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Community News

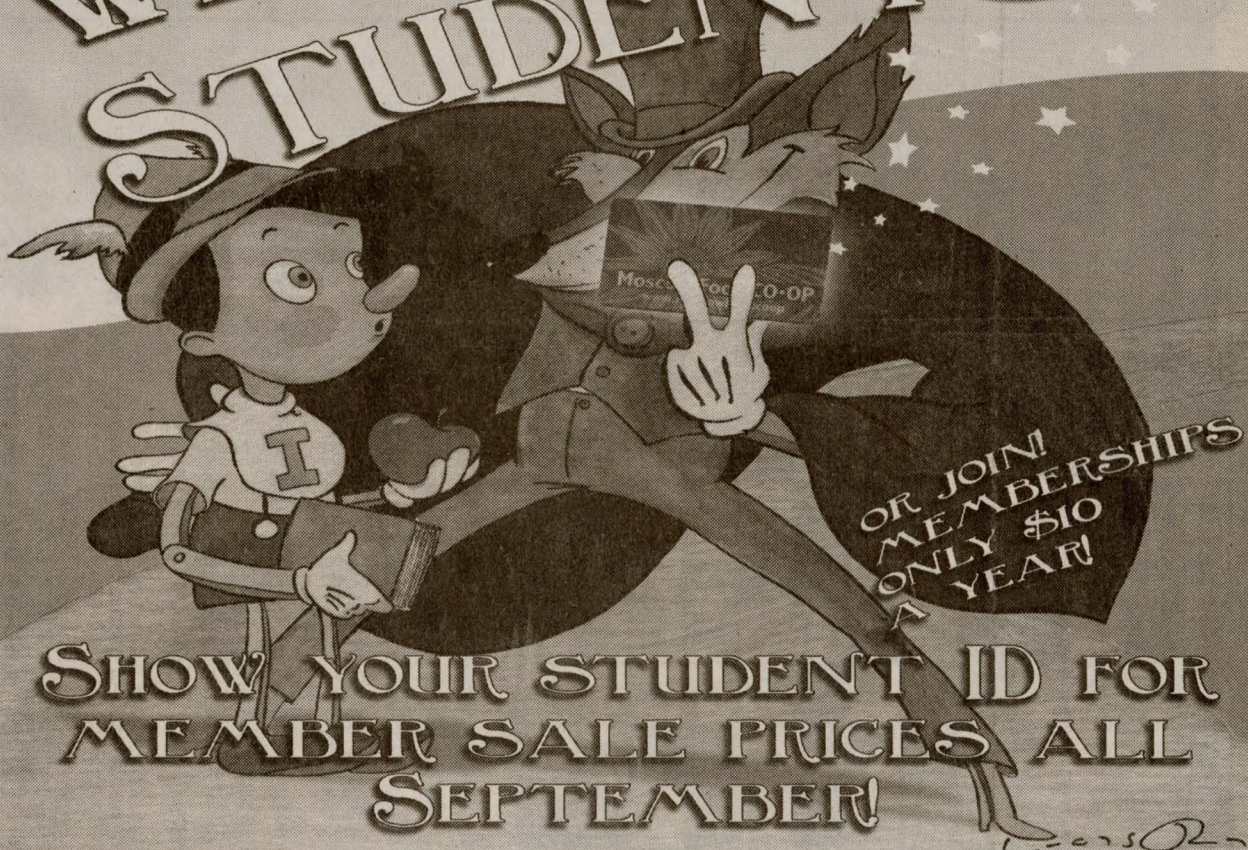
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September 2008

The monthly newsletter of
the Moscow Food Co-op



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Carson Rente

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Community News

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

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



We Make the Food

by Kenna S. Eaton, Co-op General Manager

Recently Amy Richard, who has managed our kitchen so well for the past six years, decided it was time to do something different with her life—go figure.

When we first hired Amy in 1998, she had already run her own restaurant and managed Mikey's Gyros in downtown Moscow. So she was a familiar face to me having seen her at both those places as well as riding her bike all over town with her son Dylan on the back. After being hired here as a cashier she was in turn a deli cook, a deli server, an assistant baker, back to a cashier and even the advertising manager of the Community News before becoming the kitchen manager in 2002.

Amy's focus has always been on gently growing and improving the deli. She was, and continues to be, driven by a vision of a kitchen that fills the souls



and the bellies of our community with great tasting, healthy food. In addition, she has always worked hard to ensure her staff has a good, safe working environment and reasonable pay. Year after year, Amy and her team continue to develop the kitchen, the staff, and its products into the cornerstone of the Moscow food community. Most recently, as she led us thru a kitchen visioning process, we realized that "we make the food that brings people

together" could well be our motto, and in spite of its Barry Manilow qualities, really is our driving force, although no one was willing to sing it.

Amy's decision to leave the Co-op and return to school has been tough for me especially after working together for so long, plus going thru so many changes together including moving the Co-op here. But then I remembered that each leaving is an opportunity for someone new to help us grow in different ways.

So, on that note, we hired Annie Pollard, current bakery manager to be our new kitchen manager. Annie came to us last fall with experience managing other bakeries including Great Harvest Bread Company. Her varied experiences and passion about food made her a great candidate for taking our kitchen into the next decade and who knows maybe we'll even convince her to sing our song.



The Front End News

by Annie Hubble, Co-op Front End Manager

A warm welcome back to returning students and faculty—I hope you all had wonderful summers. Whether you are new in town or returning, I hope you will find the Co-op a home away from home. With the Tuesday night music, wonderful deli and coffee bar, monthly art shows, the kids' Co-op group, and unique special events, it is soon apparent that it is not just a grocery store. Come on in and make friends or meet friends, and be part of one of the central hubs of downtown Moscow. And of course you can do your shopping also!

As a gesture of goodwill, we are offering all students who show their student IDs membership prices for the month of September. Come on in and experience the many savings we offer



Illustration by Lucas Rate

to Co-op members. If at the end of the month you decide to become a Co-op member, you will be supporting a great alternative in the business world. Membership costs only \$10.00 a year for one or two household members. Members receive sale prices on many items in the store, a 10% discount on bulk special orders, discounts at participating businesses around town, special discounts on member appreciation days, and of course a vote per member-

ship at board elections and even the possibility of running for the board. Just talk to a cashier if you are interested in membership.

Don't forget the membership parking lot party on Sunday September 7. And drop into the store anytime and say hello!

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Co-Operations

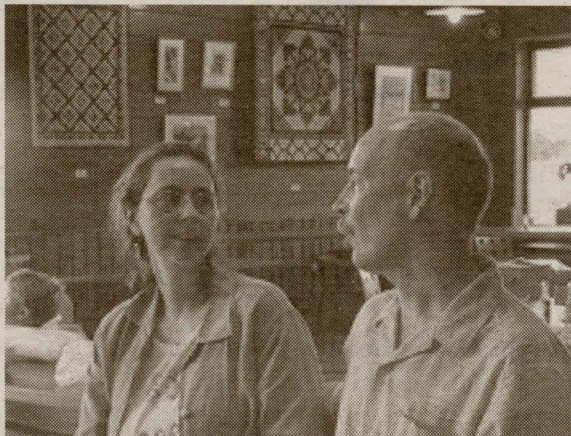
Art at the Co-op

by Annie Hubble, Art at the Co-op Coordinator

Gerry Queener is the Co-op's September artist. His show, called "Idaho Wildflowers and Their Pollinators," opens Friday, September 12th, and continues through Wednesday October.

Interested in photography for a long time, Gerry particularly enjoys capturing images of wildflowers. "I have always been interested in wild flowers and enjoy taking close ups of all I see. Many people just give plants a glance and don't take the time to really look at them. Close up photos bring marvelous details to the viewer. Lately I have become fascinated with the pollinators associated with certain flowers and have made an effort to include them in many photos," he said.

Most of the photographs in the show were taken locally in the Latah, Clearwater, and Shoshone counties. Gerry will include information about the pollinators in the photographs in the pictures, and the importance of pollinators in general.



August 1st marked the opening of Belinda Rhodes' art show at the Co-op. The show will run until Wednesday September 10th. Photo by David Hall.

Gerry lives in Troy, Idaho on land he and his wife purchased 35 years ago. (He notes that over 85 species of native Idaho wildflowers grow on his property). He has a fisheries degree from the University of Idaho's College of Forestry, (now CNR), and taught science, photography, computers, and horticulture at Deary Junior/Senior High School for 25 years. It is obvious from looking at his photographs, that he is a man who respects and loves nature.

Come to the show and enjoy and learn. You can meet the artist at the opening on Friday September 12 from 5:30 - 7:00 p.m.

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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.bebabella.com, amamaswork@yahoo.com.

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

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

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

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

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

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

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

The Healing Center: Save \$10 off on first exam or phone consultation, Dr. Denise Moffat, 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



Tuesday Night Concert Series in September

by Dave Billin, Co-op Music Coordinator

September's Tuesday Night Music Series shows are kicked off by the multifaceted harmonic creations of Moscow indie acoustic project, The Acoustic Wave Machine. They are followed on September 9 by Moscow's Zackary O'Connor, performing his prolific palette of original acoustic songs on voice and guitar. September 16 features the powerful voice and homespun songs of Moscow's David Otterstrom. The Co-op is graced on September 23 with an appearance from Moscow's Pantheistic folk artist, Tara Howe showcasing her dynamic, worldly compositions. Finally, Lewiston's Daniel Mark Faller drops in on September 30 for an evening of genuine original North Idaho country music.

If you haven't yet made it to one of the Co-op's free live music events, you're in for a thrill. Performances this summer are held on Tuesday evenings from 5 - 7 p.m. in the Co-op's parking lot. They provide an excellent place to unwind and enjoy the talents of local musical acts while sampling tasty selections from the Co-op Deli's barbecue cart and browsing produce from the Growers' Market.

September Tuesday Night Music

- 🌸 **September 2:** The Acoustic Wave Machine of Moscow, Idaho Garrett Clevenger, Bennett Barr and company perform an eclectic mix of melodic, modern indie acoustic rock creations.
- 🌸 **September 9:** Zackary O'Connor of Moscow, Idaho Popular Moscow singer-songwriter with world-class, original tunes on voice, acoustic guitar and bass
- 🌸 **September 16:** David Otterstrom of Moscow, Idaho Deep, inspirational ballads, and light-hearted melodies blended with powerful vocals and beautiful piano accompaniment
- 🌸 **September 23:** Tara Howe of Moscow, Idaho A pantheistic folk musician with a dynamic, ever-growing repertoire of original tunes exploring various musical paradigms
- 🌸 **September 30:** Daniel Mark Faller of Lewiston, Idaho Lewiston country musician with genuine, original songs and a vocal style likened to artists including Bob Dylan, Waylon Jennings, and Willie Nelson.

Board Report: Membership Linkage with the Board of Directors

by Bill Beck, Co-op Board Vice-President

One of the most important functions of our Board of Directors (BOD) is membership linkage. This is a term for the process by which our BOD is linked to our Co-op members. There are many ways members are linked to our Board of Directors. Members often express their thoughts, feelings, and ideas to me. This happens in the Co-op, on the streets, at parties, everywhere I go. This link between our Board and our membership is one of the things that differentiate us from other stores. For me, these encounters typify the cooperative spirit. This spirit of working together, listening to members' comments and suggestions, exchanging ideas to improve our Co-op is one of my favorite things about being a Board member.

All ideas, suggestions, and feedback from members are of value. Many members are impassioned about our Co-op. They often focus on what they think is wrong with our Co-op rather

than what is right about our Co-op. Sometimes they are angry about something. Regardless of our personal opinions or different perspectives, we must be civil and respectful. I think it is necessary that we remind ourselves that we are working together in a cooperative spirit to improve our store and anger is counterproductive.

In the last few months, we have installed a bulletin board in the front of the Co-op near the exit doors. This bulletin board is one way we are trying to improve our link to members. There is a diagram outlining the way members, Co-op Management and the Board are linked. There is a suggestion box for Managers and one for the Board of Directors. Also, Board of Directors meetings are open to all members. Meeting dates are posted on this bulletin board and in the Co-op newsletter. We provide a time for all members to address the Board at the beginning of our meetings.

Another example of this process of membership linkage is our annual membership meeting. Our annual membership meeting will be from 4 - 9 p.m., Sunday, September 7 in the Co-op parking lot. Working together, our Board of Directors, members, Co-op Staff and Management have created a truly wonderful and unique Co-op. Come to our annual meet-

Co-op Volunteer Committee Wants Your Input

by Julia Piaskowski, Volunteer Committee Member


The Co-op volunteer committee is calling for input on the volunteer program. What are your thoughts on the volunteer program now and what direction should it take? We welcome your comments at the annual membership meeting from 4 - 9 p.m., Sunday, September 7. Please stop by our table!

ing on September 7 and share in the cooperative spirit.

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Co-Operations

Co-op's 35th Annual Membership Meeting: How Many Cars Did We Drive to Get Here?

by Pam Palmer, Co-op Volunteer Event Planner

When we ask that question on the night of the Co-op's 35th annual membership meeting, also known as the "parking lot party," we'll answer by looking at the birthday cake sales.

Here's how it works: those people who get to the celebration without using a gasoline-powered vehicle will enjoy a free slice of the Co-op's 35th year birthday cake. So, if everyone eats cake and there's no money in the till at the end of the night, we'll know that we didn't use any cars to get to the event. For those of you driving in from outside Moscow, park at one end of town and walk or ride your bicycle and you'll still get some free birthday cake. We'll even give everyone a punch on his or her fluorescent green "Bike and Walk" card.

At the party, on Sunday, September 7, from 4 - 9 p.m., you can also buy a burger (veggie or meat) on a fresh bun from the deli, enjoy corn-on-the-cob, and sip a soda. For burger-less dining, feast on some of the Co-op's pumpkin black bean soup! Bring a bit of money for the food, but remember how to get a free piece of birthday cake.

For those of you who eat at home before joining the party, you may want to visit the beer garden, hosted by Mikey's Gyros. Featuring a keg of beer, a specialty beer, and red wine, the beer garden will be within decent earshot of everything happening on stage.

I couldn't pass up the opportunity to create a "no-waste" event. To help make that happen, we've reserved plates, bowls, and glasses from Palouse-Clearwater Environmental Institute's (PCEI) Plate Project. The dinnerware, stored at the 1912 Center, will be transported to and from the Co-op in an electric mini-truck, to ensure that the only gas used for the evening will be from propane tanks powering the barbeque grills, along with whatever gas is generated during the composting of food scraps at the end of the evening.

And be sure to check out your member status prior to the event. You may be eligible to enter a drawing to win your choice of a \$100 gift card or a gift certificate for 35 bowls of the Co-op's finest deli soups. There are three ways to qualify for the drawing:

(1) First-time members who sign up at

the parking lot party.

(2) Co-op members who pay off their remaining equity to become lifetime members.

(3) Current lifetime members who show up for, and sign in, at the Co-op's 35th celebration.

Here's a look at the evening's activities:

Moscow's Ben Walden starts off the live music at 4 p.m. Recently back from seven months in Switzerland, Ben says that he'll be playing original tunes primarily, most of which are new. When I asked what instruments he'll be playing, Ben said, "Guitar. Definitely not harmonica, if that's what you're thinking." But he recently found himself composing a new song on the banjo, so who knows what might happen between now and the party.

Well known throughout the region, Pullman's Dan Maher engages audiences like none other. Even the timid find they are infused with Dan's enthusiasm and unknowingly start singing along. Since Dan is a regular performer at the Co-op's Tuesday music series, you may have heard a few of his songs,

but we know he'll pull out all the stops to help celebrate the Co-op's 35 years in business! Dan's on stage at 4:45.

Before the night's featured bands—Low Red Land from San Francisco, California and Finn Riggins from Hailey, Idaho—rev up, we'll get to hear what's been happening with the Co-op since last year, in the form of the annual report. Talk casually with board members while cruising the board committee display boards between 5:30 and 6:30, and stay nearby for the formal presentation of the annual report. While the goods are happening on stage, with news from the Co-op's General Manager, Kenna Eaton, and the President of the Board of Directors, Kimberly Vincent, there will be a painting station available for budding artists (as in children) to explore, through color, what they see when they think "Co-op." Adults may paint as well, but the idea is that children will have something creative to do while adults listen to the annual report. The 35 small painting panels, prepped and ready for both brushes and imaginations to run wild, will later be displayed in the Co-op's art gallery during the month of October.

Starting at 6:30, after the annual

report, Low Red Land will grace the stage while you transform the asphalt into a dance floor. Expect a bit of indie/rock/awesome music with this three-member band from San Francisco, including Ben Thorne, Neil Thompson, and Mark DeVito. Interestingly, on a non-musical note, Ben just took part in "Run for the Fallen," a ten week run across America, one mile for every service member killed in Operation Iraqi Freedom.

The Co-op show is the first of seven dates in a row that Low Red Land will be touring and playing with Finn Riggins. On tour from Hailey, this well-traveled experimental indie rock trio used to call Moscow their home. So, we've emptied the parking lot for the night to welcome them back. "Finn Riggins has all the elements that define the future of music. The music is organic (manmade) mixed with inorganic (computer generated). It's socially responsible, energetic and dance friendly," wrote Angela Jossy in *The Weekly Volcano*. Music starts at 7:45 pm with band members Cameron Bouiss on drums, Lisa Simpson on guitars, and Eric Gilbert on keys.

How many cars will we drive to get there? Come and find out. Sunday, September 7, 4 - 9 pm. The parking lot.

