both in this traditional cooking class.

Instructor: Joohee Park is a doctoral student enrolled at the University of Wisconsin - Madison currently residing in Pullman while writing her dissertation on Theatre for Young Audiences. A native of Seoul, Korea, she started cooking when she moved to the US five years ago for graduate school. She is a food fanatic, who loves to experiment with different flavors. When she is not cooking or writing, she likes to go grocery shopping.

Date: Wednesday, October 15th **Time:** 5:30 pm-7pm

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

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

2 Indian Homecooking

Featured Recipes: Pakora (Vegetable Fritters), Chole (chick-peas in gravy) w/ Vegetable Pulaav (Indian basmati rice), Mango Milkshakes & Badaam Burfi (Almond Cookies).

Learn about some of India's popular and savory dishes that are also quick and easy to prepare! While sipping a tasty mango milkshake, you'll sample authentic vegetarian recipes that use simple Indian spices and common vegetables available in most grocery stores followed by a traditional Indian dessert.

Instructor: Jaya Natarajan loves cooking tasty meals for her family using the principles of simplicity, nutrition, speed and creativity. As a vegetarian, she also loves to explore meat-free recipes from different cultures that use these time-saving and healthy cooking principles.

Date: Saturday, October 18th **Time:** 4 pm-5:30 pm

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

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

3 Japanese Sushi

Featured Recipes: Nigiri-zushi (hand-formed sushi), Maki-zushi (rolled sushi), Gunkan-maki (hand-formed sushi wrapped w/ dried seaweed) & Inari-zushi (stuffed fried tofu).

Impress friends and family with your mastery of sushi etiquette in this interactive and fun-spirited Japanese sushi class. We invite you to sample mecha (premium green tea) while you learn to make four types of traditional Japanese sushi. This class will provide you with a foundational understanding of sushi preparation so that you can create a myriad of sushi combinations at home. You might enter this class a gai-jin (foreigner), but you will leave a nihon-jin (Japanese).

Instructor: According to her family and friends, Lisa Beyeler is a sushi snob. She spent her early years in Tokyo and learned the art of Japanese cuisine from her mother and the art of eating from her father. She now picks up tips and tricks from her brother who is a sushi chef in Manhattan. Lisa is pursuing graduate studies at New Saint Andrews College.

Date: Wednesday, October 22nd **Time:** 5:30 pm-7pm

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

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

4 Japanese Homecooking

Featured Recipes: Dobin Mushi (clear broth), Chawanmushi (savory egg custard), Tempura (deep-fried seafood & vegetables) & Kushi-dango (sweet dumplings).

Katei-ryori (Japanese homecooking) has a long-standing tradition of being passed from grandmother, mother, to daughter. Essential to this tradition is the preparation of meals that reflect the seasons, which dictate the food to be served as well as its presentation. In this class you will learn to prepare a traditional autumn meal featuring Matsutake mushrooms, a much sought-after fall delicacy in Japan. We will discuss cooking materials and utensils, ingredients and seasonings, preparation techniques as well as how these meals are to be served and eaten. This class is for anyone that appreciates Japanese culture or wishes to enjoy authentic Japanese meals.

Instructor: Lisa Beyeler

Date: Wednesday, October 29th **Time:** 5:30 pm-7pm

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

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

For questions contact Jennifer Whitney at jenwhitney@gmail.com or 882-1942.

Staff Profile: Julie Gardner

By Amy Newsome, Newsletter Volunteer

Julie Gardner deals in the finer things in life: wine, cheese, and well, beer. Her first day working at the Co-op was last Halloween, and she remembers it being kind of freaky meeting her coworkers in crazy costumes. Julie was first hired as a kitchen and deli buyer, but in just a couple of months, added beer and wine purchasing as well.

The addition of wine and beer purchasing to her duties made sense because of her past experience. She worked for four years at both the Old Post Office Wine Cellar and Wine Bar in Pullman. She served as a manager, trainer and buyer for much of her time there.

Julie moved to Pullman in 1996 and earned a degree in English Literature with a minor in Art History at Washington State University. Thinking that she'd like to become an English professor one day, she began a graduate program, but soon realized that study would require an extreme personality that she just doesn't possess. I had to point out that wine people are often extreme people, but she insists that she just likes wine and particularly enjoys the challenge of pairing wine with food and food with wine. She got an interest in cooking and food a couple years ago, thanks to her boyfriend, Robert.

“Julie is excited about helping plan the Co-op’s First Annual Cheese Festival, which will take place on Saturday, October 25. The Co-op’s event was inspired by the Pike’s Place Cheese Festival in Seattle, which Julie has attended twice.”

“It’s more fun to cook for other people; cooking just for yourself and by yourself isn’t very fun.”

Growing up, Julie was raised on basic “meat and potatoes” kinds of meals, but her eyes have been opened now to all the flavorings, spices, grains, fruits and vegetables and their unlimited combinations. Julie and Robert planted their first garden

together this summer and were thrilled with their abundant harvest of more than 15 types of vegetables. Robert has owned the house in Moscow, which sits on a lot and a half, for 11 years, but Julie added a woman’s touch to the bachelor pad a couple years ago. She has also since added some rescue ani-

mals: two cats from the Seattle area, a friend’s cat, a dog from Coeur d’Alene and a dog from Lewiston.

“Well, I’m a collector of animals,” Julie confessed.

Julie was raised in Puyallup, Washington, which was a quiet, wooded town within view of Mt. Rainier, but she laments that it has since grown into a sprawling metropolis. Julie was an only child with a stay-at-home mom and a dad that had two careers, first 25 years in the U.S. Navy and then 25 years for the U.S. Post Office. Julie is very grateful for her consistently supportive parents. Julie has only three living relatives, her parents and her aunt, so she confided that visiting her boyfriend’s large extended family a couple Christmases ago in Ohio was a bit of a mind-boggling experience. Her story made me remember my husband’s reaction when he had his first holiday at my grandparents’ house in Southern California with my aunt and uncle with their 13 children, in addition to my other aunts’ families.

Julie is excited about helping plan the Co-op’s First Annual Cheese Festival, which will take place on Saturday, October 25, from 10 a.m. – 3 p.m. The Co-op’s event was inspired by the Pike’s Place Cheese Festival in Seattle, which Julie has attended twice. I asked what a Co-op shopper can expect at the festival.

“We’ll have several different areas of the store set up so shoppers can try existing cheeses, as well as some new ones. Regional cheese makers will be on hand to offer samples of their products and be available to answer any questions. There will also be ideas for incorporating cheese to your holiday entertaining.”



The Co-op’s cheese department will also be experiencing a face lift soon with a general reorganization and new signage. Many Co-op shoppers will also be excited to learn that the Co-op will soon be selling WSU’s Cougar Gold cheese.

Amy Newsome and her family really like cheese, so are very excited about the Co-op’s First Annual Cheese Festival.

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Volunteer Profile: Leeanne Hoffmann

By Todd J. Broadman, Newsletter Volunteer

I "I simply fell in love with the place," Leeanne said, reminiscing about the reasons why she chose to settle and stay in Moscow. I spoke with her and her 5-year-old son Oscar one quiet Saturday morning at their home. As we conversed, Oscar set about remodeling and cleaning the home of Dolly and Chicken-Pot-Pie, two pet mice. Leeanne was emphasizing to Oscar the "cleaning" part of the operation.

Leeanne arrived in Moscow in 1984 with her mother from northern California and attended Moscow High School. Many folks leave and come back, but Leeanne stayed put. "There is this sense of community," she said and then added, "and accountability." I asked what she meant by the term. "Well ... I'd lost my purse once and was of course anxious about it. By the time I arrived back home, there it was - someone had left it on my doorstep, contents intact."

When I asked about her history with the Co-op, she smiled. "I was 17 and a converted vegetarian. The Co-op was my refuge ... they stocked roasted soybean nuts, you know." She pulled off a cardboard tube from the mice-hut. "I told my Dad that eating meat was like eating my own arm. He hunted and insisted I eat pheasant." Funny how things come full circle. Leeanne shared how her husband Bob enjoys hunting and that she now does eat meat. Bob Hoffmann had for many years served as the Co-op's Webmaster.

She patted Oscar on the head. "It's a great place for raising kids. There's an

air of acceptance. I home-schooled him for a while; now he goes to Montessori."

Oscar took a seat next to me on the couch and told me about his favorite Co-op food - cashew butter. "And my birthday is January 19 and

my best friends are Ryan and Jarrod," he offered without my prompting. He shares his mother's love for animals. "I really like grinding up cereal for the birds." In a flash, Dolly's white coat is scurrying up his arm. He then holds her in front of me. "You can pet her. One finger, softly."

Soon after she got pregnant with Oscar, Leeanne quit work. Her major at University of Idaho was Elementary Education. "I'm a child at heart. For



a time I took care of other children at my home. My dream is to begin a neighborhood school." She went on to point out how many like-minded mothers there are in Moscow. "We all have these great ideas on how to best raise kids. During the week, the school location would alternate from one mom's house to another mom's house, and we'd reserve one day for all mothers to join-in on an educational field trip."

Leeanne's volunteer post at the Co-op as a recycler gives her the opportunity to hook-up with old friends. "The hours are flexible and Oscar can help out." She talks about how recycling is good for Mother Earth and in the same breath points out the need for women to support one another. "I want to start classes that help women come together and share their stories, their art, their dreams. There are these great turning points, rites of passage:

marriage, birth, menopause."

As she talks about women connecting with women, I think back to a local men's group I participated in. "It's important," I said in an attempt to clarify my own feelings, "for brothers to come together and sisters too." Then Leeanne found the words that said it best, "Hearing each other's stories helps people feel they matter!"

And there was Oscar, living out his own story. He gently placed Dolly back in her remodeled, clean home.

.....
Todd is unsure, after years of globetrotting, how he ended up in northern Idaho. He loves it though. Todd, Corinna and son Micah reside in a straw-bale house amidst the pines. His current project, telepsychiatry, will use videoteleconferencing to connect psychiatrists and patients.

“Leeanne talks about how recycling is good for Mother Earth and in the same breath points out the need for women to support one another.”

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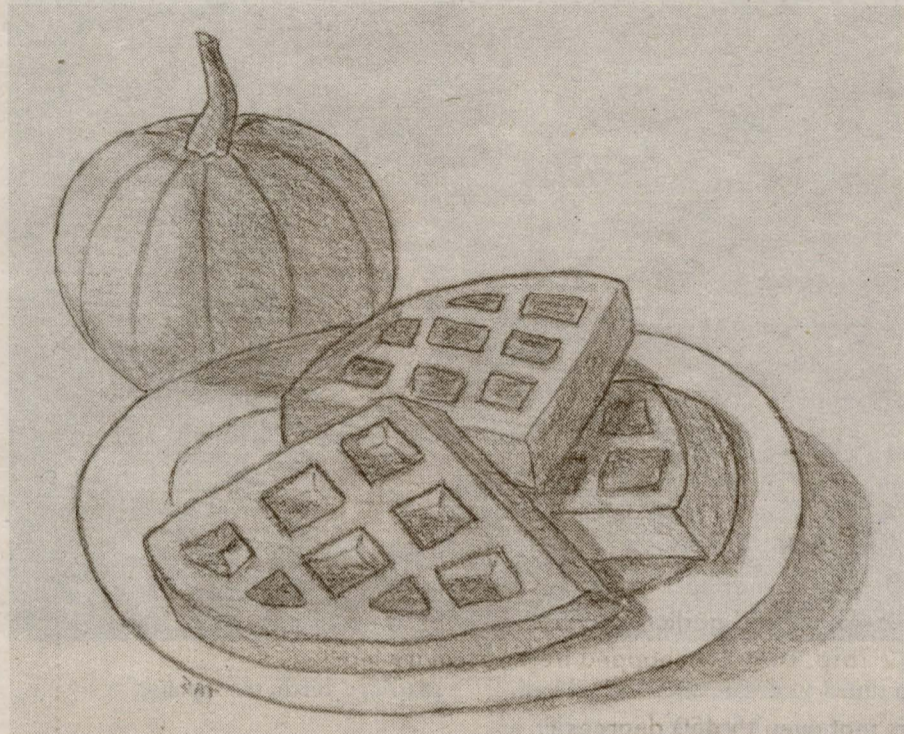
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Much Ado About Tofu: Halloween Traditions

By Terri Schmidt, Newsletter Volunteer, illustration also by Terri



We are lucky if we get any trick-or-treaters at all on Halloween. I'm assuming many children are strolling through downtown or the mall, hitting up the students at the U of I Tower, or having private parties. Gone are the days when parents felt completely safe taking their children door-to-door. The exception to that loss of tradition is small towns where everyone knows everyone.

