

Community News

FREE!
PLEASE TAKE ONE!

The Two-Wheeled Issue

The monthly newsletter of the Moscow Food Co-op • April 2009

BikeFest at the Co-op

by Carol Spurling, Co-op Membership and Outreach Coordinator, and the Bicycle Brothers (Isaak Julye and Emmett Breedlovestrout)



Dust off your bicycles and join us at the Co-op on Saturday, April 18, for BikeFest.

We begin with a fundraising pancake breakfast sponsored by the Latah Trail at 9 a.m. at the Co-op patio.

Next, from 10 a.m. until noon, join the Bicycle Booty Hunt, a bicycle treasure hunt with lots of free prizes. Pick up your treasure map at the Co-op and gather your treasure at local businesses, then return to the Co-op for your final bit of booty, some free lunch!

The Bicycle Swap and Sell also begins at 10 a.m., and continues until 2 p.m. in the alley beside the Co-op parking lot. Get rid of your old bike (both kids' and adults' bikes), and find a new one! You'll also find bike trailers, bike parts, and other gear. Or you can donate your old bike to the Village Bicycle Project.

During the Bike Swap and Sell,

Paradise Creek Bicycles and Follett Mountain Sports will provide free bicycle tune-ups.

At noon, join us for a ribbon-cutting for the Co-op's new bike racks on the east side of the parking lot (along Washington Street). We'll share free cake. We'll enjoy live music by the Moscow Volunteer Peace Band, and will share the fun with the Palouse-Clearwater Environmental Institute (PCEI) and their bicycle-powered blender, and Gritman Hospital and the University of Idaho E-club, which will distribute info about some other earth-inspired and bicycle-related events coming up. (Did you know May is officially "Bike to Work" month?)

And in the spirit of cooperation and sharing the

road (and the parking lot), BikeFest will be using the alley next to our parking lot and the sidewalks only; that's good news for our customers and members who need to use their cars to shop on a busy Saturday.



Illustration by Lucas Rate

www.moscowfood.coop

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Community News

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Issue

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Empty Bowls

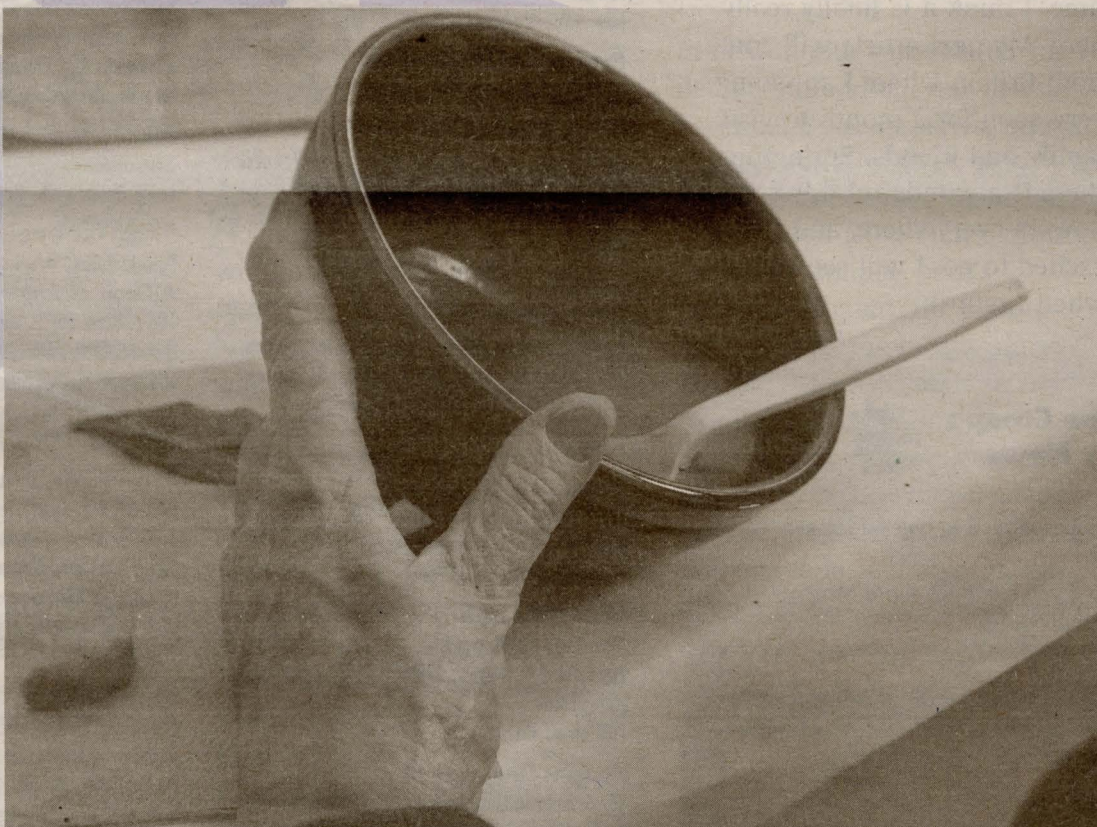
by Kenna S. Eaton, Co-op General Manager, kenna@moscowfood.coop, and Judith Marvin, Palouse Studio Potters Guild

Several years ago, maybe even five, I came across the concept of the Empty Bowls project: a nationwide effort by potters to end hunger. At the time, the groups intention was to create an event where the issue of hunger could be raised, an event that would maintain a "high level of integrity; that is a project of inclusion; that cuts across social, political, racial, religion, age, and other perceived boundaries; and that provides a tool which we can use in working towards the goal of ending hunger." (Quote taken from their

Web site www.emptybowls.net). While surfing the Web to catch up on the latest Empty Bowls projects, I discovered that events are going on all over the country; Milwaukee, Austin, Albuquerque, Boise, Houston, Tampa, Washington DC and that was only in the first two pages! Many thousands of dollars have been raised and donated and many

empty tummies have been filled. So how does it work? Potters will do what they do best, they make ceramic bowls. You buy a bowl for a donation and we, the Co-op, fill it with soup— simple, yet satisfying. You get to enjoy a nourishing meal shared with your community, plus you get to take home a handmade bowl as a reminder of all the empty bowls waiting to be filled in the world. The potters donate the proceeds to local and international charities to help end hunger. This year we hope to have some "celebrity" bowls painted

and signed by local celebrities and green-ware bowls that you can paint yourself. We are also planning to have live music and an education table about hunger provided by a local school group. The Empty Bowls event will take place from 10 a.m. - 1 p.m., Saturday, April 18 at the 1912 Center on Third Street in Moscow. It is joint effort is between the Palouse Potters Guild, the Co-op, and the Heart of the Arts/1912 Center.



Thanks!! To Kathleen Ryan and Joe Thompson, who recently finished their three-year terms on the Board of Directors.

Basics for Bicyclists

The Co-op and the Bicycle Brothers are offering bicycle maintenance classes (FREE for Co-op members!) so you can keep your bike in good working condition all year long: classes will be the evening of Saturday, April 25, or the midday of Sunday, May 3. To attend, please sign-up for one of these two classes by emailing outreach@moscowfood.coop or by putting your name and contact info on the sign-up sheet at the Co-op, located on the bulletin board at the front of the store. We'll send exact time and location to the people who sign up. Remember: the Co-op offers a cash incentive to members who leave their cars at home when they shop at the Co-op. Ask a cashier for your Leave Your Car @ Home punch card and start saving by walking, biking, or riding the bus!

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



CO-OPERATIONS



The Front End News

by Annie Hubble, Co-op Front End Manager,
frontend@moscowfood.coop

As the days get longer and the evenings lighter and we all start to think about walking more and getting our bicycles out of storage, I want to remind you of our "Leave Your Car @ Home" cards. Whenever you leave your car at home and walk, bike, skateboard or otherwise get to the Co-op to do your shopping without a car, and spend at least \$5, you can get a punch on your card. After 20 such trips, you get \$5 off the total of your transaction! So get out there and enjoy the world without having to drive, and save money!

I want to say a fond farewell to a couple of great front end employees. Dolly Sanchez has only been with us a few months but has definitely proved herself to be a great cashier and a fun member of the team. She has received a good job offer in Sedona, Arizona, where recently the temperatures were in the 70s while we were huddling around in freezing temperatures. We will miss her but wish her well in her new adventure, and next

January will be thinking of her particularly!

Elise Lear is also leaving us, to build trails for the forest service. She has been a great floor coordinator and a most valuable member of the front end team for 3 years now and I do appreciate all her hard work. We will particularly miss her great smiles and her ability to keep everything clean and organized. Good luck with your new adventures Elise! Come back and see us!

I am pleased to announce that Christie Stordahl will be our new floor coordinator. She brings a lot of experience to the role, both in book keeping and in supervisory skills, and I know will do well.

The garden seeds are in, and the days warmer. Enjoy springtime. I think it is finally really here. My next article will come from Britain where I am going very soon for a month to visit family and friends. Springtime there is a wonderful thing, with flowers everywhere, and I am excited to go. I will see you all when I return.

Moscow Food Co-op Business Partners

Welcome to the new Moscow Food Co-op business partner listings. We've divided them into a directory to make it easy to find what you're looking for. Let us know if a business you like might make a good partner - we'll send them an application!

Applications for the business partner program are available on our website, www.moscowfood.coop, or in the front of the store near the suggestion boxes. New business partners are welcome to join at any time; listings in the newsletter and on the website will be updated once a month.

Recreation and Lodging

Donal Wilkinson, executive director
Adventure Learning Camps
PO Box 8245, Moscow; 208-310-3010;
AdventureLearningCamps@yahoo.com;
www.adventurelearningcamps.org; 10% off on trips

Ashley Fiedler
Shady Grove Farm
208-596-1031; ashley.fiedler@gmail.com; \$10 off initial English riding lesson or training session

Carol Spurling
Sixth Street Retreat
208-669-0763; www.SixthStreetRetreat.com; \$20 off advertised rate for one week's stay

Bill London
Willows House: fully-furnished three-bedroom home
1246 Highland Drive, Moscow
lodging@moscow.com; 882-0127; 10% off daily and weekly rentals

Food and Beverage

Bryan K. Silva
Hawg's Grill
120 W. 6th St., Moscow; 208-310-1934; hawgsgrill@juno.com; www.hawgsgrill.com; \$1 off

Professional Services

Erik Torok
LET's Coach
2310 Weymouth St., Moscow; 208-301-8047; eric@letscoach.net; www.findacoach.com/Coach/9114/Eric-Torok/LET-s-Coach; 20% off the first month of individual coaching

Mike Brown
LDP Academy LLC
PO Box 721, Troy, ID 83871; www.lpdacademy.com; info@ldpacademy.com; 208-835-3737; \$10 off any firearm safety or basic firearm training class

Retail

Inland Cellular
672 W. Pullman Rd, Moscow; 208-882-4994; katie@inlandcellular.com; inlandcellular.com
10% off monthly calling plans

Joanne Westberg Milot
Marketime Drug Inc.
209 E Third St, Moscow; 208-882-7541; joannemilot@hotmail.com
10% off all gift items

Hodgins Drug & Hobby
307 S. Main St, Moscow; 208-882-5536; hodgins@turbonet.com
10% off all purchases, excluding prescriptions

The Natural Abode
517 W. Main St., Moscow; 208-883-1040; Info@TheNaturalAbode.com; www.thenaturalabode.com; 10% off natural fertilizers

Copy Court
428 W. 3rd St., Moscow
10% off to Co-op members

Sid's Professional Pharmacy
825 SE Bishop Blvd #301, Pullman, WA 99163; 509-332-4608; sidsprofessionalpharmacy.com; 10% off all Medela breast pump and supplies purchases

Rebekka Boysen-Taylor
Bebe Bella
www.bebebella.etsy.com; amamaswork@yahoo.com; 208-882-1353; 10% off any baby sling

House and Garden Services

Erik K Tamez-Hrabovsky
Mindgardens, Eco-Friendly Residential Building Solutions
1230 NW Clifford St, Pullman, WA 99163; 509-595-4444; erik@buildmindgardens.com; www.buildmindgardens.com; 10% off hourly service rate and free estimates for Moscow Food Co-op members

Walter Spurling
Spurling House & Garden
512 N. Lincoln, Moscow; 208-669-0764; 10% off a compost bin or custom chicken coop

Michael Robison, consultant
EcoWater Systems of Moscow
316 N. Main, Moscow; 208-669-0908; michaelr@turbonet.com; www.moscowecowater.com; Free in-home water testing; \$50 off (each) RO drinking water systems, softeners, conditioners, or iron filters...includes free installation within 50 miles of Moscow; 20 gallons free water to new delivery customer w/annual contract

Joseph "Shane" Brooks
Eco-Friendly Carpet Care
www.ecofriendlycarpetcare.com, ecofriendlyidaho@aol.com; 208-874-2762; 15% any residential service

Wellness Services

Sara Foster
Body Song Studio
106 E. Third St. Suite 2A, Moscow; 208-301-0372; sara-kate@bodysongstudio.com; www.bodysongstudio.com; \$10 off first massage or one free yoga class

Integrative Mindworks with April Rubino
3400 Robinson Park Rd, Moscow; 208-882-8159; april@integrativemindworks.com; www.integrative-mindworks.com; Complementary 30 minute consultation for new private clients who are Co-op members

Andrea Masom, Licensed Clinical Counselor
106 E. Third St, 2B, Moscow; 208-882-1289; Free wellness evaluation

Patricia Rutter
A Choir of Angels Massage Center
106 E. Third, Rm 1C, Moscow; 208-413-4773; choiramc@clearwire.net; 10% off all gift certificates and special student rate of \$19 for 1/2 hour Swedish massage & \$39 for 1 hr. Swedish massage through 2009. Call 208-413-4773.

Dr. Denise Moffat, MS, DVM, ND
Natural Health Techniques
1069 Elk Meadow Ln, Deary, ID, 83823; 208-877-1222; drmoffat@NaturalHealthTechniques.com; www.NaturalHealthTechniques.com; \$10 off initial telephone consult with mention of the Co-op Business Partner Program

Meggan Baumgartner, LAC, Laura McKean, LAC
Healing Point LLC Chinese Medicine Clinic
PO Box 9381, Moscow; 208-669-2287; info@healingpt.com; www.healingpt.com; \$10 off initial and 2nd treatments

Jeri L. Hudak
Moscow Yoga Center
525 S. Main St.; stewartjeri@hotmail.com; www.moscowyogacenter.com; 10% discount for new students

Dr. Linda Kingsbury
627 N. Hayes, Moscow
208-596-4353; drilinda@spiritherbs.com; www.spiritherbs.com; \$10 off first session: holistic healing for body-mind-spirit; herbal medicine; chakra balancing; sound healing; classes.

Elisabeth Berlinger/Tom Bode
Moscow Felkendrais
112 W. 4th St., Moscow; www.moveimprove.net; moveimprove@yahoo.com; 208-883-4395; 208-892-3400; \$10 off first individual lesson for new clients

Hard to Categorize

Melissa Lines
SkyLines Farm Sheep & Wool
4551 Hwy 6, Harvard, ID, 83834; 208-875-8747; melissa@skylinesfarm.com; www.skylinesfarm.com; 10% off organically-raised lamb meat, spinning fleeces & prepared roving. Free farm tours.



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Food Faves

by Carol Price Spurling, Outreach and Membership Coordinator, outreach@moscowfood.coop

Keep the Food Faves entries coming in—every month we give the lucky winner five of his or her absolutely favorite thing from the grocery department. Why couldn't it be you?

The rules: Contest entrants must be Co-op members. Pick one thing from the grocery department (grocery, chill, frozen, beer and wine, but NOT bulk), write around 100 words about why you love it and how you eat it, and send it to me at outreach@moscowfood.coop. Make sure you include your name and the complete name of the product.

The winner will get his or her entry printed in the newsletter and will win five of their food fave as the prize, up to \$50 in value.

Congratulations to this month's winner, Melanie Jones!



My Food Fave: Cascadian Farm Frozen Wild Blueberries (and cherries too)

by Melanie Jones, April Food Faves winner

My family loves to eat blueberry pancakes for breakfast. Most fresh and frozen blueberries are quite large and tough, hardly the texture one expects when biting into a pancake or muffin. Cascadian Farm Frozen Wild Blueberries are the perfect size and texture for baking. My 7-month-old daughter enjoys these blueberries with the rest of us on pancake mornings. I simply thaw a tablespoon of blueberries and stir them into her Nature's Best Oatmeal Baby Cereal. It makes for a sweet, healthy treat that she can enjoy while the rest of us scarf down our blueberry pancakes! I can't imagine a better way to begin a Saturday morning.

Membership Desk

by Carol Price Spurling, Outreach and Membership Coordinator, outreach@moscowfood.coop

Welcome to the 313 new Co-op members who joined in January and February. The numbers of people joining each month has gone up dramatically from last year and no wonder: it's an exciting and important time to be a Co-op member. We've got so much good stuff happening* we're in danger of letting one very important piece of business slip by without fanfare: welcoming the new board members who were elected in our March elections and saying a big THANK YOU to the two board members who completed their terms.

At press time in late March the election results were not in, so I can't welcome the new board members by name in this newsletter. But WELCOME to new Board member A and new Board member B.

And I want to thank all of the candidates (Dena Neese, Chris Norden, Bennett Barr, and Mark Jacobs) for running for the board, taking the time to answer all our questions, and for caring enough about the Co-op to make the very big commitment to serving on the Board of Directors. Thanks, too, to the members who voted. Please check the bulletin boards at the Co-op or check our website to see the results of our March elections.

And THANK YOU to retiring board members Joe Thompson

and Kathleen Ryan, who served faithfully on the Board and on several committees, and who both, in my opinion, brought a fair, clear-minded, and succinctly eloquent style to meetings. They will be missed at Board meetings, but we're fortunate to be keeping both of them on the sustainability committee for the time being.

Our outreach and membership work is ongoing: at the Washington State University Wellness Fair in February, I gave away lots of samples of products we carry in the Wellness department, and we'll be going to the KLEW Inland Northwest Green Living Expo at Schweitzer in Pullman in May. One of the fun things about these events is the number of people who stop by and say, "I'm already a member!"

We also hosted several field trips at the Co-op recently, including the Building Blocks kindergarten from Pullman and a group of junior high cooks from Orofino (thanks to our bakery manager Hunt for his special role in hosting this group).

We're hoping that our Tuesday Grower's Market will soon be part of Backyard Harvest's "Shop the Market" program, which allows customers with food stamps to buy fresh produce direct from the farmers; watch for more news about this in next month's newsletter. Also watch

in next month's newsletter for detailed info about our new Essential Cookery series, offered through the City of Moscow's Parks and Rec department.

*the Good Food Film Series, the Co-op coupon books being distributed, the upcoming BikeFest, the return of the Tuesday Growers' Market, our ongoing Dime in Time program and Food Faves contest, the newly relaunched Business Partner Program, a new What's Cookin' series coming up, the launch of the Essential Cookery

series in May, and another MADay on the horizon (phew!!)



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CO-OPERATIONS



Art at the Co-op

by Annie Hubble, Art at the Co-op
Coordinator, frontend@moscowfood.coop

We have an especially exciting show coming up in May. We are inviting all children—from very young to high school age—of employees and volunteers to show their art. The opening will be from **5:30–7 p.m. on Friday, May 8** and will run until Moscow City's Art Walk has its opening night in June, (date to be announced).

Anyone who wants to partake in this show should ask a cashier for an entry form. They need to be handed in by April 26, with both the artist's and the parent or guardian's signature. We will try to include one piece from each applicant. Please be aware of our space restrictions, and also of our rather strange hanging system. The art pieces must have hooks or some kind of hanging devise. Talk to William Langlois, a Co-op cashier, if you have any questions. Like many Co-op employees he is multi talented and helps hang

the art shows. He will be able to advise how to make your art work suitable for hanging in the Co-op gallery. The space is not suitable for three dimensional art such as sculpture, but certainly two dimensional works of all kinds could be included as long as they are presented in a professional way, framed, and most importantly, with the name and telephone number of the artist on the back of the piece, so we can return all items at the end of the show. Paintings, drawings, poems, needlework, knitting and more come to mind. Have fun creating something in the month to come.

I, myself, love to see young people's art, and I am sure these young artists will delight us with their work. I am hoping many of them will be at the opening to talk about their interests and show off their work. Do come and support their endeavors on Friday, May 8 from 5:30–7 p.m.