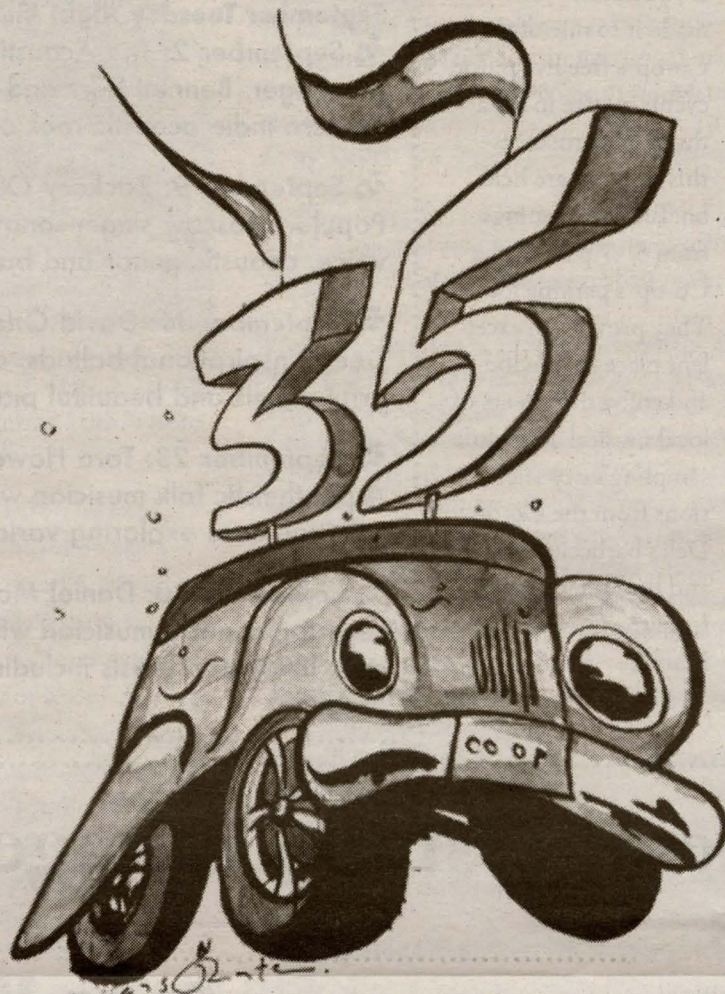


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A Visit from Organic Valley Family of Farms

by Peg Kingery, Co-op Chill and Frozen Buyer

I'm excited to announce that Jack Lee, Northwest Regional Sales Manager for Organic Valley Family of Farms, will be coming to our Co-op on Friday, September 26 from 10 a.m. - 6 p.m. Jack, whose visit kicks off Co-op month in October, will be available to answer all your questions about their products and will have special giveaways for kids (big and small!).

Organic Valley formed in 1988 with seven farmers who shared a love of the land and a belief that a new, sustainable approach to agriculture was needed for family farms and rural communities to survive. Being farmer-owned and independent of rising and falling agricultural prices has allowed the cooperative to stay true to their mission—to keep family farms farming by use of sustainable means.

Organic Valley farmer/owners—true

land stewards—use rotational grazing, crop rotation, strip or contour farming, and cover crops to protect the land from erosion and the loss of nutrients needed for healthy grass. Their cows have access to lush pasture, fresh air, pure water, sunshine, and exercise. Farmer/owners use holistic methods to address animal health concerns, rather than antibiotics or hormones.

Many shelves in the Co-op are home to Organic Valley products. Look for milk and soy products in the milk cooler, organic cheeses and lunchmeats in the open-face cooler, and organic eggs in the main cooler.

I hope you'll stop by to visit with Jack while he's here. He's looking forward to talking with you and sharing his abundant knowledge of all the products Organic Valley sells.

October is Co-op Month!

To kick-off our month-long celebration, Jack Lee of Organic Valley Co-operative will be at the Moscow Food Co-op on Friday, September 26, from 10 am to 6 pm, offering samples of Organic Valley products.

Come in, have a taste, and find out what makes co-ops so special. See you then!



Fun in the Sun: New Wines from the Snake River AVA and Some Extreme Beer

by Julie Gardner, Co-op Wine/Beer Buyer

As we enter our final month of warm weather, there are still plenty of summer wines to be discovered.

☞ **Michel Torino's "Cuma" wines** from Argentina are all organically grown without the use of synthetic fertilizers or pesticides. Torrontes is unique to Argentina and has recently made a name for itself beyond its home. Some of them can be quite watery; however, this wine has aromas of honeysuckle and mint with intense honey, orange, tangerine and marmalade flavors. This is a thicker, more viscous style of Torrontes with some real power. I am researching two other wines of this winemaker's: Cabernet Sauvignon and Malbec. Maybe I will talk about them next month. \$14.30

☞ **La Vieille Ferme Rhône White Blend, Côtes du Luberon.** I discovered at a local eatery and it was a perfect prelude to our entrée! Light floral aromatics with crisp acidity accompanied by melon and lemon flavors. Clean, fresh and simple. \$8.99

☞ **Bergevin Lane "Calico White" Blend Wash.,** the second vintage

of the tasty white wine. The wine is two-thirds Chardonnay, one-third Viognier, melded into a very crisp and refreshing wine. There is a nice orange peel aroma leading off; and once in the mouth the wine has a brisk viscosity that invites sip after sip. \$15.99

☞ **Domaine de Couron Grenache Rosé.** From the Rhône Valley of France, this has to be the best rosé on the market for the price! I know I have gone on and on about rosé this summer, but can I help that rosé is just so darned good?! Because of the Grenache grape used to put this little gem together, it is strawberries and spice and everything nice. So enjoy your rosé before they are gone with the sun! \$9.99

Never fear, I know there are some lovely reds out there for our grilled dinners. Here are two that have been my choice this summer:

☞ **Chateau Pellot 2006 Graves.** One of the only Bordeaux we received this year and it is perfect for grilled steaks and chops. Bold, fruit driven with the right balance of acidity and tannin. At \$12.15 a bottle, you cannot lose!

☞ **La Aldea Monastrall.** Spanish wines have been incredibly popular these last two years. It could be because the prices are so reasonable or because more and more small estates are distributed to a wider market. Whatever the reason, Monastrall is the Spanish name for France's Mouvedre grape. It is herbal, red raspberry laden with a relatively dry finish. Great with light appetizers before dinner or on its own. \$9.25

☞ **Cinder Winery, Boise, Idaho.** About a month ago, a young couple contacted me about visiting the area with some of their first wine releases. Melanie Krauss, winemaker, trained in the Washington wine industry for five years only to return to her roots in Boise. Now using the grapes of the Snake River AVA (American Viticulture Area), she is handcrafting small lots of Syrah, a dry Rosé, Viognier, a Bordeaux blend and Chardonnay. We were lucky enough to snag some of her delicious Viognier, as all of her other wines have already sold out! Aromas and flavors of stone fruits and crisp acidity would pair wonderfully with a bucket of steamed clams, grilled veggies, and a mild

sheep's cheese such as Idiazabal or Manchego. \$16.75

☞ **3 Horse Ranch Vineyards, Eagle, Idaho.** Thanks to the winemaker mentioned above, another Idaho winery from the south has come our way! Gary Cunningham from a suburb of Boise brought some delicious sample of his bone-dry Rosé (0% residual sugar), Chardonnay (made in a Burgundian-style, meaning not a buttery wine) and Syrah (bottled just four days before we tasted it). They were all delicious and to top it all off, his vineyards were just certified organic! The Syrah will arrive later this fall, however, we do have his other two wines ready to be enjoyed. The Rosé is \$15.75 and the Chardonnay \$17.25. They will be found on our organic shelf facing the meat department.

Stone Brewery's 12th Anniversary Chocolate Oatmeal Stout is out for your enjoyment. \$4.10

Enjoy the remainder of the sun!

Co-op Members: The Strategic Plan Needs Your Feedback!

by Jessica Bearman, Co-op Strategic Planning Volunteer

Over the last year, the Strategic Planning Working Group—a small group of Co-op staff, members, and board members—has been working to articulate goals for the Co-op's future. Now that we've spent time gathering perspectives and testing ideas, we are excited to share a working draft of the strategic plan. In this article, I will tell you a little bit about the plan, both how it was developed and what it contains. Most importantly, I want to encourage you to share your feedback, and help to make the plan even stronger.

What is a strategic plan?

A strategic plan is a roadmap for an organization's future. Simply put, strategic planning helps to determine where an organization is going, how it's going to get there, and how it will know if it got there or not. Co-op members and staff felt strongly that certain things about the Co-op should not change. As a result, the strategic plan supplements and builds on the bedrock of the Co-op's mission and values.

The five broad goals of the plan were developed with significant input from Co-op members, board members, and staff. Initially, the Working Group spent several months gathering perspectives about where the Co-op should go from Co-op members, staff, and Board, through community meetings, round table discussions and via the "vision box." Those ideas became the draft goals, which were reviewed by the Board of Directors and revised. A group of members attended a

"Dinner with Directors" to preview and react to the draft goals. After many revisions of the plan and much discussion, we created this final draft to share with members.

Co-op 10-Year Goals:

Goal #1: STRENGTHEN CO-OP COMMUNITY: The Co-op will strengthen the Co-op community and spread an understanding of the Co-op's values and offerings—a "Co-op consciousness"—by better meeting the needs of current members and by increasing the total number of members and actively engaged members.

Goal #2: MAKE THE CO-OP THE BEST PLACE TO WORK IN MOSCOW: Co-op staff are essential to the health of the Co-op, and the Co-op will continue to invest in its employees. Within ten years, the Co-op aspires to be the best place to work in Moscow. In the next five years, the Co-op plans to be able to offer exemplary wages and benefits for full-time staff, compelling staff incentives and rewards, and a professional, responsive human resources department.

Goal #3: BUILD THE LOCAL, ORGANIC, SUSTAINABLE FOOD AND GOODS ECONOMY: The Co-op has a stake in building and sustaining our region's ability to produce and consume local, organic, and sustainable food and goods. This goal is central to our mission and belief in the "triple bottom line," which means that our decisions must improve conditions for people, place, and profit. Right now,

local food and goods make up only about 10 percent of our total sales. To increase this percentage, the Co-op will collaborate with local growers and producers.

Goal #4: INCORPORATE VALUES OF ENVIRONMENTAL SUSTAINABILITY INTO FACILITY: The Co-op is more than a grocery store. It is also a community hub—a place where people go to meet and see friends, hear music, and learn new things. Because we want to be sure the Co-op practices what it preaches, the internal and external physical spaces must reflect our deeply held values. Our ultimate goal is to become a model of energy self-sufficiency and, one day, a zero-waste facility.

Goal #5: INCREASE COMMUNITY ENGAGEMENT, OUTREACH, AND EDUCATION: As a community hub, the Co-op performs many functions of a community nonprofit organization, providing a gathering place, educational opportunities, and community services. The Co-op is committed to continuing to give back to the community and increasing the extent to which it can give back as it becomes more financially successful and sustainable.

What's next and how can you get involved?

You can find much more detail about these goals in the full strategic plan, available on the Co-op's website: www.moscowfood.coop or at the Co-op's checkout lines.

"Co-op members and staff felt strongly that certain things about the Co-op should not change. As a result, the strategic plan supplements and builds on the bedrock of the Co-op's mission and values."

You can tell us what you think by:

- Contributing a comment to the Strategic Plan Comment Box located in the front of the Co-op
- Joining board and working group members for a round table conversation (dates TBD)
- Emailing the strategy working group directly: strategy@moscow-food.coop

After we have modified the plan according to your feedback, the Board will have a final chance to review.

Once the Board officially adopts the strategic plan, it will become a living document and we will begin the first year's activities.

As you'll see from the plan, the first year is mainly about exploring opportunities, gaining more knowledge, and developing detailed work plans. There will be many opportunities for member involvement, so if one of the goals calls out to you, email the Co-op general manager, Kenna Eaton, at kenna@moscowfood.coop.



Supplement Celebration Sale Donates to Children in Need

by Amy Lucker, Wellness Manager

During the month of September, the Wellness Department will be promoting certain supplements at an awesome discount in order to help children all over the world get the nutrients they need. Vitamin angels, a charitable organization along with UNFI, the Co-op's main distributor, have combined efforts to create a supplement sale for health food stores and co-ops in order to raise money for children

in need. For every promotional unit sold here at the Co-op, 25 cents is donated to prevent blindness in children through the supplementation of vitamin A.

So if you're looking for a good deal and want to support a good cause, check out our supplements on sale during the month of September that have a "Supplement Celebration" sign nearby. Some of the participating

companies to watch for are Kyolic, Rainbow Light, Triple Leaf Tea, Emergen-C from Alacer Corp., and Emerita.

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What's Cookin'!: New Ethnic Cuisines for Fall

by Jennifer Whitney, Class Coordinator

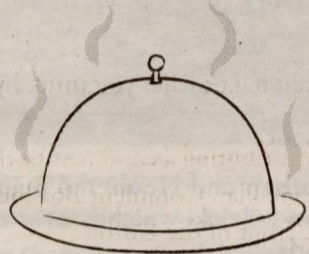
Having just spent a month in Europe and looking at it through the eyes of a cooking class coordinator, I was amazed to see how central food is to a culture. I'm happy to say that our ethnic cooking classes each come with a slice of culture and our upcoming fall series is no exception.

Our next four classes in the Co-op sponsored What's Cookin'! series are Korean Home Cooking on October 15, Indian Home Cooking on October 18, Japanese Sushi on October 22, and Japanese Home Cooking on October 29. Look for our advertisement below for featured recipes, class descriptions, instructor bios, and times.

Each class will include a 1 – 1 ½ hour cooking session with sampling and discussion. Along with your glimpse into another culture, you'll go home with a satisfied tummy, the memory of appetizing aromas, and recipes cards to repeat the experience for your friends and family. All classes are held in the basement kitchen area of the Unitarian Universalist Church of

the Palouse, 420 E. 2nd St., Moscow, Idaho. Enrollment is limited to 20 per class and reservations are required. The cost is \$21 per class.

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



What's Cookin'! 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.

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Co-Operations

Tuesday Growers' Market News: Please Welcome Avon Eggs

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 - 6:30 p.m. every Tuesday

Picture this adventure: You are driving from Maine to Idaho with a load of six cattle, 120 chickens, two kids, two dogs and a cat. Oh, and your spouse. "Anyone who wants to strengthen a relationship needs to try this once," says Kyle Bujnicki who, with his wife Shelly and boys Korben (5) and Noah (20 months), did just that as they relocated from the East Coast to Deary this past April. First and foremost, they planned a very careful route from rest stop to watering hole all the way.



Left: Kyle and Shelly with boys Korben and Noah: the Bujnicki family of Avon Eggs. Above: Korben Bujnicki watches over a few of the girls.

They've only been settled here half a year. But you can now buy Kyle and Shelly's organic "Avon Eggs at the Tuesday Growers' Market for \$3 per dozen. These are "Locally Produced Premium Eggs with NO antibiotics, NO hormones, NO pesticides." They currently come from "50 or so Red Star hens, 50 or so White Leghorns, with a few Rhode Island Reds mixed in." As the egg carton declares, "Organically Fed, Pastured Birds—Living Life as a Chicken Should."

Trust me. These eggs taste good.

When I visited Avon Eggs a.k.a. Tourmaline Farm & Feed recently, I was lucky on many accounts. Though I probably won't retain half the fascinating chicken-and-egg facts I learned, I will remember this fundamental concept: "You can't grow organic products without fertilizer." All Avon's fertilizer is bio-based.

As for the hens, it was great to see all the happy gals pecking around in their spacious, moveable tent do-hickies. (Sorry for the description, but you get the picture?)

Every day they get moved to a new stretch of pasture. This is after the cattle have munched around on it and done their thing. Did you know that one cow gives you 50 pounds of waste (manure + urine) a day? The chickens are really happy to peck away at the weed seeds, and the bugs, especially in the cow paddies. They get plenty of organic feed too. In fact, that's a real important component of their diet.

By the way, did you know that 100 years ago a good hen would lay maybe 100 eggs a year? And today a good hen can produce 320 eggs a year? Breeding

and nutrition.

As for pest control—remember this is big time coyote country—the Avon Eggs operation uses "no toxins, poisons or any of that crap." Kyle explains their three-pronged approach. It consists of (#1 and #2) German shepherds Sunny & Kobe who "won't eat chickens, and keep everything else at bay." What a great combination! And (#3) a "polywire" electric fence, which should last 20 years, is lightweight and easily moveable. Eye-catching too. I reached right out to grab and inspect it. Fortunately my gracious hosts had turned it off before my visit.

Even though this family is relatively new to the Palouse, they are not newcomers to farming, chickens, eggs, nutrients, weed control, pest control, or animal husbandry. Korben could tell me in exacting detail all about how a steer gets to be different from a bull. In short, all things agricultural, cyclical and especially organic, interest these family members. The boys are going to be home-schooled. Heck, they already are!

Where did all these interests come from? Well, Kyle and Shelly, who met in San Francisco, where Shelly worked at Mother's Market had each always done a million things. Each had a resourceful and inspirational grandmother. The Swedish grandmother planted fish in her garden. The other one, a Russian, made pickles out of anything, and used or reused absolutely everything. According to Kyle, "If she threw out the equivalent of one grocery bag of trash, it was only every other year."

I still don't know that much about chickens, but I've always thought it

would be cool to have a couple of them strutting around my own yard. If I ever get that far, I know where I'll go for advice and for organic feed. In the meantime while I dream on... I'll just keep purchasing my family's huevos from Avon Eggs.

Tourmaline Farm has also begun raising "meat birds." If you are interested in some local organic chickens to eat (already butchered thanks!) you may "call & reserve" from the next batch.