I grew up in a town of 1,200 people, and on Halloween it was not unusual to have 150 children knock on our door. We were raised in a great old house. The previous elderly owners had installed an elevator in the front entryway so they would not have to climb the stairs. We mostly used it to send baskets of laundry up the stairs, but on Halloween, local children knew that in addition to getting candy, they would be offered a chance to take a ride in the elevator. It made us one of the more popular houses in town.

My own children looked forward to dressing up at Halloween as much or more than receiving candy. My daughter, Jenny, who ended up being a drama major in college, enjoyed trying on new personas from an early age. So Halloween was one of her favorite holidays. The year she dressed in a black veil and a black flowing dress with fake spiders attached all over and called herself Spider Woman, her brother, Andrew, not to be outdone, created an Elastic Man outfit complete with multicolored spandex tights and a swim cap. Their creations never ceased to entertain me.

Another Halloween tradition in my family was my Mom's "dinner in a pumpkin." The recipe is similar to stuffed peppers, but a stuffed pumpkin

was much more impressive to us as children. I have revised my mother's recipe substituting tofu for hamburger. This recipe is not only fun, but gives you one of your vegetable servings for the day since you eat the pumpkin along with the filling.

To make breakfast fun, try out the pumpkin waffles. They have a lovely aroma that will fill the house and smell like pumpkin pie. These waffles are hearty and will keep you satisfied for quite a while. Served with warm maple syrup, they make one think of autumn in Vermont. The waffles would also be good served with yogurt and apples, cream cheese and walnuts, or even vanilla ice cream.

If you eat gluten-free, purchase a package of frozen gluten-free waffles from the Co-op and put a pumpkin sauce on top of your waffle instead. Just mix some canned pumpkin with honey and cinnamon or pumpkin pie spice.

After you eat your tasty pumpkin meals, there is an entertainment option for those of you who still enjoy dressing up. Each year the Palouse Folklore Society sponsors a Halloween contra dance and most people come in costume for the occasion. It is a delight to go and see all the unusual outfits people have come up with. All the dances are taught and it's a lot of fun. The dance will be on October 25 this year in the 1912 building. To learn more, check their website: www.palousefolklore.org.

Terri Schmidt also encourages those who like to try on new personas to get involved in our local community theaters.

Dinner in a Pumpkins

by Val Churchman - adapted

- 1 ½ cups chopped celery
- 1 cup onion, chopped
- 1 4-ounce can sliced mushrooms, drained
- 2 Tbsp. butter
- 1 package firm tofu, crumbled
- ¼ cup soy sauce
- 2 Tbsp. brown sugar
- 1 can cream of mushroom soup
- 2 cups cooked rice
- 1 medium pumpkin


In a medium skillet, sauté celery, onion and mushrooms in 1 Tbsp. butter. Remove from skillet and set aside. In same skillet, cook crumbled tofu in remaining butter till slightly crisp. In a large bowl, combine vegetables, tofu, soy sauce, brown sugar, soup and cooked rice. Mix well. Cut top off pumpkin. Clean insides well. Spoon tofu-rice mixture into pumpkin. Replace top. Bake at 350 degrees F for 1 hour or until pumpkin is tender.

Pumpkin Tofu Waffles

(adapted from several recipes)

- 2 ½ cups all purpose flour
- ¼ cup molasses
- 2 ½ tsp. baking powder
- 1 tsp. baking soda
- ½ tsp. salt
- 2 tsp. ground cinnamon
- 1 tsp. ground ginger
- ½ tsp. ground nutmeg
- 2 tsp. vanilla
- 8 ounces soft tofu (½ package)
- 1 ½ cup milk (or milk substitute)
- 4 large eggs, separated
- 1 cup canned pumpkin
- 6 Tbsp. butter (or substitute) melted

Preheat waffle iron. Sift together flour, baking powder, soda, salt and spices. Beat egg whites till they hold soft peaks. Blend tofu till smooth. Whisk together vanilla, tofu, milk, egg yolks and pumpkin. Stir in dry ingredients. Fold in egg whites gently. Brush waffle iron with oil and pour in batter. Cook till done. Enjoy with your favorite topping.



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Omnivoria: Roast a Whole Chicken

By Alice Swan, Newsletter Volunteer

I'm writing on the eve of the autumnal equinox, having a hard time imagining, through the near-90-degree heat, what the weather will be like in October when this article hits print. But despite the heat, autumn has been in the air and I overheated my kitchen roasting a whole chicken the other day.

Fall is my favorite season (at least right now, at the change of summer into fall). I love the cool weather (or the cool nights anyway), the changing leaves, chrysanthemums in the garden, pumpkins appearing on people's porches and getting back to using the oven after several months of trying not to turn it on if at all possible. I tend to do more baking in the fall than any other time of year, for example.

Roasting a whole chicken is an easy way of satisfying those nesting urges that many people experience in the fall, provides a hearty meal, warms the kitchen and makes the house smell really yummy. Although you can spend quite a bit of time making rubs and stuffing, they're totally optional if you don't have the time or desire for them and the chicken requires no effort at all once it's in the oven.

Before I get to recipes, a word about the Co-op's chicken: Rocky the Range Chicken was the first USDA-approved free-range chicken and Rosie was the first to be certified organic. They come from Petaluma Poultry in Petaluma, California, where they are raised in large, airy barns, not confined to cages. The chickens have access to the outdoors and are fed a strictly vegetarian diet with no animal byproducts and no hormones or antibiotics (Rosie's feed is certified organic). Now, some of you may have read Michael Pollan's disparaging remarks about Petaluma Poultry in *The Omnivore's Dilemma*. Pollan draws a stark comparison between Petaluma Poultry, which is a relatively large-scale business, to Polyface Farm in Virginia, where chickens are pasture-raised, slaughtered on-site and customers buy direct from the farm.

I have to admit that for a while, after reading *The Omnivore's Dilemma*, I stopped buying Petaluma Poultry products. But upon further reflection, I've realized that it's not so awful.

There are a few local farms from which one can buy chickens, but the reality is that they don't produce enough to supply our entire community. And for people like me, who don't have much freezer space and aren't always good at planning ahead, being able to buy

chicken at the Co-op an hour before dinner is a lifesaver.

And really, Petaluma Poultry products are far better than their conventional industrial counterparts. Their chickens are not confined to tiny cages, they are not de-beaked and they are not fed drugs, steroids or animal by-products. Just as importantly, Petaluma Poultry treats its humans (that is, its employees) well — they are paid competitive wages and receive a full benefits package. Petaluma Poultry was also a leader in the establishment of USDA organic guidelines, has fought to keep those guidelines intact and gives generously to local agricultural, environmental, educational and community groups.

I think lots of people start out buying a few organic products from their large grocery store, get hooked and start to seek out more, which leads them to a Co-op, then to local producers. And in that chain of events, large-scale organic production plays an important role.

The simplest way to roast a chicken is to turn the oven on to 375 degrees F, rinse and dry the chicken, put it in a pan and stick it in the oven. A good-quality chicken will taste good that way, but seasoning both inside and outside with a little salt and pepper, putting a few garlic cloves, a lemon and maybe a little rosemary inside the bird, requires little effort and adds quite a bit of flavor. Then you can eat roasted chicken for dinner one night, make a soup or salad with the leftover meat another night and make stock

Autumn Roasted Lemon-Rosemary Chicken with Apples and Potatoes

- 1 small lemon
- 1 whole chicken (4 1/2 to 5 pounds)
- 3 1/2 pounds potatoes, peeled and quartered
- 1/2 pound carrots, peeled and cut into bite-sized chunks
- 2 apples, each cored and cut into 8 half moons (leave peel on)
- 1/3 cup olive oil
- 1/2 cup lemon juice
- 2 tsp. salt
- 1 tsp. ground black pepper
- 2 tsp. minced garlic
- 2 Tbsp. coarsely chopped fresh rosemary leaves

Preheat oven to 450 degrees F.

For the Chicken:

Remove the bag of giblets and set aside. Rinse the chicken and pat dry inside and out. Pierce the lemon all over with small sharp knife. Put lemon in cavity of chicken. Tie chicken legs together with kitchen twine. Arrange on a V-roasting rack (or just set it in the pan if you don't have a rack), breast side up, in middle of a large roasting pan; arrange potatoes, carrots and apples around it. *If desired, add liver and giblets to pan.

Lemon-Rosemary Seasoning:

In a small bowl, whisk olive oil, lemon juice, salt, black pepper, garlic and rosemary. Pour mixture over chicken, vegetables and apples, then spread mixture with fingertips to coat all surfaces. Roast uncovered for 15 minutes in preheated oven. Turn heat down to 375 degrees and roast additional 1 hour 15 minutes, or until thickest part of thigh registers 180 degrees, breast meat registers 170 degrees and potatoes are tender and browned.

with the bones (search for Omnivoria: Homemade Stock at www.moscow-food.co-op for instructions). And here's a recipe from Petaluma Poultry that's a simple, one-pan meal in itself. Just serve with a tossed salad and

enjoy!
.....
Alice is dreading the frost that will surely be here soon and kill all her wonderful tomatoes.



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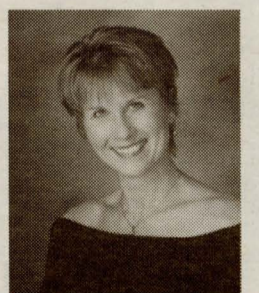
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Vegan-esque: Oktoberfest: Pairing Beer with Food

By Caitlin Cole, Newsletter Volunteer

The sound of the first fallen leaves skittering along with me as I walk down the street remind me of the fabulous change taking place – the glory of autumn. Pumpkins and gourds, trick-or-treaters and the bounty of the second harvest. And then there is Oktoberfest, which puts me in mind of beer. While planning our own Oktoberfest party this year, I ran into trouble while researching German food, which I had planned on serving with a special Oktoberfest brewed by yours truly. Traditional German food is not exactly plant based! I didn't see any way to alter these recipes, so decided it might be fun to serve local harvest food dishes that paired well with beer instead.

The great thing about pairing beer with food is that there are no hard and fast "rules" as there tend to be with the wine pairing. Here are two things to

consider while experimenting.

Cut

To quell the burning sensation of spicy hot foods such as chili, a malty beer with a high alcohol content like a rich German doppelbock works well. The component of a hot pepper that is responsible for the 3-alarm fire in your mouth is soluble in alcohol but not in water. The alcohol will rinse the fiery heat from your tongue more quickly than water or other beverages, while the maltiness cools and refreshes. On the other hand, a high-alcohol beer with a hoppy astringency like an India pale ale can be too powerful with hot, spicy foods seemingly intensifying the heat instead of cooling the palate.

Complement

It's what it sounds like, pairing a food with certain qualities with a beer which has the same qualities, such as the pairing of a green salad with a coriander-spiced Belgian white ale or an American wheat beer. The delicate character of wheat beers doesn't overpower the subtle flavors in a salad but instead enhances them. Another example of a complementary pairing is the classic stout with chocolate dessert. I once had a stout chocolate milk shake at a funky brewpub in Seattle. It

was sublime.

This is my first Oktoberfest since I was diagnosed with Celiac disease (a food allergy to gluten, which causes damage to the intestines). It is a struggle for me because I love all things beer related, especially the drinking part! I went through a mourning period and even stopped brewing for awhile. Eventually I realized that even though I could not use my sense of taste to experience the wonder of beer, I still had four more senses I can use to enjoy it! I have resumed my brewing and now I have lots of beer to give away to my friends who can enjoy it. My husband has a hard time of it, though. It drives me crazy that I can't taste my own creation. I am forever asking him what it is like. He usually says "it is really good." But I want to know, how hoppy

The great thing about pairing beer with food is that there are no hard and fast "rules" as there tend to be with the wine pairing.