Tuesday Night Music Series: Soundscapes

by Ashley Martens and Noel Palmer, Co-op Music Volunteers

Listen. What do you hear right now, in this moment? Do you hear the voices in your head telling you what you need to do next or how you could have done something in the past better? Or do you hear the soundscape around you? Feast your ears upon the soundscape of each new experience and be present. Step outside to hear the sounds of woodpeckers beginning their mating rituals. Can you hear the drumming of bill against trees, phone poles, even metal roofs? Can you hear the oh-so-welcome songs of the song sparrow, the black-capped chickadee, the brown creeper? There is such a wealth of sounds out there. Stop and listen—get out of your head—even for a moment. Then, step inside to hear the sounds of people—people laughing, talking, crying, screaming, breathing, playing...music! Treat your

ears to the soundscape at the Co-op on Tuesday nights in April from 6 - 8 p.m.

Karyn Patridge of Pullman will make her Co-op debut on April 7. Karen is a singer/songwriter originally from Oswego, NY. Her love of music began with singing as a young child. Over the years she explored the piano, and violin, until the age of 14 when she decided to learn the guitar. Since then, she has continued to write, compose, and perform her original work. She has played several local taverns in New York, and continued her love of performing after moving to Washington. She was most recently featured as an opening act for lead singer Dustin Kensrue of the band Thrice. Her sound combines a variety of genres, such as blues, pop, and folk from such influences as Sheryl Crow, Fiona Apple, Carly Simon, and Sarah

Spring Co-op Kids!

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



that sound great and are easy to make. We will experiment with a variety of materials to see what sounds good to both parents and kids!

On **Tuesday April 21** we will meet in the Co-op Cafe

Co-op Kids! is a twice monthly activity for families in the Moscow-Pullman area. Our activities are free and all are welcome. This month we will meet at the Co-op Cafe, so please stop by and introduce yourself. Last month we planted seeds and as you can see from the picture they are already growing tall!

On **Tuesday April 7 from 9-10 a.m.** meet us in the Co-op Cafe to make egg shakers, these are simple musical instruments

(or out front in the seating area if the weather allows) from 9-10 a.m. to start more seedlings. This time we will focus on flowers that attract pollinators who work so hard in our summer gardens.

I am eager to introduce the kids to some spring animals in May....chicks, bunnies, lambs, what have you. If you are willing to bring your animal to meet us please email me at amamaswork@yahoo.com.

April Tuesday Night Music

April 7: Karyn Patridge of Pullman. Blues, pop, and folk original songs.

April 14: Greg Davis of Moscow. Eclectic original songs and composition.

April 21: Bluegrass jam. Open to anyone from beginners to the more experienced.

April 28: Brian Gill and Katrina Mikiyah of Moscow. Folk and original songs.

McLachlan.

Greg Davis will play at the Co-op on April 14. Greg grew up in South Louisiana near the Gulf of Mexico. He studied music in college, and continues his studies at the University of Idaho. Greg has a love for many kinds of music but grew up on good old southern rock. He plays an eclectic selection of covers done in his own style, well crafted original songs, and compositions. Greg claims that his "music is about truth and communicating what is really felt, lived, and lost. And as anyone who has ever tried to communicate these things can tell you, it's not easily done but is always worth the effort."

Back by popular demand, there will be another Bluegrass Jam on April 21. A rousing success last time, this jam is a

gathering for anyone interested in playing or listening. Show up between 6 and 8 pm with your instrument, voice, or listening ears. The jam is open to anyone (beginner or more experienced), so don't be shy! If you have questions, contact npalmer@uidaho.edu for details.

April 28 brings back local duet Katrina and Brian. They sing sweet songs from the folk genre that will entertain you all. Maybe they will even sing the song they submitted in Prairie Home Companion's latest contest for Small Town Duets! Come on out and LISTEN.

Ashley and Noel love to hear the new birdsongs that seem to appear magically everyday in springtime.



Stop and Look Around

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

We are fortunate to live in a community with an enormous amount of creative, giving, motivated people. I have lived in 11 states, all over the country and I have never lived anywhere like Moscow. For a town of 22,000 or so, many of us have at least three different activities that we have to choose from. There is so much art, music, theater, academia...what a rich culture that we all create and share.

Another unique feature of Moscow is its internationalism. No, we are not that diverse of a culture when it comes to race, but boy are we known to the far

corners of the earth. You can go almost anywhere and find people who have lived, know some who has lived, or has at least heard of Moscow, Idaho.

The last unique part that I would like to touch on is that this town is a vortex. You may leave, but you'll be back. Some folks go to school, leave to do graduate work, and then come back years later to raise children. Some folks leave the area for a better job market and then come back to retire (Moscow's largest growth sector). And then it often feels like people have moved because so many of us travel so much, and for so long.

Okay, so what does any of this have to do with the Co-op? This culture is the Co-op! We have many creative people who come to work here, with great ideas. We have a board and management with out of the box vision for the future. We have a diverse crowd of employees, volunteers and patrons from all over the United States and the world—the proverbial melting pot.

We are not only part of the culture, catering to those who create our culture, but we are a venue for it—with our art on the walls, Tuesday Night Music, and our participation at events throughout the community. You

can find us at births, weddings, and memorial services. And our employees, volunteers and patrons can be found doing cool stuff all over the community—making art, teaching, building things, working with kids, elderly, and putting out fires. We act, we build bikes for Africa. We raise awareness about the environment, health, water, and the underprivileged.

Just look around at the Co-op sometime, soak in some of that creative energy, and enjoy living in an amazing place.



Breakfast with the Board

by Carol Spurling, Co-op Outreach and Membership Coordinator/BOD Admin. Asst, outreach@moscowfood.coop

Concerned members recently raised the question of how Co-op members can have better access to and more dialogue with Board members. As I am the "liaison" between the membership and the Board, this falls squarely into my job responsibilities and I've been thinking a lot about this issue and how we can improve the channels of communication.

There are a couple of formal avenues at this time for interaction with the Board: the suggestion box, and the public comment period at the beginning of the regular monthly board meetings. But there are limitations to these.

The suggestion box collects feedback and complaints and suggestions from members, and the board responds to them via phone, email, or in the newsletter. But the suggestion box is not face to face, nor is it dialogue.

The public comment period at the beginning of board meetings is designed for members to give formal feedback and suggestions to the board and to ask questions of the board, face to face. However, the board always responds to these public comments at a later time, so that their response and/or action is thoughtful and not off the cuff, and also so that the Board meetings won't go any later than

they already do. So this, too, while efficient and useful, can leave something to be desired.

Members who already know the Board of Directors frequently offer their informal comments to them, and they are encouraged to make these comments "official" by putting them in writing in the Board suggestion box. The Board photos on the bulletin board in the store are meant to make it easier to recognize Board members, so members can talk to them informally when they're in the store.

But what if you just want to talk and not submit an official comment? What if you don't personally know the Board members and are a little shy? What if you always have to work at 6 p.m. on Tuesdays and can't attend a board meeting? How can members have a more informal give and take type of discussion with Board members?

In the past, the Board offered opportunities like Dinner with the Directors, which weren't well attended and which were expensive for the Co-op to host. So we're going to try something new, regular, easy, inexpensive, and we hope fun: Breakfast with the Board.

Breakfast with the Board will be offered one Saturday every month, during the Co-op's busiest time just before lunch. One or more Board members will

Breakfast with the Board! Saturday, April 11, 2009, 11 a.m., at the Co-op. Stop by for a cup of coffee, some munchies, and conversation with Co-op Board of Directors.

Board of Directors monthly board meeting: Tuesday, April 14, 2009, 6 p.m., Fiske Room of the 1912 Building. Public welcome, public comment period from 6 - 6:15 p.m.

be available at the front of the store, offering free coffee and something to munch on while talking with members about their concerns or their response to the "question of the month." The first one will be Saturday, April 11, starting at 11 a.m.

This idea was developed by the membership committee of the Board and we hope to see you on April 11. Stay tuned for

further improvements as we make the Board page of the Co-op website more interactive and informative, with the assistance of our talented new volunteer webmaster, Lida Saskova!

April Opinion Question of the Month: Should the Co-op offer wireless internet in the deli seating area?

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Produce Ponderings: Localvores and the Eat Local Challenge

by Scott Metzger, Co-op Produce Manager, produce@moscowfood.coop

Localvorism: The word “localvore” (also commonly spelled “locavore”) is a recent addition to our lexicon, meaning, “a person who seeks out locally produced food.” Localvores are also described as people who eat food grown or produced from within a 100-mile radius, buy from farmers markets, or who grow their own foods. I like to think of a localvore also as someone who is obsessed with good food, or a “foodie.”

There are a lot of great reasons to eat locally for as much of the season as possible. Economically, it is a great way to support the community, because when you buy locally grown food, the money goes directly to the farmers who grew it. When you buy locally grown food, it is guaranteed to be more fresh and vibrant, and when things are harvested at the peak of ripeness, they are always more delicious! Buying locally grown food, and eating locally raised animals for food, is an effective way to reduce the carbon footprint of your diet. When we reduce the distance our food travels, and reduce the packaging, we reduce the amount of fuel consumed getting our food from harvest to dinner table.

Eating locally requires a com-

mitment, but the benefits are well worth it! Your body will appreciate the healthy and delicious fresh foods, and you will be supporting the local economy, as well as the people who grow food and raise animals locally.

Here at the Co-op, we consider locally grown food to be that which is from any county that touches Latah County, and regional food as any food grown in the state of Idaho, or any state that borders Idaho. Our 100 mile diet range for Moscow includes the entire Palouse dry-land farming region, the irrigated croplands of the Othello and Tri-Cities areas, the vineyards of the Walla Walla region, the ranching regions of the La Grande valley, all the fisheries of the Snake and Clearwater Rivers and tributaries, as well as the berry picking and mushroom hunting regions of the National Forests to the east and north, all the way up to the small farms and farmers markets of the Sandpoint region. How lucky we are indeed!

In addition to Moscow’s two farmers markets between May and October, both Lewiston and Clarkston have farmers markets, and I’ve heard talk that Pullman is organizing a mid-week market for this upcoming season.

Moscow Eat Local Challenge

The Moscow Food Coop and Affinity Farm are proud to be sponsoring an Eat Local Challenge for the community and the Co-op staff for the summer of 2009. Eat Local Challenges are a growing national movement of people who pledge to eat locally grown and produced foods for a given period of time during the local season. It is a great way to build community and improve your health, with others who are doing the same.

While we are still working out the details of our challenge, it looks like it will run from mid-July to mid-October, the peak of the gardening season. Participants may pledge by meals, weeks, or months at a time, and will be able to sign the pledge at the Co-op and the Affinity farm stand. We will be offering educational materials, recipes, and ongoing articles covering specific experiences and challenges of eating locally and offering tips and tricks for preserving and storing your garden harvest or farm-stand purchases.

We look forward to developing the Moscow Eat Local Challenge in the upcoming months and hope you are as excited about the concept as we are. Stay tuned for more information and please email us with your questions or ideas.

We also have three Community Supported Agriculture Farms (think subscription produce), and over two dozen other small farmers and gardeners who sell their produce at the Co-op or the Farmers Markets.

If you’re a dedicated or aspiring localvore, there is no better way to enhance your diet than with your own veggies from your own garden. Now is the

time to start planning your gardening adventure and remember to get the most out of your garden you’ll want to research ways to start your season early, extend it later into the fall, and preserve and store your crops for winter enjoyment.

How fresh is your bread?

by Hunt Paddison, Co-op Bread Manager, bread@moscowfood.coop

A few of our bread enthusiasts have been downright indignant recently to discover that Co-op bread baked a day or two previously is still available for sale and that it costs the same as the loaves baked just that morning.

We haven’t meant to mislead or confuse anyone about the age of our loaves, and we’ve tried to work out a system for keeping track that doesn’t cost a lot or require a lot of extra work.

Here’s the scoop:

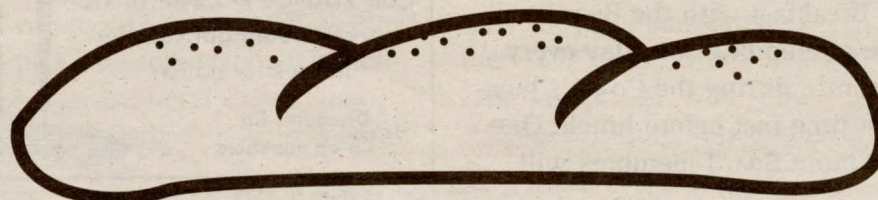
All our breads are made and baked from scratch and contain no artificial preservatives or artificial ingredients. They have a shelf life in the store of three days, and anything older than

that is removed the morning that it goes out of date; compare this to commercial/conventional bread, which has a shelf life of weeks and is full of preservatives. Our bread keeps longer than three days, of course, but we don’t sell any bread older than that.

All of our breads are bagged on the day that they are made. Using colored twist ties, we track the amount of time they spend on the shelves before we remove them.

There is now a list near the bagged bread that shows which color twist tie is used on which day, so you can figure out the age of each loaf without having to ask a baker. We hope this will make it easier for bread enthusiasts to find exactly what they need.

If you have any questions or just have general concerns as to how this system works please contact me, I welcome your input.



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From the Cheese Case: April in Paris

by Brent Steward, Co-op Cheese Buyer, cheesebuyer@moscowfood.coop

I wish I could bring the glory of Paris in springtime here to the Co-op. I would like to treat all of you to a stroll along the Left Bank and drop into Barthelemy for a baguette and any number of wonderful French cheeses that seem to converge in the City of Light. But, alas, I can only bring you a sampling of cheeses you would find there.

I have taken the opportunity to fly in several handcrafted cheeses from the French countryside:

Affidélise au Chablis: Washed with Chablis Burgundy weekly during its creation, this cheese is

exotic and....delicious. Full 200 gram round \$14.99 (eight available).

Munster Gerome AOC: This is the real Munster style cheese from Gerardmer Alsace Lorraine. A very flavorful cheese that must be experienced rather than described. Full 200 gram round \$10.99 (eight available).

Vignerone Affine au Marc de Gewurtztraminer: Washed with Gewurtztraminer Brandy, this cheese is soft and delicate, a diamond in the rough. Full 500 gram round \$15.99 (six available).

Vignerone Framboise: A real Munster with raspberry marmalade layer inside. A nice twist to a great cheese. Full 200 gram round \$15.99 (eight available).

Petit Delice des Cremiers: A typical vineyard cheese from burgundy that is creamy and delicate. Full 200 gram round \$11.99 (12 available).

Chabichou du Poitou AOC: Hand-ladled goat's milk cheese which is soft and tangy. 150 gram round \$10.99 (nine available).

Galet Normand: From Normandy and made in the tra-

ditional Camembert fashion. This cheese has an almost smoky character. \$19.99 per pound, 13.20 pounds available.

Each cheese is special in own way and illustrates the artisan diversity of French culture. The centuries of experience, tradition, and regional *terroir* help create nuanced and distinctive cheeses that dance on the palate and remind us of the good things in life.

Savor them and hope this springtime in Moscow is as glorious as any in Paris.

The Bread Box: Sprouted Grains for Healthy Living

by Hunt Paddison, Co-op Bread Manager, bread@moscowfood.coop

"If thou tastest a crust of bread, thou tastest all the stars and all the heavens."

—Robert Browning
(1812-1889) English poet

So far in 2009 we have offered a few different varieties of sprouted-grain loaves. Many of you may have become acquainted with our Sprouted Wheat and 99 percent Sprouted Grain loaf, and rightfully so. These two favorites are some of the healthiest breads you can find in Moscow.

The nutritional value of these breads is a result primarily of how the grains are prepared. There is a variety of ways that one could go about consuming various grains, however, when we eat sprouted grains we are getting the most out of our food. The process of maximizing the nutritional value of various grains is rather simple. First, we take grains (anything from wheat berries to lentils) and we soak them for 16 - 24 hours. Then the nutrient-rich pot liquor is drained off the grains. The formerly modest water is now infused with all of the wonderful nutrients left behind from the soaking process. We reserve this nourishing broth and later combine it with vitamin-rich flours

to create flavorful and nutritional dough.

The grains will be left for another 24 hours or until they have sprouted. When the grains are finally sprouted, their nutritional content will have changed. Starches turn into sugars and inactive enzymes are now viable in the living grains. Since the grains are in fact budding before being folded into the dough, these emergent sprouts encourage the growth of helpful bacteria in the dough. All of these factors together yield a loaf high in antioxidants that provides an easy-to-digest and tasty boost to the body and mind.

But sprouted grain breads are

not just easy on digestion. They are also an excellent source for protein, fiber, vitamins and minerals: nutritional attributes that are often killed off under high temperatures during the baking of regular breads. While some individuals are wheat-intolerant and cannot consume "regular" wheat bread, interestingly enough, when wheat grain is sprouted, the starch that causes most wheat-intolerance disorders is converted into sugars, allowing some people who normally have a range of reactions to wheat, the opportunity to enjoy a delicious and nutritious sprouted wheat bread.

The bottom line is that sprout-

ed-grain breads are about as healthy a food source as one can get when it comes to bread. The benefits of enjoying these delightful breads are worth every cent. Sprouted-grain breads have actually been credited with increasing mental alertness, building stronger bones and teeth and giving those who eat it a general feeling of well-being. We will do our best this year to continue to have these types of bread available. If you have any suggestions for us, please submit a comment card and we will gladly review your request!

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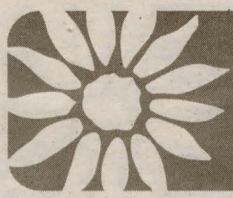


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Garden Green Garbanzo Beans

by Annie Pollard, Co-op Kitchen Manager, kitchen@moscowfood.coop

Since late February we have been creating delicious salads and spreads with a new ingredient: Garden Green Garbanzo Beans (GGG). I learned of the GGG through our involvement with the North Idaho Farmer-Chef Collaborative, an event put on by the Idaho State Department of Agriculture which aimed to connect people from the foodservice industry with local food producers. I thought that I had a broad knowledge of different types of produce, so

this totally unfamiliar product highly intrigued me.

The GGG, grown in Genesee by the Moser family, is a highly nutritious legume with a rich history. Garbanzo beans, also known as chick peas, have been domestically cultivated for over 10,000 years and were a staple food of the ancients Egyptians, Greeks, and Romans. Today they are the most widely consumed legume in the world. There are over 40 million acres of cultivated garbanzos on the globe,

with about 30,000 of that in the United States.

Fresh garbanzo beans came on the market within the past few years and are quickly becoming a hot food trend. Some have called it the next edamame. The fresh garbanzo is high in protein and fiber, in addition to being low in fat, sodium, and calories. They are also a quality source of potassium, folic acid, iron, and B vitamins.

Next time you are at the Deli, try the Green Garbanzo Garden

Salad. With the bright green of the beans, the refreshing crisp cucumber, juicy cherry tomatoes, and tangy feta—it's like summer in your mouth! If you love hummus and are ready to diversify, you would enjoy the Green Garbanzo Lentil spread, which is made from Palouse-grown green garbanzos and lentils. Stay tuned for more appetizing creations from this healthful, locally grown legume.



Meats by Brennus: Anderson Ranch

by Brennus Moody, Co-op Meat Manager, meats@moscowfood.coop

Last month I introduced you to one of our suppliers of beef for Country Natural Beef, Mark and Tami Rietman; just as I toured their ranch, I have also toured our lamb supplier Anderson Ranch.

Anderson Ranch is located in Brownsville, Oregon. The Anderson's are a fifth generation sheep ranching family. Reed, Robin, Jake, and Travis are the Andersons. Since they have been ranching in this area for quite some time, this affords them access to grass farming families, and the grazing privileges

on their fields. This sets them apart from many sheep ranchers, because their lambs are raised on fresh ground all the time. Twenty to 50 head are put in a field, depending on size, and they crop the grass being moved every two weeks or so. This means that the grass farmers don't have to run machinery on the fields to keep the grass mowed down. The annual and perennial grasses are only allowed to go to seed at certain times of the year. This is a win-win situation.

They also swap the fields

with ovine (sheep), and bovine (cattle), because the two animals have different diseases and parasites, which are exclusive to that breed. So the ground is cleaner and there is no need for the antibiotics and the like. The lambs are taken at 6 - 10 months to the processor, Mohawk, which the Andersons have been doing business with for a very long time. The facility is 30 minutes from the ranch, so the animals go from fields of grass to process, with no lot time, and no stress. The weather in Brownsville helps with the raising of sheep,

since there is 365 days of the year with grass growing in the fields. No making hay for this troop.

Anderson ranch chooses the lambs it wants to market under its own label and the rest are sold to superior lamb. I am not a big fan of lamb, since my grandmother used to make it every Sunday, but at Robin Anderson's repeated request, I finally tried some. The flavor is very mild, and not at all what I was expecting. I liked the lamb. Don't tell Robin I'll never hear the end of it.