Kyle and Shelly Bujnicki can be reached by phone at 208-877-1575 OR 208-877-1700 or email: kyle@tourmaurefarms.com

Jeanne Leffingwell, a local artist, agrees with Kyle Bujnicki that, "Customers-consumers want to know more about where their food comes from." She is happy to help dig up some of the scoop.

Tuesday Growers Market: September Produce List

- ☛ Affinity Farm (Russell and Kelly Poe)
Salad mix, spinach, carrots, beets, chard, lettuce, green onion, radish, broccoli, kale, parsley, cilantro, onion, cucumber, summer squash, basil, tomatoes, New Zealand spinach, 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)
Basil, cabbage, chard, kale, garlic, green beans, leeks, onions, parsley, sweet pepper, hot pepper, summer squash, tomato, tomatillo
- ☛ Pine Crest Organic Garden (Linda and Charles Christenson)
Flowers, garlic, dried herbs, flat beans, green beans, zucchini, cucumber, tomato, squash, raspberries, miscellaneous plants
- ☛ Ravencroft (David and Debi Smith)
Tomatoes, onions, garlic, squash, cucumber, malabar spinach, bok choy, spinach, herbs
- ☛ Washington State University (WSU) Organic Farm (Brad Jaekel)
Carrots, beets, potatoes, kale, chard, tomatoes, squash, onions, garlic, lettuce, cabbage, strawberries, raspberries

September 2008 Suggestion Box

Sugar free cookies Great!! But unfortunately my husband is allergic to peanut—so how about sugar free any other kind of cookie?

We haven't had too much demand for more sugar-free cookies but we'll look into rotating the production of the peanut butter cookies with another variety. —Aven, Pastry Manager

The Co-op Granola used to be chunkier. Is there a reason that it is much less chunky now?

We have not changed the recipe or the production of our granola. Sometimes the granola settles as it sits in the back stock and bulk bins. The chunkiness of the granola you get could depend on whether you get some from the top of the bucket or the bottom. —Aven

Just cuz one person didn't like the sound of lavender lemon currant scones, don't stop making them they are delicious and since you don't make kolache anymore, they are now our favorites. Thanks.

The Lavender Lemon Currant scones will definitely come back as we rotate flavors through the seasons. We try not to make a scone flavor for more than three or four months in a row. Look for some new fall flavors coming soon. The Lavender Lemon Currant scones should be back in winter/early spring. —Aven

Why are there no more bagels in the deli?

Why doesn't the Co-op make bagels anymore???
They were really good!

Agnes' Organic Bagels, which we had been baking and selling, were really good. Unfortunately, the shipping costs became prohibitively expensive. We are currently looking for an equally good bagel that is less expensive. —Aven

Today my purchase was just over \$5 but my bag discount placed it under so my "walking card" was not punched. It's not a big deal I just wondered what the policy was~ Kate Carlson

Kate, thanks for your comment. Our policy simply says purchases over \$5 get a punch on the "walk, don't drive" card. I suspect times when the bag discount brings one under are few and far between (yours being the first I've heard of). —Kenna, General Manager

I would love classes by your employees on 1. different things to make or bake with all the different grains and flours, and 2. how to correctly use essentials oils and herbs in my home, for my health and my dogs. Thank you~ Ally Hart

Ally, thanks for the suggestions. I've passed the idea of classes using different grains onto to Jen Whitney who organizes the What's Cookin' classes for us.

Our staff person, Sequoia Ladd, did teach a class earlier this summer on the use of different herbs for your home and health. We'll see if we can talk her into doing it again. And we'll look for someone to teach classes on essential oils and pet health. —Kenna

Please regularly clean the slime, mold and crud that covers the stainless steel sink are where we

fill up our water containers. Thank you~ a lifetime member.

Thanks for the heads up about that sink. It turns out that every other sink in the store has someone assigned to keeping it clean, but apparently not that one. I've asked the store cleaner to add it to his weekly list. —Kenna

The GM is conspicuously absent from the recent salary disclosure published in the Co-op newsletter. Why??

The General Manager's (GM) salary is separate from all other salaries in the Co-op and is privately negotiated between the GM and the Board of Directors. However, I can tell you it is reasonable compensation for the job I have been doing for the past 27 years. —Kenna

How about a food bank donation box? I've seen them in other Co-ops and I know I would contribute to it.

Thanks for the nice suggestion. Unfortunately, we find ourselves with too many things like that going on in our store. So we've elected to only have the donation boxes here when a group has offered to maintain them. —Kenna

Thank you very much for playing such beautiful classical music for our shopping experience. It's simply lovely and I would appreciate more of that~ Julie Ng

Thanks Julie, I like it too! I passed your compliment and suggestion onto the floor coordinators who have the thankless task of choosing the music. They did tell me that Elise favors playing classical music on Sunday mornings. —Kenna

Since you already have an incredibly small parking lot can you please not fill ¼ to ½ of it up with services, businesses that could be set up elsewhere in town. We live too far to bike or walk and it inconveniences us loyal paying customers. Thank you.

I'm sorry that you don't enjoy the weekly events in the parking lot. We feel that it is important to our customers and the greater community that we are able to offer fresh picked produce from local growers on Tuesday nights and fresh fish on Fridays. I would hate for you to go elsewhere for those things. —Kenna

You are covering up all the beautiful hand painted tiles that members paid to have displayed. At least raise them up on the wall!

Painting the tiles was a fun event that allowed community members young and old to feel a part of our lovely new store. Unfortunately, when those tiles were installed the tiler told me that the only way we could ever move them was to destroy them so I'll ask the produce department to try to control themselves when stocking the produce. —Kenna

Where's our mission statement? I love our Co-op. A lifetime member.

Our mission statement "Moscow Food Co-op: Building a Strong, Dynamic Cooperative using Ethical and Sustainable Practices" is in the window

as you come in the "exit" door.
Kenna

Coop essentials are a nice idea, but discount didn't appear at register.

The discount does not appear on your register tape because of the way we needed to implement the program through our computer system, but the price charged is indeed a saving. —Joan, Grocery Manager

I love the Sage Bakery bread. However this style of bread does not stay fresh long—it's the nature of it. Unfortunately the last several loaves I've bought have been stale. Six dollars is a lot to spend on stale bread for toast. Tim
We agree. The new packaging does not maintain freshness like before so we have asked them to return to the previous bags. This should have happened by the time you read this. —Joan

The two (2) small pieces of beef on the sheskabob for \$4.95 should have been a better cut. (They were awful!) I know you have better beef that what was offered on BBQ Tuesday dinner.

I am not sure what you mean, exactly, but I'm sorry you didn't enjoy your kebab. Was the meat cut too thick or was it over-cooked? Please come talk to us in the Meat Department and we will be able to figure out what went wrong and how to fix it for next time. —Brennus, Meat Manager

Clean Eating Magazine would be a great addition to your shelf. It has lots of delicious healthy recipes and advice for wholesome living. Roxy, a member

I checked with our magazine distributor to see if we could carry Clean Eating, and unfortunately, it's not available. We do carry many other magazines that are dedicated to healthy cooking. Thanks for the suggestion! —Amy, Wellness Manager

Could you please consider a variety of cloth diapering supplies? Under the Nile, Bum Genius organic would be great! No one in Moscow has a variety of diapers (Natural Abode is limited). The Num Genius All-In-One, plus some doublers liners (Try Cotton Babies.com) would be great! There is an untapped market for this in Moscow! Help!! P.s. Bum Genius are top-sellers in C'D'ing!!! Anonymous

We recently started selling a northwest brand of diapers called Tender Tush Organics here at the Co-op. We would like to expand our cloth diaper section, and the topic has been researched many times. We are currently trying to find a company that will work with us, so hang in there! If you would like to know more about where we are in the process, please feel free to contact me at the Co-op! Thanks! —Amy

Staff Profile: Erik Jacobson

by Amy Newsome, Newsletter Volunteer

There are unexpected benefits to interviewing a pastry baker. For example, if you have to wait for them, they share their delicious, fresh baked cookies with you. Had I known this, it wouldn't have taken me so long to get around to interviewing one of them.

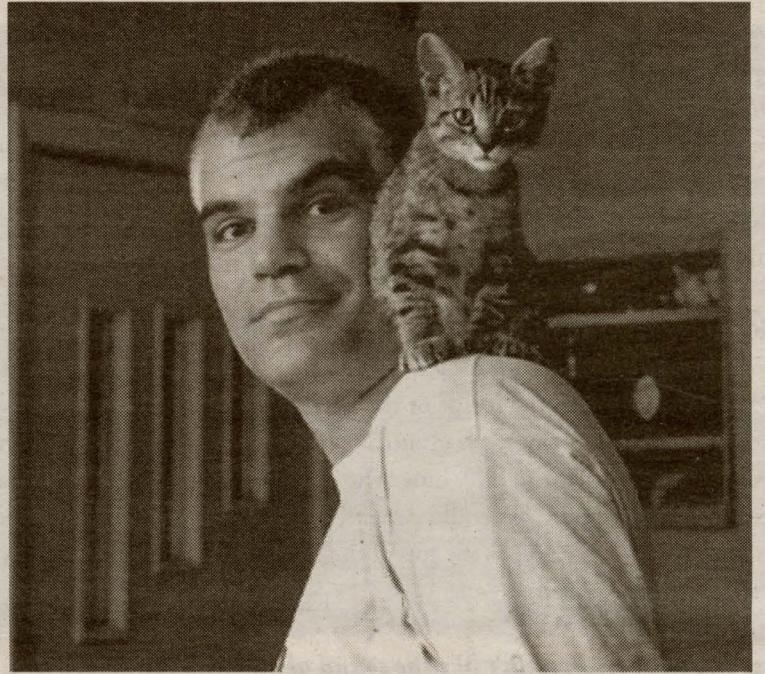
Erik Jacobson has been a pastry baker at the Co-op for the past two months. He wanted to work at the Co-op for many reasons. First, he can quickly bike or walk to work. Second, at the end of the day he can truly leave the job and focus on other pursuits. Lastly, he wanted to work in the hub of the Moscow community. Now in the bakery position, he appreciates that he is learning a skill that is useful anywhere. But the thing he likes most about working at the Co-op is the people. His supervisor, Aven Kremple, is incredibly patient and supportive, so Erik feels free to learn and make mistakes. He said that the bakery staff is made up of just incredible people who are all striving for perfection in both the taste and presentation of their baked goods.

Erik was raised in Flagstaff, Arizona, the youngest of three children. He has fond memories of a freewheeling childhood, being able to play for hours in the national forest that bordered his family's property. He remembers the well-worn bike trails crisscross-

ing through the woods that created a network of children. I too was a free-range child, playing for hours unsupervised along the mighty Sacramento River, the silty mud squishing between my toes while I caught crawdads. Another fond

memory of Erik's is a yearlong stay in Sweden when he was six years old. His dad, an art teacher, took a sabbatical and instead of placing Erik in child-care in the city, had Erik stay with a family on a rustic farm in the country. Erik learned to play hockey while in Sweden and remembers vividly skating in the dark for hours during their Nordic winter days on playground blacktops that were transformed into skating rinks.

After Erik graduated from high school, his parents moved to Moscow. Erik studied art at various universities and



played in a Midwest hockey league for a few years. He's used Moscow as a home base and relaunching pad over the years. Eventually, Erik got married and raised two children in Louisiana. After 14 years there, Erik and his son, Jesse, moved to Moscow to be closer to Erik's family. Erik's ex-wife and daughter, Ruby, stayed in Louisiana. Ruby, now age 18, started at the University of Louisiana this year. Jesse, having just returned from helping a friend build a house in the San Francisco area, will soon be joining his dad on staff at the Co-op as a dishwasher.

Over the years Erik has been involved in many professions including photography, landscaping and hockey store management. He worked at Mary Jane's Farm for four years, first as a farm hand (a maker of all things out of nothing) and eventually a photographer and videographer as well.

Currently, he is also a freelance designer in "Information Architecture," which encompasses both book and web design. He sees that design work will eventually allow him the flexibility to travel. He'd love to spend more time in the Quebec City and Stockholm areas. For fun, he plays ukulele with a group of friends. The day I interviewed Erik it was 103 degrees outside and I let him choose where he wanted his picture taken, so we headed to Friendship Square. Six girls, ranging from baby to adolescent, were playing in the fountain and flocked to Erik and his ukulele, begging for a song. So, he took off his shoes and socks and joined the girls in the fountain and played them a song.

Amy wishes Erik and the local hockey team the best of luck this February in Wisconsin's Pond Hockey Tournament.

“Now in the bakery position, he appreciates that he is learning a skill that is useful anywhere. But the thing he likes most about working at the Co-op is the people.”

Bookpeople's Litany of Literary Events September–October 2008

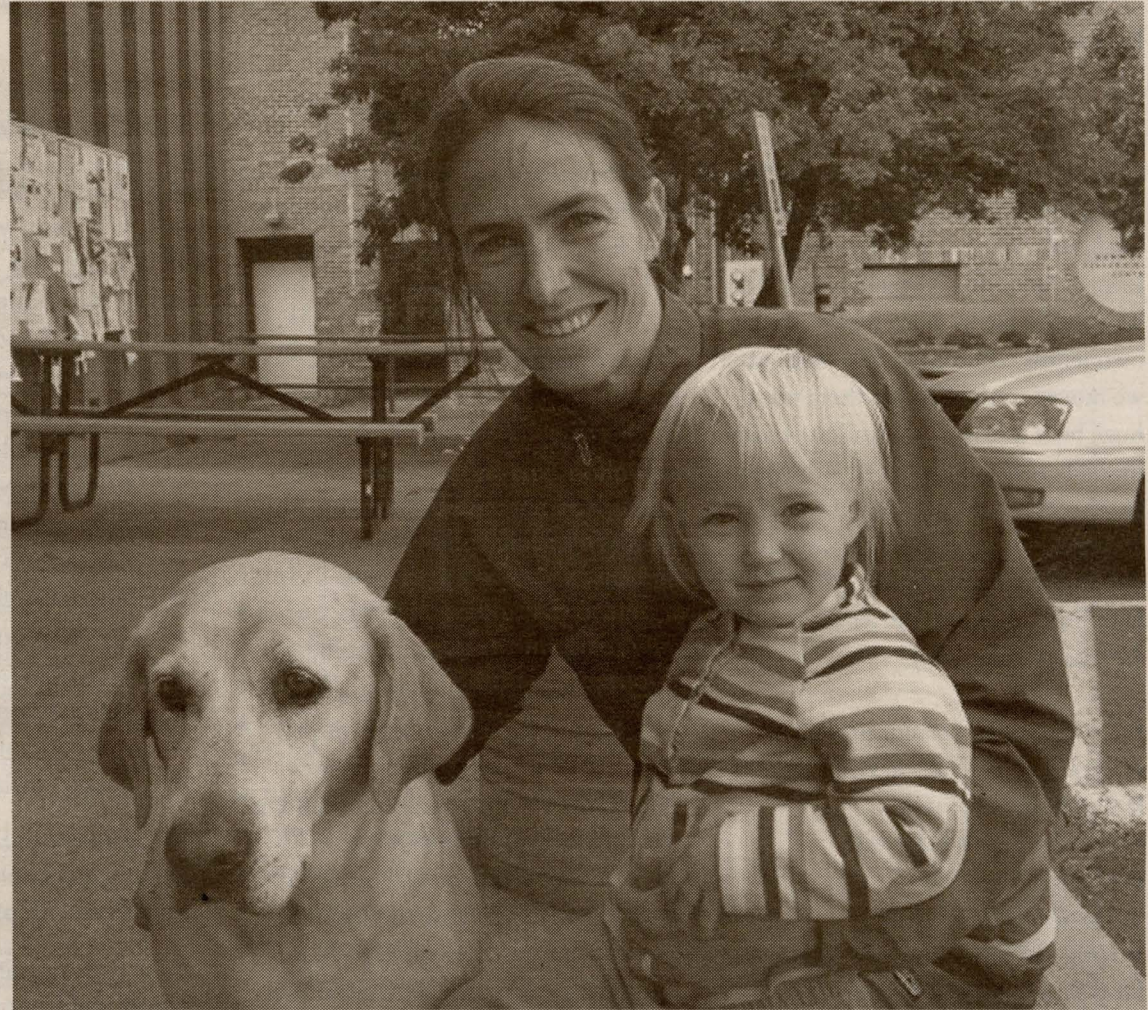
- **9/13 Wendy Williams** signs "Cape Wind" & answers questions on the problems facing wind energy in the US. At Bookpeople: 521 S Main. 10 am –noon, that's a Saturday! •
- **9/18 Rick Barot** will brighten WSU by reading his "Darker Fall" at the WSU Fine Arts Auditorium at 7 pm. •
- **9/20 Mary Ellen Martin and Ken McConnell** read from their stories in "Barren Worlds," a science fiction collection which defies its title. At bookpeople 11–1pm. Support your local authors! •
- **9/24 Distinguished visiting writer** at UI and Pen Hemingway Winner reads his imagined account of the end of a job "Then We Came to an End" at UI Law School Auditorium at 7:30 pm. •
- **10/1 Dan Chaon** visits the UI in his distinguished capacity to read from "Fitting Ends" and "Among the Missing" at 7:30 at UI Law School Auditorium. Don't be missing this night! •
- **10/8 Alex Kuo** reads from his new collection of stories "White Jade" at Bookpeople, 7:30 pm. •

Volunteer Profile: Kate DeClerk

by Todd J. Broadman, Newsletter Volunteer

I“It was hard to leave Montana,” Kate DeClerk shares with me over coffee at the Co-op’s cafe. “I served on the staff at the co-op in Bozeman, so when we moved to Moscow I wanted to continue to be a part of that super-friendly, community atmosphere.”