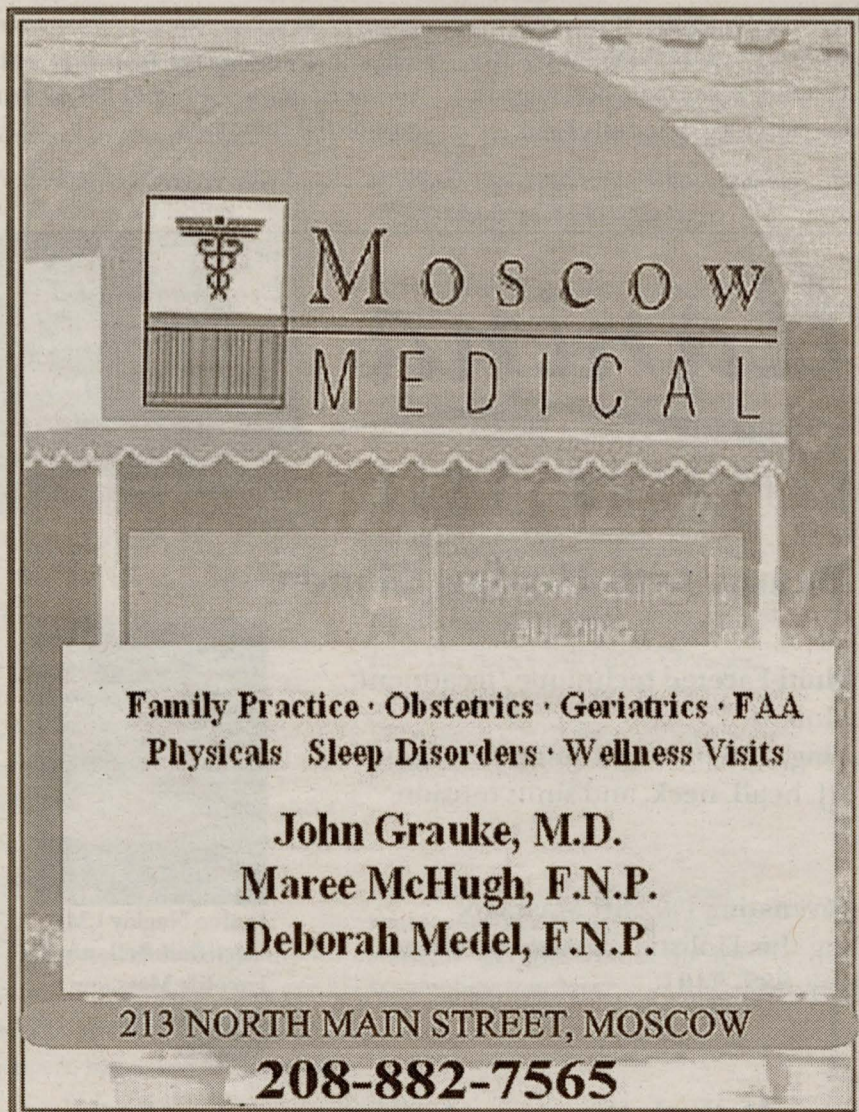
is it? Is it the right malt to hop ratio? Is it bitter? Is it light? Full-bodied? Sometimes after two or three sips he says "Wow, I have a buzz already." Ah, got it right.

Caitlin Cole will be drinking gluten-free beer at Oktoberfest this year.

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Green Salad with Cranberry Vinaigrette

Enjoy with Belgian White Ale or Wheat Beer (complement)

- 3 1 cup sliced almonds
- 3 Tbsp. red wine vinegar
- 1/3 cup olive oil
- 1/4 cup fresh cranberries
- 1 Tbsp. Dijon mustard
- 1/2 tsp. minced garlic
- 1/2 tsp. salt
- 1/2 tsp. ground black pepper
- 2 Tbsp water
- 1/2 red onion, thinly sliced
- 4 ounces crumbled blue cheese (optional)
- 1 pound mixed salad greens

Preheat oven to 375 degrees F. Arrange almonds in a single layer on a baking sheet. Toast in oven for 5 minutes, or until nuts begin to brown. In a blender or food processor, combine the vinegar, oil, cranberries, mustard, garlic, salt, pepper and water. Process until smooth.

In a large bowl, toss the almonds, onion, blue cheese and greens with the vinegar mixture.

Hot Stuff Tomato Soup

Enjoy with Oktoberfest ale or German Doppelbock (cut)

- 2- 28 ounce cans fire-roasted diced tomatoes
- 1 large onion, coarsely chopped
- 2 tsp. finely chopped garlic
- 1 tsp. finely chopped fresh jalapeno chile
- 2 tsp. finely chopped peeled fresh ginger
- 3 Tbsp. olive oil
- 1/2 tsp. ground cumin
- 2 1/4 cups vegetarian broth
- 1 Tbsp .sugar, or to taste
- 2 tsp. salt, or to taste

Cook onion, garlic, chile and ginger in oil in a 4- to 5-quart heavy nonreactive pot over moderate heat, stirring frequently, until onion is softened, about 8 minutes. Add cumin and cook, stirring, 1 minute. Stir in diced tomatoes, broth, 1 Tbsp. sugar and 2 tsp. salt and simmer, uncovered, stirring occasionally, 20 minutes. Working in 3 or 4 batches, blend soup in blender until smooth (use caution when blending hot liquids). Stir in sugar and salt to taste.

Serves 4

Into the Cupboard: Not a Nut at All

By Ivy Dickinson, Newsletter Volunteer

For as long as I can remember I've been a lover of peanuts. Perhaps it is the diversity of ways they can be prepared, or maybe I'm just a sucker for the "crunch" that can only be delivered by this all-American snack food. Either way, I have some very fond memories of visiting my grandma (also a lover of peanuts) and watching her whip up a variety of delectable snacks involving that practically unbeatable combination of chocolate and peanuts.

The interesting thing about the peanut is that it is not a nut at all, but rather a member of the legume family. Legumes are known for their incredible ability to convert soil nitrogen into a usable form for other plants. An ability that is almost single-handedly responsible for the role that the peanut has played in American culture.

In the early 20th century, an agricultural chemist by the name of George Washington Carver helped to revolutionize the agricultural economy of the Southeast by convincing farmers to consider rotating soil-enriching crops such as peanuts and sweet potatoes in with the more traditional cotton and tobacco. Decades of growing only cotton and tobacco had depleted the soils, and the boll weevil was ravaging the few crops that farmers were able to grow. In order to promote these alternative crops, Carver published bulletins that identified and marketed industrial, textile and food uses for the peanut. Despite his many ingenious discoveries, he refused to patent any of his findings, as it was his desire that all the people of the South, rather than he alone, should profit from his findings.

For my first recipe, I decided to make a slightly exotic variation of the traditional candied peanut. The twist is that this recipe contains rose water,

which imbues the peanuts with a heady aroma as well as imparting a subtle floral flavor. The Co-op sells food-grade rose water in the wellness section of the store. What I love the most about this recipe is that it can be made quickly (unless you choose to make your own rose water as well) and the result makes a great salad topper or a quick snack that will provide a wonderful break from your more traditional fare. I suggest you make extra, as these always seem to disappear quickly when I make them.

I felt that for my second recipe, I should include one that featured the always delicious chocolate-peanut combo. I chose to make a bar that consisted of a sweet oat crust topped with peanut butter and semi-sweet chocolate chips melted together. I wanted to create a no-frills dessert that would highlight the freshly ground peanuts from the Co-op bulk department and straight up dark chocolate. This recipe, which was ultimately a hodgepodge of other things I've made in the past, turned out to be a delicious creation. It had just the right balance of rich chocolate and creamy peanut butter that was accentuated by a sweet chewy crust.

Sources:

www.epicurious.com/recipes/food/views/ROSE-WATER-CANDIED-PEANUTS-238429

Ivy had a great time writing her first ever Co-op newsletter article and would happily consider writing about all ingredients except pickled herring. Please e-mail any suggestions to ivyrose7@hotmail.com

Rose Water Candied Peanuts

- 3/4 cup sugar
- 1/4 cup water
- 1 3/4 cups dry-roasted peanuts
- 1 1/2 tsp. Middle Eastern rose water

Line a baking sheet with foil. Bring sugar and water to a boil in a 3-quart heavy saucepan over moderate heat, stirring until sugar is dissolved. Stir in peanuts and boil, stirring frequently, until syrup thickens, about 8 minutes. Reduce heat to moderately low and stir in 1/4 tsp. salt. Continue cooking, stirring and scraping any bits of crystallized sugar from side of pan into mixture (it will become very gritty), until sugar is golden brown, 2 to 3 minutes more. (Sugar will still be gritty.)

Remove from heat and stir in rose water. Spread nuts on foil to cool completely, about 20 minutes.



Yummy chocolate peanut oat bars.

Chocolate Peanut Oat Bars

- 1 cup brown sugar
- 2/3 cup butter, softened
- 4 cups quick oats
- 1/2 cup agave syrup
- 1 Tbsp. vanilla
- 3/4 cup semi-sweet or bittersweet chocolate chips
- 2/3 cup freshly ground peanut butter (from the bulk peanut grinder at the Co-op)

Cream the butter and brown sugar together and then add oats, agave syrup and vanilla. Press into a 9"x13" greased pan and bake for 15 minutes in 350 degree F oven.

While crust is baking, melt peanut butter and chocolate chips together in a double boiler. Spread mixture evenly over crust. Let set, cut and enjoy.

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The Organic Seed Supply

By Julia Piaskowski, Newsletter Volunteer

This article series on seed issues started with an overview of the politics which encompass seeds, followed by a description of the state of the public seed industry. In those articles, I sought to clarify the importance of agricultural seeds to all people and describe the dangers posed to seeds due to increasing privatization of seed genetic resources.

In this final article, I'd like to describe positive alternatives to the large-scale seed industry—small seed companies specializing in heirloom varieties and organic seeds. By "organic seeds," I mean seeds that are not only produced under USDA organic certification, but also have been specially developed to perform well in organic farming systems. Federal regulations require that certified organic farms used organic seed when available. At this time, there is a tremendous unfilled need for organic seed.

One of the largest companies to offer organic seeds is Seeds of Change. They offer over 600 different vegetable varieties that are all organic. Seeds of Change sells both heirloom varieties

as well as new varieties they have bred for organic farming. Their seed catalog advertises unique crops such as "Persian Star Garlic," a hardneck known for its spicy flavor and suitability to warm climates.

Another private seed company specializing in organic seeds is High Mowing Seeds, based in Vermont. They sell only organic seeds, over 50 different crops and 350 different varieties. Currently, High Mowing Seeds is a co-plaintiff in a lawsuit against the Animal and Plant Health Inspection Service (APHIS) regarding genetically engineered sugarbeets. They operate a breeding program to improve seed for organic production in addition to selling organically-grown seed.

Genesee Valley Daoist Hermitage has sold seed for over 15 years at the Moscow Farmers' Market and for the last two years at the Co-op. They sell seed for approximately 40 different crops, specializing in Chinese medicinal herbs. Their varieties are unique, having originated in China. Over 15 years of selection at their Genesee farms has undoubtedly resulted in

seeds that are especially adapted to the Palouse.

Johnny's Selected Seeds, based in Maine, sells over 200 organic varieties online that are intended for home gardeners and small commercial growers. Johnny's has pledged to not sell genetically modified varieties due to insufficient testing and general lack of knowledge of the consequences of those crops.

In addition to small seed companies, there are non-profit efforts to protect the integrity of organic seed. Washington's Organic Seed Alliance's mission is to "support the ethical development and stewardship of the genetic resources of agricultural seed." Advocacy director Matthew Dillon states: "We want farmers to have seed sovereignty over their varieties and their markets. We provide farmers with the plant-breeding skills." Their website contains a current list of seed companies in the United States that sell organically-produced vegetable seeds.

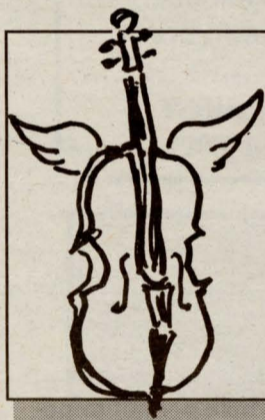
Another non-profit is Seed Savers Exchange, a non-profit organization based in Iowa that has a gene bank of rare heirloom seeds to share with farmers and gardeners. They maintain a collection of over 25,000 different heirloom vegetable varieties.

"Federal regulations require that certified organic farms used organic seed when available. At this time, there is a tremendous unfilled need for organic seed."

I have enjoyed writing this four-part series on the seed industry and its relevancy to our daily lives. I hope that you have found it informative and enlightening. I'd like to end this series with words from the America Seed Trade Association's website:

"Seeds are the foundation of human and animal life on earth — the foods we eat, the fibers we wear and most of the products we use in our daily lives are created from a seed. As the delivery mechanism for new plant technologies and varieties, seed is also the crux of agriculture."

