

# Community News

The Annual Report Issue

**FREE!**  
PLEASE TAKE ONE!

The monthly newsletter of the Moscow Food Co-op • Aug./Sept. 2009

## Deborah Garcia Brings Her Film to Moscow

by Carol Price Spurling, Co-op outreach and membership coordinator, outreach@moscowfood.coop, 208-669-0763

Deborah Koons Garcia, whose marriage to Grateful Dead leader Jerry Garcia brought her to the public eye, is a filmmaker. Now, she is bringing "The Future of Food," the wildly popular documentary she made a few years ago about genetically modified organisms and our food supply, with her to Moscow.



6:30 p.m., first come, first served)

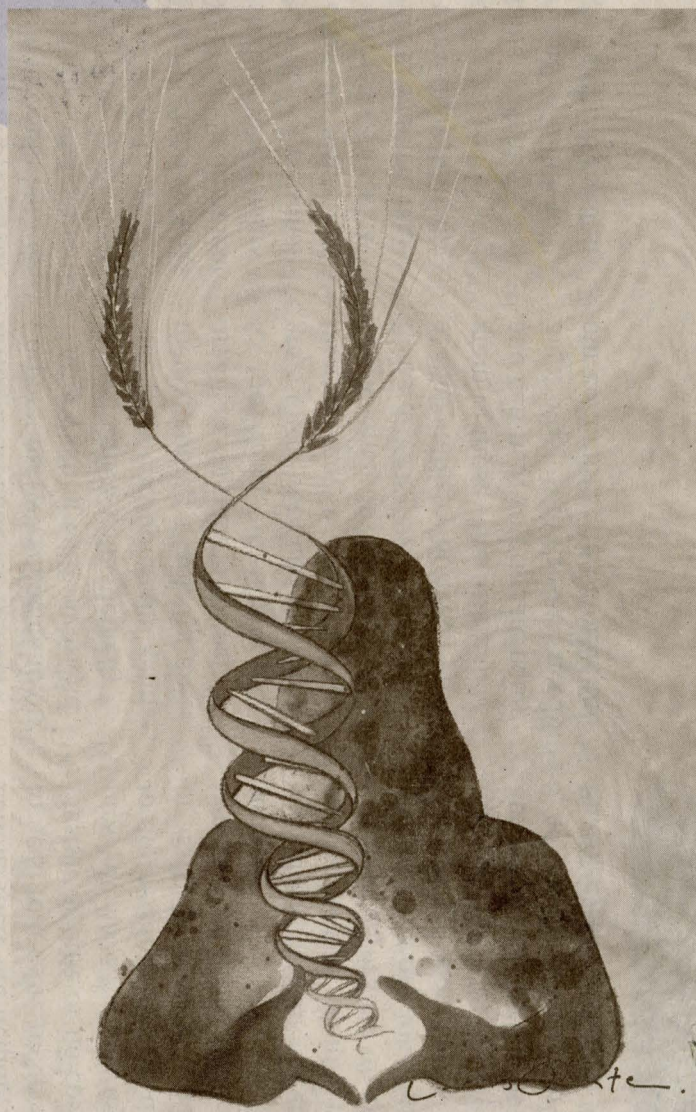
Don't miss this once in a lifetime opportunity to listen to Ms. Garcia speak about something we all hold dear:

good food and sustainable agriculture.

You may think you're well informed. You may know already that Monsanto is doing scary things. But until you've seen "The Future of Food," you don't know everything you need to know. See you on Wednesday, September 23!

Ms. Garcia will be in Moscow to introduce the film, talk about it afterwards, and give a sneak preview of her next film, "Soil in Good Heart."

Here's the specifics: Deborah Koons Garcia and the Moscow Food Co-op Good Food Film Series present "The Future of Food" on Wednesday, September 23, 7 p.m., at the Kenworthy Performing Arts Centre, Moscow (Members \$4/General \$6; tickets sold at the door starting at



[www.moscowfood.coop](http://www.moscowfood.coop)

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# Community News



The Annual  
Report Issue

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## Co-Opportunities

We are in need of participating members (formerly known as "volunteers") to fill some engagement and outreach positions. One person can serve in several capacities, you don't have to be limited to just one position.

- 1) Business Partner Program assistant. (Some clerical and interpersonal skills required, must be outgoing and engaging.)
- 2) Website assistant. (No programming expertise required; must be methodical and organized, and knowledgeable about what a great website can do and how it is organized.)
- 3) Engagement and Outreach

Committee members. (Regular monthly meetings, special tasks, working in a group, desire to serve membership and community and some creative thinking a must.)

- 4) Outreach and Membership assistants. (Availability for special hands-on tasks such as distributing posters, organizing bulletin boards, assisting with special events, perhaps some computer time involved but not necessarily, flexible schedule, positive attitude required. Multiple positions open, for all range of talents and skills.)
- 5) Campus Outreach team. (Need college student Co-op

members from Washington State University and the University of Idaho who are interested in hosting Co-op booth at special events on campus, perhaps doing some social networking for Co-op, and putting up posters on occasion; time commitment will vary.)

Hours are somewhat flexible and will vary, up to 3 hours per week at the most, normally 1 or 2 hours per week. For more information contact Carol Spurling, outreach and membership coordinator at outreach@moscowfood.coop.

## Newsletter Survey Results

by Bill London, newsletter volunteer

The results of the reader survey for the Co-op newsletter have been compiled. Our thanks to the 53 readers who responded - and of course our thanks to Jessica Bearman who set up the survey.

The newsletter editors and staff have been reading the responses and will be using that information to help guide decisions about the future of the publication.

Here's some of the highlights.

There was strong support for the basics of the newsletter. Monthly publication was supported by 81% of responses. About 89% thought the number of ads was right. And 94% saw the design as very or somewhat appealing.

The Co-op prints 2,500 copies of each issue. Most are taken by shoppers at the Co-op, but about 800 every month are distributed by three Co-op volunteers to businesses in Moscow, Pullman, and the Lewiston/Clarkston valley. While 53% of the survey responses were supportive of this program, 39% did not know about it. So, here's some basics of that program. The volunteer distributors have been monitoring usage for years (we have been doing this for about 15 years). They try to leave only enough newsletters to be taken, so that none are wasted. Most businesses take 5 to 10 newsletters every month. The reason

for the distribution program is outreach. The goal is to share information with those who may not know about the Co-op and encourage those people to become shoppers.

The other contentious issue was the print versus online dilemma. About 54% want a print issue, and 28% would prefer an online only issue. Now, the Co-op provides both. In addition to the 2,500 printed copies, the entire issue is posted at the Co-op website in pdf format.

If you want to read the survey's findings for yourself, the link is posted on the Co-op website (www.moscowfood.coop) Look for the link "newsletter survey results" in the upper right column on the homepage. Click that link and use the password "goodfood."