Kate shared that she initially helped out in the Moscow Co-op’s cheese department. Looking down at her twenty-one month old daughter who was drawing on a sheet of paper, she added, “That was before Ada was born.” Ada’s hair is so blond it’s almost white. Kate’s eyes shimmer, “I wanted to be able to do my volunteer work with Ada, and the recycling department could use us both.” A match was made. One day each week, Kate and Ada place the plastics, the cardboard, and paper



in the large recycling bins located behind the Co-op and then transport the materials to Moscow’s recycling center.

Satisfied that Ada’s art project was well underway, Kate sipped her coffee and reflected on the course of her life and what led to her arrival in Moscow three years ago. After a childhood in Minnesota, Kate left at eighteen for college—Kansas State University (KSU). “I majored

in horticulture therapy,” she said, then winced as if to say that it was an odd thing to major in. But as I learned more, it dawned on me that all of Kate’s interests seem to fit together nicely in the larger frame of helping others and the environment. Kate has begun a local service, “Moscow Pet

Sitting,” to care for pets while their owners are away. Her husband, Colin, is training to be a veterinarian at WSU and will graduate next May.

As Ada put the finishing touches on her masterpiece, the topic made its way to the empowerment of women and the Central Asia Institute (CAI), an international non-profit. Kate was the project manager and was involved with the organization and development of the schools and women’s centers in northern Pakistan. “Basically I helped organize the village elders and members of the community, and left the building to them. The philosophy of the organization was to give the community as much ownership of the projects as possible, only facilitating the development with what they can’t provide for themselves. It was a great lesson in understanding and working with different cultural dogma.”


As Kate described her experiences in Pakistan, I thought of my own in India—how young mothers with children on their backs would balance loads of bricks atop their heads at makeshift construction sites, while young men huddled in the corners smoking bidis (hand-rolled cigarettes).

Ada looked up at Kate to signal she wanted to be held. Kate stood and picked up Ada in one easy motion, appearing every bit the athlete. She later shared that she had played on KSU’s volleyball team, and on occasion still enjoys hitting the ball. “I’ve

started running again too. Feels great.” It came as no surprise to me that Kate was a climbing instructor (at Colorado Outward Bound and Women’s Wilderness Institute).

We finished our coffee and walked outside to the Co-op’s entrance where Kate introduced me to Fin. She untied her leash, insisting she be the photo. I snapped a few photos. Kate gestured towards the front door. “How many grocery stores have programs and people like this anyway?” And off they were for a jog. What a great morning it was.

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



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Vegan-esque: Weird Things to Do With Lentils and Why You Should Do Them

by Caitlin Cole, Newsletter Volunteer

Until we moved to the lentil producing capitol of the United States four years ago, I never had spent any time contemplating lentils. There is this one soup I love, Amy's Lentil Vegetable, but it did not inspire me to make stuff with my own lentils. During the first week after we moved to the Palouse there was a huge buzz in town—Lentilfest is coming! There is quite a lot of enthusiasm for this event, more than I thought was necessary or psychologically healthy, but after four years of living here I have learned to love the lentil, and here are some reasons why:

- Lentils are 26 percent protein
- Very high in Vitamin B-1
- Good source of iron
- Excellent meat substitute
- High in fiber
- No need to soak them
- Colorful variety available (because food should taste good and look pretty!)
- Tastes yummy!

In Indian homes, lentils are a staple food served with nearly every meal. When I visited France, I had warm lentil salad served with vinaigrette. My kids enjoy lentils served with rice and jazzed up with spice, which makes a simple, complete protein supper (i.e., all essential amino acids). Around here folks make lentil chili and stew. What I like to do with lentils is to make brownies. I know this sounds weird, but really, it is OK! Actually this recipe makes some of the best

brownies I have ever had. I also enjoy making cookies with lentils. It's fun to tell people there's a "special ingredient" in a lentil brownie or cookie after they have had one, then let them guess awhile what the ingredient might be!

While I realize that this is not the healthiest way to eat lentils, one must consider that it's a healthier way to enjoy a brownie! The lentils add fiber, vitamins, and protein which would not otherwise be there. Hey, every little bit counts, right?

Here is another weird thing to do with lentils. What you'll need is some sturdy paper, such as construction paper, or poster board, glue and different colored dried lentils and peas, found in the bulk sections of the Co-op. Find your favorite young people (not too young, uncooked beans and legumes are a choking hazard), go outside and sit on the grass, and make lentil mosaics. You could draw out a design first, placing glue where you want the lentils to stick, or create without any sort of plan. It is an unusual experience using local food to make art; it feels strange and very cool. It helps connect us with our local farming community to talk to kids about local farms and local food issues while you create with the lentils. I suspect the craftier people out there can think of lots of art projects to do with the colorful legumes that are grown all around us. At a localvore event last year, we used orange and red lentils plus green peas to make mosaics. One young person drew a peace

Surprise Raisin Spice Cookies

- 3/4 cup brown lentils, uncooked
- 1 1/2 cups water
- 1/2 cup egg substitute (equal to 2 eggs)
- 1/2 cup honey
- 1/4 cup Spectrum (butter alternative)
- 1 teaspoon vanilla
- 1/3 cup canned pumpkin
- 1/2 cup unbleached flour
- 1 1/2 cups whole-wheat flour
- 1/4 teaspoon salt
- 1 tablespoon baking powder
- 1 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1/4 teaspoon ginger
- 1/4 teaspoons orange peel
- 1 cup coarsely chopped walnuts
- 1/2 cup raisins or dried orange cranberries

Rinse lentils and combine with water in a pan. Bring to a boil then reduce the heat and cover pot. Simmer for 40 minutes or until tender. Drain off excess liquid.

Beat egg substitute in a large bowl. Add honey and Spectrum and cream until smooth. Add the vanilla, pumpkin, and cooked lentils. In a separate bowl, combine flours, salt, baking powder, spices and orange peel. Add to the lentil mixture and combine well. Fold in nuts and dried fruit.

Drop by teaspoons on a greased cookie sheet and bake at 350 for about 8 minutes, or until they look done.

Lentil Brownies

- 2 cups unbleached all-purpose flour
- 2 cups white sugar
- 3/4 cup unsweetened cocoa powder
- 1 teaspoon baking powder
- 1 teaspoon salt
- 1/2 cup water
- 1/2 cup vegetable oil
- 1 cup cooked and pureed brown lentils
- 1 teaspoon vanilla extract
- 1/4 teaspoon cayenne pepper (optional)

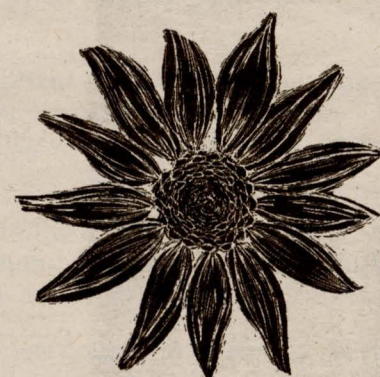
Preheat the oven to 350 degrees. In a large bowl, stir together the flour, sugar, cocoa powder, baking powder and salt. Pour in water, vegetable oil, lentils, vanilla, and optional cayenne; mix until well blended. Spread evenly in a greased 9x13 inch baking pan. Bake for 25 to 30 minutes in the preheated oven, until the top is no longer shiny. Let cool for at least 10 minutes before cutting into squares.

sign and used a different color lentil for each section.

If you have been inspired by attending Lentilfest and are looking for new, fun ways to embrace lentils, we hope you'll enjoy a lentil brownie while you create your legume masterpieces!

Caitlin's clothesline update from last month: our neighbors have trimmed the trees back so more

sun shines through to dry our clothes. Yahoo!



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Omnivoria: Alderspring Organic Beef

by Alice Swan, Newsletter Volunteer

I was recently on the East Coast for a long weekend, and it seems that even in the space of the few days I was gone, it has started getting dark much earlier. Maybe it's just that I've started to notice it, as there are noticeably more and more students back in town, and my husband has started going to his office every day again, as he gears up for the start of the school year.

So even though, as I'm writing this article, the weather is distinctly October-like, I know that we'll have some beautiful, grill-worthy days coming our way in September, so I thought now was a good time to feature Alderspring Ranch beef, one of the Co-op's three beef suppliers, and the only one with organic certification.

Alderspring Ranch is owned and run by Glenn and Caryl Elzinga and their seven children in May, Idaho (in the mountains not far from Salmon). Glenn used to be a district forester for the Bureau of Land Management (BLM) in Salmon, but began ranching as their family began to grow and he wanted a different lifestyle. Caryl has a Ph.D. in plant ecology, and in addition to working on the ranch runs her own business, Alderspring Ecological Consulting.

The Elzingas moved their ranch in the summer of 2005 to its current location, and began their transition to certified organic production. The 200+ cattle are fed only pasture and hay and are never confined to a barnyard. The ranch has 600 irrigated acres of grass,

alfalfa and clover where the cattle are finished, and 1100 more acres of dry grassland/sagebrush steppe and wet meadow. It is also home to a large Chinook salmon spawning area, and the Elzingas are dedicated to preserving the streams and riparian areas on their land. Fences keep cows and manure out of streams, and this spring they began work on a new irrigation system that will allow them to close off an irrigation ditch that was draining water from critical spawning habitat.

The care the Elzingas take with their animals and land, and the pride they have in their products also shows in the way the beef is processed. Animals are processed one at a time at a small-scale, family run facility. Then all the beef is dry-aged for 18-21 days. Dry aging is an old-fashioned technique that is rarely used anymore because of the expense; all the meat is hung, not touching any other meat, at a precise temperature and humidity level. The meat shrinks up to 5 percent during aging, but also becomes extremely tender and flavorful. Every Alderspring cut, including ground beef, is dry-aged. And the family tastes a steak from every animal. If it doesn't pass their standards for taste and tenderness, it is not sold as Alderspring Organic Grass-fed Beef.

The Co-op gets a whole cow from Alderspring, usually at the beginning of the month. So just about any cut is available, and selection is best at the beginning of the month. As with any of the meat the Co-op carries, if you don't see something particular that

Spicy Tamale Pie

You can save time by trading the traditional cooked cornmeal topping with slices of pre-made polenta sprinkled with the spices given in the recipe below.

- 1 1/3 cups cold water
- 1/2 cup yellow cornmeal
- 1 teaspoon ground cumin
- 1/2 teaspoon paprika
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 2 teaspoon butter or margarine
- 1 1/2 pound Alderspring grass fed ground beef
- 1 cup chopped onion
- 1 medium green bell pepper, chopped
- 2 garlic cloves, finely minced
- 1 (15-ounce) can tomato sauce
- 1 (10-ounce) package frozen whole kernel corn, thawed
- 1 Tablespoon yellow cornmeal
- 2 to 3 teaspoons chili powder
- 1 teaspoon ground cumin
- 2 teaspoons unsweetened cocoa powder
- 1/2 teaspoon ground allspice
- 1/2 teaspoon salt
- 1/2 to 1 teaspoon hot pepper sauce
- 1/4 teaspoon black pepper
- 1/2 cup (2 ounces) sharp cheddar cheese

In a small saucepan combine water, 1/2 cup cornmeal, 1 teaspoon cumin, paprika, salt, and 1/4 teaspoon black pepper. Bring just to boiling; reduce heat. Stir in the butter. Cook uncovered, over low heat for 10 minutes, stirring often. Remove from heat. Spread mixture on waxed paper into an 8-inch round. Chill while preparing meat mixture. In a large skillet, cook ground beef, onion, bell pepper, and garlic until meat is brown and onion is tender. Drain fat. Stir in the tomato sauce, corn, 1 tablespoon cornmeal, chili powder, 1 teaspoon cumin, cocoa powder, allspice, hot pepper sauce, 1/2 teaspoon salt and 1/4 teaspoon black pepper. Bring to boiling; reduce heat. Simmer, uncovered, for 5 minutes. Spoon meat mixture into a 2-quart round baking dish. Cut cornmeal mixture into 6 wedges and carefully place atop the meat mixture. Bake, uncovered, in a 375 degree oven about 30 minutes or until bubbly and cornmeal topping is light brown. Remove from oven and immediately sprinkle with cheese. Let stand for 2 to 3 minutes or until cheese is melted. Makes 4 to 6 servings.

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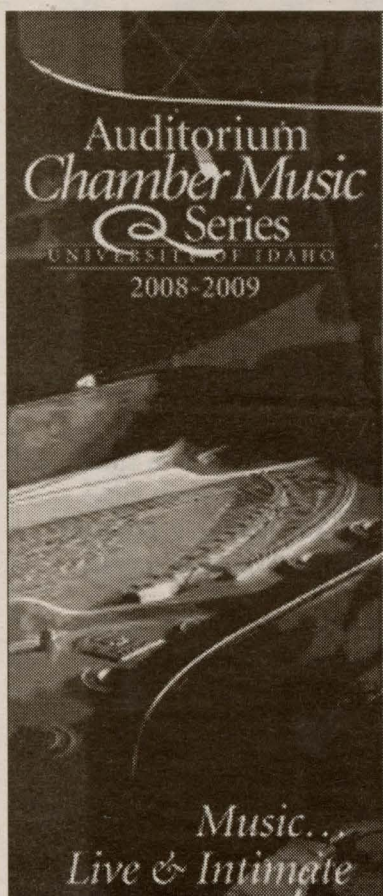
Students: \$10, Seniors: \$15, General: \$18

you're looking for in the case, ask—they may have it in back. The newest product from Alderspring is organic hamburger patties. So if the prospect of an organic, grass-fed, dry-aged burger that is so tender and flavorful that it hardly even needs salt and pepper appeals to you, but you just don't like making your own patties, you're in luck! The patties are available both in the fresh case and in the freezer section.

If the weather warms up again, try an Alderspring steak or burger on the grill. But I'm also including a recipe from the Alderspring website for tamale pie that would make an excellent dinner on a chilly fall evening. There are lots of recipes on the Alderspring website, and they seem really kid-friendly (which is hardly

surprising, given how many Elzinga children there are!). The website has tons of information, but can be a little hard to navigate. To find recipes, go to: <http://www.alderspring.com/cooking/html/cooking.html>, or for instructions for the perfect grilled ribeye, go to: <http://www.alderspring.com/organic-beef-matters/beef-recipes/grill-a-ribeye-steak/2007>.

Alice recently had a chocolate bar with bacon in it. The verdict: even chocolate tastes better with bacon, but dark chocolate would probably be better than milk chocolate.



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Much Ado About Tofu: Stinky Tofu

by Terri Schmidt, Newsletter Volunteer, illustration also by Terri

I cooked cabbage when my kids were young and they would invariably walk in with their noses plugged and ask, "What's that smell?" But my cabbage wouldn't hold a candle to the smell of stinky tofu.

Stinky tofu is made by fermenting tofu in a foul smelling brine made from vegetables, herbs, soybeans and other ingredients that are aged about six months. It has a "very strong acrid odor and is sometimes politely called "fragrant tofu."

Its smell has been described as "baby poo," "hellacious" and "sharply foul" (1)

After fermenting the stinky tofu is cut in cubes and often deep fried. It is then served with other foods including eggs and vegetables and sauce.

Andrew Zimmern is the star of "Bizarre Foods" a TV show that features him touring around the world and sampling many strange foods. He has eaten all manner of insects and animal innards and various other things most people would not put in their mouths—unless it was for financial reward on some game show. Andrew actually seems to enjoy many of these bizarre foods. However, he finally met his match when trying stinky tofu. He could appreciate a barbecued street version, but his stomach failed him when he tried the dish from a well-known stinky tofu restaurant named Dai's House of Unique Stink. If you want to see a clip of his experience check out this youtube



segment: <http://www.youtube.com/watch?v=7QNGPmuqa6s>

However, many people in Asia who have grown up with this unusual food find it to be a satisfying dish. "Stinky tofu is the unofficial national snack food of Taiwan and is universally loved. It is very commonly served on roadside stands and in night markets. It is primarily served dry (deep fried) or, less commonly, wet (with goose and Sichuan mala soup)." (2, 3)

Chemistry students from Tsinghua University in China decided to do some research and analyze the compounds in stinky tofu. It is a popular study topic among Chinese chemistry students. They discovered "more than 15 kinds of active bacteria swimming around in it, similar to the types of colonization found in yogurt." (4)

I have never had the dubious pleasure of smelling or tasting stinky tofu, but I must admit I'm curious. It is not a meal you can make easily at home

because of the long-term fermentation process. Instead, I am offering a recipe from Ellen's Kitchen for "Smelly Spicy Korean Tofu." It has cooked onions, broccoli and sesame oil that are strongly scented foods, but I happen to like those scents, so I'd say it's a nice kind of smelly.

For another pleasantly scented recipe try the "Curried Tofu Salad Sandwich." It's easy to make and

Stinky tofu is made by fermenting tofu in a foul smelling brine made from vegetables, herbs, soybeans and other ingredients that are aged about six months.

refreshing on warm fall days. It would make a tasty lunch box sandwich for the kids going back to school.

References:

1. www.ellenskitchen.com/faqs/stinkytofu.html
2. http://en.wikipedia.org/wiki/Goose_blood & http://en.wikipedia.org/wiki/Sichuan_mala
3. http://en.wikipedia.org/wiki/Stinky_tofu
4. <http://www.ellenskitchen.com/faqs/stinkytofu.html>

Terri Schmidt is all for trying new things. The most unusual food to pass her lips so far is fried alligator chews like chicken, tastes like fish.