Julia Piaskowski is a graduate student in plant breeding at Washington State University. She works with wheat when she is not entertaining her 9-month-old daughter, Suzka.



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September Hot Specials	
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SUNDAY	
Breakfast Burritos: Egg or Tofu, Homefries, Egg and Tofu Scramble	Butternut Squash and Mushroom Lasagna, Three Cheese and Italian Sausage Lasagna, Garlic Bread
Zucchini Cobbler	
MONDAY	
Gourmet Pizza by the Slice	Moussaka, Roasted Fall Vegetables
Ginger Pear Rice Pudding	
TUESDAY	
Spicy Thai Tofu Stirfry, Beef and Broccoli Stirfry, Rice, Egg rolls	BBQ Night!!! Meat and Tempeh Kabobs, Burgers, Bratwursts
Peach Clafoutis	
WEDNESDAY	
Chicken and Dumplings, Vegetables and Dumplings	Butternut Squash Au Gratin, Potatoes Au Gratin w/ Ham, Charred Green Beans
Cinnamon Raisin Rice Pudding	
THURSDAY	
Smothered Burritos: Chicken, Veggie, Vegan, Green Chili Chix Enchiladas	Grilled Asian Flank Steak or Grilled Portobello, Sweet Slaw
Apple Crisp	
FRIDAY	
Chicken and Broccoli Foldovers, Roasted Veggie Foldovers, Mean Greens	Gourmet Pizza by the Slice
Molten Chocolate Caramel Cake	
SATURDAY	
Stuffed French Toast, Homefries, Bacon, Egg and Tofu Scramble	Chicken Fried Steak and Gravy, Mashed Root Vegetables, Steamed Vegetable Medley
Lunch: Mac&Cheese, Mean Greens, Potatoes	Chocolate Banana Bread Pudding

If You want to Brew Beer, Don't Forget Your HOPS ...

By Sean M. Quinlan, Newsletter Volunteer

This month, we focus upon another rich and exciting community association: the Home Brewers of the Palouse – or, as they call themselves, HOPS.

If you are interested in great beer, you can go to any fine retailer and peruse the shelves, looking for fine imported – and, increasingly, indigenous – beers. If you're a huge aficionado, and if you're really ambitious, you might be tempted to take a bold step and brew it yourself.

Home brewing has become something of an American phenomenon – and consuming the results is a great pleasure – but it isn't easy.

"Home brewing is really exciting," explains Robert Rigg, a long-standing member of HOPS and editor of its newsletter. "It's first and foremost a craft – half science, half art. It's something that you can't simply learn from a book.

"There are so many factors at work," he explains. "There's your ingredients, starting with the grain and hops. You have to be really careful with temperature and fermentation. It's like an experiment, but an experiment with all sorts of variables that are hard to duplicate.

For these reasons, home brewing takes a lot of time and experience. "Sometimes people need some help getting started. You need to know about the equipment, and you need to know about getting the right ingredients. Hence the need for a community of brewers."

Enter HOPS. The group was founded around 1988. This was the time when America threw off the last vestiges of Prohibition and finally legalized home brewing. Beer connoisseurs had also read Charlie Papazian's classic book, *The Complete Joy of Homebrewing* – first published in 1984 – and they wanted to give it a try.

HOPS's backbone comes from a core group of dedicated home brewers, and it boasts about 15–20 members at present. On of the pioneer members is Jon Wolff, who has over three decades of home brewing experience behind him.

Each month, HOPS meets at a member's home. Everyone brings their home brews. They swap recipes and experiences, and they sample each other's work. The group also pools



Making beer is a complex process that involves many steps, from growing hops to brewing a batch of beer.

resources to buy malted barley from all over the world.

Every year, they throw full-blown dinner party. Not only are the best home brews put on the table, everything served at the meal has been cooked with beer. In addition, every year, HOPS holds an all-day "brew-a-thon" in which the group works together on recipes.

The key part of the meetings, however, is the tasting and commentary. The members sample each other's brews and analyze it. Beginners often start with homebrew extracts (which you can buy at retailers like Tri-State), but then move into the more difficult task of making their own mash. The experienced brewers can distill the core essentials of the taste and isolate that key steps in the process – from ingredients to temperature – that may have compromised the final results. For many members, this feedback is essential for helping them improve their home brews.

This is why Robert originally joined the group. He loved great taste and diversity in his beer. He then read

Papazian's book and wanted to brew his own beer. He's now in his eighth year with HOPS and he has found the friendships and experiences truly wonderful.

"Some people have the impression that people brew their own beer because they need a lot of beer to drink," he laughs. "But that's what you have the big-name brands for. It takes a lot of effort to brew a 5-gallon batch. Myself, I do about four or five brews per year. It's really about the process and taste."

"We're a very informal, casual group," Robert stresses. "There are no rules, no minutes. Essentially, we're run by anarchy. HOPS is there simply to share and learn from each other.

"If you're just thinking about home brewing, or want to learn more about it, we're happy to have you over," Robert says "There's no restriction to coming by. The membership is a small amount – \$10.00, and that's pretty much to cover our yearly dinner and the cost of printing up our newsletter."


If you want to know about HOPS, please contact Layne Davis (509) 878-1845 davislayne@palouse.com, Jon Wolff wolffj@roadrunner.com, or Robert Rigg (208) 285-1007 robert@rigg.com.

Sean M. Quinlan is a historian of science and medicine. He teaches at the U of I.

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In The Garden: Another Gardening Year Ends

By Holly Barnes, Newsletter Volunteer

"Unemployment is capitalism's way of getting you to plant a garden."

—Orson Scott Card

As I water my parched garden after yet another week away, I'm faced with the undeniable fact that summer is almost over and another gardening season has come to an end. As this one departs, I have one big regret: I was away from my garden too much. There are so many other things that I want to do and I am lucky enough to be able to do them. And so I did, this summer of 2008. My winter reflection time will address my prioritizing so that next October I can say goodbye to my garden with the feeling that I had a good balance of time within the garden and without.

Fall cleanup is upon us this month. Bed preparation is recommended in October for new plantings next spring. Preparation now gives you a jump-start on the season, allowing much earlier planting come the New Year. Dividing and transplanting perennials is best completed early in the month so plants have some time to establish roots before freezing. I usually try to complete this task in September, but early October is okay most years. Keep gardens watered until the rains come. Many plants that we think are lost to freezing are actually lost to drought conditions prior to winter's onset. Keep leaves raked and save them, if you can, to use as mulch. I have a shredder that produces large amounts of mulch that I put on my garden. It's great for winter protection of tender

plants, and then come spring, when I mix it in, it provides a good organic addition to the garden beds.

I do a fairly light pruning of plants in the fall so as to leave stalks and stems for winter interest. Frost and snow makes for some wonderful scenes. (In early spring, after I see the new growth of each plant begin, I trim these back.) After cleaning up garden beds and removing dead and diseased plant matter and after there have been a couple of good frosts, top-dress beds with 2-3 inches of compost or other organic matter (i.e., leaves or straw).

For vegetable gardens this is the best time to amend the soil. Adding chopped leaves and animal manure on top of your existing gardens will reap generous rewards in the spring. You will be able to plant earlier next year by a month or more if you prepare beds now. After amending, cast some rye grass (or other cover crop) seeds over the beds. When the grass is at its most lush next spring is the time to till it into the soil where it will generously add nitrogen-rich organic matter to the garden bed.

There is a wealth of advice for home gardeners on the University of Idaho Extension office website: <http://extension.uidaho.edu/idahogardens/gb/index.htm>.

The Potlatch Grower's Group October workshop will feature Selling and Marketing Poultry in Idaho and will meet on Sunday, October 19, from 2 to 5 p.m. at the Potlatch Depot. Call 208 875-0644 for more information.



Cleaning up at the end of the gardening season.

According to their e-mail: "This is a unique opportunity to learn from the folks who know what it takes to market and sell your poultry in Idaho. The demand for free range chicken is high with local and regional markets waiting to be tapped. Join us for this extended 3-hour Sunday Seminar October 19. Please contact Skeeter at stratpath@moscow.com for more information and to let us know if you will attend."

Also of interest to gardeners is the Palouse Water Summit to be held at the University Inn Best Western in Moscow on Tuesday, October 7. Topics will include xeriscaping, rain-water collection and much more. If this interests you, visit the website to view the agenda and to register at

www.palousewatersummit.org. You do not have to attend all day; choose which session(s) you wish to attend.

There is no charge for either of the above workshops.

Holly Barnes lives and gardens in Moscow. She is busy this month preparing the garden for the winter.

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Letter from the Land: A Garden on the Move

By Suvia Judd, Newsletter Volunteer

Soon after the family moved to the property in the early 1950s, they dug and planted a vegetable garden about 50 steps from the back door. The site had good sunshine all day and was convenient to the house. On the other hand, the soil was low in fertility and tilth; the clay soil baked hard in the summer. (The children enjoyed digging a new trench irrigation system every year, so that water from a hose inserted at the top of the garden would flow zigzag down the hill and water the whole space.)

Around 12 years later, the family moved the garden to a spot near the site of the old hay barn, which had burned down. The new garden had an eastern rather than a western exposure, deeply friable soil and easy access to a quantity of old horse manure. For many years the vegetable garden thrived on this spot.

In the 80s, we moved the strawberries and raspberries, which were suffering from the blast of the afternoon sun on the aluminum wall of the replacement barn. We built raised beds for vegetables where the berries had been. We

continued to grow vegetables in the rest of the garden, although the soil was becoming depleted and the area getting increasingly shaded by a maturing spruce.

In the early 90s, we started a fruit tree nursery, and over the next eight years, much of the open space south of the barn was filled up with trees heeled in or in fiber pots. The unsold ones were allowed to take hold and grew into an impressive fruiting forest. (Cherry trees, filberts, walnuts, pears and Asian pears, and seven varieties of plums crowd shoulders with purple-flowered locust and flowering cherries and tower over lilacs and forsythia and raspberries and honeyberries and small nut pines.)

In the mid-90s, we acquired the llamas and alpacas, and after one snowy winter, we heaved all the manure out the back of the animal sheds and built a new garden on composting manure. A tribe of squash thrived and spread and smothered pole beans and tomatoes. Meanwhile, in the previous garden, we layered on the manure compost and had a fabulous salad greens harvest.

After a couple of years, we realized that the pastures had more sun than the gardens and needed water, so we built a squash garden out in the pastures which produces several hundred pounds of squash every year.

Meanwhile, we quarantined a new llama in the back yard one winter and decided in the spring to turn the handily pretilled and manured spot into a garden, thirty feet from the back door. It does best for greens and potatoes, because of the shade. In fact, most of the property except the pastures has developed a closed canopy. And in the pastures we are starting to plant trees as part of our new browse system ... Behold the evolution of a landscape!

In permaculture design, gardens are typically laid out in zones, with the closest zone to the house, zone 1, being the place you naturally spend the most time - you might plant herbs and lettuces there, for example, and vegetables needing less attention in zone 2, and fruit trees or fruit bushes needing even less attention in zone 3 and so on. In practice, we find things to be a lot more fluid. This year the slugs ate

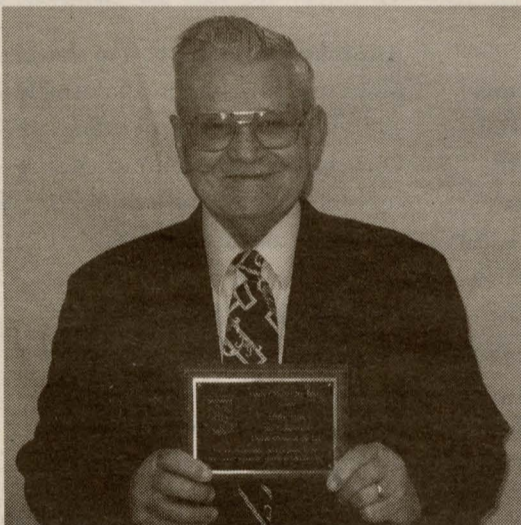
“After a couple of years, we realized that the pastures had more sun than the gardens and needed water, so we built a squash garden out in the pastures which produces several hundred pounds of squash every year.”

up nearly all the zone 2 garden and I planted seven kinds of summer squash in the theoretically zone 4 winter squash garden; I go by there every day caring for the alpacas and pick a couple of squash on my way back. Every year offers new chances to experiment and learn.