Bill London edits the newsletter and was pleased to learn that people, at least most who responded to the survey, read the Fun Flix column.

### Board Business

The Moscow Food Co-op Board of Directors is sad to lose board member Chris Caudill who had to resign in June due to work commitments. However, the Board is happy to welcome his replacement, Andrika Kuhle, who was elected by the Board to serve in his stead until the next election.

There will be no regular monthly BOD meeting in August. Watch the website and bulletin boards at the Co-op for information about the September board meeting.

Please come to our annual member meeting, 5 - 8 p.m., Sunday, Aug. 30, at the 1912 Center. Members are encouraged to bring along a non-member with them to the party, and we'll have music, free dinner for members and \$5 for non-members, a no-host bar, and prizes! See you then!

### Buyers' Briefs: What's New for You

by Peg Kingery, Co-op chill and frozen buyer, chill@moscowfood.coop

- ➔ Imagine Rice Dream vanilla bites
- ➔ Three new Coconut Bliss frozen desserts: chocolate peanut butter, almond fudge and pineapple coconut
- ➔ Follow Your Heart reduced fat vegenaïse
- ➔ SoDelicious coconut milk: original and vanilla

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Moscow, ID 83843  
(208) 882-8537

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This entire newsletter is posted on the Co-op website in PDF format. Writer's guidelines, as well as selected current and archived newsletter articles, are also available on the Co-op web site: www.moscowfood.coop.

For advertising rates and information: contact Jyotsna "Jo" Sreenivasan at 892-0730 or ads@moscowfood.coop

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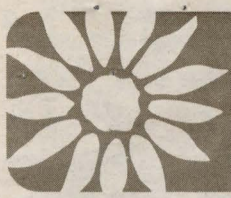
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The Co-op Board of Directors monthly meetings are open to members.



# CO-OPERATIONS

## Annual Membership Party

by Carol Spurling, Co-op outreach and membership coordinator, outreach@moscowfood.coop

Every year we gather together as Co-op members to celebrate ourselves and our wonderful food store that is much more than just a store. This year our gathering will be from 5 - 8 p.m. on Sunday, August 30, at the 1912 Center. We invite all members to attend, and we encourage members to bring along a non-member to the party to find out why being part of the Co-op is such a great idea.

Bring a reusable cloth bag, too, to donate to our new Bag in Time program, and be eligible

to win a special prize! Lifetime members who attend will also be entered in a special door prize drawing.

We'll be having some jazz and Latin-style acoustic guitar music to add to our enjoyment of a lovely summer evening on the plaza; a taco bar dinner and non-alcoholic drinks will be complimentary and there will also be a no-host bar provided by One World Café, serving wine and beer.

General manager Kenna Eaton, the Board of Directors, and store manager Steve Kobs will share with us news about how the Co-op is doing, what went right in the last year and what we hope to accomplish in the next year. We'll also be honoring some special people who have helped make the Co-op what it is today. Don't miss out - see you on the August 30!

## 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

**Appaloosa Museum & Heritage Center**  
2720 W. Pullman Rd, Moscow; museum@appaloosa.com; www.appaloosamuseum.org; 208-882-5578; The museum offers a 10% discount on the purchase of our gift shop merchandise. We operate a "no-admission cost" museum but do suggest a donation amount.

**Sharon Dunn - Little Guesthouse on Adams**  
1020 S. Adams St., Moscow; www.thelittleguesthouse.com; sdunn@thelittleguesthouse.com; 208-669-1654; 15% off a week stay, valid for Co-op members and their relatives. Not valid on special event nights

**Krista Kramer - Peterson Barn Guesthouse**  
841/847 Travois Way, Moscow; kkramer@moscow.com; 208-882-4620; 10% off first time stay

**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

**One World Café**  
533 S. Main, Moscow; www.owc-moscow.com; 883-3537; 50% off One World Café 100% cotton totebags

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

### Professional Services

**Nancy Draznin, CPM - Motherwise Midwifery**  
508 W. Chestnut, Genesee, ID 83832; 208-310-3252; motherwisemidwifery.com; mother@genesee-id.com; Free pregnancy tea for Co-op members under our care

**Erik Torok - LET's Coach**  
2310 Weymouth St., Moscow; 208-301-8047; eric@letscoach.net; www.letscoach.net; 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

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

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

**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

**Adam and Toni Salerno-Strang - CLEAN GREEN Organic Cleaning Services**  
PO Box 568, Troy, ID 83871; www.CleanGreenOCS.com; 208-835-3535; \$15 off any service

**Becky Chastain - Green Side Up**  
208-883-3485; 10% off design services for Moscow Food Co-op members

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

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

**Michael Robison - Kinetic Water Systems of the Inland Northwest**  
10213 E. Buckeye Lane, Spokane Valley, WA 99206; www.kinetic.com; mrobison@kineticoinw.com; 208-669-0908; 208-743-5646

**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.integrativemindworks.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; choiram@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; drdmoffat@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; drlinda@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

### Farms

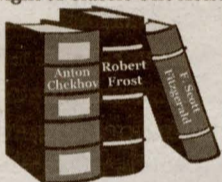
**Melissa Lines - SkyLines Farm Sheep & Wool**  
4551 Hwy 6, Harvard, ID, 83834; 208-875-8747; www.skylinesfarm.com; 10% off organically-raised lamb, fleeces, & roving.



**NEXT UP...**  
SEPT. 18, 19, 24,  
25 AND 26 AT 7:30PM  
SEPT. 20 AT 2:00PM

Reader's Theatre: A Night of Classic One Acts!

OCT. 21 AT 7:30PM  
AT CAFE MORO  
OCT. 24 AT 7:30PM  
AT NYE STREET THEATRE



DEC. 4, 5, 10, 11, 12,  
17 AND 18 AT 7:30PM  
DEC. 6, 13 AND 19 AT 2:00PM

BY JEAN SHEPHERD  
ADAPTED BY PHILLIP GRECIAN



SEE PULLMANCIVICTHEATRE.ORG OR CALL  
509-332-8406 FOR TICKET INFORMATION



## Subscribe to the Co-op's Community News



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

Now you can take Moscow with you if you move, or share Moscow with friends or relatives!

To subscribe: send check for \$18 (made out to the Moscow Food Co-op) to:  
editor Bill London  
PO Box 8152  
Moscow ID 83843

Be sure to include the full address where the issues will be sent.

## Join the Moscow Food Co-op and Save!

### Members Save:

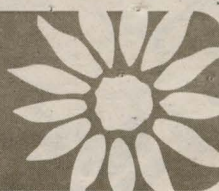
- 10% off on bulk special orders
- Up to 18% discounts for working members
- Monthly sales promotions just for members

Any cashier can help you join, just ask!

Lifetime membership fees are \$150, or you may choose to renew your membership annually at the rate of \$10 per year.