Smelly Spicy Korean Tofu AKA Tubu Bokkum-Bap

<http://www.ellenskitchen.com/faqs/stinkytofu.html>

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4 servings over rice

- 3 tablespoons oil
- 4-5 cloves of garlic, sliced thin
- 1 carrot, peeled and sliced
- 1 medium white onion, sliced
- 3 tablespoons kochujang (Korean red chili pepper paste)
- 1 tablespoon cayenne pepper
- 1-2/3 tablespoons sugar
- 2 tablespoons soy sauce
- 1/4 pound small broccoli flowerettes
- 1 pound firm tofu, drained, pressed & sliced
- 4 green onions
- 3 tablespoons water
- 1 tablespoons sesame oil

Saute garlic, carrots, and onion in oil for several minutes in a large pan, until the onions are just golden.

Mix kochujang, cayenne pepper, sugar, and soy sauce in a small bowl. (You can reduce or omit the cayenne out if you want this dish to be milder—though remember that the kochujang is, by itself, spicy—and if you like things really spicy, double it or even more.)

Add mixture, broccoli, green onions, and tofu to pan. Mix gently until vegetables and tofu are covered with pepper sauce.

Add water (if you didn't drain the tofu well, you may want to skip adding water) to pan and cover. Let steam for a few minutes.

Remove from heat. Add sesame oil, mix gently.

Serve hot, over rice.

Curried Tofu Salad Sandwich

www.freecookingrecipes.net

- 3 tablespoons low fat mayonnaise
- 1 teaspoon Dijon mustard
- 1/2 teaspoon turmeric
- 1/2 teaspoon curry powder
- 8 ounces firm tofu, low fat, well drained
- 1/2 cup shredded carrots
- 1 tablespoon onion - finely minced
- salt and pepper to taste
- 2 large whole wheat pita breads - cut in half

In a bowl combine mayo, mustard, tumeric, and curry powder. Gently stir in tofu, carrots, and onion. Add salt and pepper to taste and toss to combine. Chill. Spoon into pita pockets and serve.

In The Garden

by Holly Barnes, Newsletter Volunteer

I went into the Latah County Extension Office in the county courthouse to get information and inspiration for my column this month. It's a great resource for gardening information and I learned a lot about what's going on in your gardens right now.

The big excitement is about grasshoppers! For residents in northern Latah

County they have become quite a problem. In mid August, the calls were beginning to come in to the office at a much higher rate than normal.

The extension office has a grasshopper abatement program that you can apply for if you have at least three acres of land that are suffering damage. Call the extension office and Rachel Rausch will send an Idaho Department of Agriculture field inspector out to determine if you qualify. Those who qualify are given bait that attracts the grasshoppers and poisons them.



A two-striped grasshopper.

Grasshopper outbreaks last for one to four years and occur at irregular intervals every four to 10 years. They were present last year but this summer has been worse. Warm and dry conditions are favorable for outbreaks. It is believed that the snow cover last winter provided a protective cover for the grasshoppers allowing them to winter over in greater numbers than usual. There are some natural predators and some range management practices that will result in reductions in grasshopper populations. The Extension office has resources for your education.

Have you checked your roses lately? Earlier in the summer, I noticed a fuzzy, moss-like ball where some of the blossoms should

have been on a *Rosa glauca* in my yard. I immediately cut them off and disposed of them. It turns out that this condition has a name, Mossyrose gall, and is caused by a tiny wasp (*diplolepis rosae*). The galls form on year-old rose twigs in the spring. The immature wasp over-winters in the gall. The only control for preventing this wasp from over-wintering is to dispose of all the galls on the plant. I came home from my visit to the Extension Office and checked my other roses and found one other that was affected. This rose is in the same area as the other. There have been a few complaints about the gall this season so be alert to what's affecting your roses and nip it in the bud, so to speak.

There are also general complaints about cucurbit plants failing to

mature. The cucurbit family includes squash, melons, pumpkins, and cucumbers. Fruits are either not setting or, if setting, fruits are tiny and deformed. It is believed that this is being caused by a lack of pollinators this year. You can hand pollinate by breaking off the male flowers and removing the petals to expose the pollen-bearing structure. Roll the pollen onto the stigma in the center of the female flower. The female flower shows a miniature fruit at the base of the flower, unlike the male. You can also use an artist's paintbrush to collect the pollen from the male flower and dust it onto the stigma of the female.


Last summer I wrote about Backyard Harvest (BH). You can read that article at the Co-op website. BH is gleaning and harvesting even more produce this summer for our local food banks so be sure to keep their phone number handy for any extra produce in your garden. They will be happy to pass on your bounty. Call (208) 669-2259 or go to backyardharvest.org for information or to donate from your garden.

"I'd rather have roses on my table than diamonds on my neck."

—Emma Goldman

In the September garden:

- ✦ Plant cool-season crops including lettuce, spinach, kale, radishes, and arugula.
- ✦ Plant cover crops, such as rye or vetch, as soon as summer crops are removed from beds.
- ✦ Early in the month (so they have plenty of time to establish roots in the soil) plant new trees, shrubs, perennials, vines and ground covers, water well and apply a couple of inches of mulch around the base of each.
- ✦ Divide overcrowded clumps of perennials, pulling the roots apart and replanting the healthiest parts. Cover with mulch to protect from winter freezing and thawing.
- ✦ Shop for spring-blooming bulbs as soon as they are available in nurseries.
- ✦ Prepare gardens for the first frost and keep the Backyard Harvest phone number handy for any extra produce.
- ✦ Avoid severe pruning of trees and shrubs late in the summer. It stimulates new, soft growth which doesn't have time to mature before winter and may result in frost damage or death of the plant. Some late blooming shrubs are the exception.



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The Public Seeds-Public Goods

by Julia Piaskowski, Newsletter Volunteer

"If you own the seeds, you own the food supply."

—Jeremy Lane, Baloian Farms, California

The preceding quotation, taken from a May 20 article in the *Sacramento Bee* encapsulates the fundamental truth of the seed supply. In last August's newsletter, I described how recent consolidations in the seed industry are affecting farmers and ultimately consumers. Seed companies focus on selling the most popular and profitable varieties. While that is good business, it has a profound effect on the diversity of food crop offerings. Those practices favor varieties that are produced on an industrial scale and sold to supermarket chains, not specialty and heirloom fruits and vegetables.

In this third part of four in a series, I explore the public sector of the seed industry, consisting largely of land grant universities and the U.S. Department of Agriculture (USDA). The once formidable public seed industry has declined to a supportive

role to private seed corporations. In 2004, the Economic Research Service estimates that by 1996, private industry invested nearly twice as much in research and development as public entities. In large acreage field crops, private varieties dominate production: 69 percent for corn, 92 percent for cotton.

Underlying the public seed industry are public plant breeders-scientists who are responsible for the genetic improvement of crops for human usage. The rise of private breeding has been meteoric compared to the decline of public breeding at land grant universities and in the USDA. According to a 2004 Land Steward Project publication *Public Seeds-Public Goods*, 2.5 public breeding positions were eliminated while 32 private breeding positions were created between 1990 and 1994. While this may not initially seem distressing, it is important to remember that the goals of private breeders are fundamentally different from that of public breeders.

At the University of Idaho (UI) and Washington State University (WSU),

both institutions employ plant breeders to produce superior varieties of wheat, potatoes, dry beans, canola and other crops. These breeding programs work with farmers and grower organizations such as The Idaho Pea and Lentil Commission to produce superior varieties yield better, have nutritional quality, and are resistance to major diseases. While all breeding programs share these common elements, what distinguishes programs at public institutions is ownership of new varieties.

Open access to public germplasm used to be cornerstone of public university breeding programs. Previously, most universities were content to protect the intellectual property of a new variety with a PVP (plant variety protection) that ensured a certain royalty was returned to the grower organization and permitted seed saving for replanting. However, in 1980, the Federal Bayh-Dole Act permitted universities to apply for patents obtained from federally funded research. The result has been an explosion in the patenting of plant varieties to the detriment of public access and innovation.

Once a variety that has been bred for improved traits is ready for a public release, that variety is licensed to an outside institution for distribution and sale of the seed. Many other uni-



versities have long relied on the private industry to fulfill this role. The Pacific Northwest's institutions are an exception; they use non-profit organizations—the Washington State Crop Improvement Association and its Idaho counterpart, the Idaho Crop Improvement

Association—for seed commercialization. In Washington, public wheat varieties predominates wheat acreage statewide—all four of the most widely grown varieties in Washington are from WSU.

The downward trend of the public seed industry throughout the United States is undeniable and troubling. The Pacific Northwest's thriving public seed industry is thriving is a gift to farmers and consumers. Next month, the final installment of this series will describe alternatives to the large corporate seed industry, small private seed companies.

.....
Julia Piaskowski is a graduate student in plant breeding at Washington State University. She works with wheat when she is not entertaining her 8-month-old daughter, Suzka.

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September Co-op Kids!: Move and Play

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

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

Kid's Yoga with Sara Foster at Friendship Square

On Tuesday, September 9 at 9 a.m. we will meet at Friendship Square with our local children's yoga teacher Sara Kate Foster. Sara says "Come imagine, sing, and explore movement with yoga poses! Please note that kids yoga's main ingredient is fun!!" Those of you who were able to make it to the kid's day at the Co-op had a blast with Sara and she has new children's yoga classes beginning for fall at Moscow Yoga Center. Come ready to stretch and play outside, this class will be geared toward the young child (2 to 5 years old).

If you cannot make it but are interested in Sara's Yoga Classes please visit the Moscow Yoga Center website at www.moscowyogacenter.com or call Sara at (208) 301-0372

Windpower 101 (Back by popular demand!)

On Tuesday, September 23 at 9 a.m. we will meet in Co-op Cafe or out front at the picnic tables to make pinwheels together. We will experiment with using beautiful papers and recycled items to make these fun wind powered toys!

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.



"The real test of friendship is: can you literally do nothing with the other person? Can you enjoy those moments in life that are utterly simple?" —Eugene Kennedy

Mama Can We Make...?: Fall Bean and Seed Mosaic

by Nancy Wilder, Newsletter Volunteer

It's hard to believe the summer is past and it's back-to-school time already. Of course, the summer flew by in a blur of swimming, camping, gardening, and playing outside. Now that we're nearing the close of the harvest season, a fun idea for creating something from the summer's bounty is the Bean & Seed Mosaic (or, since we are here on the Palouse, it can be a Lentil, Pea and Seed Mosaic). It's a great activity for all ages and abilities, and can easily be adapted and changed to fit everyone's creative energy level. There are many possibilities for various legumes to be used: From lentils, peas, and different colored beans all the way to sunflower, melon, or apple seeds (and everything in between... think little twig and pebble treasures on the ground). You can gather your materials over several days (after eating a piece of fruit, for example, or as you prepare dinner) and keep them in a small box until you're ready to create. Keep in mind that very small children will need close supervision due to the choking hazard beans and seeds present. Older kids and adults can get very elaborate with designs, colors, and variety of materials...use your imagination!

- ✓ Very heavy paper or poster board, cut to the size you want
- ✓ Variety of seeds, peas, beans, nuts, pits etc.
- ✓ Craft glue
- ✓ Paint brush
- ✓ Spoon (if needed)

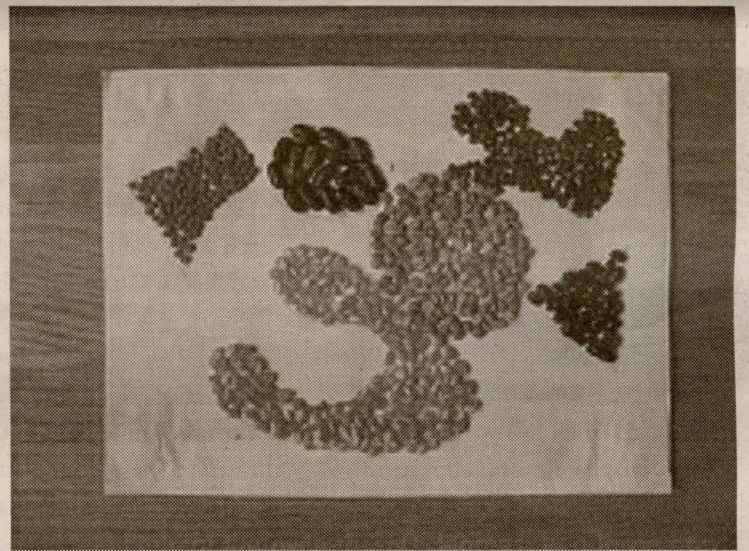
To get started, cover your work area with a sheet or towel. With the pencil, draw a design on the paper. Young children may need direction to create some large open spaces for ease of bean or seed placement. Figure out which seeds, beans, etc. you want to use to fill different parts of the design. Work one part of the design at a time. Spread on the

glue with a paintbrush, then sprinkle on the seeds or beans. If the seeds are very small, place them on a spoon and tap the edge of the spoon to drop them. Be sure to gently shake off any excess before beginning the next section of your design. Keep working until your design is completely filled in with your variety of legumes and tiny treasures.

Now allow the glue to dry thoroughly over a couple of hours before gently shaking off any remaining extra (not glued) items.

These mosaics can actually come out

with beautifully colorful designs and textures (not that ours did), and to preserve your special favorites, you can place them in a snug fitting frame with a glass cover. They make unique wall hangings, or who knows, you might even decide you've got your holiday gift list already checked off.



Picasso would be proud...maybe.

Nancy and her kids have decided to practice a bit more before checking off any gift lists just yet.

You will need:

- ✓ Old sheet or towel
- ✓ Pencil



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Meals Kids Might Eat: School Lunch!

by Judy Sobeloff, Newsletter Volunteer

Dateline: third week of August—cue the violins. The prospect of soon needing to undergo the transformations necessary to get myself and my children out the door regularly and on time was enough to make me want to jump down the nearest hole and not come out until the groundhog saw my shadow.

My best advice, then, before you take another step toward making your kids' lunches—back away from that fridge!—is to read the excellent articles on the Co-op website by Melynda Huskey and Jyotsna Sreenivasan.

Melynda's tips about adapting the Japanese art of bento (including three or four different foods in small containers) and Jyotsna's suggestions on packing a "snack" lunch got me through the inaugural months of kindergarten.

As Carol Spurling, another Co-op luminary, elaborates: "The thing that's always worked for me is to have a variety of things from the bulk section—cracker mixes, nut mixes, dried fruit, fig bars, along with the usual goodies like carrot sticks with dip and yogurt and applesauce and tortilla rollups. The key seems to be a lot of variety and little amounts of each."

While Melynda gets Lock and Lock containers at Uwajimaya in Seattle or Portland, she also recommends Laptop Lunch systems (www.obentec.com), which offers "a fabulous bento-inspired lunch box a little more suited to the typical U.S. lunch, and a great newsletter, The LapTop Times, with ideas to inspire a more interesting and environmentally sound lunch." She also likes Lunch in a Box (<http://lunchinabox.net>) for its "handy tips and tricks" and recommends an online Japanese dollar store (www.ichibankanausa.com).

Using the oft-recommended freezer pack (buy an extra), I often went pragmatic last year: sandwiches cut in quarters, leftovers from dinner, unheated veggie dogs, Annie's stars (not glamorous, but they got us through). I also included little containers of frozen berries (with a spoon), sugar snap peas, apple slices, orange sections, bananas, or peanut butter pretzels. Cheese in any form was unsuccessful.

My kids like yogurt so much that we bought small cups in cases to get the discount. My friend Lahde, who felt guilty about all the packaging,

weighed the containers and discovered that reappportioning the larger size into smaller servings did not actually mean using less plastic. More recently her family was given a yogurt maker and now they make yogurt in little Ball jars and add their own flavors of fruit or jam. "That feels good," she says, "though it's not as enticing sometimes for the kids."

My friend Amy makes quesadillas for her sandwich-averse child, and my friend Nancy, who always has great food ideas, said her kids love her cousin Iko's rice balls. "They'll eat the seaweed sheets from the package like it's potato chips," Nancy said. "They grab a whole sheet and it's crunchy and salty."

Nancy also suggests a new Co-op item, seaweed snack chips, which are "really yummy—I only wish the packaging was recyclable." The package she tried to bring me mysteriously disappeared—she found only traces in her kids' car seats.

One might imagine I was not eager to run through any lunch-packing dress rehearsals—and one would be right. In keeping with the bento theme, however, I was willing to give rice balls a whirl at someone else's house. Looking at the rice and seaweed looking back at me, though, I didn't know what to do: How to form the rectangularish strips of seaweed and free-standing grains, each with their individual thoughts and feelings, into something round?

"There's no right or wrong. It's just the experience," my friend Laura observed helpfully, immediately contradicting herself as she eyed my attempt: "Well, it's perfect, if you like that kind of thing." Actually, as I squeezed the rice in my hands and pressed the seaweed to it, I could see a sort of beauty to the process. (As I remembered later, rice molds in, say, the shape of an elephant, are available for a dollar online.)

Fred really liked them, while Paul thought they needed sauce and "lacked another dimension"—precisely what made them great for a kid's lunch, I thought. "I want more rice balls, Mom!" my daughter said after sampling her first. "Can I make some? Mom, this is a perfect one!"

Judy Sobeloff always wore her favorite shirt, with the most colors, on the first day back to school.

Cousin Iko's Super Simple Rice Balls

- Brown rice, cooked
- Sushi nori (seaweed sheets)
- Rice vinegar
- Optional: Ume plum vinegar
- Optional: a tiny bit of honey or sweetener

1. Cook brown rice. (Nancy's cousin, Iko, uses a pressure cooker so the rice gets really soft, but that isn't necessary.) Leftover rice works fine, though it may need to be reheated with a little water if it's too dry.