Suvia Judd farms and gardens and thinks and writes in Moscow.

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Idaho House Of Representatives | Latah County, Dist.6, Seat A



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- ~ 24 years as a Professor at WSU
- ~ Married to Jo Ann with three children

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- ~ Education
- ~ Commerce and Human Resources
- ~ Agricultural Affairs (Chairman)

Honors

- ~ United Vision—Outstanding Elected Official of the Year
- ~ Professional Fire Fighters—Legislator of the Year
- ~ IEA—Friend of Education Award
- ~ Cesar Chavez Human Rights Award
- ~ Arthur Flemming Fellow—Leadership Program
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PERSI Retirement Benefits

- ~ \$190 million in increased retirement benefits for state employees, university faculty/staff, teachers, law enforcement and others

Human Rights

- ~ Minimum wage legislation for 35,000 Idaho farm workers
- ~ Sponsor of two resolutions advocating basic human rights
- ~ House sponsor of resolution opposing the Patriot Act.
- ~ Co-sponsor of resolution opposing the invasion of Iraq

Animal Rights

- ~ Passage of Dog Fighting/Felony Act

Victims Of Domestic Violence

- ~ Passage of address protection through the Idaho Sec. of State's Office

Small Businesses

- ~ Passage of legislation 1) permitting state agencies to give contract preference to small business, 2) stabilizing unemployment premium rates, and 3) elimination of the business personal property tax

Victims of Identity Theft

- ~ Established Victim ID theft as a crime, and required credit agencies to restore credit within 30 days

Future Legislative Proposals

- ~ Tax Reform—Sunset all 75 tax exemptions and set up system to evaluate each exemption
- ~ Legalize medical marijuana
- ~ Tax Credit for Small Businesses to help pay for medical insurance for employees
- ~ Loan Forgiveness Program for Public School Teachers and Physicians
- ~ Protect retirement and medical benefits for state and university employees

Paid for by the Re-elect Tom Trail Committee | Alison Sturgul, Treasurer, 103 S. Van Buren, Moscow, ID, 83843

Around Town with the Bicycle Brothers: Latah Trail Update, October Events and a Human Powered Hero

By Emmett Breedlovestrout and Isaak Julye, Newsletter Volunteers

🔥 October Events:

Latah Trail Fundraiser: Dinner, music and an auction to help support the final phase of Latah Trail construction. **Saturday, October 11**, Best Western University Inn, Moscow. Tickets are \$40 each or \$300 for a table of 8, available at BookPeople in Moscow and the Troy City Hall. Contact Nora at latahtrail@gmail.com or 882-5458.

MAMBA Trail Building Party: Join the MAMBA crew for the final workday of the season as they complete the newest section of the trail system on Moscow Mountain. Meet at noon in the Rosauers parking lot, **Sunday October 12**. www.bikemoscow.org for more info.

Critical Mass: Rumor has it that the Critical Mass Bike Rides are returning to the streets of Moscow. The group converges on the last Friday of every month for a fun ride through town promoting bicycle transportation and sharing the road. Keep an eye out for more information coming soon....

🔥 Latah Trail Update:

Remember back in May of 1869 when the first transcontinental rail line joined the East Coast with the West Coast? All that celebration, revelry and general merrymaking that took place the day the golden spike was driven to connect the both sides of the country by train. We're about to recreate some of that east/west connectivity excitement here on the Palouse this month with the completion of the Latah Trail between Moscow and Troy. If all goes according to the plan, by the time you read this it will be possible for cyclists, runners, walkers, skaters, skiers and any other non-combustified traveler to make the journey safely and comfortably from Moscow to Troy and back. The missing link — the bridge over Wallen Road — should be finished with a beautiful hunk of pre-fab concrete from Minnesota and the final two miles of trail paved with a layer of sweet, silky asphalt. Commuters and recreators rejoice! And thank all those volunteers, donors and organizations who have worked long and hard to make this incredible resource a reality. Cheers to all.

Also, if you haven't heard, a great way to celebrate the trail and help provide funding for this final phase of construction would be to attend the Latah Trail Foundation's "East Meets West" Dinner and Auction. For those who have attended these fundraising dinners in the past, you know it is a guaranteed good time; and if you haven't, the food and drinks never disappoint and the fun rolls on and on — kind of like our newly finished trail.

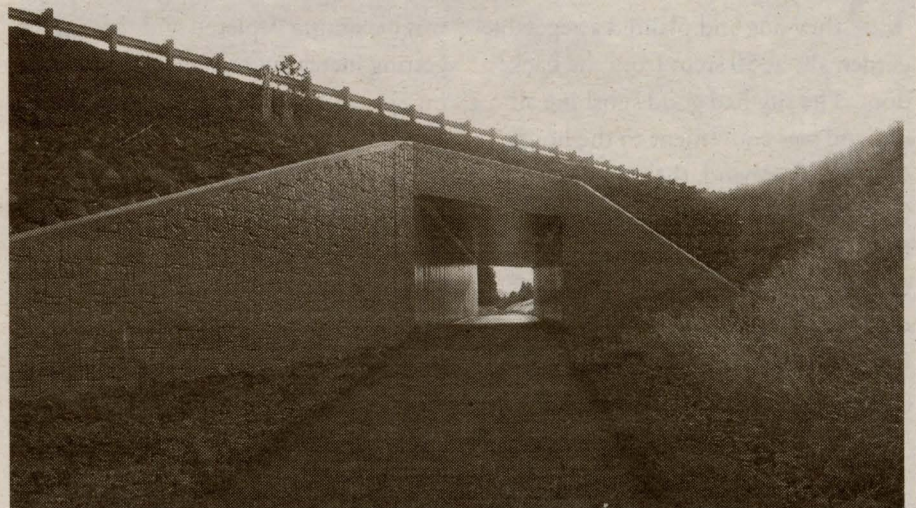
Human Powered Hero: In honor of the completion of the Latah Trail this month, we spoke with Latah Trail Foundation Executive Director, Nora Locken, who, not coincidentally, is dedicated to the Low-Car Lifestyle.

How far is your daily commute? I'd say about 6 miles. From my house to the downtown area a couple times each day. For a short time I lived in the country, but living in town makes bike commuting so much more practical.

Do you ride or walk more? I ride about 90 percent of the time. That's 5.4 miles of riding each day! Which means I walk about .6 miles, not much.

How long have you been a committed bike commuter? Quite a while, I started riding to school at age 7 and haven't really stopped since.

Age seven! My brother Emmett didn't learn to walk until then. I think all 7-year-olds should be riding to school, especially in Moscow. It's a friendly town to ride in!



There's light at the end of the Latah Trail tunnel!

Tell us about your bike. Bikes actually. I have a road bike, a hybrid and a mountain bike. The road bike is my favorite commuter; it has fenders, a rack and lights. Its name is Silver Bullet.

We know where it got the name, we've seen you whizzing around town. Yeah, it's a really fast bike. I use my mountain bike if there's going to be gravel on my trip. I also have Old Yeller, my hybrid, which isn't my favorite to ride. And then there's the love of my life, Dirty Old Green Gabby, a beautiful green 3-speed cruiser. Such a cool bike, sadly I had to leave it with a friend when I moved from Vermont. It was too heavy to bring all the way to Moscow.

Any bike commuter tips to share? Make sure your bike is comfortable and get into a routine of riding it. Once you're in the routine it's as convenient as driving a car. Also, make sure to wear a helmet!

Most essential bike commuter gear? Panniers! You have to be able to carry the things you need. My husband and I share one nice new waterproof set and an old beat up set. We both have one from each.

True compromise!



Nora Locken and The Silver Bullet

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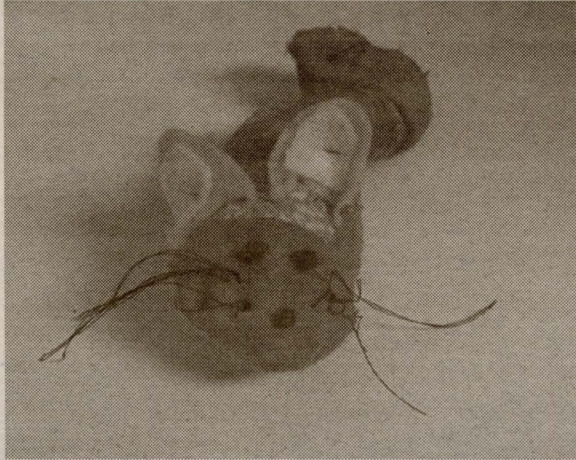
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"Mama Can We Make ... ?" Catnip Mouse

"Mama Can We Make ... ?" Catnip Mouse

With fall truly here and winter fast approaching, we've been thinking about how different life is for our cat during the long dark days of Idaho winters. During the seemingly endless days and nights of summer warmth, she would roam freely; running, climbing and pouncing as she pleased. But the cold, rain, wind and finally snow will make her life much more tame, sedentary (relatively ... moths just don't present the same challenge as mice), and, well, boring. So this year we've decided to make her very own catnip mouse and perhaps catnip ball as well. Our cat's fifth birthday just passed and the kids got to thinking about a good present for her, so the timing was right for preparing indoor cat-playthings. We were aware that catnip "mice" are available for purchase at a variety of pet stores, but we were determined to create our own "custom" catnip mouse, just right for Isabella. Catnip seeds and plants can be purchased locally, or



Ok, so it's more of a fish-mouse, but it's still full of catnip!

you can get bagged, dried catnip to fill your mouse or ball.

You will need:

- ✓ 1 child's sock
- ✓ Felt scraps
- ✓ Plastic scrap, such as from a laundry or dish soap jug
- ✓ Cotton yarn
- ✓ Darning needle
- ✓ Black embroidery floss

Making the mouse:

1. Using scissors, cut off the toe sec-

tion of the child's sock up to the heel. Also cut two mouse ear shapes from the felt scraps and cut a teardrop shape from the plastic jug, about the same width as the sock if it were stuffed.

2. Insert the plastic teardrop into the sock (it helps to hold the mouse's shape) with the pointed end toward the toe of the sock and fill the sock with the dry, crumbled catnip leaf. Turn back the sock's edge and, with the cotton yarn and darning needle, lay a running stitch around the opening (young children will need assistance, but for kids about 5 and older, they can sew this simple stitch with minimal adult help). Draw the yarn tight to

close the opening.

3. Tie off the cotton yarn, leaving the extra for the tail. Sew on the felt ears and create embroidery floss whiskers by stitching them through the "nose" forward of the ears.

Your catnip mouse is ready to be batted, chewed and played with for hours on end and make for a happy cat. When it is finally falling apart, you can try a ball next!

Isabella the 5-year-old cat thinks catnip is proof that god is a cat.