Open Daily 7:30 am - 9:00 pm





## Art at the Co-op

by Annie Hubble, Art at the Co-op coordinator

Our next art show opening will be on September 11, from 5:30 - 7 p.m., and will feature the art of Traci Haselhuhn. Traci grew up in Moscow, and after moving away for nine years, she felt the "lure of the Palouse" so strongly that she had to return. She is raising a young son, and loves the area for being so family friendly.

Traci is a self taught artist, with "an incredible and vivid dream space," this being a source of inspiration in her art. She has learned, over the

years, to trust her ability to recreate her dreams in her art. She enjoys many mediums, finding pleasure in sharpie pens, because they are "unforgiving and you really have to commit to your art," but also loving watercolor and acrylic. She loves the defined lines produced by sharpie pens, but also enjoys the "vast space that watercolor offers."

Come meet the artist at the opening on September 11. The show will run until Wednesday October 7.

## Co-op Kids!: Celebrate, Play and Learn Something New

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

Co-op Kids! is a twice monthly activity for families in the Moscow-Pullman area. Our activities are free and all ages are welcome. Due to the schedule of the August/September newsletter printing we will meet only once in August and twice in September. If you are new to the area please stop by and introduce yourself, the Co-op is the hub of our community and a great place to meet new people.

**End of Summer Celebration:** On Tuesday, August 25 join us from 9 - 10:30 a.m. at the Co-op in the outside seating area to enjoy our last meeting before the school year returns! This will be a longer than usual Co-op Kids so that we have enough time to make recycled musical instruments, try our hands at beanbag games, and catch up on each other's summer adventures. Sun tea and lemonade will be served.

**Tuesday, September 15** from 9 - 10 a.m. we will meet at Friendship Square to play, blow bubbles, and visit. This little downtown park is a favorite place to hang out and unwind. There will be healthy snacks from the Co-op.

**Tea Making for Kids: Meet us in the Co-op Cafe on Tuesday, September 29** from 9 - 10 a.m. to make herbal teas that calm and comfort little bodies. We will learn about buying bulk herbs, measuring and each child will go home with a special custom blended tea of their creation.

A big thanks to Kate and Scott in Produce for sharing the Co-op's freshest offerings with us in July!

Rebekka Boysen-Taylor is mama to two organically growing little ones in Moscow and is up to her elbows canning peaches and salsa.

**Play at Friendship Square:**

**Co-op Music in September**

September 1: Sam Billey on classical guitar

September 8: Brian and Katrina of Moscow

September 15: Daniel Mark Faller of Lewiston

September 22: Musaiique, jazz

September 29: The Flying Lunchbox, bluegrass jams

Dyre (piano, flute), Axel Krings (guitar), and Esteban Roybal (percussion). This combination of talented musicians will surely please the ears as you peruse the diverse array of fresh produce available at the Grower's Market this fall.

Last up this month will be **The Flying Lunchbox** on **September 29th**. This band represents three-quarters of the ever-popular band Chubbs Toga. These guys will play their own style of bluegrass, rock, and just plain fun jamming. Noel Palmer will play guitar, John Brunsfeld will play mandolin, and Sam Schumacher will play banjo. There may be a

special guest, too. This will be out last band outdoors for the rest of the year. Music moves back indoors to the Co-op Deli on Tuesdays in October. Join us!

Ashley and Noel already miss the summer sound of their favorite, most beautiful bird song ever - the song of the Swainson's Thrush (who is now migrating south for the winter).



Co-op Kids tour the Co-op Produce Department on July 21

## Tuesday Night Music Series: September Music

By Ashley Martens and Noel Palmer, newsletter volunteers

We hope you enjoyed the outdoor summer music on Tuesday evenings. In August, the Grower's Market customers and vendors were entertained by the sounds of Matti Sand, Tara Howe, Corn Mash, Pullman Jazz Collective, and Mark Maland.

Here is the line-up for September. Music moves back indoors to the Co-op Deli on Tuesdays in October. So come on down and enjoy some local food and music in the sunshine. All performers will play from 5-7pm.

First up, on **September 1st**, we have **Sam Billey** playing classical guitar for us. In Sam's own words, "Sam Billey was born under the sea in the days of yore and currently studies

classical guitar with Prof. James Reid."

On **September 8th**, the Moscow duo **Brian and Katrina** will croon the eve away with their folksy style. These two always seem to bring a new song, or they shed a new light on something familiar.

**September 15th** will bring the return of Lewiston-based **Daniel Mark Faller**. He will play his brand of classic rock, country, and tunes in his own style on this evening at the Grower's Market.

**Musaiique** will make their Co-op debut on **September 22nd**. Musaiique is a local jazz combo comprised Cathy Brinkerhoff (vocals), Carla Chandler (violin, mandolin), Greg Donohoe (bass), Brian



# Sign Up for the Co-op Essentials Classes this Fall



The Moscow Food Co-op is sponsoring a series of classes about Essential healthful and money-saving options in cooking, wellness, and living.

To register for any of the classes, contact Moscow Parks and Recreation Department at 883-7084. These classes are listed in the Parks and Recreation Department's Fall 2009 catalog.

## Essential Cookery Classes

Want to cook more deliciously and healthily at home, and save money at the same time? The Moscow Food Co-op's Essential Cookery series is for you. Make it a morning out with a friend or an older child and add to your culinary repertoire, then enjoy eating what we've made! Recipes to take home included.

The Moscow Food Co-op with the support of Backyard Harvest offers scholarships for those on a limited budget. Please Contact Carol Spurling at 208-669-0763 for more information about scholarships.

To register for classes, contact Moscow Parks and Recreation Department at 883-7084. Classes are listed in the Parks and Recreation Department's Fall 2009 catalog.

### Stocking Up

*Make your own delicious Salsas, Chutneys, Pickles, and Relishes. This is the perfect time of year to stock your pantry with homemade bounty.*

**Registration:** August 1- September 11

**Fee:** Residents \$15.00, Non-Residents \$17.00

**Date:** Saturday, September 19, 2009

**Time:** 10:00am-12:00pm

**Location:** Hamilton Indoor Recreation Center Multi-Purpose Room Kitchen

### Stocking Up II

*This time we concentrate on Jams, Jellies, Canned Fruit, and Preserves.*

**Registration:** August 1- September 25

**Fee:** Residents \$15.00, Non-Residents \$17.00

**Date:** Saturday, October 3, 2009

**Time:** 10:00am-12:00pm

**Location:** Hamilton Indoor Recreation Center Multi-Purpose Room Kitchen

### Good Eggs

*Nature's fast food. Eggs are excellent for breakfast, lunch or dinner or even a late night snack. And did you know free-range eggs have 1/2 the cholesterol of conventional eggs and more of all the good stuff?*