2. Add some rice vinegar and optional ume plum vinegar to rice and adjust to taste. Add optional sweetener as desired. 3. Form the rice into a golf ball-sized lump, as if rolling play-dough or squeezing snow into a snowball. Tear off a strip of seaweed ample enough to cover and wrap the rice ball in it. (Note: According to Nancy, the ume plum vinegar pickles and preserves the rice, which would be a plus for lunches sitting at room temperature at school. We sampled the recipe with both vinegars and no sweetener.)



Rice balls: the few, the proud.

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Around Town with the Bicycle Brothers: Human Powered Hero and September Events, the Second Annual Bike Swap!

by Isaak Jule and Emmett Breedlovestrout, Newsletter Volunteers

You may recognize this month's Human Powered Hero, Sara Foster, from around the Co-op or maybe from her massage and yoga practice, Body Song Studio. We usually see her towing a bike trailer around town and thought we needed to ask her a few questions.

I usually ride about a mile or so each day, I live in a central location and work downtown. I've done some longer rides for fun and might be riding the bike leg of a triathlon next year.

Best and worst of biking in Moscow?

The weather is great! The mild weather makes it ride-able year round—unlike Laramie, Wyoming where I used to live. Worst? I think downtown could use more bike racks, they are always full and it's hard to park, especially with a trailer on your bike.

Essential commuter item?

Baskets, lots of baskets! I have three baskets on my bike and put all of them to use. You have to be able to bring your supplies, especially

if you're using your bike to get to work or school. When I'm hauling larger loads I use a bike trailer, it's amazing how easy it is to pull things around town. It's really not much harder than normal riding, and then you feel so fast when you ride without a trailer!

Any tips for making the Low-car Lifestyle more practical?

Plan ahead. Each morning I analyze my day to see if a car is necessary for my business: Am I hauling eight demonstration skeletons for teaching anat-

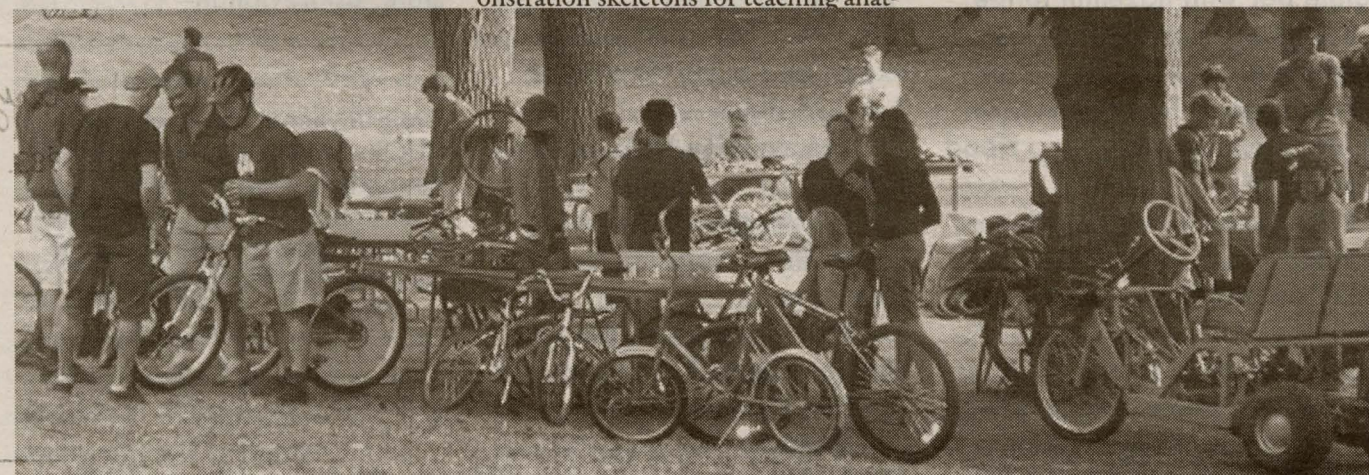


Sara with her bike trailer. And no, there's no baby on board, just cargo.

Why do you use a bicycle for transportation?

I've ridden a bike since I was little, but just the past few years I've started using the bike to get around town. I realized that for many trips around town the bike is the fastest and most convenient way to go, especially on campus, you can park right outside your building. No hassle with parking or lugging bags on your shoulder.

How far is your average commute?



A view of Moscow's first annual bike swap.

September Events: Second Annual Moscow Bike Swap, Saturday, September 13, 9 a.m. - 1 p.m., East City Park.

Bike-less in September: Is that less than responsible friend of yours still borrowing your BMX bike since he lost his driver's license last year? Or has the gang of neighborhood miscreants heisted your pair of his and hers Schwinn Varsitys to ghost ride into Paradise Creek? Or maybe that shiny red bike just never showed up under the Christmas tree when you were a kid and you haven't moved on. Maybe it's time to get a bike.

Here's the plan—hit the second annual Moscow Bike Swap this month and get yourself a deal on a bike. Saturday, September 13 from 9 a.m. - 1 p.m. bike people of all kinds will converge at East City Park once again to buy, sell, trade, swap, and barter bikes, bike parts and bike paraphernalia of all kinds. There's no telling what treasures you might find.

Bring bikes and parts to sell, come to buy! Bike games and an Alleycat race too.

This year the Swap starts off with a free pancake breakfast at 9 a.m. (your very own Bike Brothers will be behind the griddle). Free bike tune-ups and advice all day. Bike games start at 10 a.m. And the Alleycat Race starts at noon.

Whether you have a garage full of bike parts to clean out or have been in desperate need of a new cruiser, head on down to the Swap. Free to buy, free to sell, fun for all! For more information email bicyclebrothers@gmail.com.

omy or am I teaching yoga in Palouse or Genesee? I run through my day and usually do not need to drive. I save up my trips that need a car and then do them all at once.

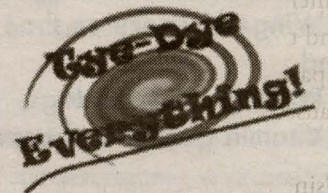
What inspires you to ride?

You guys!

Yeah, we rock.

Well, not just you guys, it's all the people I see riding around town. And my brother is the biggest inspiration. He's a pedicab rider in Denver; it's great encouragement.

The Bike Brothers were born with four eyes, four ears and a limited number of brain cells. Because of this unfortunate situation, they have a hard time knowing everything happening in our community with regards to sustainable transportation. Want us to know about something? Email bicyclebrothers@gmail.com.



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Annual Harvest Festival at the Dahmen Barn

by Leslee Miller, Artisans at the Dahmen Barn

Artisans at the Dahmen Barn is holding its second annual Harvest Festival from 11 a.m. - 5 p.m., Saturday, September 13. This year's event features many children's activities while parents are free to enjoy the demonstrating artisans and vendors. There is no entry fee, but donations of commercially canned or boxed food are requested for the Community Food Bank.

There are two contests this year: Hay Bale Sculpture and Apple Pie Baking. Sales of apple pie ala mode following the judging will raise funds for the artisan center. The apple pie entries judges will be Bud Tomlinson, owner of Sage Baking Company, Cheryl Waller owner of The Churchyard Inn in Uniontown, and Kimberly Fisher, chef and food stylist for Mary Jane's Farm. Advance reservations are required to enter both the bale sculpture contest and the apple pie baking contest.

Antique farm equipment will be on display and there will be a plowing demonstration in an adjacent field. Live sheep and alpacas will be at the festival along with products made from their fiber. Wilson's Banner Ranch will be selling fresh produce and Eaton Season Ranch will have their frozen natural, grass fed beef available. Visitors will enjoy a BBQ lunch and a bake sale. Live fiddle music by Thorncreek Express and guitar music by Michael Berry will add to the festival atmosphere.

The day will end with a barn dance featuring the music of ColdRail Blues Band. The barn dance begins at 7:30 p.m.; cost is \$5 at the door, children under 12 are free. ColdRail Blues Band was officially formed three years ago, but local band members Michael Gourley KC James, Glenn Woodhouse and Michelle Ward have played together for 15 years. Their new CD will be released December 2008.

Discover Moscow Mountain!

by Laura Marie Milewski, Community Outreach Specialist, PCEI

Have you ever wondered what our beloved Moscow Mountain really has to offer? There are trails among trails that wind up and around the curves of the mountain, but where do you find them? How difficult are each of the trails and what can you find once you get there?

Join the Palouse-Clearwater Environmental Institute (PCEI) on Saturday, September 20, for a half-day adventure full of informative workshops on particular aspects of our mountain. *Discover Moscow Mountain!* will be an event focused on educating community members through multiple 45-minute sessions including: the trails, geology, birds, and trees of Moscow Mountain. This will be the first official installation of the PCEI Adult Education Programs.

This will be an outstanding event in which adult members of the commu-

nity can learn about the mountain in their own backyard and have fun doing it! Bring questions for the local experts and enjoy a beautiful light day hike in the shade. A wonderful picnic under the conifers will follow.

The cost of attendance is \$25 for the public and \$20 for PCEI members. Snacks and water will be provided by donations from local Moscow businesses. Contact Laura for more information or to register at 208-882-1444 or at laura@pcei.org. To become a member of PCEI, please visit our webpage at <http://www.pcei.org/join.htm>.

Laura is the Community Outreach Specialist at the Palouse-Clearwater Environmental Institute (PCEI). She now has a new dog named Mya that she is absolutely crazy about.

Co-op Crossword Puzzle

by Craig Joyner, Newsletter Volunteer

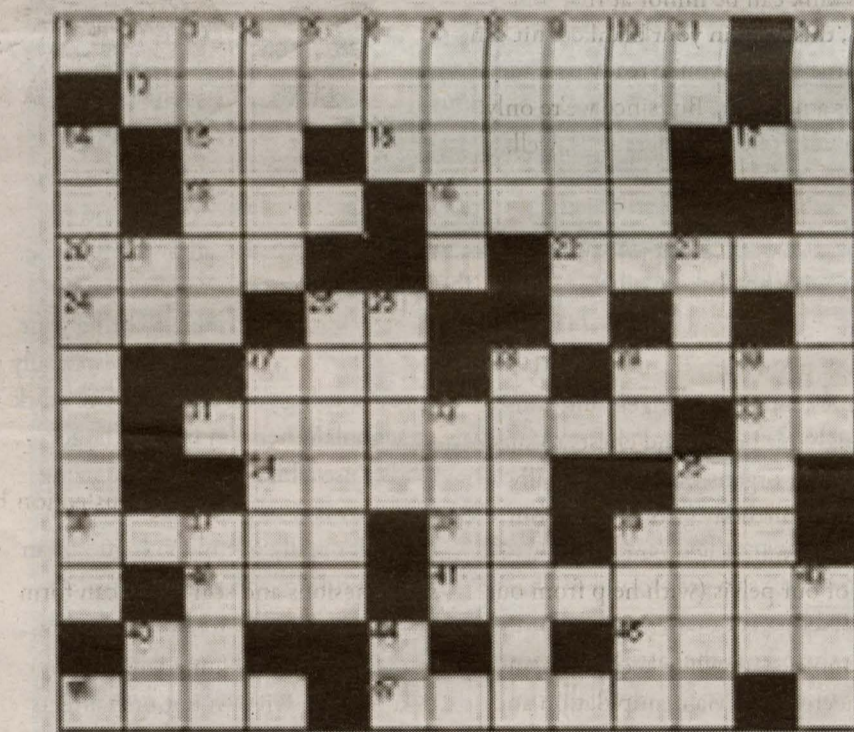
ACROSS

- 1 On September 6th Moscow will celebrate this for the first time
- 13 New in the MFC bakery, roasted eggplant _____
- 15 Not off
- 16 Tax
- 17 Part of a yard, abbreviation
- 18 Local bottled water brand, Idaho ____
- 19 Grandmother or Peter Pan's dog
- 20 Winged Victory or shoe brand
- 22 Raining cats and dogs
- 24 Vitamin quotient, abbreviation
- 25 It's Casualty in England
- 27 Bovine bellow
- 29 Scourge
- 31 Dagoba's dark chocolate bar with chilies, cacao nibs, and nutmeg
- 33 Homonym of sew
- 34 Ring tailed arboreal mammal
- 35 MFC's advertising manager, __ Sreenivasan
- 36 Last month's profiled employee, 1st name, 2nd is 27 down
- 38 Bismarck is this state's capital, abbreviation
- 39 Nevertheless

- 40 Poetic before
- 41 Cherubic
- 43 Our next door neighbor, abbreviation
- 45 Row
- 46 Moscow blues rockers performed for MFC last month, 1st name, 2nd 47 across
- 47 See 46 across

DOWN

- 2 Computer memory measurement, abbreviation
- 3 Triple or Russian horse carriage
- 4 Bulk bin measurement
- 5 College degree, abbreviation
- 6 Prefix for outside
- 7 The animal pictured on the Endangered Species dark chocolate bar with hazelnut toffee
- 8 Common crumbled cheese for salads
- 9 Bali Spice, Thai Kitchen, or Jyoti offers superb _____ food
- 10 Assist
- 11 Professor's helper, abbreviation
- 12 Last month's profiled music label
- 14 Farewell to one of Moscow's greatest citizens and chiropractor
- 21 Gem state abbreviated
- 23 Emergen-C vitamin powders



- are great when you are ____
- 25 58 to 37 million years ago
- 26 Chamber
- 27 See 36 across
- 28 MFC's beer and wine expert and buyer, last name, 1st is 35 down
- 29 The sunshine state, abbreviation
- 30 Washington town and county that means Eel Creek in Nez Perce
- 32 Chocolate pecan pie or chai tea power bar brand
- 35 See 28 down
- 37 Genuine
- 39 Red, orange, green, or yellow pepper

- 42 Corporate commander
- 43 Chinese dialect or dynasty
- 44 Also known as the palmetto state, abbreviation

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

Summer Fair Summary

by Joan McDougall, Co-op representative, Buy Local Moscow

On July 26, the bicyclists were racing, the sun was shining, and the fun was flowing at the Bike and Buy Local Summer Fair at the parking lot at the former Tidyman's [now the home of Buy Local member NRS (Northwest River Supply) East]. And I was there with Brennus, our Meat Manager, at the Co-op's booth, enjoying the show and selling Co-op sandwiches, soda and chips.

Buy Local Moscow planned this family fun event to showcase local businesses and the good we do for the community by partnering with the Latah Trail

Foundation. We wanted to raise awareness of the foundation's plan for the John Dickinson Trail Station (to be built there on the trail near that parking lot), and raise money to help build the building.

Nearly \$300 was raised at the event, and everyone had fun doing it.

Part of the fun was the bicycle contests held as part of the Summer Fair. Here's a list of the winners and their prizes (all donated by Buy Local Moscow members):

- Dev Gangalean won the slow bike

race and a gift certificate from Tri-State.

- Erik Gorman won the tiny bike race (standing) and a gift certificate from Tri-State.

- Gordon Dicus won the tiny bike race (seated) and a gift certificate from Howard Hughes Video.

- Bill Beck shared the most unusual bike title and a gift certificate from Mikey's Gyros.

- The Dicus family shared the most unusual bike title and a gift certificate

from Howard Hughes Video.

- Jackson Alexander won the best decorated bike helmet contest and a gift certificate from Tye Dye Everything.

- Daniel Crandail won the best commuter bike title and a gift certificate from Tri-State.

Our thanks to everyone who participated in the bike events, or came to enjoy the music and browse the Buy Local booths.

Choices in Wellness: Visceral Manipulation

by Dr. Angila Jaeggli, Newsletter Volunteer

Imagine your entire body covered in a blanket. This blanket is thin and comfortable, yet immensely strong; it moves with you like an expensive, well-tailored suit. You barely know it's there. Until it has a kink. This kink can be minor at first, but then, this kink in your blanket-suit can become so bad, you're ready to trade it in for a new one. But since we're only born with one (no upgrades!), well, you just have to fix it.

This lovely one-of-a-kind tailor-made blanket-suit is called fascia, or better known as connective tissue. Our connective tissue runs from our head to our toes, wraps our fingers and runs through our bellies and chests to surround our organs, each individually like little birthday gifts. It keeps our organs from piling up into the bottom of our pelvis (with help from our ligaments), and separates them from one another, all while keeping them connected. It is via manipulation and release of this connective tissue that visceral manipulation works.

Visceral manipulation (VM), meaning adjustments or movement of the internal organs of the body, has thought to have been practiced for many centuries by folk healers around the world. And although this practice was known to many local healers, the founder of visceral manipulation is considered to be a French osteopathic physician by the name of Jean Pierre-Barral. His interest peaked when he noticed some of his more difficult patients were being helped by visiting the local folk healers, known as "bone setters," who were manipulating their organs.

The premise behind VM is that tis-

sue adhesions and scar tissue can form around and between our organs, causing restriction and impedance of function. This restriction not only affects the organ being bound, but also the surrounding organs and muscle tissue by being connected to that organ. VM encourages movement and enhancement of function by using very gentle, precise pressure and stretching, producing release.

Many of us have no problem believing that our headache is related to our spine, but might find it a stretch to believe that our wrist pain is connected to our lungs. So consider this scenario: Mr. X has a history of chronic respiratory infections. It's not so far-fetched to believe that chronic inflammation and irritation over years could scar and tighten the tissue surrounding the lungs (this phenomenon is viewed and documented often in the tradi-

tional medical literature). This tissue and ligaments which suspend the lungs attach to the neck vertebrae, putting strain on the neck. This in turn creates tension in the neck muscles, tightening them around the nerves, which innervate the wrist, creating tingling and pain. If you just treat the wrist or the neck, you are not addressing the cause.