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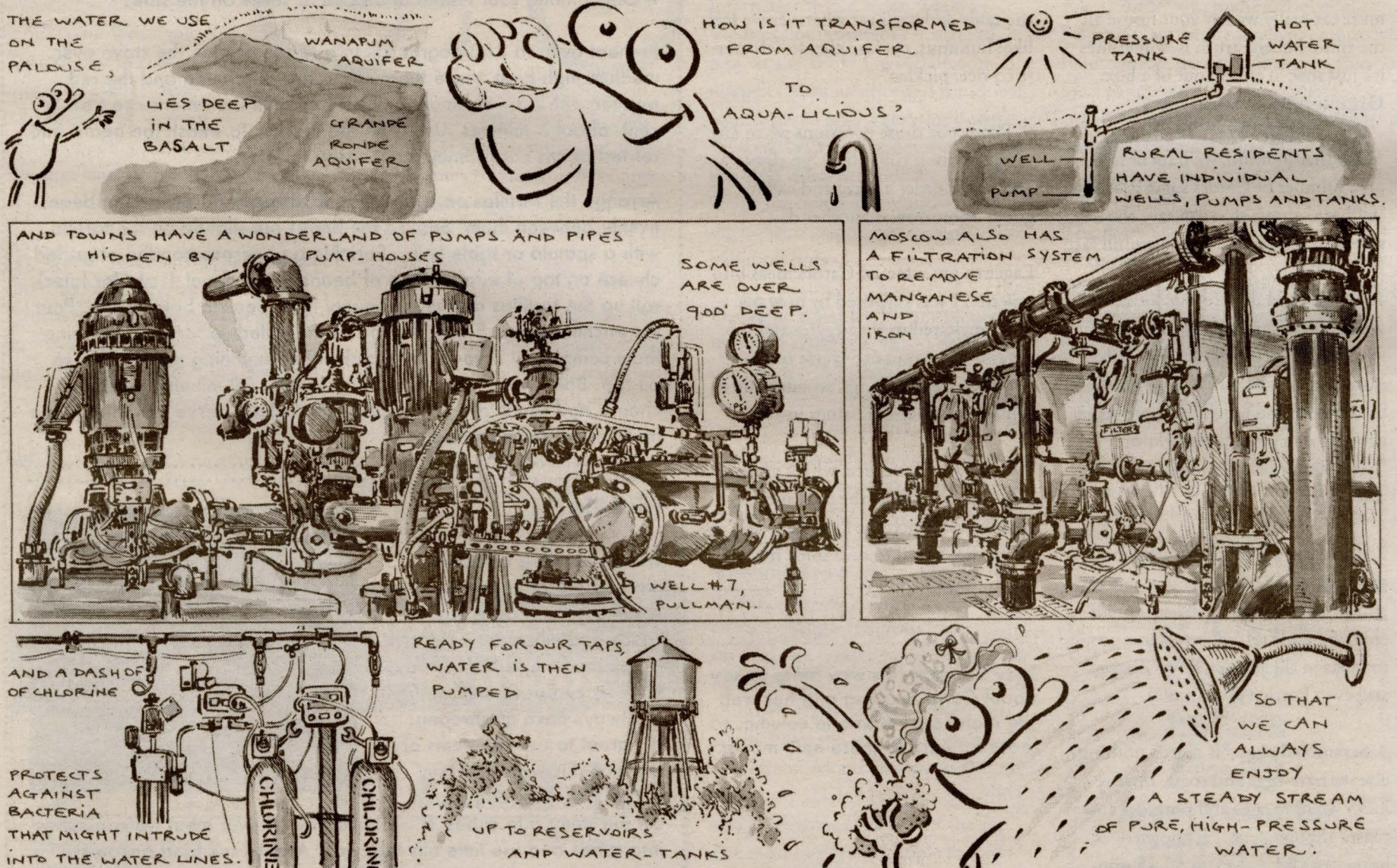
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PALOUSE REPORT: Basalt to Beverage



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Meals Kids Might Eat: Kids in the Kitchen

By Judy Sobeloff, Newsletter Volunteer

As one who struggles with what to do about dinner when the kids and I walk in the door to find that no one, not even Goldilocks, has cooked dinner for us, I was glad to sit down recently with Carol Spurling, former Co-op newsletter writer and editor, to talk about her new website, kids-in-the-kitchen.net.

Carol is freshly back in Moscow from a “gastro-sabbatical” year working on organic farms in France and Italy with her husband and son — for more on Carol’s new ventures, see the article about her on page 4.

Carol’s website contains her enjoyable biweekly columns and recipes, reader forums, links to food-related resources for parents and amusing quotations about food. The focus of the site is to encourage people to cook at home and to get our children involved in cooking with us, too.

While Carol has tons of great ideas on cooking for and with children, she is also trying to avoid giving the impression in her writing that her “life is fabulous and perfect all the time. Some days it’s all I can do to order a pizza. Ideally I would be cooking with my child three or four nights a week, but it doesn’t happen that way. I get comments from people who say, ‘You must eat really well at your house all the time,’ but the truth is, sometimes it’s just mac ‘n cheese out of a box. Organic mac ‘n cheese, but...”

With that in mind, we’ll focus here on a number of Carol’s suggestions for “fallback” meals that can save the day when things are heading downhill fast.

1. Veggies and dip. To tide kids over while you’re throwing the rest of the meal together, Carol likes raw baby carrots and broccoli florets with the bleu cheese and ranch dressings from the cold dairy case at the Co-op. “Most hungry children will barely be able to resist.”

2. Enchiladas. The great thing about this recipe (see below) is that one can aim to always have the basic ingredients on hand (refried beans in a can, tortillas in the freezer, bottled salsa and even bottled guacamole).

3. Scrambled eggs. “If there’s nothing else we have eggs and toast. If we’re lucky we have eggs and potatoes and toast,” though, Carol acknowledges, home fries take an extra 30-45 minutes.

4. Pasta. Carol’s husband, Walt, likes to make fettuccine with a white sauce, while Carol prefers pasta with things such as frozen peas mixed in with onions sautéed in olive oil, plus maybe some pine nuts or diced tomatoes or some herbs like basil (recently she’s discovered that fresh herbs keep well in the freezer).

5. Fried rice with already cooked rice. (See below.)

6. Couscous with leftovers. “Where does one get those?” Carol tries to cook something big once or twice a week like roast chicken, steak, or lamb and then uses that throughout the week, putting bits in pasta or enchiladas or fried rice. Along with frozen peas, Carol likes to have things on hand like carrots and potatoes and onions that keep fairly well. That way, she says, you can usually come up with something if you have rice or pasta or couscous.

7. A big salad that stays in the fridge for a few days. Lately Walt’s been using *The Co-op Cookbook* to make things like kale slaw and broccoli almond curry salad.

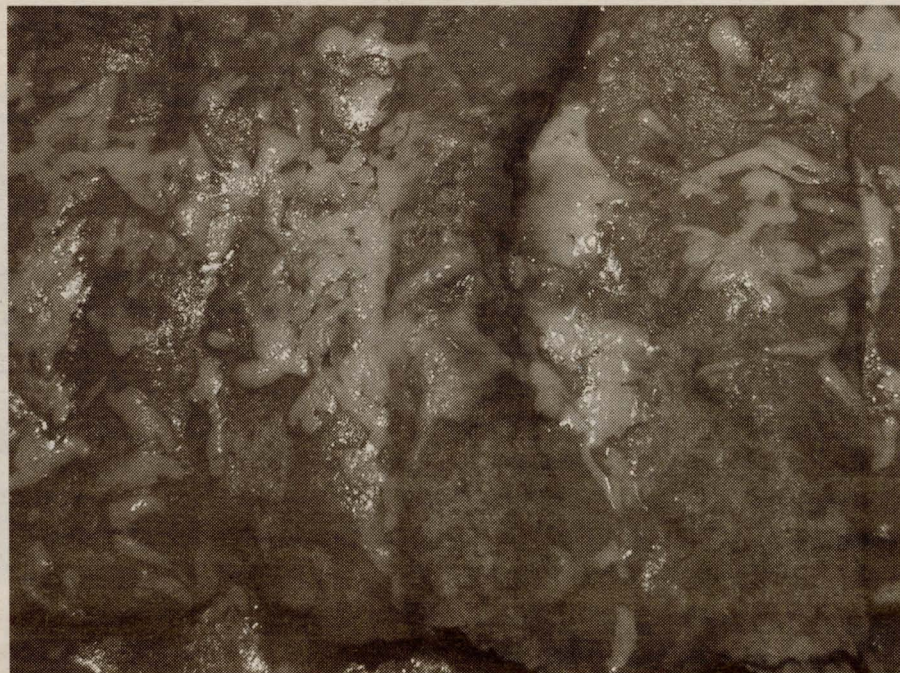
8. “We also have these nights where we say, ‘O.K., clean out the fridge!’ Reed carries out everything and sets the table and we’ll eat whatever we feel like: hummus, cottage cheese, leftover fried rice, pickles.”

9. Pizza: For those occasions when any of the above is too much, “go right ahead and order a pizza and call it good. Tomorrow is another day.”

Eager to put a few of Carol’s ideas into practice, I was surprised by how my kids gravitated to the veggies and dip. I was too mayonnaise-averse to buy her suggested dressings, so substituted some shelf-stored dressings instead.

We also tried fried rice, which gleaned mixed reviews from the kids and enchiladas, which the kids liked so much they asked to save some for lunch the next day.

Judy Sobeloff has way more to say about Carol Spurling and her website than could fit in one column, so looks forward to more next month.



Sort Of From Scratch Bean Enchiladas

www.kids-in-the-kitchen.net | Serves 4

The first five ingredients can be replaced by a can of prepared refried beans — just skip the whole sautéing step and go straight to dividing the beans among the tortillas.

- ▶ 15 oz. can cooked pinto beans, drained
- ▶ 1 small onion, diced
- ▶ 1 sweet red pepper, diced (optional)
- ▶ Olive oil
- ▶ Dashes of chili powder, paprika, ground cumin, garlic powder, dried chipotle chile pepper and salt, to taste
- ▶ 8 soft flour tortillas
- ▶ 8 oz. cheddar and/or jack cheeses, grated
- ▶ 1 jar or can enchilada sauce (approximately 1-1/2 cups)
- ▶ Olive oil or butter for greasing the baking dish
- ▶ Guacamole, sour cream and salsa to serve on the side

Preheat oven to 350 degrees F. In a frying pan on the stove over medium high heat, sauté the pinto beans, the onion and the red pepper with a small amount of olive oil until the onions are translucent, about 5 minutes. Use a potato masher to smash the beans into refried beans consistency and season to taste.

Arrange the tortillas on a clean work surface and divide the beans evenly between them. Spread the beans out slightly on the tortilla with a spatula or table knife. Sprinkle a generous handful of grated cheese on top of each dollop of beans (save about 1 cup for later), roll up the tortillas and nestle snugly in a greased baking dish. Pour the enchilada sauce over the top of the rolled-up tortillas, covering them completely if you can. Sprinkle the remaining grated cheese on top. Bake in the oven for approximately 30 minutes, until the cheese and sauce are browned and bubbling. Serve hot with guacamole, sour cream and salsa.

Fried Rice

Using rice she’s already cooked, Carol heats it in sesame oil and adds soy sauce and whatever veggies are in the fridge. “We always have frozen peas and we try to always have mushrooms. It’s great to use the stems of broccoli this way. You can cut off the outer edges and cut the stems into cubes. If we have any leftover meat we can cut it into cubes and use little bits that way. And I think fried rice needs to have a scrambled egg. I also like to have something like hoisin sauce that I bought at the store.”



Helping Emily Have a Happy Birthday

By Bill London, Newsletter Editor

Have you seen Emily Poor dancing and twirling gracefully to music at the Moscow Renaissance Fair or at other community parties?

Or perhaps you have seen her blasting out tunes on her trombone as a member of the Moscow Volunteer Peace Band?

Or maybe you have listened to her show, the Americana Hour, on Radio Moscow, KRFP-FM?

This same wonderful Emily was seriously injured in an automobile accident on July 19. She was in northwest Montana collecting plant samples for her master's thesis project (she's a graduate student in environmental science at the UI). After the accident, she spent 6 days in the hospital in Kalispell

and then a month with her parents in Boise doing therapy at the Elks Rehabilitation Center.

Emily was able to return to Moscow and the UI this fall. She gets around using a walker and a three-wheeled scooter (as of press time on September 20), however she hopes to be up and dancing for her big birthday bash on October 25.

Recognizing that Emily's expenses were not totally covered by her insurance, her friends have organized a fundraising birthday party for Emily. Everyone is invited.

The party will be at Mikey's (527 South Main Street, downtown Moscow) on Saturday, October 25. Come to Mikey's and buy yourself a dinner and join in the mingling begin-

ning at 7 p.m. Then stay for the music and dancing in the back room beginning at 8 p.m. and continuing until midnight. Beer and wine will be available for purchase until midnight. Donations for Emily will be accepted at the door.



Emily Poor is back at the KRFP studio following her accident.

And yes, October 25 really is Emily's birthday. She will be 24. Come to the party and wish her well – and have a great time there.

Bill London edits this newsletter and shares with Emily a fascination for hawkweed, the noxious weed which is the focus of her research.

Latah Trail Dinner and Auction

By Nora Locken, Director, Latah Trail Foundation

The Latah Trail Foundation will be hosting an "East Meets West" fundraising dinner and auction on Saturday, October 11 at 6:30 p.m. Wear your Western best or Eastern chic. This event will be held at the Best Western University Inn of Moscow. These evenings have been a lot of fun in the past, and this year will be especially celebratory. The final two miles of paving and bridge at Wallen Road are currently being constructed. We are thrilled to complete the Moscow-Troy trail and would love to gather all of our supporters together to celebrate! Proceeds from the event will go towards this current phase of construction.

Tickets are on sale at Bookpeople



of Moscow and the Troy City Hall through October 8. Individual tickets are \$40 and a full table of 8 is \$300 (sorry, tickets will not be available at the door). There will be dinner, music, bidding and fun!!