**Registration:** August 1- October 23

**Fee:** Residents \$15.00, Non-Residents \$17.00

**Date:** Saturday, October 31, 2009

**Time:** 10:00am-12:00pm

**Location:** Hamilton Indoor Recreation Center Multi-Purpose Room Kitchen

### New Ideas For Festive Feasts

*Start your own holiday traditions with easy to make festive holiday recipes.*

**Registration:** August 1- October 30

**Fee:** Residents \$15.00, Non-Residents \$17.00

**Date:** Saturday, November 7, 2009

**Time:** 10:00am-12:00pm

**Location:** Hamilton Indoor Recreation Center Multi-Purpose Room Kitchen

## Essential Living Classes

### How to Live Green 101

*Want to do the right thing for the environment, your health, and the community but not sure where to start? In our Living Green 101 class we'll focus on the basics, giving you inexpensive and practical strategies for saving energy, ideas and techniques to put to use in your home and garden, and tips for making "green" choices when you're shopping. Bonus: How Living Green saves you money! Light refreshments provided by Co-op.*

To register for classes, contact Moscow Parks and Recreation Department at 883-7084. Classes are listed in the Parks and Recreation Department's Fall 2009 catalog.

**Registration:** August 1- October 2

**Fee:** Resident \$10; Non-Resident \$12

**Date:** Thursday, October 15, 2009

**Time:** 7-9 pm

**Ages:** 18 + up

**Location:** Hamilton Indoor Recreation Center Multi-Purpose Room

**Instructor:** Palouse Clearwater Environmental Institute and Moscow Food Co-op staff and volunteers

**Min/ Max:** 10/40

## Essential Wellness Classes

Karen Young is a practicing, licensed acupuncturist and experienced gardener/cook who loves to teach people how to take care of themselves through nutrition, self-diagnosis, and the application of simple techniques based in Chinese medicine. She tailors each class to the needs of the students, and during the class, will work with each student individually as well as with the group. Don't worry, there won't be any needles involved!

To register for classes, contact Moscow Parks and Recreation Department at 883-7084. Classes are listed in the Parks and Recreation Department's Fall 2009 catalog.

### Meal Planning for the Multi-Tasker

*Being busy doesn't have to mean eating badly! In this class you will learn how to stock your pantry, plan ahead, make the most of your trips to the store and your time in the kitchen.*

**Registration:** August 1- September 9

**Fee:** Resident \$10; Non-Resident \$12

**Date:** Saturday, September 12, 2009

**Time:** 10:00am - 12:00pm

**Ages:** 18 and above

**Location:** 1912 Center, Fiske Room

**Instructor:** Karen Young, L.Ac.

**Min/ Max:** 10/20

### Baby Wellness

*Help your baby and toddler be healthier and happier by learning simple ways to prepare nutritious, baby-appropriate meals and snacks. Also learn techniques to diagnose minor health issues and how various foods can help.*

**Registration:** August 1- September 18

**Fee:** Resident \$10; Non-Resident \$12

**Date:** Saturday, September 26, 2009

**Time:** 10:00am - 12:00pm

**Ages:** 18 and above

**Location:** Hamilton Indoor Recreation Center, Multi-Purpose Room

**Instructor:** Karen Young, L.Ac.

**Min/ Max:** 10/20

### Cooking for Wellness

*This class has something for everyone, whether you are healthy and just want to eat better, have a chronic health condition, or want to know how to care for yourself better when you are feeling ill on occasion. Learn simple self diagnosis techniques and nutritional principles you can use in the kitchen every day.*

**Registration:** August 1- October 2

**Fee:** Resident \$10; Non-Resident \$12

**Date:** Saturday, October 10, 2009

**Time:** 10:00am - 12:00pm

**Ages:** 18 and above

**Location:** 1912 Center, Fiske Room

**Instructor:** Karen Young, L.Ac.

**Min/ Max:** 10/20

To register for any of the classes,  
contact Moscow Parks and  
Recreation Department at  
**883-7084.**



## Calling All Chicken Owners

by Carol Price Spurling, Co-op OMC, outreach@moscowfood.coop, 208-669-0763

Live in town or pretty close? Got a few backyard chickens? If so, we'd love to include your coop in our 1st Annual Coop Crawl in the late afternoon on Sunday, October 11.

The idea is for a group of chicken enthusiasts and wannabes to tour urban chicken coops, eating and drinking along the way, starting with appetizers, moving on to the main course

and salads, and culminating with dessert.

The number of participants will be limited so as not to frighten the chickens or their owners, and the Co-op will provide the groceries for the food and drinks prepared and served by the hosts.

If you'd like your coop to be included please contact me at email or phone number above.

*Tickets for the Co-op's 1st Annual Coop Crawl, held Sunday, October 11, from 5 - 7 p.m., will be available in the store starting in mid-September. The cost per ticket is \$10, and space is limited. Tickets are available for Co-op members only.*

## What's Cookin'! Fall Series Highlights Meat Specialties

By Jennifer Whitney, Co-op Cooking Series Director

Through word of mouth, after-class questionnaires and direct communication, many people are asking about offering classes on preparing meats. How to cook them; how to eat them; how to handle them; what safety precautions should they be aware of; what types do other cuisines eat? So, I've pulled together a range of ethnic cooking classes that help us learn about how other countries eat their meats and how we can enjoy these delicacies in our own homes.

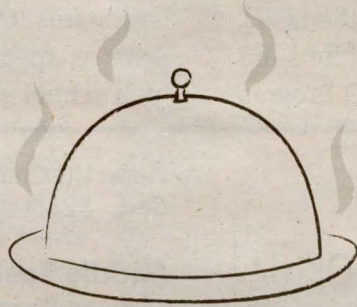
From overhearing fleeting comments about a man on the Palouse that makes his own sausages, I found Yanko Kranov. He makes over 80 pounds of Bulgarian cured meats for his family and friends every fall. The Bulgarians prize the rich flavors each meat offers and seek to maximize that flavor with the unique blend of spices from their region, which has historically been influenced by nearby Turkish and Mediterranean kitchens. True craftsmanship in preserved meats is found without overpowering the meat's

flavor and by using little to no preservatives—a perfect match for our cooking series. Learn how to cure these meats in your own home or eat them fresh with a

bottle of wine. The Co-op's meat department mentioned their in-house-made sausages as their number one selling item, so this Saturday class on October 3rd is sure to peak some interest.

Witold Ferens, instructor for our previous Polish Cuisine class, joins us again to highlight a European-Style Hamburger that is virtually free of harmful bacteria. Witold brings his microbiology background to the kitchen on Wednesday, October 14th to give us tips for safe handling, cooking, storage, and reheating of meats. Our burger will be complemented with the popular potato dumpling called Kopytka, or "hooflets" and a sweet carrot salad for contrast and nutrition.