Other times the issue is the organ itself. One local occupational therapist and practitioner of visceral manipulation, Dayna Willbanks, first became aware of the therapy when she was told her gallbladder was no longer functioning and had to be removed immediately. Believing there had to be other solutions; she sought out Marianne McGreevy, a physical therapist, who gently manipulated her gallbladder and its ducts, opening up the normal flow of bile from the liver. A pesky, long-term right shoulder pain, com-

monly associated with gallbladder dysfunction (even in traditional circles) also disappeared. She avoided surgery and now, five years later, offers a gentle form of manipulation to address a range of complaints from back pain to muscle dysfunction.

Visceral manipulation can be a wonderful therapy, however, is best experienced through trained hands. Many practitioners of physical and occupational therapy, massage therapy, and osteopathic and naturopathic physicians integrate VM into their overall care, and can be a great resource when looking for a practitioner. So pull out your suit, it just might be time for a trip to the cleaners!

Resources

Although this is not an all-inclusive list, local practitioners of VM include:

- Dayna Willbanks, BS, OTR/L, (208) 892-8888 (occupational therapist and practitioner of visceral manipulation)

- Marianne McGreevy, PT, (509) 332-3257 (physical therapist)

- Christine McGreevy, LMT (208) 882-4977)

- Carol Bradford (208) 883-5856

Dr. Angila Jaeggli is a naturopathic physician who specializes in integrative family medicine in Pullman, WA. www.sagemedicineclinic.com

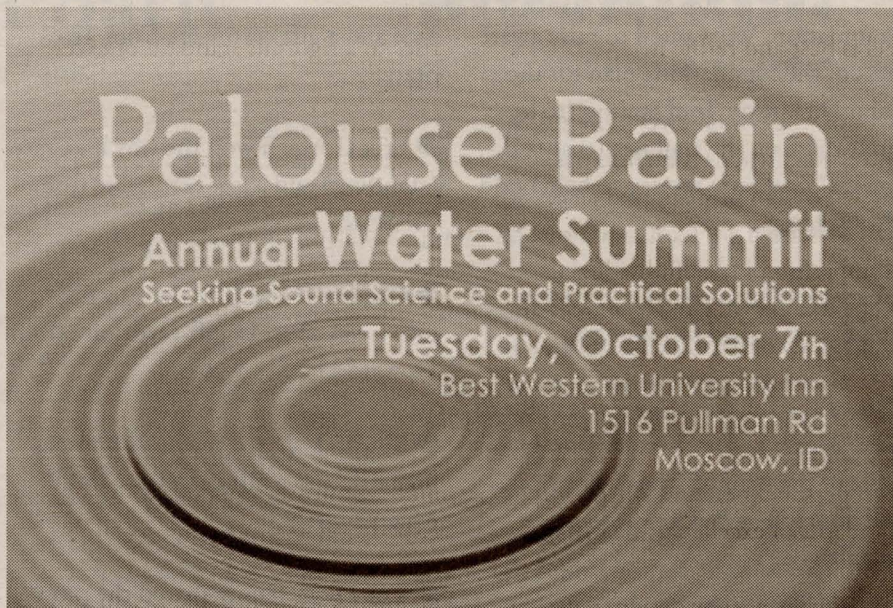


Illustration by Lucas Rate

Palouse Basin Water Summit

by Nichole Baker, City of Moscow Water Conservation Specialist

You are invited to the fourth annual Palouse Basin Water Summit that will take place on October 7 at the Best Western University Inn in Moscow. There is an exciting list of topics scheduled, to include cutting edge conservation techniques, collaborative modeling, updates, ongoing research efforts, and exhibits. You can also look forward to an intriguing group of guest speakers such as Robert W. Johnson, Commissioner, Bureau of Reclamation and Pat Shea, former Director, Bureau of Land Management. The list goes on for what is in store for the audience. Please come be a part of the water discussion, "Seeking Sound Science and Practical Solutions" at this year's sum-



mit. This all-day event is free and all are encouraged to attend. To register,

please go to www.palousewatersummit.org or call (509) 332-4101.

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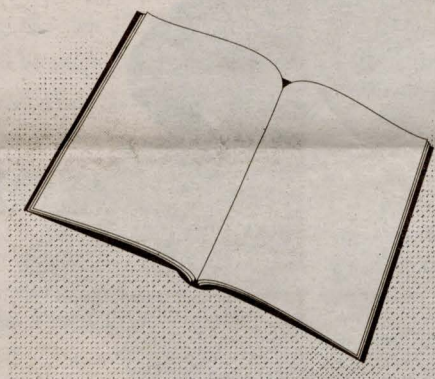
Introducing a Regional Literary Magazine

by Lucas Fuller

Emerald Mountains—A Creative Writing Journal for the Palouse, St. Joe, and Coeur d'Alene Regions, is a quarterly literary magazine. It will feature writers from around these regions both young and old. I'm publishing and marketing it to provide these writers with a better opportunity to be published and to support local business and culture.

Emerald Mountains will offer readers a rich reading experience through the varied stories, poems, and other writings from their neighbors, friends, and families. It is the dream and goal of almost every writer to be published, to see their works in a neatly printed, bound volume and to be paid for it. Therefore, Lucas J. Fuller Publications is offering royalties to those writers who are published in Emerald Mountains.

Unlike most literary publications and publishers, Lucas J. Fuller Publications has more lenient policies and editorial



rules. Therefore, writers who do submit works for publishing in Emerald Mountains are more likely to be printed, thus, the rich content that will be printed in Emerald Mountains. Due to the nature of literary works and the difficulty in being published in the mainstream markets, these works may never be printed again and therefore, each issue of Emerald Mountains is a standalone anthology as well as a quarterly magazine.

Writing Submissions and Advertising information can be found at www.ljfpubs.com or by emailing ljfpubs@gmail.com.

Everyone is Welcome at the Express Yourself Festival

by Jasun "Plaedo" Wellman, Event Organizer and Performer.

My name is Jasun "Plaedo" Wellman, and I wash dishes at the Moscow Food Co-op. Beyond being a dishwasher I like to write and to perform socially/environmentally conscious art. Last spring I co-organized and performed at the first Free Your Mind Forum held at the University of Idaho.

Inspired by the success and positivity of the first event some friends and I have decided to organize another event: The Express Yourself Festival, Saturday September 27 from 2:30 - 9 p.m at East City Park. This is a free event, open to all.

The Express Yourself Festival is designed as an opportunity for people from the campus and community to come together and have a good time. The event is also a place for local artist and activist to express themselves. There will be a stage show featuring awesome live music and speeches by

local social justice and environmental rights groups who will also have tables to promote their causes. There will also be tables for local visual artist such as sculptors and painters to share and sell their work (if you would like to show your work contact me). The event is also a harvest potluck so bring some food to share (also bring silverware and dishes so that we don't have to waste Styrofoam and paper plates). We are working on setting up a co-opted daycare for the event and there will be family friendly games. The event will end with a free-for-all jam and everyone is invited to share the stage together. I hope to see you there, expressing yourself and getting inspired by others who choose to express themselves.

If you would like to be a part of the event you can contact me at Plaedo13@hotmail.com or at 208-669-0781

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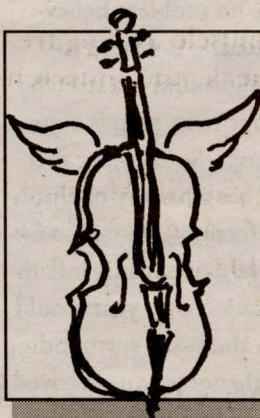
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Palouse Prairie School Update

by Donna Mills, PPSEL Volunteer

This fall an Interior Design class at the University of Idaho will take on the project of designing the remodel of the Now and Then Antiques building for the Palouse Prairie School of Expeditionary Learning (PPSEL). Palouse Prairie plans to open as a K-5 charter school in August 2009. The project requires University of Idaho (U)I students to learn about Expeditionary Learning (EL) and how space impacts the ways teaching can occur. The students will treat this class project as a job. They will create different designs for the school in-group projects and then choose the one they

feel is best and refine it.

This partnership between the PPSEL and the UI students exemplifies one of the ten design principles of an expeditionary school. #6 Collaboration and Competition says: "Individual development and group development are integrated so that the value of friendship, trust, and group action is clear. Students are encouraged to compete not against each other, but with their own personal best and with rigorous standards of excellence." It will be exciting to follow the progress of the UI students as they design, redesign, and eventually produce a project that

rises to a rigorous standard of excellence.

It's great to see the principles of EL developing during the processes of opening the school. As the school develops and grows toward its opening in the fall of 2009, there will be many opportunities to witness the other nine design principles.

Watch for opportunities to learn more about Palouse Prairie and Expeditionary Learning this fall. A "Day in the life of an EL class" is being planned for parents. There will also be a trip to visit Summit School, an

"The students will treat this class project as a job. They will create different designs for the school in-group projects and then choose the one they feel is best and refine it."

EL school in Spokane Valley. The PalousePrairieSchool.org web site has opportunities to volunteer, links to EL resources and more information about the school. Contact nilspete@gmail.com

Uniquely Palouse Debuts

by Sonja Hanisch, Creative Director, Uniquely Palouse

Uniquely Palouse is an exciting new magazine for the Moscow/Pullman area. Our premier issue, Summer 2008, is available for free around the community. A full-color, 52-page magazine, *Uniquely Palouse* showcases beautiful photographs by local artists, as well as articles about people and places within the area. You'll also find different businesses and restaurants (including the Moscow Food Co-op) highlighted in our Shopping and Food and Drink sections.

Women Traders, the Co-op, Precision Engraving, Eastside Marketplace or the Farmer's Market in Moscow; or the Pullman Chamber of Commerce or the Pullman Grange Supply.

Copies of *Uniquely Palouse* may also be requested by calling (208) 610-1309. Our fall issue will be coming out in November. If you are interested in advertising in the upcoming issue, please e-mail uniquelypalouse@live.com or call (208) 610-1309.

To find your copy of *Uniquely Palouse*, stop by the Book People, Moscow Chamber of Commerce, Wild





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Book Review: MaryJane's Outpost

by Bill London, Newsletter Volunteer

MaryJane's Outpost is the newest book authored by Moscow's own MaryJane Butters. MaryJane, a Co-op member and volunteer for more than two decades, is the organic pioneer who has built an international business that includes websites, a magazine, a syndicated newspaper column, and a wide variety of products available on-line and through retailers nationwide.

Even though the book came from the huge New York publisher Random House, this is truly a Moscow product—conceived, written, photographed, and designed here in Moscow by the MaryJanesFarm crew. The themes and the writing come from MaryJane's own experiences as a wilderness ranger, backpacker, deer hunter, and freshwater angler. Almost all the photos were taken by MaryJane and her crew on her farm. And the book's designer was MaryJane's talented sidekick Carol Hill (who is also a long-time Co-op member and now one of the volunteer issue editors for our Co-op newsletter).

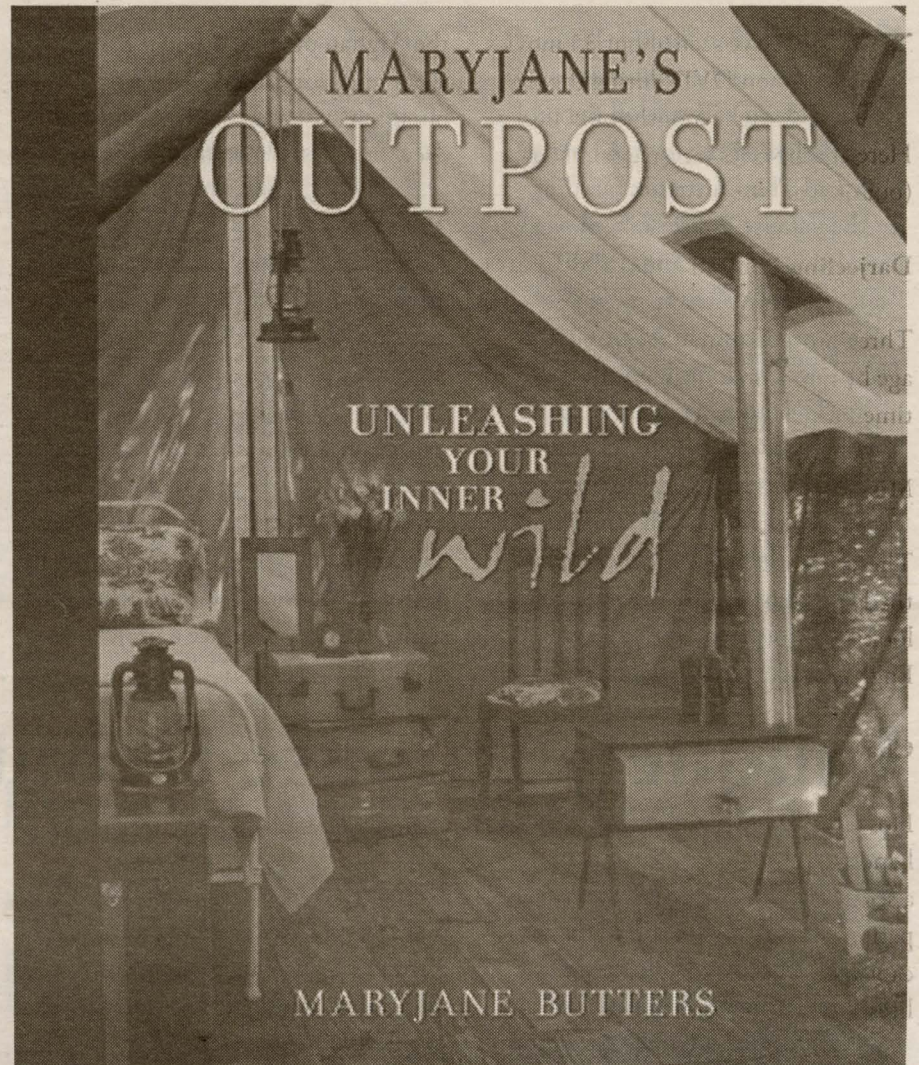
We can all be proud of this Moscow product. The text flows as clearly as the mountain streams MaryJane describes. The photos are postcard-perfect. And the design is inviting and folksy without being tacky and overly cute.

The book's subtitle ("unleashing your inner wild") really summarizes MaryJane's theme and purpose. She's speaking directly to her target audience with those words. She's telling women that they will find fulfillment and empowerment in opening their own lives to the natural world.

MaryJane offers clear and specific examples of small steps anyone, even urban or suburban women and their families, can take to bring the outdoors into their lives. Try sleeping out in the back yard. Make outdoorsy crafts like fishing tackle earrings or canning jar lanterns. Rig up an outdoors clawfoot bathtub. Plant a garden or harvest wild foods. Involve your kids with games and crafts.

For the truly adventurous, MaryJane moves from the safe territory of crafts and gardens into a supportive feminine voice in favor of deer hunting and fishing. She learned how to do both as a child in Utah, and perfected her skills as a ranger, backpacker, and fire lookout in the Idaho wilderness. In the book, she explains the how and why of both hunting and fishing—and offers the voices and experiences of other women who share that enthusiasm.

As in her previous books and in her magazine, MaryJane adds a wide variety of examples, recipes, specific how-




to plans, profiles, and bibliographical listings as sidebars in her chapters. The finished mosaic is a book that can be digested carefully page by page or scanned quickly and often, with each visit revealing a new fact or intriguing story.

Signed copies of this 240 page hard-cover book are now available at the Co-op at a special display near the front of the store.

Bill London has known MaryJane for two decades, has really enjoyed our work and fun together, and is very proud of her skills and success.

September Hot Specials	
Breakfast / Lunch	Dinner
SUNDAY	
Biscuits and Gravy: Sausage/Mushroom, Homefries, Egg or Tofu Scramble	Curry Rubbed Salmon With Warm Napa Slaw, Spinach Risotto
Poached Pears	
MONDAY	
Gourmet Pizza by the Slice	Soba Noodle Stir Fry, Peking Chicken, and Egg Rolls
Peach Clafoutis	
TUESDAY	
Mac and Cheese, Roasted Red Potatoes, Mean Greens, Apple Crisp	BBQ Night!!! Meat and Tempeh Kabobs, Burgers, Bratwursts
WEDNESDAY	
Beef or Veggie Shepherds Pie, Buttermilk Biscuits	Greek Stuffed Cabbage Leaves, Feta Potato Casserole
Cinnamon Raisin Rice Pudding	
THURSDAY	
Smothered Burritos: Chicken, Veggie, Vegan, Green Chili Chix Enchiladas	Chinese BBQ Ribs, Wontons, Szechuan Sesame Noodles
Minty Molten Chocolate Cake	
FRIDAY	
Chicken and Broccoli Foldovers, Roasted Veggie Foldovers, Mean Greens	Gourmet Pizza by the Slice
Cherry Cobbler	
SATURDAY	
Chicken Fried Steak, Homefries, Egg Scramble, Tofu Scramble	Pork Tenderloin with Blueberry Chutney, Stirfried Greens
Lunch: Beer battered chicken or tofu, Mixed Local greens Blueberry Bread Pudding	Rice Pilaf Apple Crisp



Kenworthy Performing Arts Centre

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Latah County Republicans present McCain's Acceptance Speech: Live	Sept. 4, 5pm
Mongol (R)	Sept. 5-6, 5:15 & 8pm Sept. 7, 4:15 & 7pm
Encounters at the End of the World (UN)	Sept. 12-13, 5:35 & 8pm Sept. 14, 4:35 & 7pm
Moscow Community Theatre presents Nonsense	Sept. 19-21 & 26-28

Coming in October:
Valerie Smith & Liberty Pike in concert, Body of War, Brideshead Revisited, Tell No One, Kenworthy 100th Anniversary Gala

Call or visit our website for up-to-date times and ticket info
Titles and dates subject to change

www.kenworthy.org • 882-4127 • 508 S. Main Street

More Fun Flix

by Kenton Bird, Co-op Member

We've seen about 35 movies on DVD during the first eight months of 2008. Here are the ones we gave four stars (out of four) to:

Darjeeling Limited ****

Three brothers embark on a pilgrimage by train through India. Goofy at times, touching at others.