Specials in the Kitchen, Part II

by Annie Pollard, Co-op Kitchen Manager, kitchen@moscowfood.coop

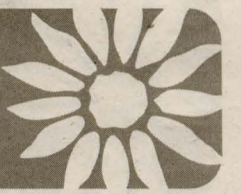
Since the kitchen started offering the Weekly Specials in February, we have received excellent customer feedback. You were really pleased with the \$3.99 tuna and egg salad sandwiches from the Grab-n-Go and who can turn down a full-size cookie for just \$0.99? The lower price of some specialty breads, such as Raisin Sesame Bran and Peanut Bread, have given you the chance to try something new and daring while keeping more cash in your wallet.

Our latest endeavor to save you money is the *combo*. At the time of writing this article, we

have started the "bowl of soup and roll combo" for \$3.59 and the "12-ounce coffee and biscotti combo" for \$1.79. We are just getting started, so look for signs at the deli counter or ask a friendly server what the new specials and combo are. Coming soon will be *bread and spreads* and *sweet and savory* (think: dessert with lunch). This is something new for us, so please offer your feedback because we want to make you happy.



The Andersons of Anderson Ranch in Brownsville, Oregon supply lamb for the Co-op.



New Wines for 2009

by Julie Gardner, Co-op Grocery & Wine Buyer, winebuyer@moscowfood.coop

There will be no jinxing the upcoming season or its weather in this article. Every morning brings us a new weather-related surprise which keeps us on our toes. Luckily, wine is ideal for every weather pattern, even if the pattern lasts a mere six hours!

What's new? Where do I begin? I will list by winery and go from there!

Beresan Winery, Walla

Walla, Wash: Beresan has been around for about ten years and is located in south Walla Walla. The owner, Tom Waliser, is a very experienced vineyard manager and in charge of the famed PepperBridge Vineyard right next door to his property. In a little red barn, just outside his home door, one can taste his delicious wines, all produced from Walla Walla grapes. We were lucky enough to snag a little of three

different wines. The Merlot, which is rich, filled with dark plum and currant and evened out with just the right amount of acid. His Stone River Red is a lovely red blend that always garners rave reviews, and his only white, Semillon, which was named one of Wine Enthusiast's top 100 wines of 2008. Balboa Wines also produces wine in the Beresan red barn. Beresan's winemaker, Tom Glaser, founded this winery with a partner a couple of years back and has found some success with his label. Currently, we have his red blend, Cat's Meow, gracing our shelves alongside his Syrah. They are both made from Columbia Valley grapes and have lovely labels made from original art his sister created.

Indian Creek Winery, Kuna, Idaho: Recently, one of the owners of this winery came for

an in-store tasting. Tammy is a second generation owner of this winery which has been around for over 20 years! If you were one of the lucky shoppers, you were able to taste the following wines (which you can now find on our shelves): Riesling, Rose of Pinot Noir, Malbec, Pinot Noir, and red port-style wine.

Wines of Substance, Walla Walla, Wash: It is hard not to go on and on about the wineries I keep discovering in Washington. Maybe it is because I am a native; however, I think the main reason is because they are so darned good! This winery is composed of a winemaker for another winery (sound familiar) and his buddy. They have come up with a concept that uses the "Chart of Elements" from your chemistry class days to explain wine. For a clearer explanation go to winesofsubstance.com.

Anyway, four of their first release are on our shelves: Cf (Cabernet Franc), Sy (Syrah), Cs (Cabernet Sauvignon) and Me (Merlot). They have caught the attention of many already and are tasty, small batch wines for under \$20.

Cinder Winery, Boise, Idaho: I have spoken about Cinder in the past, but had to announce the release of their second vintage and arrival at the Co-op. Recently I received their brand new Viognier (a delicious white you must not miss out on), Rose of Cabernet Sauvignon (dry and crisp with a touch of strawberry) and their Syrah (which was so wonderful last year, it never left the winery). These are all from Snake River Valley grapes and ready for you to take home!



Encouraging a Healthy Workplace at the Co-op

by Theresa Nuhn, Co-op Human Resources Coordinator, hr@moscowfood.coop

Statistics demonstrate that a large number of people in the United States suffer from medical conditions that can be alleviated with a healthier lifestyle. At the Co-op, the health and happiness of our employees is always at the top of our list. While we can't guarantee that everyone will always be healthy and happy, we can provide benefits and programs that encourage such a lifestyle. To this end, we endeavor to maintain a working environment that is free from unnecessary stress, promotes wholesome living, and provides incentives for making healthy choices on a daily basis.

The Co-op has always offered a healthier alternative to standard fare found in our culture. We offer all of our employees an 18 percent discount to buy natural and healthy products. We give employees who are scheduled to work a six hour shift a \$5 lunch ticket to buy something fresh from our deli, and we give them the time that it takes to eat it. As an incentive to leave their cars at home, we have a Not Driving

to Work Program, offering staff rewards for walking or biking to work. If an employee walks, bikes, or otherwise gets to work without the aid of a motor vehicle, they keep track of their days and receive a Co-op canvas bag after 30 days of not driving, a \$25 gift certificate to the Co-op after 100 days of not driving, and \$25 for each 100 days after that. Co-op employees are also eligible for reduced cost membership in several local fitness centers.

Employees who work 30 hours or more a week are eligible for health, vision, and dental insurance. We have a very solid plan with relatively low premiums, and at this time we are able to pay for 100 percent of the premiums. We are also able to pass along the same low premium cost to employees choosing to add family members to their plan.

Finally, we pride ourselves in providing a first rate environment where employees work free from harassment and are able to get issues and problems solved swiftly and effectively. In our

recent employee opinion survey, a vast majority of employees said they feel they are treated fairly, that management is interested in the needs and welfare of employees, and that when conflicts arise at the Co-op, they are effectively handled. Although we cannot guarantee total health and a life without stress, we can emphasize and reward healthy choices. And while good health


does not necessarily guarantee happiness, it can sure push us up toward the top of the range.



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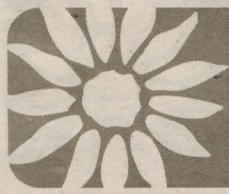
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How Would You Like To Pay For That?

by Joseph Erhard-Hudson, Co-op IT Manager, joseph@moscowfood.coop

In 2008, over half the money spent at the Co-op came in through bank cards. The Co-op paid over \$92,000 in bank fees for those transactions. That amounts to 1.3 cents out of every dollar spent. That's a lot of money.

Co-op shoppers can help us reduce those bank fees by using cash for small purchases, selecting the appropriate bank card, and by using Co-op gift cards. To explain why those choices save the Co-op money, please keep reading.

The cost of doing business.

I should first point out that every method of payment has a cost to the Co-op. Checks have processing fees and cost us even more when checks bounce. Even cash payments cost us money to process. We pay a modest fee for the change we get from our bank. It also takes labor to count and reconcile the cash and checks from each cash register.

So, every dollar you spend at the Co-op costs us a little bit to process, regardless of how you give it to us. That's just part of doing business. But bank card transactions clearly cost us the most. How much do we pay in fees each time a customer uses a bank card? The answer depends on two things: the type of bank card and the amount of purchase.

Three kinds of bank cards

There is more to the world of bank cards than Visa, MasterCard, debit, and credit. Invisible to most people, cards that seem the same have very different fees structures. Debit cards: These carry a flat fee regardless of the amount of the transaction. Typical fees are 37¢ per transaction.

Credit cards: These carry a lower flat fee, but have an additional fee based on a percentage of the transaction. Typical fees are 13.5¢ per transaction, plus 1.25 percent of the total.

Reward cards: Reward cards are really a type of credit card but deserve separate treatment. These are bank cards that offer you some incentive to use them, such as frequent flier miles or cash back on your purchases. Typical fees are 18.5¢ per transaction, plus 1.66 percent of the total purchase.

Debit cards presented like a credit card (you sign a slip

instead of entering a PIN) incur the same fees as a credit card.

Size matters.

Let's look at how fees change with the size of purchase:

Purchase Amount	\$2	\$5	\$10	\$20	\$50	\$100
Debit Fee	\$0.37	\$0.37	\$0.37	\$0.37	\$0.37	\$0.37
Credit Fee	\$0.16	\$0.20	\$0.26	\$0.39	\$0.76	\$1.39
Reward Fee	\$0.22	\$0.27	\$0.35	\$0.52	\$1.02	\$1.85

Let's look at that a different way. Suppose you spend \$100 at the Co-op, either all at once or in smaller amounts over time. Here's what the Co-op pays in fees:

Average purchase	\$2	\$5	\$10	\$20	\$50	\$100
Debit Fees for \$100	\$18.50	\$7.40	\$3.70	\$1.85	\$0.74	\$0.37
Credit Fees for \$100	\$8.00	\$4.00	\$2.60	\$1.95	\$1.52	\$1.39
Reward Fees for \$100	\$11.00	\$5.40	\$3.50	\$2.60	\$2.04	\$1.85

Small bank card purchases cost the Co-op more in fees. Spend \$100 on a cart full of groceries, and at most the Co-op pays \$1.85 in fees. Spend \$100 with your debit card, \$2 at a time on your morning coffee, and the Co-op pays a whopping \$18.50 in fees.

There is no simple answer to the question, "Is it better for the Co-op if I choose debit or credit on my debit card?" For smaller transactions, credit is better. For bigger transactions, debit wins out. The break-even point is around \$20 for regular cards and \$10 for reward cards.

Why take bank cards at all?

You might wonder, if we have to pay fees, why accept bank cards at all? The answer is simple: it's how our members and customers want to pay. The sign over our door says, "Everyone can shop, anyone can join." If over half of "everyone" who comes through our door wants to pay with a bank card, we would be foolish to refuse. And, going back to other forms of payment wouldn't be free, but it would reduce convenience for the customer.

You might also wonder, if small purchases cost more, why don't we refuse bank cards for purchases under a certain amount? The answer is: we can't. Our contractual obligations with Visa and MasterCard are clear—if we take bank cards, we must take them for any amount. If you have ever had a merchant refuse to take your bank card for a small purchase, be assured

they did so in violation of their contract terms.

What can you do to make a difference?

We are always happy to take

your bank card, but we are also happy to tell you how you can reduce your Co-op's expenses with simple payment choices.

First, whenever possible, use cash to pay for small purchases.

Second, be mindful of your purchase amount, and choose "debit" or "credit" accordingly.

Third, be aware that the rewards on your reward card don't come for free. Ultimately you are paying for those rewards through higher prices.

Finally, give thought to...

The Gift Card Option

This article wasn't intended to be a pitch for our gift cards, but I have to mention them as a perfect solution to the small-purchase problem. Once paid for, Moscow Food Co-op gift cards have zero transaction costs, and they are just as convenient to

Moscow Food Co-op gift cards have zero transaction costs, and they are just as convenient to you as a bank card.

you as a bank card.

If you have a small purchase and only have your bank card, consider this: add a Co-op Gift Card to your purchase, stick it in your wallet, and use it the next time and every time you have a small purchase.

Parents, considering giving your high-schooler a gift card to buy their lunches. Load it up at the beginning of each week or month. It will save the Co-op some money, and give your child a chance to learn about budgeting.

Gift cards aren't just for small purchases, but for bigger ones too. Some customers fill up a gift card with their month's grocery budget, and report it's a great way to keep track of their grocery expenses. The savings in bank fees to your Co-op would be more modest, but still very real.

With some simple and easy choices in how you pay for your purchases, you can make a small but real contribution to your Co-op's bottom line.

BE GOOD TO YOURSELF

Start treating yourself today!!!

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

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

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

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



Your Dollars at Work

by Carol Price Spurling, Outreach and Membership Coordinator, outreach@moscowfood.coop

During February and March the Co-op received many requests for donations, too many, in fact, for us to say "yes" to all of them. It is frustrating that so many good causes and well-managed charitable organizations are suffering due to the poor economy, with no bailout for them in sight!

Our donations budget will be cut considerably if the Co-op's sales trends for the first few months of 2009 continue. Our new A Dime in Time program (see related article) will remain as our "flagship" charitable giving program.

- Red Gold film screening support \$50
- Martin Luther King Jr. Human Rights Breakfast coffee donation \$18.23
- McDonald Elementary School PTO donation, cookbooks \$26.25

- Emily Poor fundraiser donation \$50
- St. Mary's School fundraiser donation, carrot cake \$29.75
- Montessori School fundraiser \$25.00
- Jazz Fest volunteer thank-you \$25.00
- Selway-Bitterroot Wilderness fundraiser \$73.75
- Special Olympics \$6.99

Dear Everyone at the Moscow Food Co-op:

On behalf of the McDonald Elementary PTO, I am writing to thank you for your generous donation of the wonderful cookbook to our recent Spaghetti Dinner and Bingo Night. Given the current economy, your donation is noteworthy. Money raised from this event will go toward many fun and educational activities for McDonald elementary students. In the past, the PTO has sponsored many projects such as visiting authors; music, dance and other performing arts programs; sixth grade science camp; artist in residence programs; playground equipment; and many other things. Your support of the McDonald Parent Teacher Organization is truly appreciated!

Sincerely,
Nicole Konen, PTO President

Dear Ms. Eaton:

As we come into the New Year with helping to give new life to others in the Inland Northwest, we would like to thank you for hosting a blood drive with the Inland Northwest Blood Center...On January 28, 16 faithful blood donors from your organization gave the "gift of life" to patients in our region. And because just one pint of blood can help save as many as three people's lives, 48 patients and their families may be touched by these very special gifts.

Moscow Food Co-op plays an important role in helping maintain a safe and adequate blood supply for the patients throughout our region. Your partnership with INBC is especially valuable during the winter months when donations tend to decrease due to inclement weather and poor health.

On behalf of the many lives—past, present, and future—thank you for your commitment to INBC. Together we are working to save lives.

—Judi Young, Chief Executive Officer, Inland Northwest Blood Center

Carts for Kids

by Bill London, Newsletter Volunteer

The first kid cart appeared at the Co-op in January. Much smaller than the usual grocery cart, this version was obviously designed for use by children shopping with their parents at the Co-op.

Adults may not have noticed, but the kids sure did. The cart was an immediate hit, and regularly in use.

Trish Gardner organized the purchase of that first cart by gathering donations from a group of her friends. The cart cost about \$100 plus shipping.

Trish explains why she wanted to give a cart to the Co-op. "Sandi Klingler and I were in Spokane and went to a store that had those carts available. My daughter, Rosalyn, liked it. We realized that our children behaved better if they had the responsibility of the carts than otherwise. So we decided to get one for our Co-op."

"I asked some of my friends to pitch in," Trish continued. "I bought that first cart with contributions from Kirsten LaPaglia, Eve Strongoni, Sandi Klingler, Lahde Forbes, Ashley Martens, Ashley Fiedler, and Kate Jaeckel."

Other parents noticed how popular the cart had become, and the Co-op staff was pleased

that parents made sure their children behaved while using the cart, and the result is that the number of carts is now increasing.

A second cart has been ordered by MaryJane Butters. She is donating that cart because her grandchild, Stella, really enjoys pushing the cart while at the Co-op.

A third cart has also been ordered. Sandi Klingler is leading an effort to raise the money for that cart. Sandi explains that her daughter, Molly, is just one of the Co-op kids who benefit from the cart. She hopes that others will share the cost, and invites those who want to give some money for this purchase to contact her at 882-0624.

Those two new carts have been ordered, and are scheduled to appear at the Co-op in early April. When the three carts are there, the Co-op fleet will be complete. There is no room for more.

Bill London edits this newsletter, and is pleased that his granddaughter Leyna is visiting and able to use one of these carts.



MaryJane Butters (shown here with her grand-daughter Stella) donated a children's shopping cart to the Co-op.



Natural Products Expo West

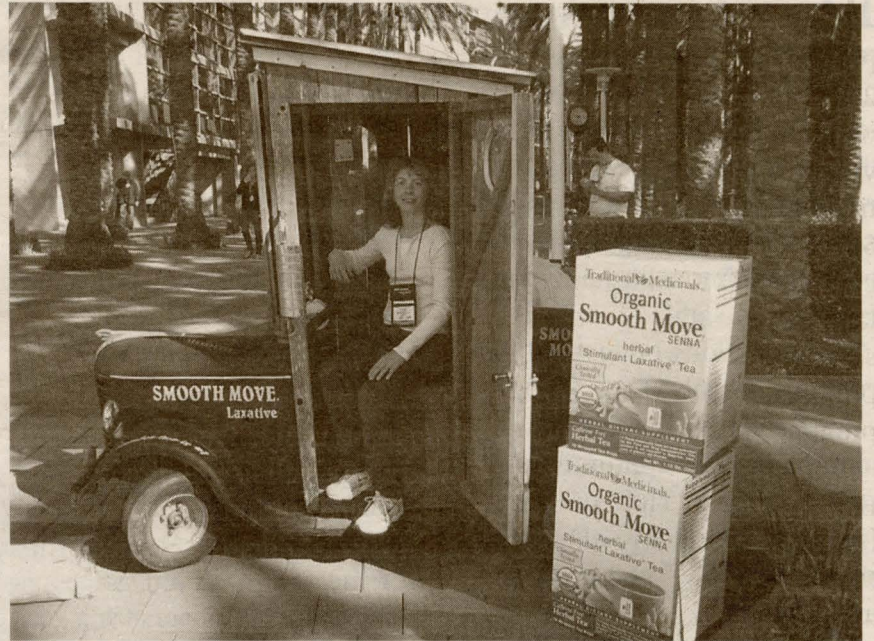
by Joan McDougall, Co-op Grocery Manager, grocerymgr@moscowfood.coop, Peg Kingery, Co-op Chill/Frozen Buyer, chill@moscowfood.coop, Amy Lucker, Co-op Wellness Manager, haba@moscowfood.coop, Melinda Schab, Co-op Supplements Buyer, suppsbuyer@moscowfood.coop

Natural Products Expo West is the premier trade show for the natural, organic, and healthy products industry, attended by industry professionals across the globe. And we were there! Each year, the Co-op sends staff to scour the show and identify current bestsellers and the trends of tomorrow. Four of us traveled to the show this year, the 29th year for the Expo: Joan and Peg from the grocery department and Amy and Melinda from the wellness department. As always, it was exhausting and productive. Held in the 300,000 square foot Anaheim Convention Center, it was daunting to navigate the 1900 exhibitor booths as well as the 53,000 attendees, but with teamwork we accomplished a lot at this show.

We started our experience in the Organic Tent, the prelude to the show opening, where new vendors bring their products for sampling and feedback. On Friday the show floor opened and our two grocery folks went to explore the food aisles while the two wellness folks visited

the body care, supplements, and mercantile booths. Before Joan was even inside the door she had eaten two yogurts and consumed a guava-coconut water. Yummy! New drinks, many containing superfruits such as acai and goji; a frozen dessert made from hemp milk; refrigerated biscuit and scone dough; and delicious vegan cheese were exciting finds. We are eager to bring in these and other new products debuted at the show, but many won't be available until later in the year. The Wellness department discovered new jewelry, candles, clothing, body care products, and exciting new supplements. We also had the opportunity to hear about the latest health and wellness research.

Besides sampling products and making and renewing vendor relationships, we had the option of attending a plethora of educational seminars. We went together to hear Vandana Shiva, physicist, environmental activist and author. She spoke of the wisdom of traditional practices; she champions people taking



Peg Kingery, Co-op chill buyer, at the Traditional Medicinals "Smooth Move" dump truck at the Expo convention in Anaheim

their power back from large corporations. She recounted her experience of the Indian people practicing satyagraha, the philosophy of nonviolent resistance developed by Mahatma Gandhi, in response to an unjust governmental law that was rescinded as a result of their protest. She expects to realize in her lifetime an era when the likes of Monsanto will no longer control the world's food supplies.

Sunday we left the red azaleas and sunshine of Anaheim, and flew back home to snow and cold. As we return to our desks, we begin the process of following up on the connections we made at the show. Our goal is always to offer our customers the best products at the best prices.

April Cooking Series Continued

by Jennifer Whitney, Series Director

By the time this article comes out, our bread making classes will be fully risen and nearly golden brown, so if you missed out on those, don't miss our next two classes: South Indian and Moroccan Cuisines on Saturday, April 11 and April 18, respectively. These classes will take place from 4-5:30 p.m. in the basement kitchen of the Unitarian Universalist Church of the Palouse, 420 E. Second Street in Moscow and leave you with the skills to add authentic recipes to your home menu.

Sri Narayanan grew up in Madras, now known as Chennai, in Southern India. She has lived in the United States for 8 years and still enjoys making her daily meals from scratch. For her class, Sri invites you into her home, so to speak, to experience a typical South Indian meal not found in any Indian restaurant. We'll sample recipes using several Indian staples, like rice, chickpeas, semolina, and vegetables galore. Sri's vegetarian

lifestyle shows us how to make these staples flavorful, healthy, and delicious. We'll also learn to make a seasoned yogurt dip called *Pachadi* to balance the spicy dishes and conclude with a sweetened semolina dessert called *Rava Kesari*.