The UI Upward Bound students from our summer cooking series got to work alongside Rula



Awward-Rafferty, a new instructor to our series, and I'm delighted to offer you the same opportunity this fall.

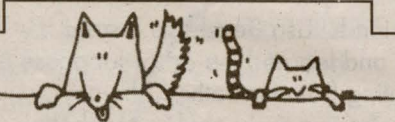
Teaching Middle Eastern Cuisine on

Saturday, October 17th, Rula satisfies our senses with aromatic spice blends and rich recipes while inviting us to learn about the cooking experiences of her home culture. As a professor in bioregional architecture at UI, she'll share details about the climate, crops, people and histories that make up the region's unique cuisine and lifestyle.

Back by popular request, Japanese sushi and etiquette will be taught by Lisa Beyeler

for those of you who didn't get into the sold out class the first time around. Lisa will teach us all about sushi quality fish: how to prepare it, store it, cut it and eat it—raw! In addition, we'll learn the traditional etiquette involved with serving and eating sushi and the secrets to making authentic sushi rice. Don't miss this Saturday class on October 24th a second time!

You may sign up for any one or all four of these classes through any Co-op Cashier. See our ad in this newsletter for complete details regarding these fall classes or contact Jennifer Whitney at jenwhitney@gmail.com to be added to the What's Cookin'! email list. Happy eating to you!



### Animal Care Center P.A.

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8:00 a.m.–5:30 p.m. Mon.–Fri.  
(Tues. & Thurs. until 7 p.m.)  
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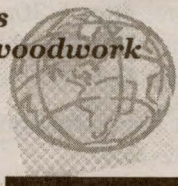
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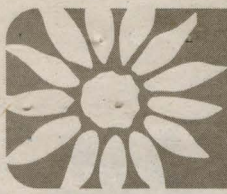
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## What's Cookin'! Goes Upward Bound

By Jennifer Whitney, Co-op What's Cookin' Director and Kirsten LaPaglia, UBMS Director and Cheryl Dudley, UI College of Education

This summer, What's Cookin'!, the Co-op's cooking classes, partnered with the University of Idaho's Upward Bound Math Science (UBMS) program to offer a cultural component to their 6 week long instruction-rich summer college experience. Thirty high school and entry-level college students aged 15-18 participated in 3 ethnic cooking classes furthering their understanding of ingredients, food preparation and cooking for a college lifestyle with a global flair.

Our featured recipes highlighted unique aspects of Middle Eastern, Indian and Polish cuisines, while focusing on inexpensive staples available on the Palouse, ingredients within the typical college student's budget,

and using a minimum of on-hand kitchen supplies. Participants worked in diverse teams making their evening meal from scratch to instill the idea of communal meal preparation for support during their college years and to increase their ability to work in groups cooperatively.

The UBMS participants were excited to cook and to learn about another culture. They enjoyed the foreign recipes and different ways of making a meal; many even took the lead in organizing and assigning the tasks.

Upward Bound programs are Federally-funded TRIO Programs

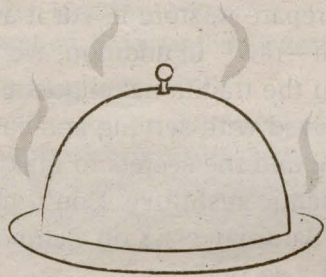


Upward Bound students, at Co-op What's Cookin'! Class

Coeur d'Alene and Lewiston areas and is hosted out of UI's College of Education. Sponsoring this cooking series in partnership with the UBMS program is aligned with our Co-op's broader vision of community outreach.

If you'd like more information about upcoming Co-op sponsored What's Cookin'! classes, join our email list to by contacting Jennifer Whitney at [jenwhitney@gmail.com](mailto:jenwhitney@gmail.com). For more information about the Upward Bound Math Science program visit [www.educ.uidaho.edu/ubms](http://www.educ.uidaho.edu/ubms).

that provide academic assistance and support services to promising youth who have been historically underrepresented in higher education due to low income or first generation college status. Upward Bound Math Science, specifically, serves high school students from the



## What's Cookin'!

Fall 2009 Cooking Classes

### Bulgarian Cured Meats & Sausages

**Featured Recipes:** Soudjuk/Nadenitsa (cured/fresh sausage), Starez (Old Man—cured stuffed stomach), Karnatche (spiral shaped lamb sausage)

Situated on the Balkan Peninsula in South Eastern Europe, Bulgarian cuisine offers a unique variety of tastes and flavors influenced by Mediterranean and Turkish traditions. The ability to flavorfully accent meat without making the herbs and spices overpower the rest of the dish is seen as a sign of craftsmanship in Bulgarian cuisine. Interestingly there are no preservatives used during the curing process; instead the flavors and spices are used to bring out the meat's full body and spirit. Preserved meats are served to set a welcoming atmosphere for guests over a glass of wine or rakia (grape brandy). Sample and learn the craftsmanship of Bulgarian cured meats for yourself!

**Instructor:** Yanko Kranov is from Sofia, Bulgaria and works in the Department of Physics at the University of Idaho. He's lived in Moscow since 1998. In his spare time he likes to work on his classic cars and enjoys preparing cured meats, breads and sweets/cakes for his children.

**Date:** Saturday, October 3rd

**Time:** 4pm-5:30pm

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

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

### Polish Cuisine

**Featured Recipes:** European Style Hamburgers, Kopytka (Hooflets) & Carrot Salad

Witold brings his scientific background to the kitchen as he demonstrates dishes from his Polish heritage. Learn how to prepare tasty and healthy European Style Hamburgers that use steam to virtually eliminate harmful bacteria. Next we'll use a common Idaho staple, potatoes, to make a simple dough that is rolled, cut and boiled to make Kopytka, small potato dumplings popular throughout Europe. We'll finish our evening with a sweet and nutritious carrot salad rich in beta carotene. Witold will also cover proper methods for reducing spoilage and storage techniques that use scientific principles to maximize flavor and life.

**Instructor:** Witold Ferens is a microbiologist and most recently worked for the University of Idaho in the Department of Microbiology, Molecular Biology, and Biochemistry. He currently spends his time writing about the wonders of science and in his spare time enjoys classical guitar, folk songs and the chemistry of cooking.

**Date:** Wednesday, October 14th

**Time:** 5:30pm-7pm

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

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

### Middle Eastern Cuisine

**Featured Recipes:** Hummus, Fattoush (spring salad), Qouzie (rice w/ chicken & peas), & Eish es-Saraya (cream pudding w/ pistachios)

Prepare to experience the heavenly aromas of the Middle East in this interactive session, which focuses on eating from a specific bioregion, with their distinct watersheds, topographies, people and histories. We'll make Mezza—appetizers of a totally different kind and proportion—while listening to memories of cooking according to the senses. This class views cooking as a way of building community and food as a taste experiment in aromas and textures made personal with our individual adaptations. After sampling these dishes, your senses with thank you!