Miss Potter ****

The story of Beatrix Potter, creator of the Peter Rabbit stories. An insightful look at class and gender in Victorian England.

Charlie Wilson's War ****

How a Texas congressman single-handedly convinced Congress to fund a secret war against the Soviet occupation of Afghanistan. Tom Hanks captured the congressman's rowdy lifestyle and his determination to help

the Afghan people. What a shame that Congress didn't heed Wilson's pleas to build schools after the Russians withdrew from Afghanistan.

The Other Boleyn Girl ****

The romantic liaisons of two sisters with the imperious Henry VIII; one becomes his mistress, the other his ill-fated wife. Beautifully photographed and artfully acted.

The Bank Job ****


A fast-paced thriller about a bank robbery. The British dialects can be a bit thick; turn on the English subtitles if you need help following the dialogue.

Autumn Hearts ****

A movie for grown-ups, about lost innocence and the injustices of World War II France – set in present-day Quebec. Oscar-class performances from an ensemble of established

actors (Susan Sarandon, Christopher Plummer, Max von Sydow) and spectacular scenery.

Bruised Books



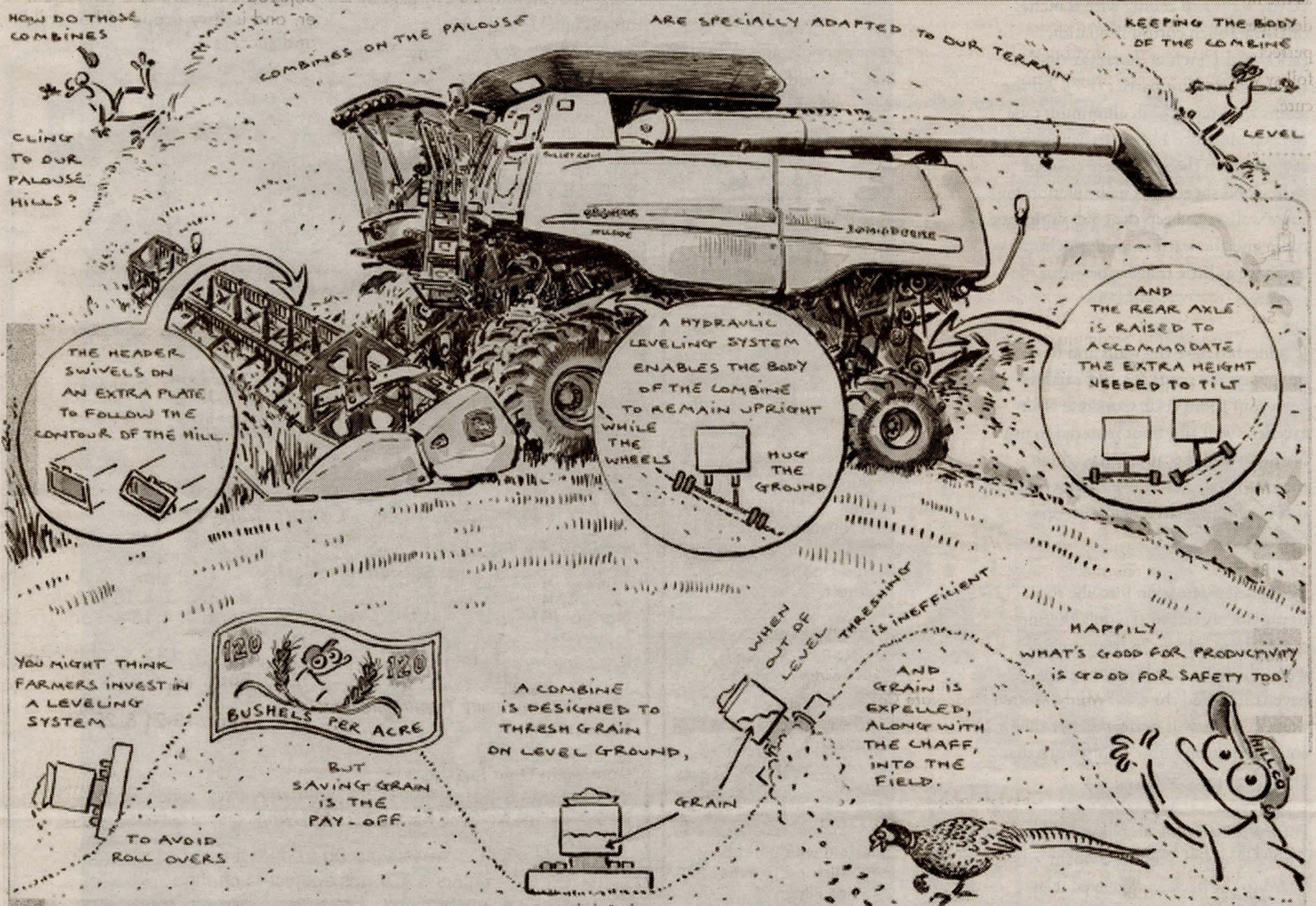
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PALOUSE REPORT: On the Level



THANKS TO LENNY HILL OF HILLED TECHNOLOGIES, © ANNA BREWER WWW.FROGBLOG-ACARTOONDIARY.BLOGSPOT.COM NICK DRUFFEL AND ROBBY PATENDICK OF COLUMBIA TRACTOR AND KEITH FELDMAN OF THOMPSON FARMS. SEPTEMBER 2008.

The Sustainability Review: Our Cellar

by Mike Forbes, Newsletter Volunteer

Storing food for the long run can be a challenge and having a spot that is dark, cool and convenient is essential for best results. We designed a spot like this into our home and it has been performing well this summer. Let's first talk about what you might want in such a room and why.

There are two basic types of cold storage rooms: moist and dry. The traditional root cellar built into the ground serves as an excellent storage space for crops that want to stay moist and not dry out. Root crops like potatoes and carrots can last for months stored in such a spot. We have a spot like this in our water storage building for crops, but we wanted a spot that wasn't moist, more convenient, and an ideal environment to store our canned food and juice, bulk grains, garlic, and beer.

During the design process, we incorporated a portion of our basement area into a cold room. The room is 8 feet by 10 feet and located entirely below the ground for optimal cooling. Two of the walls are the basement foundation wall (rastra block—a concrete and foam block) and the other two are well insulated conventional walls. I insulated the walls and ceiling with 6 inches of Ultra-Touch cotton insulation (r-19) and 1-inch of Thermax rigid foam with radiant barrier (r-7). All the seams were taped with aluminum tape to keep moisture and air transmission low and then the walls were covered with wood sheeting. The insulation in these walls is to keep the cold air in the room and the warmer air in the house and have as little transfer between the two areas.

It is ideal to have the walls and floor be against the naturally cool earth to keep your room cool. Concrete is an excellent wall and floor material to use for these walls because it has a high thermal mass and changes temperature slowly avoiding large swings in temperature.

I designed a provision into the room to provide a exterior fan on a thermostat to draw cold air in from outside when the temps are low enough. I haven't installed this yet because I want to see how it performs over the course of a year before doing work that might be unnecessary.

For the door I took an old wood panel door and added 3 inches of foam board to the back and covered it in wood. The door looks old and thin but is actually a highly insulated walk-in cooler type door now.

I built shelving in the room out of left over battens from our house siding and wood sheeting. Building the shelves versus buying shelves gives you the flexibility to design the spacing to your needs. The top shelves hold pints/quart jars and as you go down the shelves will hold up to a 5-gallon bucket.

I finished the room this spring so I haven't been able to keep the room as cool as I'd like this summer. However, the room is dramatically cooler (10-15 degrees) than any other portion of the basement. The temperatures this summer have been between 55 and 65 degrees consistently with little fluctuation (refrigerators are typically 40 degrees). Moisture levels fluctuate between 40 - 60 percent in the room, similar to those in our home (<30% is very dry and can lead to health issues).

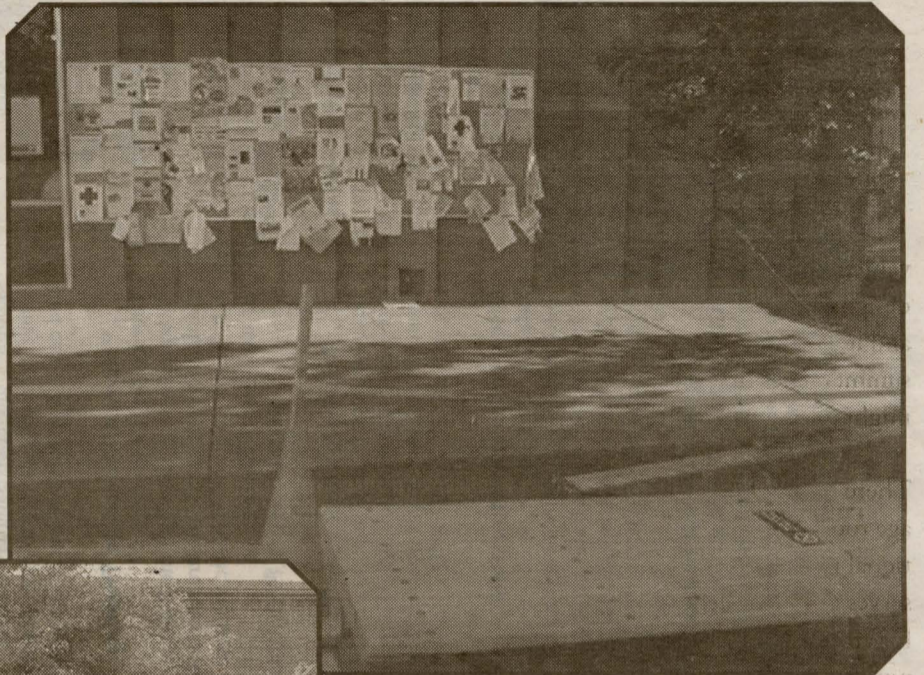
Our water room (root cellar) has 70-90 percent moisture.

If you are one who cans food, buys in bulk, or needs to store anything cool and consistent then a cold room might be for you. Many homes have basements or below-grade areas that can be converted to this, or maybe you are lucky enough to have an older home that has a small room in the basement you can insulate. Either way a cold room is an ideal place to store goods for the long term utilizing the earth's natural cooling abilities.

Mike is looking forward to leading this year's National Solar Tour of homes on the Palouse in early October. Next month's article will be about the homes we'll tour...

“If you are one who cans food, buys in bulk, or needs to store anything cool and consistent then a cold room might be for you. Many homes have basements that can be converted to this, or maybe you are lucky enough to have an older home that has a small room in the basement you can insulate. A cold room is an ideal place to store goods for the long term utilizing the earth's natural cooling abilities.”





Top left: Redoing the front cement sidewalk – August 12. Top right: The cement work is drying – August 13. Left: The sidewalk reconstruction project at the Co-op entrance is now complete – August 21. Photos by David Hall.

Party with a Purpose

Come to the Co-op Parking Lot
Sunday, September 7
 4pm to 9pm
 For live music, food, and fun
 ...and the Co-op's 35th annual
 membership meeting.



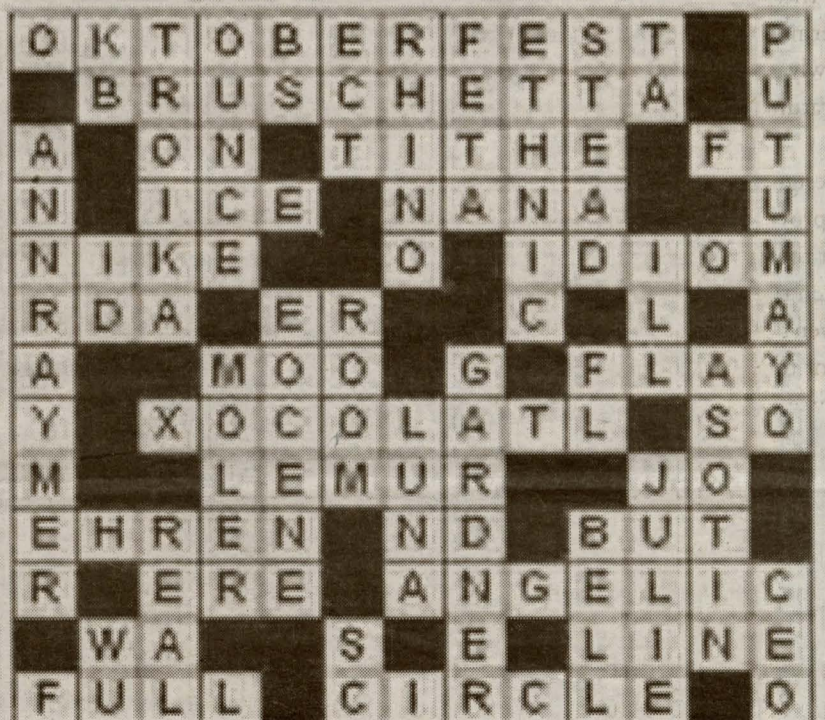
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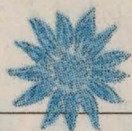


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Bulletin Board

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121 East Fifth
Moscow ID 83843

Co-op Events

Membership Meeting and Party

Sunday Sept 7, 4-9pm

A fun and educational Annual Membership Meeting with live music, good information, great food, a beer garden and a "Dunk Your Director" extravaganza!

Art at the Co-op

Friday Sept 12, 5:30-7pm

Opening reception for Gerry Queener. The show of his photographs, 'Idaho Wildflowers and Their Pollinators' continues through Wednesday Oct 8.

Music at the Co-op

Tuesdays, 5-7pm in the parking lot

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

- Sept 2 The Acoustic Wave
- Sept 9 Zackary O'Connor
- Sept 16 David Otterstrom.
- Sept 23 Tara Howe
- Sept 30 Daniel Mark Faller

Co-op Kids! Meet Tuesdays at 9am

Sept 9—Kid's Yoga with Sara Foster - Friendship Square

Sept 23—Windpower 101- meet in Co-op Cafe or out front at the picnic tables to make pinwheels together.

Co-op Wellness Class Series

Monday Sept 29, 7pm

Dr. Jaeggli will be discussing fatigue and how to improve energy and overall well-being. Sign up sheet located next to the meat department.

Community Events

Oktoberfest and Chalk of the Town Competition—Friendship Square

Saturday Sept 6, begins 7am

Local artists create works of art out of chalk. At noon, Oktoberfest starts with sausages, beer, games and live music. A community dance follows in the evening.

Info: Moscow Chamber of Commerce: ☎ 882-1800.

Grandmother Mountain Day Hike

Saturday Sept 6, 7am-7pm

Gather wild huckleberries in pristine forests, and observe ORV damage to trails with the Palouse Group Sierra Club and Friends of the Clearwater. Converge at the Rosauers sign in Moscow at 9755 or foc@friendsoft

Santa Barte

Sat/Sun Sept 6/7 Near

There will be an Ohm ci a potluck dinner on Satur Bring items to trade free and camp. Info *rainbowlo*

Volunteer Advocat

Tuesday Sept 9 through 2

Alternatives to Violence of training for volunteers who in helping victims of domes No experience necessary.

www.atvp.org or

Depression Recovery Class

Tuesday Sept 16, 6:30pm

Free introductory session at the Fairmont Center in Pullman. Eight week program begins Sept 23. ☎ 332-8782

Discover Moscow Mountain!

Saturday, Sept 20

Join the PCEI for a half-day adventure with workshops on the trails, geology, birds, and trees of Moscow Mountain. Contact Laura ☎ 882-1444

Express Yourself Festival

Saturday Sept 27, 2:30pm - 9pm

East City Park. Free and open to all. If you would like to take part contact Jasun Wellman at ☎ 208-669-0781 or Plaedo13@hotmail.com.

U of I Women's Cer

www.students.uidaho.edu/

Wednesday, Sept 3, 12:30

Bag Men's panel - "Why I

Wednesday, Sept 24, 12:30

Dr. Sarah Nelson, about her

Memoirs of Marie and Hort

Friday, Sept 26, 12pm: Film

"The Education of Shelby Ky

One World Café M

Sept 12 Slam Poetry, by Ku

Zach Graham and Mark Anderson

Sept 13 Mark Holt

Sept 20 Mark Maland

Sept 23 Maxwell Hill

Sept 25 Mike Feteke

Sept 27 Bart Budwig

Dahmen Barn Events

Sunday Sept 7, 1-4pm Opening

Reception of Vikki Wayne's Art Exhibit.

Saturday Sept 13, 11am - 5pm

2nd Annual Harvest Festival at Artisans at the Dahmen Barn, featuring an apple pie baking contest, a hay bale sculpture contest, lots of activities for kids as well as demonstrations and food.

Palouse Folklore Society

Thursday Sept 4, 7pm: First Thursday

concerts series resumes with cello duets with Lois Blackburn. The Attic, Moscow. Admission by free-will donation.

Thursday Sept 20, 7:30pm:

contra Dance at the 1912 Center.

Friday Sept 26, 8pm: Accoustic concert at the Attic featuring Laddie Ray Melvin.

<http://www.palousefolklore.org>

Iraq Today and Tomorrow

Thu-Sun Oct 2-5. A film and lecture series at the Kenworthy and UI Campus.

Vigil for Peace

Moscow: Fridays 5.30-6.30pm

Ongoing since Novem

Friendship Square

encouragement, and

action. Dean a,

☎ 882-7067, spe

Pullman: Friday Sept 5

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