If you would like more information or would like to donate an auction item (art, craftwork, recreation, vacation, etc.), please contact Nora Locken at 208-882-5458 or latahtrail@gmail.com. Thanks in advance for all of your support!

Environmental Leader and Activist to Speak at WSU

By Dena Neese

World renowned environmental leader and provocative thinker Dr. Vandana Shiva gives the keynote address for Washington State University's International Education Week on Wednesday, November 5, at 7:30 p.m. at the WSU CUB Ballroom. She discusses sustainability and the global food crisis — how a global industrial food system that supplies the few with plenty at the expense of the many "is a recipe for eating oil," resulting in growing hunger, soaring commodity prices and food riots.

Dr. Shiva, a physicist by training, has spent the last three decades fighting against globalization and for change in the practices and paradigms of agriculture and food. In India, Dr. Shiva established Navdanya, a movement for biodiversity conservation and farmers' rights. Her Seeds of Hope project restored life to the suicide belt in India and assists communities affected by tsunamis, drought and the effects of climate change. Her policy advocacy on the international scene successfully defended the right to seed for farmers and the right to food and water for all. In 1993, she received the Right Livelihood Award (known as the Alternative Nobel Prize) and in 2001, *AsiaWeek* named her one of the top five most important people in Asia. Dr. Shiva's many books include *Stolen Harvest: The Hijacking of the Global*

Food Supply (2000), where she contrasts corporate command and control methods of food production with the small farmer economy and *Earth Democracy: Justice, Sustainability and Peace* (2005), where she critiques globalization and contends that a mutually-supportive network of empowered local communities might create a global society based on humanitarian principles of peace, compassion and solidarity.

The ASWSU International Students' Council is sponsoring this event, which is free to the public. For information, contact Sai Rong, Int'l Programming Chair, Int'l Students' Council, (509) 339-5989, sai-rong1109@gmail.com.

Dena Neese is a MFC member and volunteer who also works at WSU Office of International Programs

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Palouse Prairie School Summer Adventure

By Donna Mills, PPSEL Volunteer

This past July, members of Palouse Prairie School of Expeditionary Learning offered a chance for children in the area to experience a hands-on look and feel of Expeditionary Learning. The subject was local sustainable and organic agriculture. The two-week class was full of many opportunities for the children to get their hands into the local agriculture. They visited a local organic farm and learned how an organic farm is different from a non-organic farm. The children participated in a creating a plot at the Moscow Community Garden and after harvesting the garden, they gave their vegetables to Backyard Harvest. The project let them see food travel from the soil to the community. There were many wonderful activities that the children explored, including worm composting, honey bee pollination and a look at the connection between

farming and wetland conservation. The experience culminated in a project in which the children painted a PCEI trailer to show what organic and sustainable gardening looks like. Watch for the newly painted PCEI trailer as it travels through town to work at local watersheds.

This experience exemplifies one of the 10 design principles of an expeditionary school. The eighth design principle, "The Natural World," says:

"A direct and respectful relationship with the natural world refreshes the human spirit and teaches the important ideas of recurring cycles and cause and effect. Students learn to become stewards of the earth and of future generations." What a fantastic experience the children participated in.

Please join us for a workshop "A day in



Children tending a plot at the Community Garden. Photo by Lahde Forbes.

the life of an Expeditionary Learning School," October 11, 9 a.m.-noon. This free workshop will be led by a school designer from Portland and will be held in the new west wing of the

1912 building. Please RSVP at <http://PalousePrairieSchool.org>. For more volunteer opportunities, contact nils-pete@gmail.com.

News from The Thrift Shop

By Nancy Mack, Thrift Shop Volunteer

To introduce newcomers and bargain hunters to The Thrift Shop in Pullman, volunteers will open the store on Saturdays during October from 10 a.m. to 4 p.m. This is in addition to the regular Thrift Shop hours of Tuesday, 4:30-6:30 p.m., Thursday and Friday, 11 a.m. to 3 p.m. The store will not be open on Saturdays after October.

The Thrift Shop is located at 525 NE Campus Street, with the entrance on Ruby Street, in the basement of the Community Congregational United Church of Christ. There is free parking while shopping in the

church's lot at Opal and College Streets. A convenient city bus route stops at the church on Campus Street.

Nestled in the Greek row section of WSU's College Hill, Pullman's "best kept secret" has benefitted community members for over 60 years.

In these tight economic times, this store offers some of the lowest prices on gently used clothing, household goods, linens, books, shoes, children's clothing and toys, jewelry, craft, and gift items.

The Thrift Shop is all-volunteer and

non-profit. In addition to providing a recycling service, a portion of

the proceeds are donated annually to Pullman's major charities.

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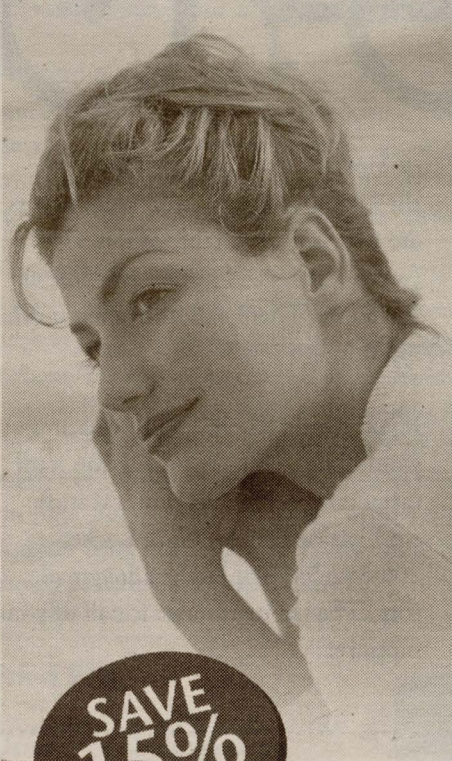
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Fun Flix

By Bill London, Newsletter Volunteer

Here's the best videos we've watched lately. What are your favorites?

Super High Me ... In this 2007 documentary, stoner comedian Doug Benson smokes no marijuana for 30 days and then consumes as much pot as possible the next 30 days. Not just an amusing hit on the quest to get high, this feature also successfully examines medical marijuana, addiction and the war on drugs. Benson acknowledges that the premise is a ripoff of the successful *Supersize Me* documentary about eating only McDonald's food for a month. Dopers and wannabes will find much to enjoy here, but everyone should be warned that the R rating is appropriately bestowed for plenty of naughty language and drug culture references.

Mad Hot Ballroom ... In this great 2005 documentary, a group of 11-year-old New York City kids learn ballroom dancing (of all things) and compete in a citywide dance competition. This PG-rated film is actually good family fare. How can you not enjoy a multicultural crew of awkward pre-teens learning to rumba and foxtrot?

The Straight Story ... A great film from 1999, this inventive movie follows the quest of an elderly Iowa farmer to visit his brother one last time. He has to travel 300 miles to the brother's home and without an automobile or adequate funds, he still refuses to surrender. He gets a riding lawnmower and takes off. This delightful G-rated film works for all ages.

These are all available at Howard Hughes Video in downtown Moscow.

Co-op Crossword Puzzle

By Craig Joyner, Newsletter Volunteer

ACROSS

- 1 Farewell to MFC's departing kitchen manager
- 9 Movie rating
- 11 DC think tank or South African coin
- 12 Faustian author
- 14 Saint or street
- 15 San Francisco microbrewed beer _____ Steam
- 16 Lake Woebegone's primary religion
- 20 Ogle
- 21 America
- 22 Last month's profiled volunteer, 1st name, 2nd is 8 down
- 24 Near
- 25 Washington Post columnist and NPR commentator _____ Dionne
- 27 One of the Great Lakes
- 28 Local pantheistic folk musician and MFC performer, 1st name, 2nd is 39 across
- 32 Famous Irish singer born as Eithne Patricia Ní Bhraonáin
- 34 Hark
- 36 TV sitcom named after country singer McEntire
- 37 Poem
- 39 See 28 across
- 40 Ancient Gaelic for king or the smallest state, latter abbreviated
- 41 Prime cut of steak
- 42 MaryJane Butter's new book MaryJane's _____
- 44 New supplier of local eggs, _____ Eggs
- 46 Local and organic food is always a good _____
- 47 Dairyless chocolate maker Tropical _____
- 49 One of America's largest cities

50 Snake River grapes made into viognier by _____ Winery of Boise

DOWN

- 1 MFC's Wellness Manager
- 2 365 days abbreviated
- 3 Reckless
- 4 Whole number
- 5 Music medium, abbreviation
- 6 Capital of Guam
- 7 Narrator of Arrested Development, _____ Howard
- 8 See 22 across
- 9 The quirky one on Friends or a satellite of Saturn
- 10 View his wildflower inspired art at MFC, 1st name, 2nd is 31 down
- 13 Double this article for a band name
- 17 Contemporary to People magazine
- 18 Brand of instant Indian entrees
- 19 American state closest to Russia, abbreviation
- 23 French you or tellurium's periodic symbol
- 26 Last month's profiled staff member Erik _____
- 29 Common car club that fights against fuel efficiency standards
- 30 The world's best ketchup comes from Muir _____
- 31 See 10 down
- 33 Chilean poet and Nobel prize winner admired by Lisa Simpson
- 35 The French museum
- 38 Mote or Federal agency in charge of transport
- 41 Preceding
- 42 Rapunzel offers more obscure ones like walnut or pumpkin seed

- 43 Moccasin or a variety of lobbyists, the latter abbreviated
- 44 Periodic symbol for gold
- 45 Cheesy television drama set in Orange County, California
- 47 Stockholm is this nation's capital or compass point, abbreviation
- 48 Rogue Ale Brewery is located in Newport, _____



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Bottle Shock (PG13) Oct 10 & 12

Advantage America Mortgage & KPAC present:

Valerie Smith & Liberty Pike Oct 11

UI Women's Center and LGBTQA Office present:

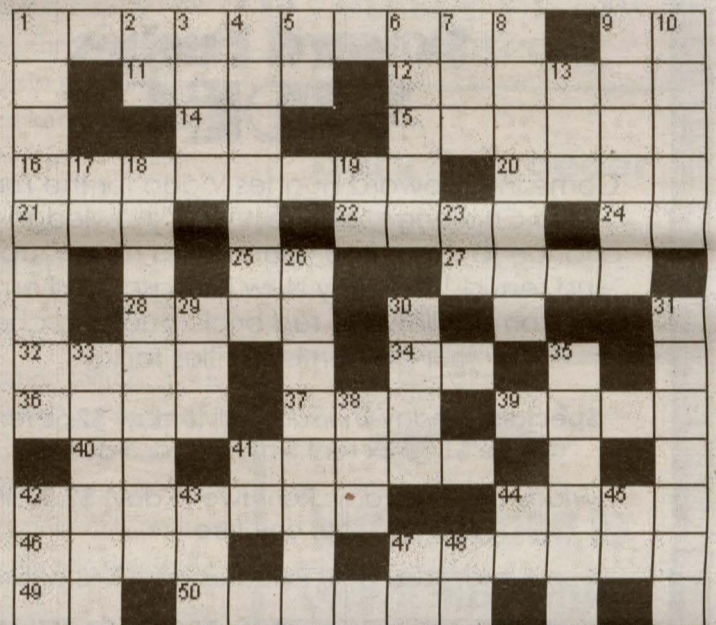
For the Bible Tells Me So (UN) Oct 14
Brideshead Revisited (PG13) Oct 17-19
Kenworthy 100th Anniversary Gala Oct 23

Moscow Chart School presents:

Magic Mirrors of Seattle Oct 24
Tell No One (UN) Oct 25-26
Hellboy II (PG13) Oct 31-Nov 2

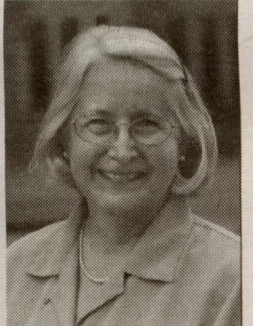
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Sustainability Review: National Solar Tour of the Palouse

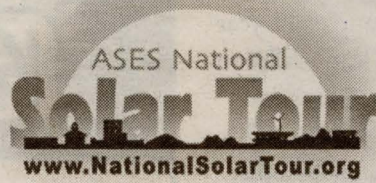
By Mike Forbes, Newsletter Volunteer

It's that time of year again for the annual National Solar Tour. The tour is a national event put on by local community groups, individuals and municipalities. It is overseen by the American Solar Energy Society and this year marks the 13th anniversary. The goal is to tour homes in your local community and see the steps people have taken to incorporate sustainable design, energy efficiency and green building techniques into their homes. In years past we've toured homes that have tackled many challenges to building design by incorporating wind generators, solar panels, passive/active heating and a plethora of other sustainable technologies.