**Instructor:** Rula Awwad-Rafferty, Ph.D. is an Associate Professor of Landscape Architecture and Bioregional Planning and Community Design at the University of Idaho. A Palestinian American, she grew up in a culture of home cooked meals and fresh foods, made to nourish the body and soul, without measuring cups or spoons. The memories of the places, smells, conversations, and occasions of how food is prepared and shared is a critical part of her identity and work, which she passes on through her multiple encounters.

**Date:** Saturday, October 17th

**Time:** 4pm-5:30pm

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

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

### Japanese Sushi

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

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

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

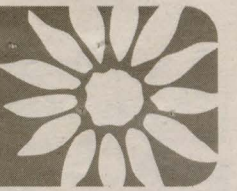
**Date:** Saturday, October 24th

**Time:** 4pm-5:30pm

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

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

For questions, contact Jennifer Whitney at [jenwhitney@gmail.com](mailto:jenwhitney@gmail.com) or 882-1942.



## Good Food Film Series Sneak Preview

Aimee Shipman, Good Food Film Series Volunteer

The Co-op's Good Food Film Series offers an exciting fall lineup. All GFFS films will be shown at 7:00 pm at the Kenworthy Performing Arts Centre in Moscow. Co-op members get in for \$4 and admission for non-members is \$6.

Wednesday, September 23, the GFFS will feature "The Future of Food" with a special appearance by the filmmaker Deborah Koons Garcia. Ms. Garcia will introduce the film and will lead a post film discussion. "The Future of Food" offers an in-depth investigation into the disturbing truth behind the unlabeled, patented, genetically engineered foods that have quietly filled U.S. grocery store shelves for the past decade and gives a voice to farmers whose lives and livelihoods have been negatively impacted by this new technology.

This film examines the complex web of market and political forces that are changing what we eat as huge multinational corporations seek to control the world's food system. The Co-op is sponsoring Ms. Garcia's appearance in Moscow so don't miss this opportunity to see the film that has captured the attention of the Slow Food Movement, Alice Waters and Michael Pollan, and ask questions!

Thursday, October 15, the GFFS will feature "Broken Limbs: Apples, Agriculture and the New American Farmer". "Broken Limbs" focuses on Wenatchee, Washington, the "Apple Capital of the World" and pastoral valley which has prospered for nearly a century as home to the famed Washington apple. The film poignantly reveals that good times have vanished as apple orchardists by

the thousands are going out of business and more await the dreaded letter from the bank, announcing the end of their livelihoods and a uniquely American way of life.

After his own father receives just such a letter, filmmaker Guy Evans sets out on a journey to find out what went wrong here in this natural Garden of Eden. The future looks grim for the Apple Capital until Evans happens upon an entirely new breed of farmer, practitioners of a new model called "sustainable agriculture." Filmmakers Guy Evans and Jamie Howell will be on hand to introduce the film and discuss its aftermath. This film is co-sponsored by Rural Roots, UI Extension Small Farms program, UI Students for Place-based Planning and Urban Design and the UI Building Sustainable Communities Initiative.

# Good Food FILM SERIES

All films are at 7:00pm at the Kenworthy Performing Arts Centre  
508 S. Main in beautiful downtown Moscow  
Tickets: \$6 general/\$4 Co-op members

JULY	AUGUST
<p><b>Mad City Chickens</b> This film had its debut before a sold-out crowd at the Wisconsin 2008 Film Festival which is fitting as the film focuses on the growing popularity of the urban chicken movement in Madison. The filmmakers Tashai Lovington and Robert Lughai spent more than two years researching the backyard chicken phenomenon in the United States and the film highlights the movement to legalize chickens in Madison and other cities. As "Mad City Chickens" reveals, the underground chicken movement was a powerful driver in changing Madison's laws to allow chicken coops. The film also explores the growing desire urban dwellers have to keep chickens for eggs and how they grow to love the creatures. See more at <a href="http://www.madcitychickens.com">www.madcitychickens.com</a> <b>Thursday, July 16, 2009</b></p> 	<p><b>King Corn</b> King Corn is a feature documentary about two friends, one acre of corn, and the subsidized crop that drives our fast-food nation. In King Corn, Ian Cheney and Curt Ellis, best friends from college on the east coast, move to the heartland to learn where their food comes from. With the help of friendly neighbors, genetically modified seeds, and powerful herbicides, they plant and grow a bumper crop of America's most productive, most-subsidized grain on one acre of Iowa soil. But when they try to follow their pile of corn into the food system, what they find raises troubling questions about how we eat—and how we farm. See more at <a href="http://www.kingcorn.net">www.kingcorn.net</a> <b>Thursday, August 20, 2009</b></p> 
<p><b>The Future of Food</b> There is a revolution happening in the farm fields and on the dinner tables of America—a revolution that is transforming the very nature of the food we eat. THE FUTURE OF FOOD, directed by Deborah Koons Garcia, offers an in-depth investigation into the disturbing truth behind the unlabeled, patented, genetically engineered foods that have quietly filled U.S. grocery store shelves for the past decade. From the prairies of Saskatchewan, Canada to the fields of Oaxaca, Mexico, this film gives a voice to farmers whose lives and livelihoods have been negatively impacted by this new technology. The health implications, government policies and push towards globalization are all part of the reason why many people are alarmed by the introduction of genetically altered crops into our food supply. Introduced by Deborah Koons Garcia, in a special appearance! Don't miss the opportunity to ask questions and discuss the film afterwards with the filmmaker herself. Bonus: screening of a short taken from Ms. Garcia's newest feature film. See more at <a href="http://www.thefutureoffood.com">www.thefutureoffood.com</a> <b>*Wednesday, September 23, 2009</b></p> 	<p><b>Broken Limbs: Apples, Agriculture and the New American Farmer</b> Wenatchee, Washington, the "Apple Capital of the World"; this pastoral valley in the heart of the Northwest prospered for nearly a century as home to the famed Washington apple. But the good times have vanished. Apple orchardists by the thousands are going out of business and thousands more await the dreaded letter from the bank, announcing the end of their livelihoods and a uniquely American way of life. After his own father receives just such a letter, filmmaker Guy Evans sets out on a journey to find out what went wrong here in this natural Garden of Eden. The future looks grim for the Apple Capital until Evans happens upon an entirely new breed of farmer, practitioners of a new model called "sustainable agriculture." See more at <a href="http://www.brokenlimbs.org">www.brokenlimbs.org</a> <b>Thursday, October 15, 2009</b></p> <p>This film and an introduction from the filmmakers will be co-sponsored by the following organizations: Rural Roots University of Idaho Small Farms Program University of Idaho Students for Place-based Planning and Urban Design University of Idaho Building Sustainable Communities Initiative</p> 

SEPTEMBER OCTOBER

## MOSCOW FOOD CO-OP

121 E Fifth Street, downtown Moscow  
882-8537 • [www.moscowfood.coop](http://www.moscowfood.coop)

## Food Faves!

If you love something, set it free... No, on second thought, if you love something, tell us about it, and we'll give you more of it, free!