On Saturday April 18, prepare to get your hands "dirty" as Laila Kairouani guides us through the process of making Couscous, Morocco's world famous recipe. This Moroccan Friday meal is traditionally made in a tajine pot, which features a cone shaped lid that returns condensation to the base. In addition to this handy pot, the couscous is rubbed in olive oil to help keep it moist. Although we don't have the option of an open pit fire for a tajine, we will be taking turns rubbing our couscous to perfection. Afterward, we'll enjoy it with veggies and chicken and in a recipe called *Tfaya*, which is a sweet dish made with onions and raisins. Our Moroccan meal wouldn't

be complete without dates, so we'll finish off the evening with a glass of milk and some fresh dates.

Enrollment is limited to 20 participants per class and reservations are required, so sign up for any one or all four classes with any Co-op cashier. The price is \$24 per ticket, but with your member discount, you'll only pay \$21! For complete details, see the ad somewhere in this newsletter. Questions?

Contact Jennifer Whitney, series director at jenwhitney@gmail.com or 882-1942.



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Recommendations for the Co-op's Volunteer Program

by Julia Piaskowski, member of Co-op Volunteer Committee

The much awaited article on the future of the volunteer program is here! Since January 2008, a committee has been evaluating the future of the Co-op's volunteer program at the direction of the Board of Directors. Specifically, the Board tasked the committee with reviewing how labor, tax, and workers' compensation laws impact the current program and how to improve the program in general.

The committee, consisting of Board members Bill Beck and Gary Macfarlane, members Julia Piaskowski and Dena Neese, and employees Seth Magnuson and Gina Baldwin gathered and reviewed input and information from working members, management and staff, members, other food co-ops in the United States and legal counsel. After a year-long process, the committee is concluding its research and providing recommendations for the Board to consider when deciding the future of the working member program.

It was immediately clear that the working member program is immensely popular among Co-op members, staff, and work-

ing members themselves. Several members felt that a working member program is central to the Co-op's identity. One member wrote, "the volunteer program is essential to a healthy co-op. It's what makes the difference between a real member-owned cooperative and a store named 'Co-op'.... those working members are the heart and soul of our cooperative effort."

Twenty U.S. co-operatives were surveyed about their working member programs. The majority of those co-ops (14) have working member programs, although only five have in-store working members. In-store tasks include such things as helping in the kitchen, arranging produce and assisting in closing, while out-of-store tasks include tabling, newsletter writing, and serving on the board.

A review of the Fair Labor Standard Act (which established the minimum wage among other things) by an attorney concluded that because the discount received by working members is so small that individuals are not financially dependent on the Co-op. As a result, they are not

considered employees and hence not subject to the policies put forth in that act. Furthermore, working members are not subject to payroll taxes for the same reason.

It is unclear at this time if the discount received by members should be reported as taxable income, which would require the Co-op to track all working members' discounts. The last legal issue, insurance, has already been addressed. At this time, working members are covered for workplace injury by the Co-op's workers' compensation insurance policy.

We explored five different options for the working member program: (1) Continue with the current working member program; (2) Expand program; (3) Decrease program to only allow out-of-store working members; (4) Change the program so that working members do not work at or for the Co-op and instead work with other non-profit entities in the community; and (5) End the program. We also explored different options for the benefits received including continuing the current percent-

age-based discount, an end-of-the-year patronage refund, a flat fee for volunteering, and no benefits.

The committee's recommendations are to keep the working member program running as it currently functions using in-store and out-of-store volunteers and maintaining the current percent-age-based benefit. We would like to see the program expand commensurate with the growth of the Co-op and appropriate to its needs. A working member coordinator position is proposed to manage and improve the program to the benefit of the Co-op, its staff, members and working members.

This is your opportunity as a Co-op member to give your input. Comments regarding these recommendations and your hopes for the working member program are welcome and encouraged. Please send them by April 30 to the volunteer committee at volunteers@moscowfood.coop. They responses will be gathered and shared with the board.

APRIL SUGGESTION BOX

Please fix the handicap door button.

We ordered a new switch which should be installed by publication time. —Steve, Store Manager

Can you install hooks in the restrooms to hang bags? The counter is always wet.

Karen

Done. —Steve

We love Co-op custom salad mix! Donna
Thank you~ we create it ourselves from several mixes of different bulk greens that we buy. It makes for a much more interesting salad! —Scott, Produce Manager

Thank you for the Organic Girl salad mixes - delicious! I like them better than the brand you carried before. Cheyenne

Glad to hear the positive feedback. I'm excited about the new salads as well. —Scott

Please consider adding a convection oven in the deli seating area. I would prefer that to the microwave. Meryl

We reorganized the shelf there to make room for a toaster oven. I am a little worried about hot plates and burned food, but let's see how it goes. —Steve

Ketchup in bulk?

We have no plans for that at this time. —Joan, Grocery Manager

Could you re-paint the faded handicapped symbol in the (right) parking

space? Parker

When the weather gets better, we will obliterate the painted symbol you see. Both the handicapped spaces are now at the left set of doors. FYI, to be a legal handicapped space, the space must be clearly marked with a sign, not anything on the ground. —Steve

Please place a step stool in the wash room so that children can reach the sink.

Anne

Done. —Steve

As a Co-op member who voted for two 3rd party candidates, I did not appreciate the Co-op involving itself in partisan politics by paying for the Obama Inauguration viewing at the Kenworthy.

The Co-op doesn't involve itself in partisan politics. When the Kenworthy asked us if we would sponsor its free-to-all coverage of the presidential inauguration event, Kenna and I considered this question and decided that since the election is over and the inauguration—a very historic one—is a national event, not a partisan event that chipping in for this community event was a good idea. There were other political party-associated events elsewhere in town on inauguration day. At least one other Co-op manager agrees with you, though, that we should have avoided any appear-

ance of endorsement by staying away from it. We're sorry to have offended you and any other of our members who aren't fans of the new president. —Carol, Outreach Coordinator and Kenna, General Manager

Thank you for the "kid's" shopping cart!

It has been very popular. As you can read in the article in this issue of the newsletter, we will soon have two more children's carts thanks to our members' generosity —Kenna

Will you please consider adding a (no seed and no nut) bulk granola - I looked today and all the bulk granola had either both or one - my husband can have neither seeds or nuts and loves granola.

Diane

We have added Grizzlie's Cranberry Granola which has neither nuts nor seeds. Hoping your husband likes it. —Seth, Bulk Buyer

The expense of putting in a salad bar (about \$20,000) seems like a low priority. Couldn't it be incorporated elsewhere in the Deli?

We planned for a salad bar when we moved into this building three years ago. Many of our members are looking forward to having fresh, organic salad fixings and

Continued on the next page...



CO-OPERATIONS

APRIL SUGGESTION BOX

...Continued from previous page.

a wider variety of soups available with no packaging. The money comes from member investments and profits from past years, which we reinvest in the Co-op. In balance, the salad bar is a good investment that appeals to many, but not all members and customers. —Steve

The Co-op should only sell non-food items that are made in the U.S., Canada and maybe Mexico.

Currently world commerce operates according to a global economic model and Moscow Food Co-op is included in that paradigm. It has been that way since beads were traded between cultures eons ago. We strive to source good products locally but that is not always possible, many factors must be considered. Location is not the first priority for every product decision. Perhaps this will change, but currently it is not feasible to operate by that standard. —Joan, Grocery Manager

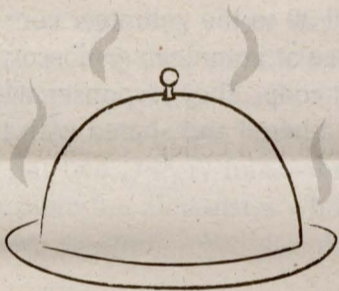
It seems that your "no-stacked dis-

counts" on case purchases and on Member Appreciation Day punishes those who are contributing the most to the Co-op. Why not give a 5% discount to all, including member-workers and staff. I also notice that rank and file staff are getting more and more disaffected. I'd like to see the Co-op stay true to its roots as an organization based on ideals, not just the bottom line.

For employees, one of their benefits is an 18 percent discount for most in-store purchases. For member-workers, an important "thank you" for their time is a discount, usually 18 percent, off most in-store purchases. Those discounts are substantial benefits to people who do contribute a lot to the Co-op. Our assessment is that an 18 percent discount is generous while 28 percent in combined discounts is excessive (often below wholesale). I respect that you may have a different opinion. —Kenna

In the just-completed employee survey (all employees participated), 85 percent said "I would recommend the Co-op as a

good place to work." About 11 percent had no opinion. Three employees (3.5 percent) "Disagreed" and would not recommend the Co-op as a good place to work. The Co-op is not be a perfect place to work (is there one?), but nearly all of our employees think it is a pretty good place to work. —Steve



What's Cookin'!

Spring 2009 Cooking Classes

Bread Making Basics

Featured Recipes: Rustic, Salted French Kaiser Rolls and Pretzel Bread

There's nothing like bread fresh from the oven, but there's more to the desired loaf than meets the eye. Learn how to manage and adapt the key elements necessary to making fantastic breads in this introductory bread making class. We'll cover how ingredients interact with one another, necessary dough temperatures, cultivation of the yeast, and techniques that develop the bread's gluten network. Finally, we'll discuss tricks for baking, like scoring and steam, that ensure fully risen, thoroughly cooked, but moist, golden brown breads. Using touch and sight, you too, can develop your own intuition and style for making tasty breads in your own kitchen.

Instructor: Hunt Paddison is a long time recreational baker working as the Co-op's bread bakery manager. He finds yeast a marvelous little creature and is fascinated by the science, math and raw intuition required to make great bread—qualities that have driven him to pursue baking as a career at this juncture in his life. He is a native of New Orleans, Louisiana.

Date: Wednesday, April 1st

Time: 5:30 pm-7pm

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

Cost: \$24; register w/ any Co-op cashier

Artisan Bread Making

Featured Recipes: Whole Wheat Levain, Toasted Cranberry Pecan and Epi Baguettes

Build on your basic bread making skills in this exploratory and delicious artisan breads class. After sampling a whole wheat sourdough stuffed with a variety of nuts and grains, we'll learn about maintaining and using sourdough builds and starters, like Pate Fermente and Poolish, which give the bread a richer flavor. We'll cover adapting recipes for inspired ingredient additions and variations on standard loaves. Finally, we'll let our creativity flourish when molding our Epi Baguettes into decorative wheat stocks using specialty shaping techniques.

Instructor: Hunt Paddison

Date: Wednesday, April 8th

Time: 5:30 pm-7pm

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

Cost: \$24; register w/ any Co-op cashier

South Indian Cuisine

Featured Recipes: Bisibelabath (rice w/ vegetables), Pachadi (spiced yogurt), Poriyal (steamed seasonal vegetables), Vadai (fried chickpea patties) & Rava Kesari (semolina sweet dish)

Sample the flavors of a typical South Indian home in this hands-on class using recipes not necessarily available in your average Indian restaurant. We'll start with Bisibelabath, a classic rice dish with lots of Indian spices and veggies served with a yogurt-based side dish, Pachadi. Next we'll steam our Poriyal, made with the Co-op's freshest seasonal vegetables, and learn to grind our soaked chickpeas and form them for our fried Vadai patties. We'll finish our South Indian experience with a traditional semolina-based sweet dish.

Instructor: Srividya "Sri" Narayanan grew up in Chennai (formerly Madras) in Southern India, but has lived in the U.S. for the last 8 years. She currently works in the School of Molecular Biosciences at WSU. As an ardent vegetarian, she likes to cook her everyday meals and adapt other ethnic foods to her vegetarian lifestyle. She looks forward to sharing the authentic, home-cooked specialties of Southern India with you.

Date: Saturday, April 11th

Time: 4pm-5:30pm

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

Cost: \$24; register w/ any Co-op cashier

Moroccan Cuisine

Featured Recipes: Moroccan Tea, Couscous, Tfaya (sweet couscous), Dates

Join Laila as she opens a window into Morocco's Friday meal preparations. As their religious day, Friday is spent in the kitchen preparing their world-famous Couscous after Mosque. While enjoying a simple, but flavorful Moroccan tea, we'll steam our couscous over boiling chicken and vegetables. We'll take turns keeping the couscous moist in the traditional way—by rubbing it with olive oil! After it's fully steamed, we'll learn a second dish with onions and raisins for this versatile grain. According to custom, we'll conclude the meal with dates and milk.

Instructor: Laila Kairouani is an international student from Morocco currently attending the University of Idaho in the college of Letters Arts & Social Sciences. She is excited to share her country's cuisine with our community.

Date: Saturday, April 18th

Time: 4:00 pm-5:30pm

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

Cost: \$24; register w/ any Co-op cashier



Volunteer Profile: Linda Canary

by Todd J. Broadman, Newsletter Volunteer

For the last three years, Linda Canary has volunteered in the bakery, yet her Co-op roots go back to 1989. "I did these large paintings on 4-foot by 8-foot plywood boards," she explained to me one late afternoon in the Co-op's Café. She described for me how she saw a need to fill the blank space with art, talked with the manager, and began painting vegetables. In fact, a good part of our conversation centered on art and its importance in her life.

When Linda and her husband Jim Gale came to Moscow in that same year, the initial intent was for Linda to renew her teaching certificate, but they ended up staying. As she related the events, her openness and self-assuredness came through clearly. "There was a Micro Theater in Moscow at that time. The people were so friendly and the weather was better than where we were living in McCall." Another lure she emphasized was the Co-op. Their three children: Dakota, Finn, and Ree had already been



Linda taught art at Moscow's Jr. High and High School. As well, both Linda and Jim have contributed works of art to Moscow.

born, and so Moscow also became the place where the kids

were raised.

Art, as she clarified, eventually took a backseat to parenting. Like others I've interviewed, Linda was quick to underscore what a good place Moscow is to raise children. "There were lots of second-families that we trusted, where our kids could have dinner and spend the night."

I was curious as to how Linda and Jim made ends meet as artists. I'm spending more time in my own artistic pursuits and foresee the economic tradeoffs. "We transitioned from selling art to teaching," Linda candidly described, and then added, "I started this summer art camp for kids through UI's enrichment program. The camp is now in its eighteenth year. They love it." She said that one of the side benefits is having parents tell her, years later, how they con-

tinue to cherish a fairy-house or a painting made by their child at the camp.

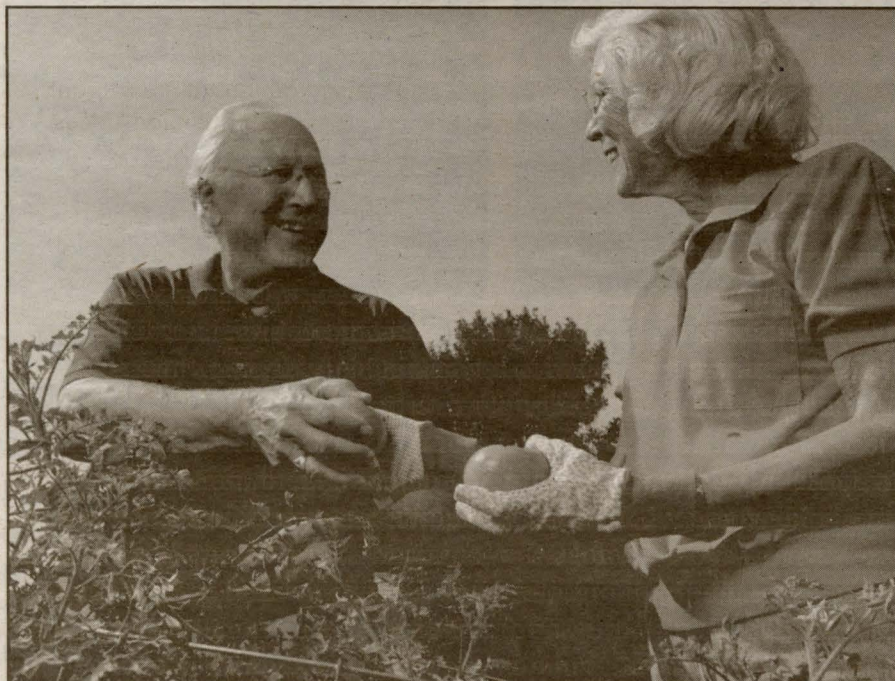
"I like seeing kids get that spark, providing encouragement, and helping them find their strength." Linda taught art at Moscow's Jr. High and High School. As well, both Linda and Jim have contributed works of art and art projects to Moscow. I asked Linda if she had a favorite. "If you go to Russell Elementary, you'll see a large bas-relief in the main entrance. The kids literally stepped on the clay to stretch it out. It was so worthwhile." With some regret she mentioned a jungle scene mural at McDonald's that was painted over.

Linda's father was an aerospace engineer and the family followed him around the country with each new military project. She more or less settled in Wisconsin, completing high school in Milwaukee and college in Madison with a degree in English and Italian Literature.

The real passion for art was ignited in a college ceramics class. That same passion brought her to Sun Valley, Idaho for a ceramics workshop in 1976.

"While in Sun Valley, I was living in a teepee. As a matter of fact, I still have it!" She then shared how she met Jim at a National Clay Conference in Michigan in 1980. I soaked up the vividness of the conversation, the narrative of Linda's life. Inspiring material for all of us.

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

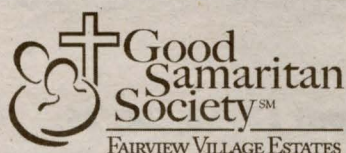


This message is for seniors who want to get more out of life.

Join us for our Senior Living Open House!

Saturday, April 11 from 11 a.m. – 6 p.m.

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CO-OPERATIONS

Spring bike tips from some of Moscow's finest bike mechanics

gathered by the Bicycle Brothers



Brian: "Be visible!"



Chase: "Buy a new bike."



Kyle: "Check your brake pads."



Jed: "Keep your chain lubed."



Clay: "Make sure your tires are properly inflated."




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Omni Graceticich 2009



Comments from shoppers and employees who ride their bikes to the Co-op

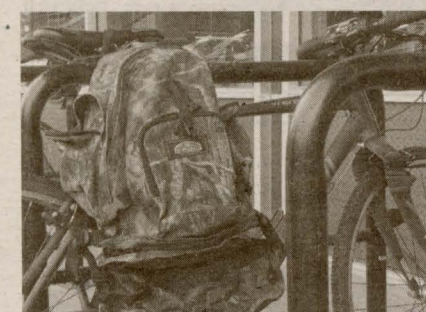
gathered by the Bicycle Brothers



Matt: What makes you ride to the Co-op? *"I haven't driven a car since 1988. Too many cars on the road and I was mad about the Exxon Valdez spill so I gave it up. I'm not supporting that!"*



Brad: We always see you on your bike. How many thousands of miles do you ride each year? *"No, not very much. I live downtown so just lots of little trips. And I do bigger rides on the weekends."*



Geoff: What do you like best about riding to the Co-op? *"I Love that Moscow makes it so easy to be a cyclist, lots of town aren't like that."*



Autumn: What's best part about riding to the Co-op? *"Staying connected to nature along the way. And it's so easy."*



Diana: What's the best part about riding to the Co-op? *"It's faster and easier than driving a car. I've only driven to work a few times in years I have worked here and last time I got a parking ticket!"*



Jeremy and Tiffany: What makes you ride your bikes to the Co-op? *"Moscow's small enough that you don't need a car. In fact we don't own a motor vehicle, we live local!"*



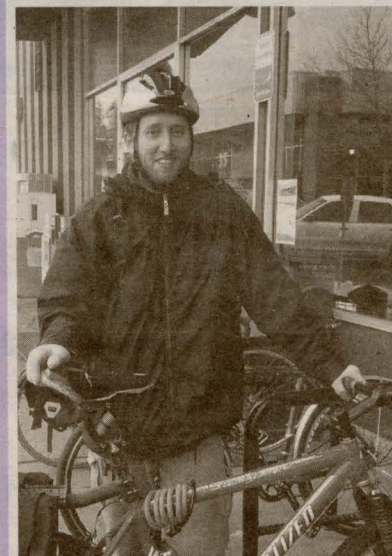
Elise: Dedicated Co-op employee bike commuter



Jessica: Why do you ride your bike to the Co-op? *"It definitely makes me a cooler person."*



Eric: Whats the best part about riding in Moscow? *"Its so easy. There's bike paths!"*
So you're not from around here...? *"I'm from southern Idaho where people try to hit you if you're on a bike."*



Jason: Why do you ride your bike to the Co-op? *"It's easy and inexpensive."*



Victoria: Victoria wins the contest for the best equipped bicycle for hauling groceries!