Historically, the tour is held on the first Saturday during October, National Energy Awareness Month. Many tours are held then, but we'll be participating on the following Saturday. This will be my second year coordinating the tour through PCEI.

Here are the nitty-gritty details:

October 11, Saturday
9 a.m. - 4 p.m. (meet at PCEI)
Cost is \$10 for the general public (kids free) and \$5 for PCEI mem-



bers. Contact PCEI at 882-1444 to sign up.

In my article this month, I'm going to showcase a few of the homes we'll be visiting to give you a preview of what you might expect to see.

We'll start the tour at PCEI and see different building methods and technologies they have incorporated into their facility such as a rainwater collection system, strawbale structure with a living roof and a timber frame writer's studio (under construction).

House #1: This home is located in Palouse and incorporates a 20KW grid-connected wind generator as well as a 1000 gallon hot water storage tank fed by both flat plate collectors and evacuated solar tubes. The system heats all the water used in the home as well as heating the radiant floor system.

Home #2: Depending on the state of construction this home may become two homes or just one for the

tour. We'll be visiting Kelly Moore Construction's new custom home in Latah County that incorporates many energy efficient design features, radiant floor heating, solar hot water and green building materials. We may also be able to see a home that Kelly is building that is a zero-energy home in Pullman built from Durisol (recycled wood and concrete pre-formed block).

Home #3: This is my family's home located outside of Moscow. Our house incorporates the following sustainable features: Rainwater collection system, passive solar design, green building materials, masonry heater, solar hot water and a grid-connected solar electric system.

That is a brief rundown of the tour for Latah County this year. There may be more to see depending on what comes about in the next several weeks. For more information about the National Solar Tour visit, www.nationalsolar-tour.org.

Mike is looking forward to the cooler weather of fall...




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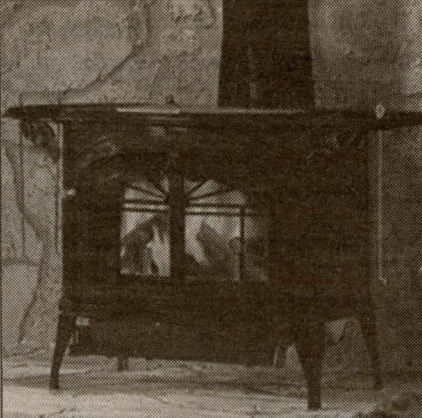
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Choices in Wellness: Physical Therapy

By Dr. Angila Jaeggli, Illustration by Lucas Rate

As the moguls on the black ski slope seemingly flew past his field of vision, he got into a gliding rhythm of moving back and forth, watching the trees whiz by. All was smooth and effortless, that is, until an edge of snow jutted out that he did not see, caught his ski and flipped him off balance. His legs and skies slipped into an awkward position, moving his one knee into an impossible angle, shredding one of the ligaments of his knee. In a few seconds time, an injury took place that would now, the orthopedic surgeon said, take months of time and effort to heal. My husband was not amused. Luckily, his healing time turned out to be significantly less than anticipated, due to his overwhelming desire to do whatever it took to get better and a fantastic team of physical therapists that challenged him to build back his strength.

Physical therapy is a health care specialty that focuses on the evaluation and treatment of the musculoskeletal system and promotion of healthy movement and alignment of the body. The goal is to restore and maintain maximum functional ability and movement if affected by injury, aging, or illness. Many of the techniques used by physical therapists can be attributed back to the ancient practices of Hippocrates of massage and water cure. However, the first official documentation of this specialty was in England in 1894 when the Chartered Society of Physiotherapy was established. The first college in the U.S. opened in 1914 and in the 1940s, the main therapies used were massage,

traction and exercise. Since that time, treatments have expanded significantly, however, they still incorporate the earlier methods, as they were and are still valid.

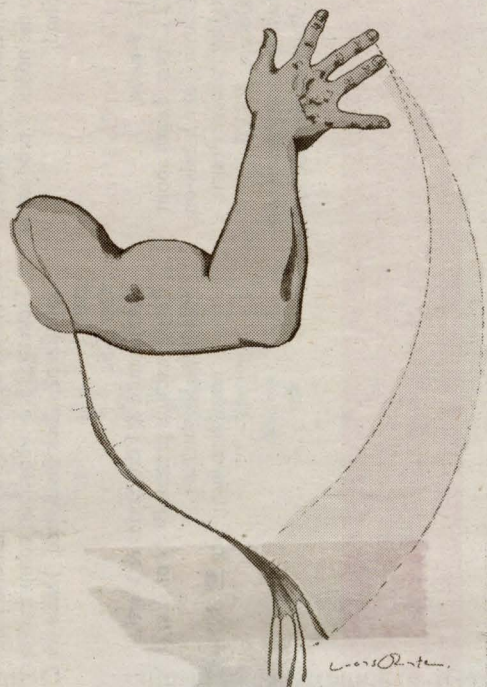
So, what should you expect from your physical therapist? Some of this will depend upon who you see, as many therapists specialize in the types of conditions they treat or the methods they employ. For example, some of the specialties include orthopedics, geriatrics, pediatrics or neurology. Once you've been evaluated and diagnosed by a physician (most people have to be referred to see a physical therapist), a physical therapist will first take you through a range of movements to pinpoint the areas of weakness and instability of your muscles, joints and gait (the way you walk). Your pain level, type of occupation, stress level and resources are also considered, as this can alter the type of plan that is made for you.

At their disposal are a plethora of treatment regimens to realign and strengthen your wayward muscle or joint. At a minimum, most treatment plans combine therapeutic exercise regimens for strengthening the affected muscle or joint, and/or massage to release muscle tension and adhesions and hydrotherapy, the application of hot and/or cold. Other therapies include EMS (Electrical Muscle Stimulation), TENS (Transcutaneous Electrical Nerve Stimulator), ultrasound, cold laser, joint and spine manipulation. Electrical muscle stimulation is a technique which uses

modulating bursts of electricity to contract the muscle, resulting in muscle strengthening and pain relief. TENS units work by affecting nerves and reducing pain. Several studies have shown that use of both EMS and TENS on arthritic joints has significantly improved mobility and strength and reduced pain, especially in conjunction with exercise. Therapeutic ultrasound works by heating and vibrating the tissues, reducing inflammation and stimulating healing. Although research is still ongoing, cold laser is thought to stimulate the tissue, relieving pain and reducing inflammation. Most of these therapies are used in conjunction with one another, where the sum tends to result more favorably than any individual therapy.

There is current favorable research on the use of physical therapy for the treatment of urinary incontinence in women; osteoarthritis; post-surgical recovery of repaired knee, elbow, hip and shoulder joints; back pain; and neck pain to list a few.

There are many fantastic physical therapists available in the Moscow-Pullman area; they can be found in hospitals, rehabilitation centers, sports centers, exercise therapy centers and private practice. Your primary-care physician, chiropractor, massage therapist and orthopedic physician can be a great person to ask for a recommendation or referral.



Dr. Jaeggli is a naturopathic physician who practices in Pullman and specializes in integrative family medicine. www.sagemedicineclinic.com.

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In addition to live satellite reception of the Bioneers plenary speakers from San Rafael, local workshops will focus on topics such as food & farming, green building, the Spokane River, art, spirit and more. Via satellite plenary speakers include Naomi Klein ~ Dune Lankard ~ Janine Benyus Paul Stamets ~ Erica Fernandez ~ Ray Anderson ~ Kavita N. Ramdas ~ Alexandra Cousteau and more

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www.SustainSpokane.org or call 509-209-2394

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Bulletin Board



MOSCOW FOOD CO-OP

Co-op Events

Co-op Board of Directors Meeting Tuesday Oct 14, 6pm

In the Fiske Room, 1912 Center. The public is invited to attend - community comment period is from 6 - 6:15 pm.

Co-op Kids - Meet Tuesdays at 9am

Oct 14: Meet at the Co-op Café to make festive fall garlands.

Oct 23: Meet at the Co-op Café to make decorative newspaper hats.

Art at the Co-op

Friday, October 10, 5:30-7pm

Opening reception for a young artist exhibit, featuring artwork by local children.

Co-op Tuesday Music Series

- Oct 7 Natalie Rose
- Oct 14 Potatohead
- Oct 21 Crazy Chester.
- Oct 28 Mark Maland.

Co-op Wellness Class Series

Monday Oct 20, 7pm

Candace Magnuson, Ayurvedic practioner gives a free class on the basic principles of Ayurveda. Sign up sheet on bulletin board next to the meet department.

Community Events

WSU Organic Farm Fall Harvest Party

Saturday October 11, 10-4pm

U-pick pumpkins and apples * fresh apple cider * hay wagon rides * corn maze * free and open to the public * produce is priced by the pound.

"Day in the life of an EL School"

Saturday Oct 11, 9-noon

West wing, 1912 Center. Learn about Expeditionary Learning at a hands-on workshop offered by Palouse Prairie School. Free childcare. RSVP:

☎ 882-3002, lahdeforbes@gmail.com

www.PalousePrairieSchool.org

Red Barn Farms Fall Festival and Pumpkin Patch

Sat/ Sun October 11/12, 11-6pm

1 mile N of Colton, off HWY 195

Hayrides * Pumpkin Patch * Blacksmith Demos * Live Music * Holiday Shopping with Vintage and Craft Vendors * Jumping Castle * Face Painting * Kid Crafts * German Beer Garden * Brauts * Cider * Goodies.

www.red-barn-farms.com

Christopher Hitchens Lecture

Wednesday Oct 22, 7pm

"The Role of Religion in the Public Sphere." CUB Auditorium at WSU. Free, but with limited seating - reserve entry by emailing tsfoley@wsu.edu

Sustainable Livestock Production Course

Saturday Oct 25, 8:30-4:30pm

1912 Center. Course Fee: \$25 includes lunch; \$15 half-day no lunch

Contact: Mari Rice ☎ 208-882-2082
rice@moscowfoodcoop.org

Fundraising party for

Saturday Oct 25, 7pm

At Mikey's for dinner, music and dancing, to help with her automobile accident.

Events at the Kenworthy

Saturday Oct 11, 7pm

Valerie Smith and Liberty bluegrass. Tickets \$18, \$15 for chair holders and students

Thursday Oct 23, 6:30pm

Celebrating 100 Years of Washington State. Tickets \$15. No-host bar, appetizers. Black tie invitation party!

Oct 3-5

Iraq Lecture & Film Series & Martin Luther King Jr. Peace Institute present Body of War (USA). Tickets \$6/adults, \$3/students

www.kenworthy.org ☎ 882-4127

PCEI Events ☎ 882-1414

Saturday Oct 11, 9am-4pm

Palouse Solar Home Tour—\$5 for members/ \$10 public (Kids Free)

Thursday Oct 30, 5-8pm

Animals of the night—For ages 12 and under. Tickets at Book People, Palouse campus and at www.PCEI.org.

League of Women Voters Sp

Wednesdays 12-1pm

Moscow School District (behind the Junior High School)

Oct 1: Nance Ceccarelli, Alternatives for Careers for Farmers

Oct 8: David Wilder, Ecological Concepts

Oct 15: Barbara Cosens, Local Water Issues

Nov 5: Donal Wilkinson, Mentoring in the Education of Children.

Dahmen Barn Events

Sunday Oct 5, 1 - 4

Opening reception for Palouse Watercolor Society Exhibit

Saturday Oct 11

Kids' marionette class at the Dahmen Barn— Register by October 6

Saturday Oct 11, 8pm

Washington-Idaho Symphony presents "Chamber Players at the Barn" concert and benefit

Saturday Oct 18, 7:30pm

Forgotten Freight - banjo-driven bluegrass.

www.ArtisanBarn.org ☎ 509-229-3414

Vigil for Peace

Moscow: Fridays 5.30—6.30pm

Ongoing since November 2001. Meet in Friendship Square. Resources, encouragement, and opportunities for action.

Dean or Gretchen Stewart

☎ 882-7067, sperrine@potlatch.com

Pullman: Friday Oct 3, 12.15—12.45pm

Under the clock by the Publ

☎ 334-4688, nancycw@publ

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!