(Fine print: Contest open to Moscow Food Co-op members only. To enter, send 100 words or so on something you love in the grocery, frozen, or fridge sections to [outreach@moscowfood](mailto:outreach@moscowfood).

coop. Please include contact info. Prize is five free of the Food Fave item, up to a \$50 value.)

Thanks to this month's winner, Mabel Vogt.

### Tube-a-Tomato: Napoleon Tomato Paste, 3.15 ounce tube

by Mabel Vogt, August/September Food Faves winner

First you have to overcome expectations that something in a tube tastes minty and shouldn't be swallowed. For delicious, double concentrated tomato flavor, nothing beats a squeeze of Napoleon Tomato Paste. Turn the cap, and there's a beautiful, dark red shot of intense essence of Italian tomato for soups, sauces and gravies. A can of tomato paste is usually more than I need. The remainder gets lost in the "dead zone" of the fridge. Napoleon nestles in the fridge door. An extra box stacks neatly in the pantry. How convenient is that?





## Tuesday Growers Market News: Do You Have Some Produce to Sell??

by Jeanne Leffingwell, newsletter volunteer

**Who:** Your Local Area Farmer Neighbors

**What:** Tuesday Growers Market

**Where:** West End of the Co-op Parking Lot

**When:** 4:30 - 6:30 p.m. every Tuesday; May through October

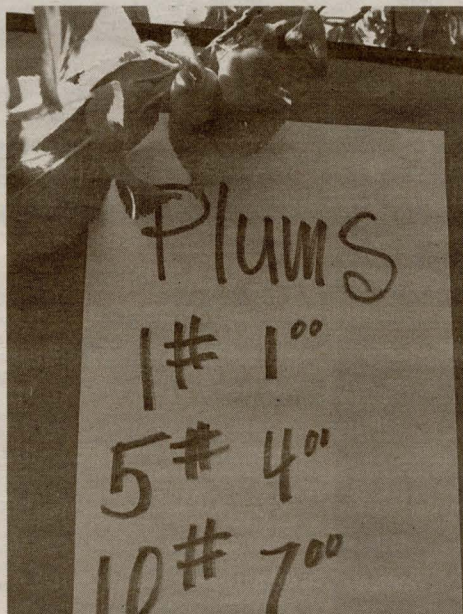
OK folks, we have two more months of the Tuesday Growers Market. If you are one of those people with a vibrant green thumb, or just a lot of luck this year, or a tree that's dropping fruit on you, or vines still drooping with edibles... Or you've given away all the squashes you can and there's still way more than you can deal with...

Yes, certainly, there are area food banks, and Backyard Harvest (bless their hearts, Yes!) But if you have just a smidge of energy left, don't overlook being a walk-on at the Tuesday market. First let me answer the nagging question: Are you being selfish not to give all your extra bounty away (that is if the alternative is not to let it rot in place?)

Consider just this: There are a lot of people who don't qualify as clients to the food bank or whatever, and they don't have too much backyard produce. Some of them might love to buy some of your surplus!

And if you worry about horn-ing in on things with the season vendors, even selling some of the same items... Don't. I guarantee they'll appreciate the company. Remember "critical mass." This is retail!

Let me tell you the story of Me and my Plums. It'll illustrate



how easy and fun it is to c'mon down and sell (get rid of!) some of that excess, if you're lucky enough to have it.

Last year my seven Italian prune plum trees once again gave us way too much to deal with. I am not one to let things go to waste, so I always try my darnedest to use or give them away. I keep a list of friends who like to pick, but there weren't enough of them coming by. I heard through the grapevine that Backyard Harvest had maxed out on plums too last fall.

So, before the very last day of the Tuesday market last October, I asked the manager if I could come down and try to unload a few. The answer was yes, so here's what I did:

I loaded what I could of my plums, picked and in boxes, into my car. I also packed: a folding table, a table cloth, a chair (I do not want to stand for two hours thank you!) a

### Tuesday Growers' Market – Growers and August/September Produce List

➔ **Affinity Farm (Russell Poe and Kelly Kingsland):**

Salad mix, spinach, carrots, beets, chard, lettuce, green onion, radish, broccoli, kale, parsley, cilantro, corn, onion, cucumber, summer squash, basil, tomatoes, new Zealand spinach, potatoes, green beans, peppers, garlic.

➔ **Avon Eggs/Tourmaline Farms (Kyle Bujnicki):**

Fresh eggs, pastured chicken, grass-fed beef; pre-orders recommended for chickens and beef.

➔ **Debbie's Flowers (Debbie and**

**George Durrin):**

Flowers, herbs, fresh-cut bouquets, and hanging baskets.

➔ **RavenCroft Farm (Dave and Debi Smith):**

Beans, snow peas, onions, shallots, eggplant, salad mix, spinach, arugula, zucchini, herbs

➔ **Thorn Creek Native Seed Farm (Jacie Jensen):**

Thorn Creek Native Seed Farm is not be selling plants in July and August; look for them again in September and October when the temperatures cool.

➔ **Backyard Harvest (Amy Grey):**

Providing USDA Food Stamps to Shop the Market!

In addition, BYH is selling in-season fruits and vegetables, and cut flowers.

stool (I don't want to bend over any farther than necessary to restock thank you—plus it's better to keep the produce off the ground) a basket for samples, some paper and plastic bags for customers (shoul'da brought more) a Sharpie pen and a couple pieces of cardboard for signs, and a float (retail speak for cash to make change.) I also had a 10-pound postal scale and a colander for weighing out the plums. Oh, and my thermal cup, which I never go anywhere without. Remember it's October... and the deli is right inside the Co-op!

First I paid Andrika the \$5 fee to be a walk-on, and she assigned me a spot. Next I parked close by and unloaded my car (then moved it of course.) I set up my table, checking it from the "customer" side to make sure it looked OK. Then I went around to see who else was selling plums, and to find out what they were asking. The only vender with plums didn't have that many left, and said they always sold out. I asked if they'd mind if I sold mine a little cheaper and they said, "No worries, go for it."

So I made up a price per pound, with a big discount for five pounds and an even bigger one for 10 pounds. I made my free samples really obvious, and I put out some dried samples, too. Anyway, as I happily discov-


ered, not everyone in the area is totally buried in Italian prune plums come fall. Some customers were delighted to see mine. Others had never tried them before, but I sampled them out freely and extolled their virtues (freezing, baking, drying, jamming...) and guess what! I sold out with almost an hour left of the market.

So I took 20 minutes to run home and get the final two boxes I should have brought along in the first place. I came back... and sold them all!