Leeanne and Oscar (in the trailer): You guys ride a lot? *"We have one family car so we all take turns riding and driving. We do a lot of walking too!"*



Emi: Why do you ride your bike to the Co-op all the way from Pullman when so many others drive? *"It's better for the environment. And that's the truth!"*



Staff Profile: Marie Sita

by Amy Newsome, Newsletter Volunteer

With this newsletter's "bicycle" theme, I couldn't have found a more perfect person to interview. For Marie Sita forgoing cars altogether in favor of bikes is a family tradition. Like her mother, Holli Cooper, Marie has never had a driver's license and instead rides a bike, walks or uses public transportation. Marie rides her bike every day to her job as Deli Service Manager, a position she's held for about eight months. She was previously a server, a lead server, and a grocery buyer. Soon after moving to Moscow from Sequim, Washington in 2005, Marie saw a help wanted sign on the Co-op's door, so she applied.

"The Co-op is such a wonderful community. With being new to the area, I was able to make friends so quickly through working at the Co-op."

One of the people she first met at the Co-op was a cook, Christian. They started dating and later had a child together. They now share equal time with their 2 1/2-year-old son, Odin Cian. I had to ask about the origin of his unique name.

"Christian and I had several names in mind before he was born, but we wanted to wait and meet him before we decided."

When Odin was born, he would keep only one eye open at a time, so his name became an obvious choice for them.



For Marie Sita forgoing cars altogether in favor of bikes is a family tradition. Marie has never had a driver's license and instead rides a bike, walks or uses public transportation.

"According to Norse mythology, Odin gave one eye in order to drink from the well of wisdom and 'Cian' is Celtic for wisdom."

Marie's mom and her two sisters also live in Moscow. Her sister, Renee, provides childcare

for Odin about 20 hours a week. From working at Lena Whitmore Elementary School, I know Marie's youngest sister, Allie, who looks just like a miniature version of Marie. Marie was actually born in Moscow, but her family moved to Sequim when she was 6 years old. Later to return when she was 21.

"Moving back to Moscow was 'coming home' for my mom. My grandpa was in the Army, so growing up my mom's family moved a lot. Moscow was the first place they ever stayed."

Both Marie's grandfathers taught at the University of Idaho. Marie's dad, Roger, lives in Kent, Washington and bought Marie her current bicycle from Paradise Creek

Bike Shop as a Christmas/birthday present a couple years ago. She has a trailer that she uses to cart Odin around, just like how she was towed around by her mother. Marie's mom's boyfriend, Bruce, works at B&L Bicycles in Pullman and keeps Marie's bike running in tip-top shape.

I asked Marie what it was like growing up in Sequim. She attended ballet school for ten years and considered going professional at one point. She managed a lavender farm for one year in Sequim before moving to Moscow which sparked an interest in farming.

"When Odin is a bit older, I would like to attend University of Idaho and continue studying dance and plants or agriculture."

For the past year and a half, Marie has been house-sharing with a couple other Co-op employees, Pam and Heidi. This arrangement is providing a wonderful, warm home environment for them all.

Marie still dances four times a week at Spectrum Dance studio; taking ballet, modern and ecstatic dance. She also helps studio owner, Shelly, with the choreography for performances.

As all of us parents know, what keeps our kids busy also keeps us busy. It should be no surprise that one of Odin's favorite activities is riding his tricycle along the sidewalks at his grandma's house. He is also taking dance at Spectrum and attends a home schooling group offered by Co-op employee, Sequoia. Marie and Christian both hope to continue home schooling Odin throughout his school years.

After our interview, I spoke to cashier Carolyn, my last month's subject, and mentioned that I had just interviewed Marie. She said, "Marie is so great, she is smiling all the time." It's true; Marie smiled and laughed throughout the entire interview. Marie really exemplifies so much of why we all find ourselves returning to the Co-op time and time again.

Amy Newsome still fondly remembers the aptly named "Free Spirit" ten-speed bicycle that gave her such a feeling of liberty and freedom on the streets of Anderson, California.



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Persuading Anne	April 1
<i>Moscow Food Co-op Good Food Film Series:</i>	
Beyond Organic & My Father's Garden	April 2
Kenworthy Film Festival	April 3-5
Coraline (PG)	April 10-12
<i>Moscow Community Theatre presents:</i>	
The Secret Garden	April 17-19 & 24-26
<i>UI American Institute of Architecture Students presents:</i>	
Focus on the Nation	April 20-21
Palouse Chamber Orchestra	April 29

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Titles and dates subject to change

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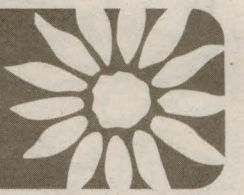
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Allergy and Gluten Free: Food Allergy Support Group

by Terri Schmidt, newsletter volunteer

When I first learned I had new allergies and gluten intolerance I was looking for information and support. I found both through the local Food Allergy and Intolerance Group. People with allergy and gluten issues gather to share stories, information, and recipes. This support group was the brain child of Raechel Medina. I recently spoke to Raechel to learn how this group came about.

Raechel told me she had been extremely ill over the course of a year. She was nauseous, had digestion issues, experienced low energy, and lost a lot of weight. She thought at first she was getting food poisoning, but she kept getting sick and began to realize that something else was going on. The doctors went through a list of things they thought it might be—a process that took months. Eventually Raechel started a food diary and saw correlations between certain foods and the symptoms. Blood tests came back negative for celiac and food allergies but Raechel was unconvinced. She started a process of eliminating foods and began to feel better. She eventually had genetic testing done that showed she was intolerant to gluten and casein and had

severe malabsorption. She found through the elimination diet that soy was also a problem for her.

Raechel's youngest son was having some physical issues, so when her tests came back positive, she decided to have her three boys tested. The tests showed they had intolerances to gluten and casein, and they also react to soy products. The kids have adapted to eating unusually. Her 9-year-old took the changes in stride, her 7-year-old at first said, "I wish I could have..." but that is fading, and her 3-year-old is just now gaining an understanding of the foods he can and can't have. When the boys go grocery shopping at the Co-op with Mom, they enjoy the challenge of finding new foods that fit their dietary restrictions—it is like a treasure hunt for them.

Continuing to be proactive, Raechel searched out and found a support group. She found the group to be helpful. However, the meeting was located in Lewiston and the distance and driving up and down the hill in winter made it difficult to attend. She thought it would be interesting to try starting a group in Moscow, and received permission from Success by 6 to use their facility for meetings. The

group has been active for a year now.

Raechel enjoys finding and sharing recipes. She said not everyone has a background of trying new food combinations and creating recipes, but she comes by it naturally because her mother made everything from scratch. She finds she can easily adapt recipes to fit restrictions. Raechel bends over backwards to find recipes to fit the needs of group members. She is also on a gluten free, casein free list serve where people share recipes with others who have multiple food issues.

If you are interested in attending the Food Allergy and Intolerance Group, meetings are held on the third Thursday at 7 p.m. at Success by 6. Members are also invited to share email addresses, which offers the beneficial option of writing others for advice or support at any time. To contact Raechel write to

MoscowFoodAllergies@gmail.com



Raechel Medina began a support group called Food Allergy and Intolerance Group.

Here are some online resources for those looking for extra support, information, and recipes: www.celiac.com, www.gluten.net, www.kidswithfoodallergies.org, www.allergysupport.org.

Terri Schmidt encourages readers to hop on their bikes and enjoy the great outdoors now that spring has sprung. To contact Terri with input for this page write allergypage@yahoo.com

Apple Muffins

by Raechel Medina

makes 24 muffins or 12 muffins and 1 8-inch cake

- 1 cup turbinado (raw) sugar
- 1/4 cup Spectrum shortening
- 1/4 cup unsweetened applesauce
- 2 eggs
- 3/4 cup cornstarch
- 1/2 cup potato starch (not flour)
- 1/2 cup brown rice flour
- 1/2 cup millet flour
- 1/4 cup ground flaxseed
- 1/2 cup hemp or other non-dairy milk
- 4 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1 teaspoon salt
- 1 teaspoon cinnamon
- 1 1/4 teaspoon xanthan gum
- 1 cup diced apple

For topping:

- 2 tablespoon turbinado sugar

Preheat oven to 350 degrees. In a medium bowl, cream sugar and shortening. Add applesauce and eggs. Mix well. Add all other ingredients, except apple, and mix until combined. Fold in apple.

Fill greased muffin tins about 2/3 full. If making muffins and a cake, pour remaining batter into an 8-inch round cake pan. Sprinkle a small amount of turbinado sugar on top of each muffin (and cake).

Bake 18-20 minutes, until toothpick inserted into center comes out clean. Top of muffins or cake should not look wet. Cool slightly and enjoy!

Buckwheat-Flaxseed Blueberry Pancakes

adapted from *Delicious Living* by Raechel Medina

makes about 12 5-inch pancakes

- 1/2 cup light buckwheat flour
- 1/2 cup ground flaxseeds
- 1/2 cup 4-flour bean mix or other GF flour
- 2 teaspoon baking powder
- 1 teaspoon baking soda
- 1/4 teaspoon xanthan gum
- 1/2 teaspoon salt
- 2 tablespoon honey
- 2 large eggs
- 2 tablespoon canola oil
- 1 1/2 cups "buttermilk" (1 1/2 Tbsp. lemon juice + hemp or other non-dairy milk to make 1 1/2 c.)
- 1 cup blueberries, fresh or frozen

Mix dry ingredients together into a medium bowl. Whisk in wet ingredients and stir until just incorporated. Gently fold in blueberries.

Heat a skillet over medium heat. Coat lightly with canola oil, then drop about 1/4 cup batter onto skillet. Cook until set around the edges, 2-3 minutes. Flip and cook another 1-2 minutes, until cooked through. Serve warm.

Veganesque: Freewheeling Family

by Caitlin Cole, Newsletter Volunteer

Three years ago on a sunny spring day, a pickup truck smashed into our family vehicle parked outside our home. We were safe upstairs when the accident occurred. I had never seen a car accident before; I was shocked at the incredible noise it caused. It sounded like the noise garbage trucks make when they dump our metal cans...multiplied by about 150. The driver—later found to be legally drunk, talking on a cell phone, and not wearing a seatbelt—hit our car

so hard he flipped his truck and then fell out of the driver's side window. Miraculously he was not seriously hurt and thankfully he had not hurt or killed anyone else, but our family vehicle was not so lucky. It was totaled. Out of a twisted wreck of metal our freewheeling family was born.

The drunk driver had insurance, or I should say his daddy did (it was his daddy's truck he was driving) but it was not nearly enough to replace our beautiful 2002 wagon, so after a family

meeting we decided we would save the pittance the insurer offered us for a rainy day and we would go sans car. We bought a beautiful, top of the line double jogging stroller at our local bike shop. Before three years of sun exposure it was bright red and we joked that it was my husband's mid-life crisis vehicle. Using free wheels has been a joy to my family. It suits our slow-lane lifestyle to roll down the street at a leisurely pace, free to observe and enjoy the beauty of the seasons while getting fresh air and exercise.

Our lifestyle is not without its challenges, however. First there is the reaction from folks, which tends to be either curiosity or horror. Then there are the logistical concerns. We can walk or bike almost everywhere we need to go around town. Sometimes we take the bus (did you know that it is FREE?!), but there are times when we need a car to get to where we are going. And that is when we are glad to have friends who lend us their car to go to Pullman, or to take us somewhere on the outskirts of town. When we go to our favorite vacation spot on the Oregon coast we rent a car, we are not fanatics! For the most part the area is very walkable and bikeable. I have three tips for those



of you who are yearning to make earth friendly changes by leaving your vehicle home more often:

Pretend you are invisible. Don't assume drivers can see you, as they could be texting, talking on the phone, drunk or spacing out.

Be patient drivers who are annoyed by bikers and walkers and do not yield to you.

Pack snacks and water. See the recipe below for my favorite take-along treat.

The freewheeling lifestyle is not for everyone, but drivers can still help the earth by yielding to walkers and bikers and by giving rides to folks who don't have cars. Consider it a little act of worship.

Caitlin Cole wishes to thank all of her friends who support her lifestyle by sharing their cars!

Go-Go Granola Bars

- 3 cups rolled oats
- 3 cups crisp brown rice cereal
- 1 1/2 cups raisins or cranberry raisins
- 3/4 cups dates, pitted and diced
- 1/3 cup hot water
- 1/2 cup frozen apple juice concentrate, thawed
- 1/2 cup maple syrup
- 2 teaspoons cinnamon
- 2 tablespoons hemp seed
- 1 tablespoon vanilla
- 1 teaspoon almond extract

In a non-stick 9 x13 inch pan, bake oats at 325 degrees for 10 minutes to toast to a golden brown. Transfer oats to a large bowl, add the cereal and raisins and toss well. In a blender place the dates and water and allow to sit 5 minutes. Process for 2-3 minutes until smooth. Transfer dates to a saucepan and add apple juice concentrate, maple syrup, cinnamon and hemp seed. Bring the mixture to a boil, reduce heat and simmer for 2 minutes. Remove from heat and stir in vanilla and almond extract. Pour the date mixture over the oat mixture and toss well. Press into baking pan and bake at 325 for 30-40 minutes or until lightly browned. Bars will harden as they cool. Cut into bars after 10 minutes of cooling then transfer to a wire rack to cool completely.

Co-op Crossword Puzzle

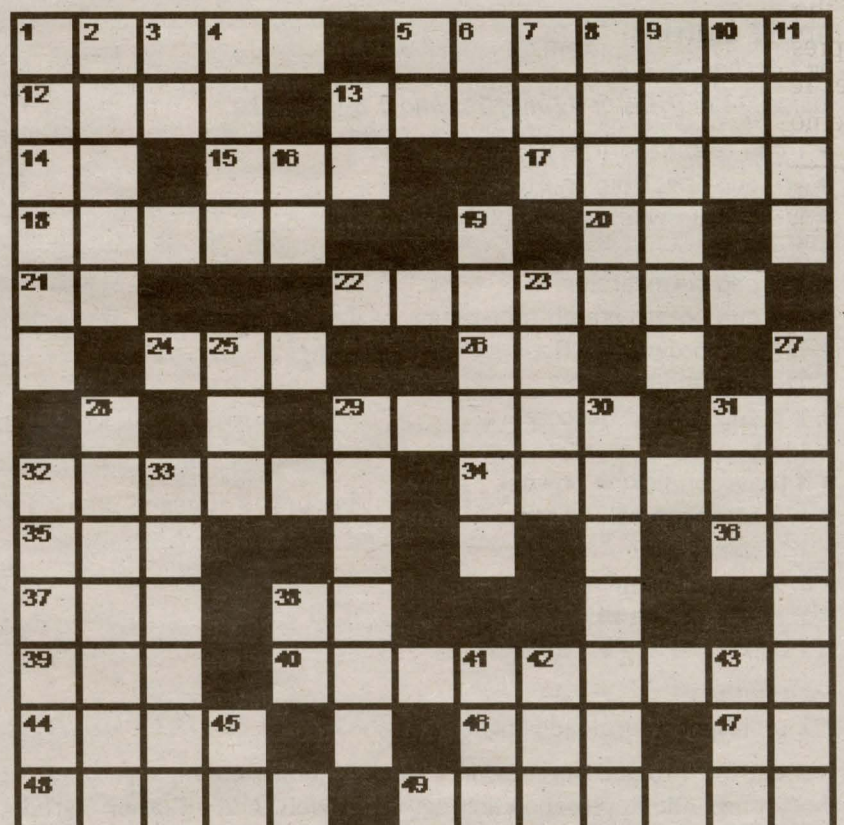
by Craig Joyner, Newsletter Volunteer

ACROSS

1. Profiled in last month's The People We Meet, 1st name, 2nd is 1 down
5. Last month's profiled volunteer, 1st name, 2nd is 32 down
12. Sea lettuce seaweed
13. One of America's greenest cities
14. Miniature metric measurement
15. Beeler's Uncured Boneless ___
17. Homeworld of Jabba the Hutt, Nal ___
18. Animal on Endangered Species Dark Chocolate bar with tangerine
20. Russian yes or lawyer abbreviated
21. Printer's measurement
22. Magical chemistry
24. Organic Eden Blend Rice & ___ Beverage
26. Laugh
29. Underplayed
31. NBC's infamous corporate parent
32. The sausage I won't eat
34. Rockefeller or cracker
35. Intel's rival
36. Major cellphone maker
37. Baseball stat
38. Affix busters

DOWN

1. See 1 across
2. Talk show host married to Portia de Rossi
3. Opiate of the masses
4. Himalayan goat
5. Alternative to MD
6. Little Rock's state, abbreviation
7. To the ___ degree
8. Avoid
9. Traditional Japanese woven mat
10. Dynamite
11. New MFC cheese, Dark Canyon
13. Evening
16. 12 steps
19. March's Dime at a Time recipient, 2nd word, 1st is 29 down
23. Murky



25. Possess
27. See 49 across
28. A 'thimble' of pastry shell
29. See 19 down
30. Halfah or needle grass used to make espadrilles and rope
31. Giovanni L. A. Natural Styling
32. See 2 across

33. Bill London, for example
38. College degree
41. Electronics brand famous for the "His Master's Voice" dog
42. Needlefish or pike
43. Mischeivous
45. America to USA as Europe to ___



Omnivoria: Celebrate Spring with Yak

by Alice Swan, Newsletter Volunteer

As I write this article, the spring equinox nears. I actually saw crocus buds today, poking valiantly up through the mulch on a neighbor's garden, and I am hopeful that someday soon we will see the sun again. As the days get longer (due, in no small part, to the strange, new, earlier daylight savings) and seem to hint at warmer weather to come, buds are beginning to swell on the trees, and baby yaks are being born.

Wait, yaks? Surely I meant lambs? Those too, but yes, yaks. *Bos grunniens*, the domesticated yak that is native to the Himalayas is slowly gaining in popularity in the West, and babies, a bit larger than lambs (baby yaks weigh in at 25-35 pounds and look quite a bit like baby cows), are just as cute and fuzzy, but apparently cause yak farmers far less angst than that experienced by shepherds during lambing season.

As a child, I wanted to become a veterinarian, just as many young girls do, and I spent many hours reading and re-reading the *All Creatures Great and Small* series by James Herriot. One of the things I remember most about the books is the stories of lambing season, and how the vets were constantly being called out of bed in the middle of the night. I don't know how representative the lambing stories really are, but contrast my memories of them to a story

“The Co-op recently got a new shipment of yak burger patties from Tamarack Yak Farm in Santa, Idaho, and should soon be getting a shipment of yak sirloin steaks.”

posted on the website of the International Yak Association. A yak farmer one day found a new baby yak wandering the fields whose mother apparently had abandoned him. Yaks are so woolly that it's sometimes hard to tell when they're pregnant, and they give birth so easily that he had no idea which yak from his herd was the mother. He ended up bottle-feeding the baby for six months.

Yaks do not have a huge presence in the United States, and only in the last few decades have they been raised for meat here. Although yak meat has many similarities to bison (it is very lean, and the fat that it does have is very high in omega-3 fatty acids and Conjugated Linoleic Acids), the animals themselves are more like cows. Bison require high fences and essentially remain wild animals, while yaks can be mixed in with a herd of cows (and can even cross-breed with them) and are

Chipotle Yak Chili

- 2 tablespoons olive oil
- 6 cloves garlic
- 2 pounds ground yak
- 1 large onion
- 2 chipotle chilies in adobo sauce, chopped
- ½ teaspoon black pepper
- 1 can black beans (optional)
- 1 teaspoon salt, or to taste
- 1 28-ounce can diced tomatoes
- 1 bay leaf
- 1 teaspoon ground cumin
- 2 teaspoons dried oregano
- 3 tablespoons chopped fresh cilantro

Brown the garlic, onion, and ground yak in the olive oil. Add the rest of the ingredients except the cilantro. Simmer partially covered for about 45 minutes, stirring occasionally. Stir in the cilantro and simmer uncovered for 5 minutes. Add more salt and pepper to taste if necessary.

more pet-like; they can even be taught to come when called.

Again, like bison, yaks are very hearty animals. They adjust well to temperature extremes, and are disease resistant (and don't respond well to hormones), meaning that they are almost exclusively grass-fed. They are much more efficient food processors than cows, requiring only about one-third the amount of grass or hay that a cow needs to gain the same amount of weight.

Yaks are useful for far more than just their meat. They make excellent pack animals, they produce rich milk that is often made into butter and cheese, their undercoats can be spun into yarn that is as soft as cashmere, and their hides can be used just as cow hides are.

The Co-op recently got a new shipment of yak burger patties (found in the freezer section) from Tamarack Yak Farm in Santa, Idaho, and should soon be getting a shipment of yak sirloin steaks. Tammie Damiano, who raises the yak, was at the Co-op for Taste of the Palouse in February, and I hope many people had the opportunity to sample this truly outstanding meat. It is, as I mentioned, similar to bison, but the flavor is even richer. Tammie once described it to me as “filet mignon in a burger.”

Yak meat can be used in any way that beef or bison would be used; keeping in mind that it is very lean and therefore easily over-cooked. Like all grass-fed meat, it has such good flavor that it hardly needs any seasoning other than a little salt and pepper (and ketchup & mustard, if you're having a burger). So celebrate spring by grilling some yak burgers or steaks, or try the following recipe that is recommended on several yak websites:

Alice hopes that meteorological spring follows closely behind lunar spring.



BikeFest



COME SHARE IN THESE FUN AND FREE EVENTS

Saturday, April 18, at the Co-op

9 am: Pancake Breakfast, fundraiser sponsored by the Latah Trail. On the Co-op patio.

10 am – noon: Bicycle Booty Hunt. Pick up your treasure map at the Co-op and gather your treasure at local businesses, then return to the Co-op for your final bit of booty, some free lunch!

10 am – 2 pm: Bicycle Swap and Sell, and free bicycle tune-ups, offered by Paradise Creek Bicycles and Follett

Mountain Sports. In the alley beside the Co-op parking lot. Get rid of your old bike, and find a new one! Or donate your old bike to the Village Bicycle Project. Perfect for kids' and adults' bikes alike.

Noon: Ribbon-Cutting for the Co-op's new bike racks on the east side of the parking lot. Join us for free cake and music from the Moscow Volunteer Peace Band.



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Into the Cupboard: Tally Me Banana

by Ivy Dickinson and Ken Clark, Newsletter Volunteers

Finally, spring has come to the Palouse. Although snow still covers the ground in many areas, and the grass is still a burnt, lifeless yellow, winter's grip is now visibly loosening on the landscape. The first day of spring is a psychological benchmark; a time to start putting away the heavy winter coats and to dig those bicycles out of hibernation.

For me, the first few bike rides of the year are physically taxing but mentally invigorating. But after those initial rides, the body catches up with the mind, and I'm ready to embark on a more extended journey. Idaho has some excellent trails to explore. In addition to the many greenway-type trails that can be found in and around local communities, the Rails-to-Trails program has created many miles of trail in northern Idaho, where bicyclists can enjoy a quiet, car-free experience.

Pack up a picnic lunch, or just a quick snack to eat along the way, and you have the makings of a great spring day.

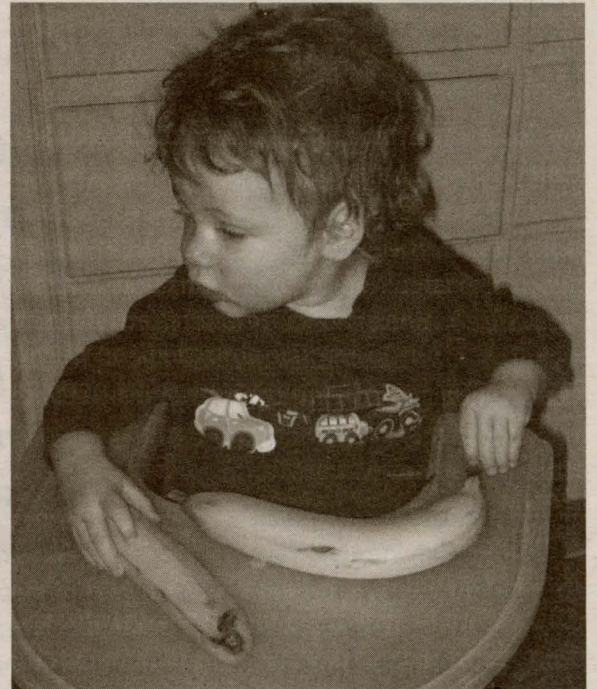
One of the easiest and most versatile foods one can use to prepare that lunch or snack is the ubiquitous banana. A single banana has less water, 50 percent more food energy, four times the protein, half the fat, twice the carbohydrate, almost three times the phosphorus, five times the Vitamin C and iron and at least twice the other vitamins and minerals as a single apple. They are an excellent source of potassium and carbohydrates, and because of their natural sugars—sucrose, fructose, and glucose—a banana gives an instant, sustained and substantial boost of energy. Research has shown that just two bananas provide enough energy for a strenuous 90-minute workout.

Originally from the fertile coastal soils of Asia and India, and named after the Arabic word for finger, bananas are the world's largest fruit crop and the fourth-largest product grown overall, after wheat, rice, and corn. You may be surprised to learn that the banana tree isn't a tree at all. It's actually the world's largest herb, of the same family as lilies, orchids, and palms. The fruit itself is really a giant berry. There are over

five hundred varieties of banana found worldwide, including dozens of wild varieties, many no bigger than your pinky, although most of us eat just a single kind of banana, called the Cavendish.

There are hundreds of ways to incorporate bananas in dishes, and the results are always delicious. Broiled, baked, sautéed, roasted, fried, dried (banana slugs from the co-op are a favorite) or just eaten raw, this versatile food should be a staple in your diet. So, with brevity and biking in mind, I'll give you a recipe for a great banana bread to fuel up before your ride, and some delicious banana muffins to take along with you.

This recipe is the best I've found for a simple, whole wheat banana bread. It uses up quite a few overripe bananas and is also a great recipe to enlist the



Ivy's son Miles playing "king of the bananas."

help of any youngsters you have running around the house; their contribution will make the bread taste that much sweeter when they finally get to taste it. Make sure to use ripe bananas, but not squishy half-fermented ones.

Sources:

Robertson, Laurel. *The Laurel's Kitchen Bread Book: a guide to whole-grain breadmaking*. 1984. Random House Publishing. New York, NY

<http://www.epicurious.com/recipes/food/views/Wheat-Germ-and-Banana-Muffins-843>

Ivy and Ken had a great time working together on this month's article, so we hop you like it. If you'd like to let us know where your favorite spots for a good bike ride are, feel free to email us at ivyrose7@hotmail.com.

Banana Bread

- ▶ 1/2 cup date sugar or 1/3 cup honey
- ▶ 3 tablespoons oil or butter
- ▶ 1 teaspoon vanilla (optional)
- ▶ 1/2 teaspoon salt
- ▶ 2 cups mashed ripe bananas
- ▶ 2 tablespoons lemon juice
- ▶ 1 1/2 cups whole wheat pastry flour
- ▶ 1/2 cup whole wheat bread flour
- ▶ 2 teaspoons baking powder
- ▶ 1/2 teaspoon baking soda
- ▶ 1/2 cup chopped, toasted walnuts, pecans or filberts
- ▶ 1/2 cup chopped dates or dried apricots

Preheat oven to 350° degrees. Grease and 8 x 4 inch loaf pan.

Use a fork to beat the sweetener (sugar/honey) and fat (oil/butter), vanilla and salt. Add the banana and lemon juice. Sift the flours and leavenings together in a bowl, and then mix the wet and dry ingredients together. Next, fold in the dates and nuts, reserving about 3 tablespoons of the nuts to sprinkle on top of the loaf before baking.

Spoon into the loaf pan and bake as long as an hour and a half, until done. Depending on the ripeness of the bananas, this bread can be very sweet—sweet enough to stand in danger of burning on the outside before it is done; if possible, place the filled loaf pan inside a second pan to protect your crust.

This first recipe is a healthy, easy, and delicious banana muffin recipe that is sure to be a hit with the whole family.

Wheat Germ and Banana Muffins

- ▶ 1 1/2 cups all-purpose flour
- ▶ 3/4 cups sugar
- ▶ 1 1/2 tablespoon baking powder
- ▶ 3/4 teaspoon salt
- ▶ 3/4 cup toasted wheat germ
- ▶ 1 1/2 cups mashed ripe bananas (about 3)
- ▶ 1/2 cup milk
- ▶ 2 large eggs
- ▶ 1/3 cup vegetable oil
- ▶ 1 teaspoon vanilla extract

Preheat oven to 400° F. Line 16 muffin cups with foil muffin papers. Sift first 4 ingredients into medium bowl. Mix in wheat germ. Combine bananas, milk, eggs, oil and vanilla extract in large bowl and whisk to blend. Mix in dry ingredients. Spoon batter into prepared muffin cups, dividing equally.

Bake muffins until tops are golden brown and tester inserted into center comes out clean, about 25 minutes.

brainless banshees vs. brainless barbies

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April 7th, 6:00 PM
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Whitewater Room

... finding a Feminism that calls my name

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Bestselling Authors of "Manifesta" and "Grassroots:"

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"Mama Can We Make...?": Bicycle Basket Liners

by Nancy Wilder, Newsletter Volunteer

For this special bicycle issue, and because it is—finally, joyfully—spring, I thought a perfect project for this newsletter would be making bicycle basket liners. And to make it an even better fit for our Co-op, the special addition of cloth handles on the liner turn it into a removable, reusable cloth shopping bag for your bicycle basket.

While at first this project may appear complicated, just stick with it; you'll find it is actually fairly simple once you've got all your materials assembled and then follow the instructions carefully. And while slightly labor-intensive, the end product is wonderfully unique and extremely useful. You can ride your bike to the Co-op, and if you've forgotten your cloth bag, you've already got one with you! Remember to assist young children with scissors, needles, and glue gun.

You'll need:

- ✓ 1 yard of fabric for the outside of the liner
- ✓ 1 yard of fabric for the lining of the liner
- ✓ 1/2 yard or less of a thick padding material for the bottom of the liner (optional - to keep veggies or fruits from bruising)
- ✓ 1 roll of double sided iron-on tape
- ✓ 1 roll of decorative embellishment border material
- ✓ 1 roll of ribbon
- ✓ 8 small buttons
- ✓ 1 sewing needle and roll of thread
- ✓ Hot glue gun and glue
- ✓ Bicycle basket (or any basket for that matter)

~ Now that you have your materials assembled, first step is to make a pattern. One of the easiest things to use for making a pattern is a Co-op brown paper grocery bag that has been cut and laid out flat. (Depending on the size of your bike basket, you may need to tape more sections together to get a big enough piece).

~ Place the basket in the center of the paper and trace around its bottom with a pen or pencil. This creates the pattern for the bottom of the liner.

~ To create the pattern for the sides, use a tape measure or ruler and measure the total side dimension from the inside bottom around to the outside bottom. How far you want the liner



to extend down the outside is a design option that's up to you. In our case, the side dimension was 9 inches.

~ Using that dimension, use a straight-edge to measure out and draw straight lines out from the corners of the bottom-pattern to create the flaps. Repeat this on all four sides of the bottom-square. The measurement will remain consistent on all sides.

~ Once you've finished drawing your pattern on the paper, cut it out with scissors.

~ Important: There's no need to add extra width to the measurements for a seam allowance. Since the measurements have been taken on the outside of the basket—and the liner will be on the inside—a seam allowance is automatically built into the design pattern.

~ Select two coordinating fabrics for making your liner. Brigit picked out polka dots for one

side and big ice cream cones for the other side.

~ Using your paper pattern as a guide, cut out one pattern from each fabric.

~ Pin the fabric pieces, right-sides-together, using straight pins (assist young children).

~ With the fabric pieces pinned, sew them together using a simple straight stitch, about a half inch in from the edge.

~ Sew one continuous stitch all the way around, but stop just short of the place where you began to leave a small opening.

~ Use sewing scissors to clip small slits in each of the inside corners just outside the stitching. On the outside corners, trim off the excess material. This will

help eliminate excess bulk once the liner is turned right-side-out.

~ Once you've made your clips, turn the liner inside out—using the opening you left in the seam to allow you to turn the liner right-side-out.

~ Now you can sew or top-stitch the opening closed. You may want to give the whole edge a decorative stitch all the way around.

~ Attach two ribbons—each approx. 16 inches long—to each end of the liner (for use as bag handles when shopping).

~ Attach another ribbon—cut to about 12 inches long—in each of the outside corners for use as a tie-down. Anchor each ribbon at its base by sewing a button through the ribbon and fabric.

~ Set the liner down into the basket and use the ribbons to tie the corners.

Now you're ready to roll!

Resources:

Scrap Basket Crafts: Over 50 Quick and Easy Projects to Make from Fabric Scraps

Nancy's family just needs to figure out how to safely ride bikes over Steakhouse hill into town. Oh, and it would help if we could ride really fast

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Meals Kids Might Eat: Making Yogurt!

by Judy Sobeloff, Newsletter Volunteer

When all else fails, my kids will always eat yogurt. For a while we met the demand by special-ordering cases of fruit-flavored six-ounce cups on sale, but when even this no longer satiated our ravenous yog-a-beasts, we decided to make our own.

Having written about crockpot meals twice recently, I turned first to the crockpot blog (crockpot365.blogspot.com) for a recipe. The Internet yielded yogurt recipes using other methods, such as using an official yogurt maker (and substituting glass for the plastic insert); scalding milk in a saucepan on the stove top; and warming milk overnight on low heat in the oven. But reading the fierce debates online about the merits and pitfalls of these other methods only drove me further into the arms of my beloved crockpot.

We made yogurt four times in our crockpot this month, and only the last time did the gallon of yogurt last more than one day. Although what the kids really enjoyed was the honey we stirred in, I'm pretty sure they liked the yogurt too.

Yogurt made in the crockpot is not as thick and firm as store-bought yogurt. No one complained about this, but to thicken it up we added nonfat milk powder to the mixture the last two times, which definitely helped. For those who prefer a lower fat content, 2 percent milk with non-fat milk powder seemed to work just as well as whole

milk. The adventuresome might also try rice milk with rice yogurt starter, but rice yogurt now needs to be special-ordered.

Making yogurt has a few time-dependent steps. For us it worked best to start around the time school gets out: if attention is given around 3 p.m., 5:30 p.m., and 8:30 p.m., then the yogurt should be warm and ready for breakfast in the morning. Twice, our yogurt was still sloshing around in an unanticipated milk-like fashion, so we turned the heat on low for another ten minutes and repeated most of the waiting process—and had yogurt for lunch or dinner.

Apart from the honey, what our kids liked about the homemade yogurt was “the cream, the bubbles, and the fruit.” According to the younger child, “These are bubbles that won't pop, even with my teeth!”

Our kids brought homemade yogurt for lunch at school in reusable plastic containers, while a friend's children bring yogurt in small glass canning jars. By this point, I was wondering whether we might be better off just adding fruit to the Co-op's plain yogurt, but the kids were such fans of the homemade yogurt they were reluctant even to taste the Co-op's plain. “I know ours will be way better, because it's fresh,” the five-year-old said. Both called even the



Left: Yogurt-powered pedaling. Right: Fresh yogurt: Dishing it out.



Nancy's honey-sweetened variety “too sour,” though I'm sure they'd come around if we boosted the honey.

A gallon of Organic Valley milk, \$7.25 this month, makes 2 batches of yogurt. Even when adding in the not-insubstantial costs of the fruit, starter, electricity, and honey, \$7.25 for 128 ounces of milk is a better deal than 21 6-oz cups at \$.85 or \$.99 each, or approximately \$10 for two half-gallons of the Co-op's (Nancy's) non-organic plain.

So, what's the difference between organic milk vs. non-organic milk from cows not injected with recombinant bovine growth hormone (rBGH), used by most of the Nancy's jumbo tubs?

Carol Spurling, Co-op membership coordinator, referred me to Anne Mendelson, author of “Milk: The Surprising Story of Milk Through the Ages”, who explained via email that to be

labeled organic, “milk has to come from cows fed only on organically raised feed,” besides not being injected with rBGH. However, due to vague language and variable standards, “you have absolutely no assurance that the cows are really better fed from a cow point of view, or better treated from a humane point of view than the cows in the worst ‘conventional’ agribusiness herds.” And consequently, there may be no discernable difference in taste.

Much as I love yogurt, I don't drink milk, so I relied on Carol's good word that she notices a definite difference in taste and “mouth feel” between the Co-op's milk and conventional non-organic milk.

Judy Sobeloff ate more yogurt and bicycled more this winter, though this may be a coincidence.

Yogurt

adapted from crockpot365.blogspot.com

- ✓ 8 cups (half-gallon) of whole milk (NOT ultra-pasteurized)
- ✓ 1/2 cup natural live/active culture plain yogurt for starter
- ✓ Optional: 1/2 cup instant non-fat milk powder
- ✓ thick bath towel
- ✓ frozen/fresh fruit
- ✓ honey, if desired

1. Plug in crockpot (4 or 6 quart size) and turn to low. Add an entire half-gallon of milk. Cover and cook on low for 2-1/2 hours.
2. Unplug crockpot. Leave the cover on, and let sit for 3 hours.
3. Scoop out 2 cups of the warmish milk and put it in a bowl. Whisk in 1/2 cup of live/active culture yogurt. Then dump the bowl contents back into the crockpot. Stir to combine. Add OPTIONAL instant non-fat milk powder (for extra thickness) and mix well.
4. Put the lid back on crockpot. Keep it unplugged, and wrap a heavy bath towel all the way around the crock (not covering lid) for insulation.
5. Go to bed, or let it sit for 8 or so hours.
6. Voilà! Add optional honey and fruit and stir in. Store in sealed container in the refrigerator for up to 7-10 days. NOTE: To maximize thickness, it may help to mix in fruit before eating rather than in advance. For extra-thick Greek-style yogurt, try lining a colander with a coffee filter, and let the liquid drain through.



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Pathways to Paradise

by Karin Clifford, task force volunteer

What's 4.6 miles long, is in harmony with nature, grows longer every year, and has something to offer walkers, runners, and cyclists? It's Moscow's Paradise Path! The path provides tree-lined connections to Chipman Trail, Latah Trail, University of Idaho campus and city parks: Ghormley, Berman Creekside, Mountain View and Hordemann Pond/Kiwanis.

An offshoot of Moscow Parks and Recreation Commission, the Paradise Path Task Force (PPTF) was formed in 1994 to develop a linear park system for Moscow. City officials realized the initial task needed to keep going and growing. PPTF keeps working, slowly but steadily, extending the path that will eventually provide a safe route through every Moscow neighborhood.

Paradise Path Task Force is a symbol of Moscow's community commitment to interconnect neighborhoods and services. PPTF partners with Gritman Hospital, Moscow Police, Moscow Parks and Recreation, Latah Trail Foundation, Safe Routes to School, and Bike and

Buy Local for yearly events.

The group is a mix of light-hearted, down-to-earth people who share a vision for Moscow and provide input on decisions about everything along the path. Members occasionally get their hands dirty to plant along the trail. Without this dedicated group of people with a vision for the future, the paths would remain as they are today.

If you enjoy walking, running or riding your bike and spend any time on the Paradise Path, your sense of pride and connection to the path will be heightened by becoming part of the team that makes it happen! We meet at City Hall the second Tuesday of each month at 5 p.m. PPTF membership is not a huge time commitment, but our potential for positive impact is awesome. We'd love to have you join us.

For more information on becoming a PPTF member, contact Moscow Parks and Recreation at 883-7085.



The Creek and the Co-op: A Love Story

by Carol Spurling, Co-op Membership and Outreach Coordinator, outreach@moscowfood.coop

Once upon a time, there was a lovely, rippling creek named Paradise...and a group of Co-op volunteers who loved her...

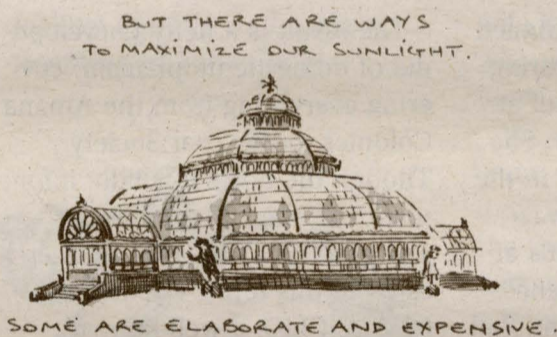
You can help make this story real by participating in the 19th Annual Paradise Creek Adopt-A-Stream Clean-Up Day, beginning at 9 a.m. on Saturday, April 25, at the Palouse-Clearwater Environmental Institute (PCEI), 1040 Rodeo Drive, Moscow. Every year, Co-op members and staff join in this important spring rite of passage, and we invite you all to join us this year.

After cleaning up our assigned stream segment, we'll meet back at PCEI for free pizza!

PCEI notes that this is a great opportunity to practice stewardship activities that will benefit the entire community through improved water quality, wildlife habitat, public safety, and beautification of the waterway.

You can let me know if you're planning to participate or just show up at 9 a.m. on Saturday, April 25, at PCEI. Dress in your grubbies and plan to have fun.

PALOUSE REPORT: Frost Free?



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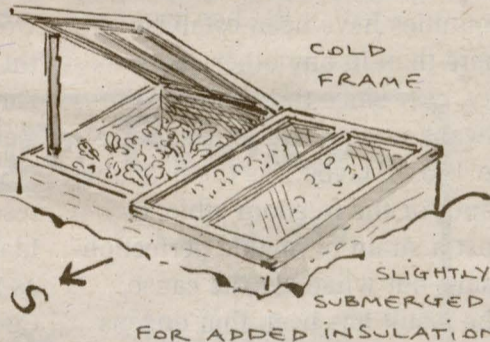
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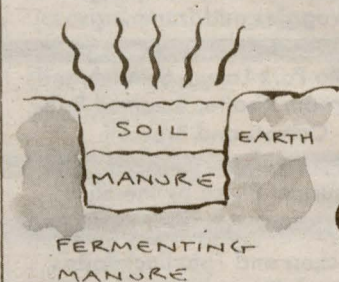
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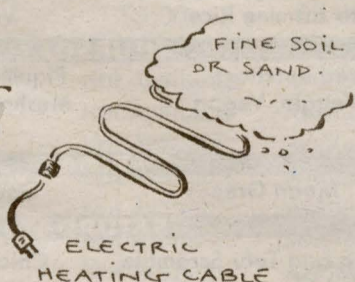
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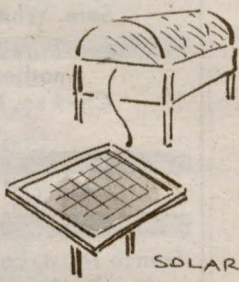
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Buy Local Moscow Welcomes Co-op's A Dime in Time

by Joan McDougall, Co-op Grocery Manager, grocerymgr@moscowfood.coop, and Co-op Buy Local Moscow representative

Many thanks to the Moscow Food Co-op for selecting Buy Local Moscow to receive the funding from the *A Dime in Time* program in April. Co-op shoppers who choose to donate their dimes this month will be supporting the eighty-six locally-owned independent businesses, including the Co-op, that have joined together to create Buy Local Moscow.

We began this non-profit organization to build awareness of the importance of locally-owned businesses in our community and we will be using the Co-op's *A Dime in Time* funding to educate more people about the role of our independent businesses in maintaining Moscow's vibrant social and cultural core.

Recent economic research confirms that locally-owned independent businesses help to build a sustainable community. Researchers have discovered that increasing sales at local businesses keeps more money circulating within the community, builds local charitable giving, and increases the number of jobs

available to local residents.

In a 2008 study of the Grand Rapids, Michigan, area of Kent County, researchers discovered that if just 10percent of the purchases made by the 600,000 local residents there shifted from corporate or franchise retailers to independent businesses that 1,614 new jobs would be created (www.civiceconomics.com/local-works).

The authors noted this "one modest change in consumer behavior: a 10 percent shift in market share from chains to locals across the retail landscape" would have a "tremendous potential economic impact." If that market shift occurred in Latah County, at one-twentieth the population of Kent County, Michigan, that could result in the creation of 80 jobs right here.

In a recent Maine study, researchers found that three times as many dollars spent in locally-owned businesses circulated within the community in comparison with dollars spent at corporate retailers (

Celebrate Moscow!

www.buylocalmoscow.com

newrules.org/retail/midcoast-study.pdf). The local businesses rely primarily on local suppliers and local services like banks, attorneys, architects, and internet providers.

On the other hand, the corporate retailers rely primarily on out-of-area suppliers and services. The professional needs of those businesses are handled by distant corporate offices, and a significant portion of the money from those retailers ends up in the pockets of corporate administrators and stockholders. Only the local payroll remained.

The same study showed that local businesses donated

between two and four times as much to local charities as corporate retailers.

Many other similar studies, as well as books and magazine articles on this topic, are available at the website of the American Independent Business Alliance (<http://amiba.net/recommended.html>).

Especially with the current global financial meltdown, we want to ensure that our families and communities are stable and protected. We all want to build and thrive in a healthy community, to create meaningful local employment, and to maintain Moscow's social and cultural vitality. Every purchase from a locally-owned independent business is a contribution to a healthy, vibrant, and sustainable future for Moscow. We again thank the Co-op for their support.

For more information about our organization and to learn how to join with us, please go to our website: www.buylocalmoscow.com.

Co-op Ad Manager is Author, Too

by Bill London, Newsletter Volunteer

Jyotsna Sreenivasan, the advertising manager for the Co-op's newsletter, has written a book about America's utopian communities. In her book, entitled *Utopias in American History*, she explains that these experimental communities are as American as apple pie.

More intentional utopian communities have been established here than in any other country, ever since the Valley of the Swans was created in Delaware in 1663. Maybe it is the available land, or the freedom ethic, or just a strain of mythic perfectionism—but whatever the cause, the result has been that dozens of functioning social experiments in communal living have been established in the United States.

Though these utopias are similar (all are groups of unrelated people living in concert and bound together by shared values), each has its own beliefs and practices. And together, these experimental efforts at establishing a heaven on earth make for fascinating study and interesting reading.

Sreenivasan was first intrigued by utopian communities during her years of graduate school at the University of Michigan. She lived for more than a year in the cooperative housing that was first established in the 1930s at that university. Her experience sparked an interest in intentional living that continued when she worked in Washington DC for the non-profit group, Co-op America, and visited the Twin Oaks Community in Virginia.

She is now an editor and researcher at the University of Idaho, in addition to her position as newsletter ad manager for the Co-op.

For this book, Sreenivasan studied the spectrum of American utopian societies. She included in-depth profiles of 40 utopian communities. Some have closed. Some continue. All are fascinating.

She also includes two dozen profiles of utopian leaders and more than 40 entries on special-related topics like the role of women, socialism, and Bible-based communism.

The result is a hefty encyclopedia of domestic utopianism, covering everything from the Amana Colonies to the Zoar Society. Though the book is solidly informational, the style is friendly and easily read by anyone interested in this topic. Published by ABC-CLIO, a well-known printer of reference books, this

text is marketed primarily to libraries and schools and is only offered in a hardbound version. However, a less expensive electronic book option is now available from the publisher (www.abc-clio.com).

The book is available at BookPeople and at the Moscow Public Library.

April Hot Specials	
Breakfast / Lunch	Dinner
SUNDAY	
Blueberry Buttermilk Pancakes, Egg and Tofu Scrambles	Meatloaf, Garlic Mashed Potatoes, Charred Green Beans
MONDAY	
Gourmet Pizza by the Slice	Spinach or Chicken and Herb Manicotti
TUESDAY	
Chicken Vindaloo, Tomato Paneer Stew, Basmati Rice	Asian Style Pork Rib Steaks, Veggie Fried Rice, Egg Drop Soup
WEDNESDAY	
Mango Coconut Stirfry, Chicken Sate, White Jasmine Rice	Chicken and Dumplings Veggies and Dumplings
THURSDAY	
Smothered Burritos: Chicken, Veggie, Vegan	Piquillo Pork Loinm, Spinach and Mushroom Risotto, Steamed Baby Carrots and Broccoli
FRIDAY	
Foldovers!, Mean Greens	Gourmet Pizza by the Slice
SATURDAY	
French Toast, Egg and Tofu Scramble Lunch: Mac and Cheese, Mean Greens, and Garlic Roasted Red Potatoes	Chicken and Tofu Enchiladas Spanish Rice



A Dime in Time

by Carol Spurling, Co-op Outreach and Membership Coordinator, outreach@moscowfood.coop

The February 2009 recipient of *A Dime in Time*, R.E.A.C.H (Retired Equine and Care Habitat) of Deary, Idaho, received \$429.70 from Co-op customers who brought their own reusable shopping bags and then generously donated their bag refunds. Not only does that save the Co-op from having to give away so many bags, it also saves on resources and keeps plastic out of the environment. Thanks everyone!

The March recipient was the

school garden at McDonald Elementary school, and this month's recipient is Buy Local Moscow. See their article (on page 26) and find out what your dimes will support in April.

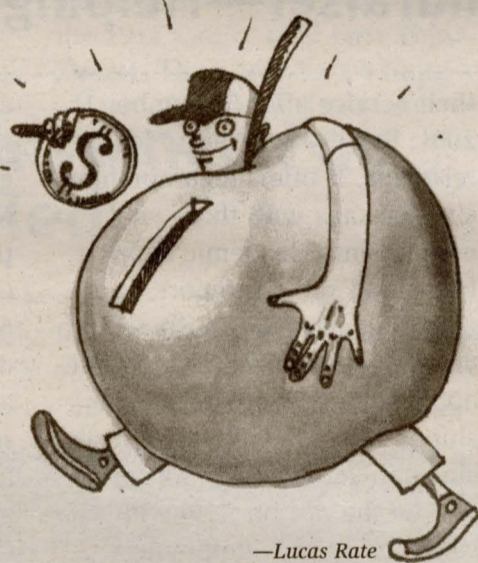
The *A Dime in Time* committee meets once a month and accepts grant applications from local groups at any time. Please contact dimeintime@moscowfood.coop for an application or download one off of our website, www.moscowfood.coop.

Price Shopper: Time for a Bike Ride and Picnic!

by Joe Pallen and Amy Richard, Newsletter Volunteers

We recently went to the mall one morning and it did not take long for us to realize it has been a long winter and ask, "What the heck are we doing inside? A bike ride and picnic sounds a lot better." Of course I wanted to save time and said, "Let's go to WinCo and get our stuff (what a mistake that was!) and then get the bikes and head to the bike trail at Chatcolet. We'll ride and have a picnic." We made our list and headed off WinCo. A potato salad was at the top of our list and we were sure disappointed to find not one bit of organic produce. They did not have any organic mayo, ketchup, and mustard or eggs either! They did carry Smart Dogs but why put a healthy hot dog on a non-organic bun? (No, they did not have any of those either). Of the items we could find WinCo did show a small saving of \$0.97, a savings not worth the trip if you

don't want to end up driving to another store to complete your organic shopping list. We were a little late getting up to the bike trail because we ended up at the Co-op to complete our shopping, but it was well worth it when after a bike trip on the trail, the picnic food was wholesome and organic. If I hadn't had the zany idea of trying to save time we could be out of town quicker making one trip to the grocery, the Moscow Food Coop!



—Lucas Rate

Item	WinCo	Co-op	Savings
Hansens Soda 6PK	\$2.81	\$3.89	
Silk Soy Milk 1/2 Gallon	\$3.79	\$3.85	
Organic Herbs	\$1.98	\$1.99	
Smart Dogs	\$3.98	\$3.95	
Celestial Seasonings Tea	\$3.00	\$3.09	
Kettle Chips Buffalo Blue 9oz	\$2.49	\$2.25	
Organic Potatoes	Not Available	Available!	
Organic Mayo	Not Available	Available!	
Organic Eggs	Not Available	Available!	
Organic Celery	Not Available	Available!	
Organic Mustard	Not Available	Available!	
Organic Hot Dog Buns	Not Available	Available!	
Organic Ketchup	Not Available	Available!	
Total for only items available	\$18.05	\$19.02	-\$0.97

Good Food Film Series Sneak Preview

by Carol Price Spurling, Co-op Membership and Outreach Coordinator, outreach@moscowfood.coop

The Good Food Film Series moves to the third Thursday of the month starting in May. Co-sponsored by the Co-op and Buy Local Moscow, the documentary "Independent America" (7 p.m., Thursday, May 21) stars Heather and Hanson—married couple and journalists—as they go on a 13,000 mile journey through the United States, guided by only two rules: they have to drive on secondary roads (no interstates) and they can only eat, shop, and sleep in independent businesses—no chains or franchises. Come along for the ride to discover if the spirit of "mom and pop" is alive and well in the USA.

June's movie is "Homegrown" (7 p.m., Thursday, June 18). We'll give you a sneak preview of that one in the May newsletter.

The March GFFS movie, "Good Food," offered an inspiring look at sustainable farming in the Pacific Northwest and introduced us to lots of passionate and idealistic farmers in the region, including Moscow's own Brad Jaeckel, manager of the WSU Organic Farm and co-owner, with his wife Kate, of Orchard Farm, and who were in the audience at the Kenworthy to enjoy the movie!

We also met in "Good Food" some of the ranchers who produce Country Natural Beef for the Co-op, and we even welcomed some of them in person, who were generous enough to make the long snowy trip from Oregon to Moscow that day to

help us celebrate the launch of our new film series.

In April, "My Father's Garden" told two compelling stories side by side; one of an organic farmer in the Dakotas and another of a man who grew oranges in Florida, using all the new agri-chemicals developed after the war. April's second film, "Beyond Organic," is a portrait of farmer/photographer Michael Ableman, the 12 acre Fairview Gardens in the Goleta Valley of California, and Ableman's struggle to protect the farm from development and hostile new neighbors.

We invite everyone to join us for films, food, inspiration, and conversation at the Kenworthy every month. Members of the Co-op and co-sponsoring organizations get in for \$4, a \$2 savings on the regular price. On the off chance you miss a film, you'll be glad to know that many of our GFFS films on DVD will be donated to the Moscow public library for their permanent collection, for your use.

The Good Food Film Series will continue through the summer and fall and into the winter—so if you have any suggestions for movies we should consider showing, send your suggestions to us. We've already got "Mad City Chickens" for July, and are working on scheduling "Broken Limbs," "The Future of Food," "King Corn," "Food Inc.," and "Dirt the Movie" for the late summer and fall.

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Celebrate Spring at the Moscow Renaissance Fair

by Marc Fleisher, Fair Publicity Director

Spring is on the way. And that means it's time for the 36th annual Moscow Renaissance Fair on Saturday and Sunday, May 2 and 3, at East City Park

in Moscow, Idaho, bringing an array of music, activities, crafts, and food for all to help shake off the chill of winter. As always, there is no admission charge for

Moscow's celebration of spring.

Throughout the weekend there are many opportunities to listen to and dance to music, eat and drink, and experience a wide variety of crafts from vendors who come from all over the Northwest.

Festivities get underway with the Introduction of the Queen and King at 10 a.m. on Saturday. There is a Maypole Dance at 1:30 p.m. Saturday and at 2:30 p.m. on Sunday, with music provided by Gefilte Trout. The costume contest, judged by the audience, is at 3 p.m. on Saturday, followed by the joyous and colorful parade around East City Park.

Music on the Main Stage, both days, ranges from folk to jazz, from bands from the Palouse, Boise, and Sandpoint. On Saturday, dance to the music of Equal Eyes from Boise, a blend of rock, reggae, funk and bluegrass. Sunday's offerings range from Celtic sword dancing to blues from Bare Wires to the experimental music of Finn Riggins from Hailey, Idaho. There is something for everyone on the Main Stage.

The Moscow Renaissance Fair is a family affair, offering many opportunities for fun for children, including face painting, a

bungee and climbing wall, crafts for kids, raptors, a juggler, as well as music on their very own stage.

When it comes time to eat and drink, you can choose from a variety of food provided by local non-profit groups. Elephant ears, hot dogs, homemade pies, yes, but also food from cuisines from all over the globe. This year there will be a wandering coffee vendor sponsored by Buy Local Moscow as well.

The Fair takes pride in its commitment to recycling. Almost all the garbage generated at the fair is recycled or composted. All plates and utensils are made of compostable content—even your straw is made from corn, not plastic.

More than 110 artisans from all over the region will be selling crafts at the Fair. Many of your favorites are returning but there are always surprises as you wander the lanes. From tie-dye to batiks, pottery to photography, and more—you are sure to find something for someone.

So mark your calendar for fun on the first weekend in May. The 36th annual Moscow Renaissance Fair will be the place to celebrate spring this year.

The 36th Annual Moscow Renaissance Fair: Main Stage

Saturday, May 2, 2009

- 10:00 Welcome Ceremony: With King & Queen introduction.
- 10:15 Brian and Katrina: Local Duo Folk.
- 10:55 Playin' Dead: Covers and Originals from a local quartet.
- 11:30 Robert Parks: Solo acoustic jazz artist.
- 12:30 Elephant Revival: A soulful, seductive quiver of songwriters and multi-instrumentalists that reign from points all across America.
- 1:30 Maypole Dance: With Gefilte Trout (by the volleyball court).
- 2:00 Jason Webley: Music that tears itself apart.
- 3:00 Costume Contest: Creative as well as traditional garb encouraged.
- 3:30 Parade: A jubilant, colorful journey around East City Park.
- 4:00 Equal Eyes: A Boise blend of rock, reggae, funk and bluegrass.
- 6:00 Shook Twins: Acoustic, new-age, modern, pop folk from Sandpoint, Idaho.
- 8:00 Taarka: an evolution of Western and Eastern Folk traditions of jazz, rock, bluegrass, old-time, gypsy, Indian and Celtic music.

Sunday, May 3, 2009

- 10:00 Tara Howe: Solo acoustic folk artist.
- 10:45 Britta von Tagen: Celtic Sword Dance
- 11:00 Elephant Revival: A soulful, seductive quiver of songwriters and multi-instrumentalists that reign from points all across America.
- 12:30 Mullan Road Band: Country meets rock and roll from the Palouse.
- 1:30 The Very Most: A five-trick pony, indie band from Boise
- 2:30 Maypole Dance: With Gefilte Trout (by the volleyball court).
- 3:00 Bare Wires: Local blues on a wire.
- 5:00 Finn Riggins: An experimental trio from Hailey, Idaho returns to their roots.

Main Stage performances are broadcast live on KUOI 89.3 FM & at www.kuoi.com.

Operation Education Scholarship Fundraiser—Helping Rebuild Lives

by Trish Gardner, event organizer

On November 4, 2006 a young Idaho native, Spc. Douglas Bridges was killed in the Iraq War. Though I hadn't seen him since he was fifteen, I had known him since his birth and could easily conjure up his face as a cheerful toddler. Doug was a gentle soul who liked to play guitar and taught his friends in his platoon to knit. On November 4, 2008 we elected Barak Obama as president, a man who was openly opposed to the war since its beginning. Since then, a question

has been burning in my mind: How do we as a nation engage in healthy debate about the war, (debate that needs to take place in order to ensure we approach future conflicts having learned from history's lessons) while still honoring those who served in the war. When I saw a brochure for Operation Education I felt it provided me with an answer.

Operation Education is a scholarship program at the University of Idaho for veterans who sustained disabling injury during

their service after September 11, 2001. Priority is given to Idaho residents. It offers a comprehensive package with three vital components: academic support, home and social support, and financial support. Assistance provided is customized to meet the applicant's needs. The scholarship is also available to spouses since, in some cases, the spouse will be the person who will be called on to provide financial support for the family.

On Sunday, April 19 area

churches and organizations will sponsor an old fashioned spaghetti feed at the 1912 Center in Moscow. Dinner begins at 5:30 p.m. and a presentation about Operation Education begins at 6:30 p.m. Suggested minimum donation is \$10 for individuals and \$25 for families. *They've served us; now let us serve them with a college education.* For more information, contact tball@turbonet.com.

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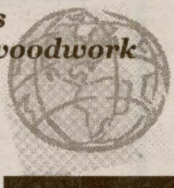
Mon-Fri 11-6, Sat 10-6
Sundays 12-5

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A welcoming congregation

Sunday Service 10:00 to 11:15 am

Coffee & Fellowship after service

Nursery & Religious Education

420 E. 2nd St., Moscow

208-882-4328

Rev. Kayle Rice, Minister
uuchurch@moscow.com
www.palouseuu.org



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Moscow CommUNITY Walk 2009 is on April 25 this Year!

by Lynn Ate, CommUNITY Walk Planning Committee

Many people have enjoyed the annual Moscow CommUNITY Walk in the past two years. The hope for 2009 is to expand participation, drawing on a broader community. If you haven't attended previously, please join us this year. If you enjoyed a previous CommUNITY Walk, bring a friend with you this time.

We will begin at noon at Friendship Square on Saturday, April 25 with music and community speakers. At 12:30 p.m., we will all walk together with music, balloons and banners to East City Park to enjoy each

other's company for an afternoon of entertainment and activities. Winners of this year's new Bookmark Contest will be awarded prizes and free copies of those Moscow CommUNITY

Walk 2009 bookmarks will be available. Everyone can join in a community meal at about 1:30 p.m. Main dishes (including vegetarian) will be catered by Patty's Kitchen, but Moscow



community members who wish to contribute can also bring a side dish, fruits, vegetables or dessert. If people want to drop off food or park their cars at East City Park, there will be a shuttle running

between the Park and Friendship Square between 11:30 a.m. and 12:30 p.m. and later in the afternoon. If you are not walking, why not join us at the park or take the shuttle! There will be

children's activities throughout the afternoon, and local bands will play until approximately 3 p.m. All events are free and open to the public.

Our only agenda is unity; the theme, "Walking on Common Ground" in friendship and acceptance of each other, regardless of our differences, to celebrate our shared lives as Moscow neighbors. The Moscow CommUNITY Walk planning committee encourages everyone to join the "walk on common ground" on April 25.

Help Your Family "Go Green" This Earth Week

by Elizabeth Schulz, PCEI Education Program Manager

A green lifestyle means many things to many people, and living a simple green life can become complex when you have little ones to take care of too. Ensuring that your children have a safe and toxin-free home with environmentally friendly routines can be overwhelming with all of the endless media coverage and advice.

The Palouse-Clearwater Environmental Institute (PCEI) invites the community for a gathering to learn how to create a healthier home and family with green practices and approaches. Using your resources wisely will

not only reduce your footprint but will also save you money! Pick up tips and practical advice on how to rid your home of harmful toxins. Explore how a fresh and local diet will nourish your family and support your community. Rethink how you consume and how you waste. Discover how to root your family into the local environment and help them to discover a sense of wonder for the world around them.

Join us on Monday, April 20 at 7 p.m. in the Great Room of the 1912 Center (412 East Third Street). There will be a 45-min-

ute presentation followed by a short period of general discussion. Resources for more information and local action will be available. Bring the kids—child-care will be provided! This event is free and open to the public, but donations are appreciated.

Contact PCEI at 882-1444 for more information.

Elizabeth Schulz loves teaching children about the environment and spends her free time playing in the snow and dreaming about summer.

Moscow Renaissance Fair Poster Unveiled

photos by David Hall

The poster for the 36th annual Moscow Renaissance Fair was shown publicly for the first time at the Co-op on March 27. At the reception, all the 36 posters from RenFair history were displayed as well.



Moscow Community Theatre presents The Secret Garden

by Roger Wallins, Community Theatre Publicity Director

Moscow Community Theatre presents a musical version of "The Secret Garden," adapted by Tim Kelly from the novel by Frances Hodgson Burnett, and directed by Roger Wallins. Performances are in the Kenworthy Performing Arts Centre in Moscow on April 17, 18, 24, and 25 at 7:30 p.m., with matinees at 2 p.m. on April 19 and 26.

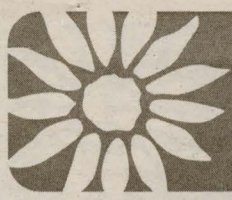
"The Secret Garden," a musical for the entire family, is the uplifting story of an orphaned English girl, raised in India but sent back to England to live with her reclusive uncle and invalid cousin. In the course of the story, Mary Lennox learns to make friends and to help others. While MCT's version is not the Broadway musical, audiences are likely to be humming and singing the Bill Francoeur music and lyrics.

Mary is played by Katie Stubbers of Moscow and Stormy Bedard of Troy. Her uncle Archibald is portrayed by D'wayne Hodgin of Moscow, and her cousin Colin is Edmund

Brown of Moscow. Aubree Woods of Moscow plays the kindly Mrs. Sowerby, and Ben Wilson of Viola is her gardener-son, Dickon, whose influence on Mary helps to transform her. Cast members also include residents of Deary and Pullman, making "The Secret Garden" a truly community production.

Many of the technical staff are youth between 10 and 18 years old who serve as assistants to the director, the stage manager, the lighting and sound managers, and the props manager.

Because of grant funding from the Latah County Community Foundation, the Latah County Arts and Culture Committee, and the Schreck Family Foundation, MCT is able to offer tickets at the lowest prices of the 2008-2009 season: \$8 for General Admission, and \$6 for Seniors (60 and over) and Youth (12 and under). Advance tickets are currently available at Bookpeople, and at the Kenworthy box office half an hour before each performance.



Author Dave Boling to Discuss Guernica

by Chris Sokol, Latah County Library District

Tacoma sports journalist Dave Boling has emerged on the international literary scene with the publication of his first novel, "Guernica" (Bloomsbury, 2008; \$26). The book won a 2009 Pacific Northwest Booksellers Association award for fiction, and was a Barnes and Noble "Discover Great New Writers" selection. A best-seller in Spain, the book is being published in 11 countries world-wide.

Guernica is a story about the resilience of family, love, and tradition set in the Basque country of Spain in the years leading up to the Spanish Civil War. Fear of Franco's fascist forces paralyzed the people. Basques were forbidden to speak their native tongue. The tale culminates with the horrific bombing of the small town of Guernica (Gernika) by the German Luftwaffe. Pablo Picasso announced his outrage at this attack on the Basque people through his powerful mural named for the town.

Dave Boling met a woman of

Basque descent while he was a student at the University of Idaho. They married, and their life together has provided him and their two children with an immersion in Basque culture and tradition. On a recent book tour in Spain, Boling wasn't sure what to expect. He was pleased to hear from many Spaniards that his book "rang true."

Boling's talk will take place on Tuesday, April 21 at 7 p.m. in the 1912 Center Great Room (412 East Third Street in Moscow). He will sign copies of his book, which will be available for purchase at the event. The program is free and open to the public, and is sponsored by the Latah County Library District and the Friends of the Moscow Library. For more information contact the library at 882-3925, or email me at chriss@latahlibrary.org.

Chris Sokol is the Adult Services Librarian for the Latah County Library District.

Earth Aid Benefit Concert

by Stephanie DeMay, U of I Environmental Club

The University of Idaho Environmental Club is putting on a benefit concert April 25 from 7-10 p.m. at a yet to be determined venue. The concert will feature local student bands and UI faculty musicians. Admission is \$2-\$5 depending on what you are willing and able to give. The event will also include a silent auction, raffle, and smoothies made from a bicycle-powered blender.

Proceeds will benefit Moscow's Stateline Wetland west adjacent to Moscow's waste water treatment plant. Current projects at the wetland include improving waterfowl habitat, constructing a bird observation deck, and installing interpretive signs. For more information or to be notified when the venue is confirmed, contact Environmental Club at eclub@uidaho.edu.

Better Business Bureau Honors Co-op

by Jan Quintrall, president of the Spokane regional Better Business Bureau

On March 2, the Better Business Bureau presented the 2009 Torch Awards for Marketplace Ethics to businesses in eastern Washington, northern Idaho, and western Montana. A total of eight awards were presented, including an Honorable Mention to the Moscow Food Co-op.

The Torch Award for Marketplace Ethics awards are presented to companies in recognition of their outstanding

commitment to exceptional standards in relationships to their consumers, employees, suppliers, competitors, shareholders, and surrounding communities. Each one of these BBB Torch Award winners started somewhere by measuring their own character first, then by example, leadership and getting the right people assembled, was able to successfully move forward.

Moscow Hemp Fest, 13th annual!

by Arlene Falcon, Festival Coordinator

It's time for the 13th Annual Moscow Hemp Fest! Saturday, April 18, from 10 a.m. to dusk in East City Park in Moscow; free admission.

The Hemp Fest has grown to include more speakers, better bands, and now features 30-40 food and craft vendors from all over the Pacific Northwest.

We welcome back many of our great speakers. Steve Phun, our emcee, who comes from Seattle; Adam Assenberg, a medical marijuana patient and host of Marijuana Fact or Fiction, a weekly radio show on KRFP 92.5; and Lil Jack, the godson of big Jack Herer.

I am especially excited to welcome back Tom Trail, our state representative. He has been a great advocate of legislation in favor of Industrial Hemp for over



a decade. After learning more about Adam Assenberg and other medical patients, he is ready to sponsor medical marijuana legislation on a state level next year. We also hope to welcome Ryan Davison back, the Libertarian who has been active in getting Hailey, Idaho, and other Sun Valley towns to pass decriminalization initiatives. I hope we can be leaders in the state and show

Idaho that decriminalization (lowering police priorities) and respecting/recognizing medical marijuana is the way to go.

We have several local music acts: the Oolongs, the Holiday Friends, and The Shred Heads (Sam, Jon, and Noel) to name a few. We also are proud to host Sugar Cane and Out Post, two bands from Portland and, Luau Cinder, a reggae band from Missoula.

The day will end with our drummers and fire dancers at dusk. We have a MySpace (www.myspace.com/moscowhempfest) that will keep you updated on scheduling, other issues and a good way to stay in touch.

You see, we have come a long way in 13 years! So don't miss the Hemp Fest this year...it's gonna be great!

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begins March 23-May 15.

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Fun Flix

by Bill London, Newsletter Volunteer

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

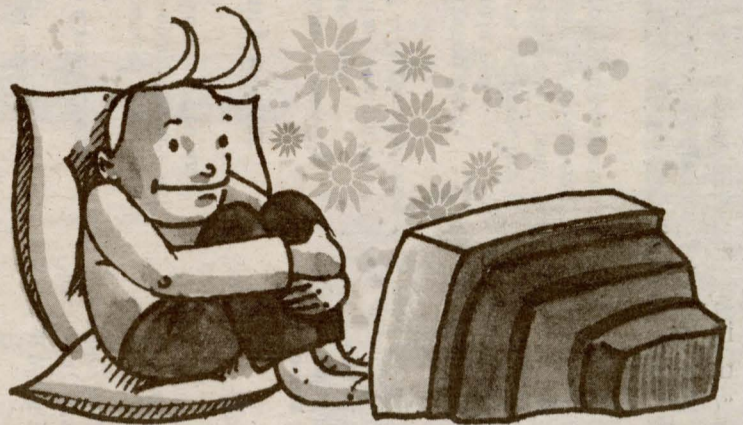
"Who Killed the Electric Car?" This 2006 documentary traces the successful introduction by General Motors of an electric car in the US in the mid-1990's. The car owners (actually the drivers leased the cars from GM) were thrilled. A long list of wannabe owners was created. Electric "fill-up" stations were created. Everything was buzzing. Then GM pulled the plug, seized all the cars, closed the power sta-

tions and ended this successful experiment in alternative transport. This PG film is very well-crafted and deserves a wide audience.

"WALL-E" This 2008 animated film is so well-designed and so creatively-envisioned that it fully captures an adult audience. This post-apocalypse story contains a fully-expected storyline and moral, but it is so beautifully done that you won't notice. Even though it is rated G, many of the visuals might be too disturbing for young children.

"Harry and Tonto"

This film from 1974 is an oldie, but a goodie. Harry Coombs, an old codger played perfectly by Art Carney, gets booted from his New York apartment and sets off on a journey of self-discovery, accompanied by his cat, Tonto. Despite the R rating, this is very tame stuff, but poignant and enjoyable.



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

Bill London edits this newsletter, and is calmly (well, kinda) awaiting the birth of his second grandchild.

The Co-op Listener: Moscow Volunteer Peace Band

by Jeanne McHale, newsletter volunteer

It is a joy, an honor, and a struggle to surrender my journalistic objectivity for the sake of this month's column, which concerns some of my favorite people and activities in the whole world. I was excited to learn about the up-coming Co-op bike festivities on April 18, marking the installation of additional bike racks (woo-hoo!).

As a bonus, I get to write about the Moscow Volunteer Peace Band (MVPB) and their de facto leader, Fritz Knorr, who will provide music for the bike swap and ribbon-cutting at the Co-op that Saturday afternoon starting at noon. In the interest of full disclosure and hampered by the editor's ban on the use of italics, I must confess that I "know" Fritz quite well, and am a member of the MVPB myself. Some would say I am a "life member." So it is hard to be impartial, not that I ever am. On the other hand, everyone who wants to be one is a member of the Moscow Volunteer Peace Band. The only criterion is that you have to sign on to our creed, which is that Peace is More Fun.

With help from several peace-niks, including Fritz and Dean Stewart, I have tried to reconstruct some kind of creation myth about how the Peace Band got started. We think it was in 2002, during the post-9/11 fever and run-up to war. Fritz and Dean began playing at the Friday peace vigils at Friendship Square at that time. The band evolved as more trumpets, trombones, percussionists, the occasional sax or clarinet, even flutes and French horns, have joined us



over time. The Peace Band is a very fluid and uncontrollable group, with little distinction between player and spectator. As trumpet player Stan Thomas says, "The Peace Band doesn't practice and doesn't use written music. I like that." It is more about theater than getting all the notes right, which is fortunate considering the aversion to practice.

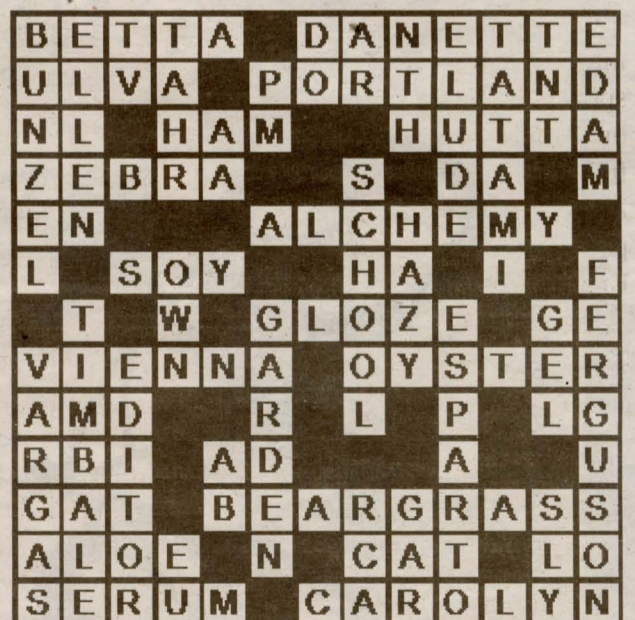
And yet the band gets gigs! MVPB has sparked up events such as the UI homecoming parade, the Latah County Fair, Mardi Gras on the real day, a Katrina fundraiser, 4th of July parades, memorial services, the local Democratic caucus, many peace marches and, best of all, the Moscow Renaissance Fair. It was Fritz's idea a few years ago, when asked to organize the Renfair parade, to bring the Fair festivities to the crafts and food booth vendors. With the King and Queen leading, and the bagpipes following, the Peace Band and spontaneous pick-up musicians from the stage wind around East City Park. For a few minutes once a year in the spring, this serpentine splash of musical color and rhythm engages thousands of winter-weary

fairgoers, who become honorary life members of MVPB.

Fritz likes the idea of blurring the line between musicians and audience. We do that by playing in a very accessible, anyone-can-do-it kind of style, with a variety of percussion gizmos. The music is kept easy, a lot of songs are in the key of F, and the band is known to run through their repertoire several times to stretch out a gig. Unwitting spectators have been won over by our trademark bling in the form of Mardi Gras beads tagged with the Peace Band motto. Being outdoors is an important aspect of many Peace Band gigs, even during winter solstice when the bitter cold threatens to freeze lips to mouthpieces. We are students, professors, pastors, retired music teachers, your neighbors, grandparents, massage therapists, visitors from out of town, bakers, business owners, and friends of all of these.

You might well ask, how do shiny plastic beads and zany musical mayhem serve the cause of peace? Would our efforts be better spent writing to our representatives in Congress? And what does all this have to do with bicycling? And I would say to you that some of us must work for peace, and some of us must play for peace, and some of us must ride our bikes for peace. If you're in the last category, like me, you may need some parts and labor to spruce up your ride, and get an earful of Peace is More Fun at the same time. Bring something to play if you like; you are all welcome in the band. See you at the new Co-op bike racks on April 18 at noon.

Jeanne McHale plays the Peace Drum in marching events and occasionally gets to sit down at the 88-keys for indoor events. She will do the latter at the Intolerista Wingding on Friday April 17, starting at 6:30 p.m. at the 1912 Center, where she opens for Roy Zimmerman.





Bulletin Board



Co-op Events

Breakfast with the Co-op Board
Saturday, April 11, 11am at the Co-op
Stop by for a cup of coffee, some munchies, and conversation with Co-op Board of Directors.

Co-op Monthly Board Meeting
Tuesday, April 14, 6pm
Fiske Room of the 1912 Building. Public comment period from 6-6:15pm.

Tuesday Co-op Music
Live music at the Co-op from 6-8pm
April 7 Karyn Patridge
April 14 Greg Davis
April 21 Bluegrass Jam
April 28 Katrina and Brian.

Co-op Kids Activities - meet 9am
Tuesday Apr 7 meet in the Co-op Cafe to make egg shakers, these are simple musical instruments that sound great and are easy to make.
Tuesday Apr 21 meet in the Co-op Cafe (or out front in the seating area if the weather allows) to start more seedlings. This time we will focus on flowers that attract pollinators who work so hard in our summer gardens.

Co-op co-sponsors Empty Bowls
Saturday Apr 18, 10am-1pm
Buy a locally-made bowl, fill it with Co-op soup, and help end hunger at the 1912 Center

Co-op Paradise Creek Clean-up
Saturday Apr 25, 9am
Meet at the Palouse-Clearwater Environmental Institute (PCEI). All Co-op members and staff are invited to join in, followed by free pizza!

Community Events

Pullman Stream Clean-Up
Saturday Apr 11, 10am-2pm
Location: Spring Street Park, Pullman WA
Laura Milewski ☎ 882 1444, laura@pcei.org.

Moscow Hemp Fest
Saturday Apr 18, 10am to dusk
East City Park in Moscow. As always, free admission! Including more speakers, better bands, and now features 30-40 food and craft vendors from all over the Pacific Northwest.

Workshop
April 18th we will...
Park under the...
fun and emp...

Palouse Folk Dance
Saturday Apr 17, 8pm
Caller Susan L...
1912 Center.
\$5 members, \$7 non-members & \$4 first-timers
palousefolklore.org

Opera House Fundraiser
Sunday Apr 18, 7pm
Spaghetti Dinner...
scholarship...
Suggested n...

PCEI Healthier home & family
Monday, April 20, 7pm
At the 1912 Center. Resources available...
the kids - childcare provided! PCEI 8...

Book Signing: Guernica by David
Tuesday Apr 21, 7pm
Talk and book signing at the 1912 Center...
Room. ☎ 882-3925, chriss@latahlib.org

Parents' Yoga Co-op Now For
Practice yoga with other parents while...
in child care duties starting in Spring...
soon as we have enough members. Contact...
Ashley Martens ashmartens@yahoo.com.

Nia Class
Mon and Wed 5:30-6:30pm
New to Nia? First class FREE! \$7-8/class.
Info: Ashley Martens ashmartens@yahoo.com.

Lewiston-Moscow VanPool
\$120 per month with reduced rates available for drivers. www.pcei.org/trans/vanpool.htm or Jen Hiebert ☎ 882 1444, info@pcei.org.

Appaloosas & Scenes of the Palouse
A photographic exhibit featuring the work of local photographer Kevin Pullman at the Appaloosa Museum from April 17 to May 11.
Mon to Fri 10-5 and Sat 10-5

Musical: "The Sea"
Runs April 17, 18, 24, 25
April 19 and 26 at 2 pm.
Performing Arts Centre.
the box office half an hour...
performance, and in adv...

MOSCOW FOOD CO-OP

Moscow CommUNITY Walk
Saturday Apr 25, 12 Noon at Friendship Square with music and community speakers.

Earth Aid Benefit Concert
Saturday Apr 25, 7-10pm
Contact UI Environmental Club at: ecub@uidaho.edu.

Palouse Chamber Orchestra Concert
Wednesday Apr 29, 7:30pm
The Kenworthy Centre. ☎ 882 4127.

Music at the One World Cafe
Apr 2 Daye Hannon
Apr 3 Corn Mash
Apr 4 Adam Johnson
Apr 8 OPEN MIC. POETRY
Apr 9 Irish Music
Apr 10 Justin Bonner
Apr 11 Chelsea and the Quadraphones
Apr 17 Full Circle
Apr 18 Curt Krause
Apr 23 OPEN MIC POETRY
Apr 24 Justin Lantrip
Apr 25 DRUM CIRCLE + Fire Dancing!

Artisans at the Dahmen Barn Events
Friday Apr 4, 7:30pm, Joshua Crosby and...
Home Dove play country + bluegrass tunes
Sunday Apr 5, 1-4pm, Opening reception for "Mixed Bag" by artist Katherine Clancy
Saturday Apr 11, "Experience Clay" class
Saturday Apr 18 + 19 "Art of Making Rustic Furniture" workshop
Saturday Apr 25, 9am-12:30pm "Design a Hand-Tied Spring Bouquet" class
Saturday Apr 25, 7:30-9:30pm Hog Heaven Big Band will play music from the swing era
www.artisanbarn.org/calendar ☎ 509-229-3414

36th Moscow Renaissance Fair
Saturday + Sunday, May 2 + 3, East City Park

Vigil for Peace
Moscow: Fridays 5.30-6.30pm
Ongoing since November 2001. Meet in Friendship Square. Resources, encouragement, and opportunities for action.
Dean or Gretchen Stewart
☎ 882-7067, sperrine@potlatch.com

Pullman: Friday Apr 3, 12.15-12.45pm
Under the clock by the Public Library.
☎ 334-4688, nancycw@pullman.com

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

Moscow Food Co-op
121 East Fifth
Moscow ID 83843

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