So, I'm here to tell you. It was really easy. It was fun. I made some spare change— not a great deal, but enough to make me look at those seven trees from a slightly less overwhelmed angle. The only thing I'd do differently this year is not wait until the very last week!

And the only thing I'd like to remind you of is to give the market manager a heads-up so he or she can expect you and confirm that there is room. They can also fill you in on the any protocols I've left out: Email: growersmarket@moscowfood.coop

Jeanne Leffingwell, a local artist and teacher, is a little dismayed that her plum trees had a bad spring and they appear to be giving her a year's sabbatical. Oh well... an opportunity for someone else?



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## Hooray for Local Milk!

by Peg Kingery, Co-op chill and frozen buyer, chill@moscowfood.coop

Summer is a good time for road trips. What better excuse to hit the highway than to visit a small, family-owned dairy whose milk I yearn to make available to the Co-op's customers? So with Co-op store manager Steve Kobs riding shotgun and my furry companion Toby wagging in the backseat (because he likes adventures too) we headed north to Spokane to check out the operations at Spokane Family Farms.

I'd read about Spokane Family Farms in two local newspapers and was both excited and skeptical. I love supporting local businesses, but am REAL picky about quality. This dairy is not organic, so I had to see for myself if they were at least following organic, humane, and sustainable practices. I'm also quite fond of cows and was hoping to see animal care that rivaled . . . well, the care I give to Toby.

I was totally impressed. Mike and Trish Vieira began their 30-cow milking operation in April of this year. Mike previously worked as a dairyman near Othello, Washington. He grew tired of seeing his high quality milk being dumped in the same tank with milk from other dairies and sought a market that would support an "old fashioned" dairy that produced and bottled its own milk. Lucky for us he chose the Spokane area.

Along the way we picked up Jennifer Hall, a key player in Spokane's soon-to-open Main Market Co-op, who kindly arranged the visit for us. We arrived just as Mike was putting hay in the cows' feeding bunk. I admit to being concerned when I saw the cows were on dry lot, not pasture. Mike explained that he'd hoped to have the cows on the pasture he planted to oats by now, but lack of rain had prevented the crop from matur-

ing quickly enough. All his feed comes from local, no spray producers in the Spokane area. He plans to plant one of his other pastures to grass and legumes this fall.

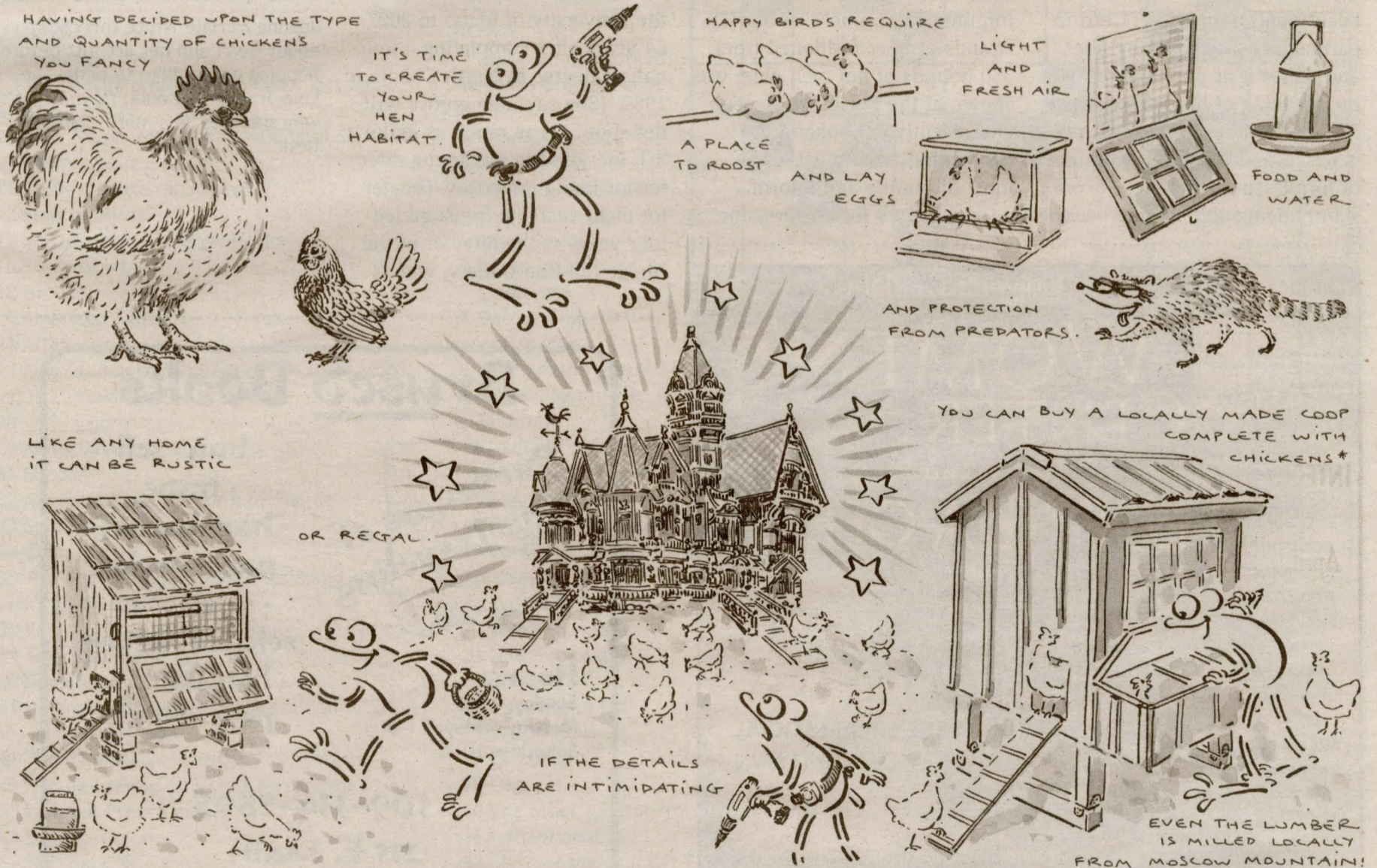
While Mike prepared to milk the cows, Trish gave us a tour of the facilities and answered our questions. The milking/bottling barn was spotless. Within the barn there is also a lab where the Vieiras quality test and formulate the cows' diets and monitor bacteria counts in the milk (which is always way lower than average). They bottle the milk every other day after pasteurizing it at 145 degrees for 30 minutes. Their milk is not homogenized, meaning the cream rises to the top of the jug.

The Vieiras do care for their cows with the same concern I have for Toby. They all have names (even nicknames!), receive grain mixtures according to their individual needs,

and those needing extra TLC got plenty of it. They range in age from 2 to 8 years old and average 80-100 pounds of milk per day per cow (which works out to about 9 gallons of milk per cow per day).

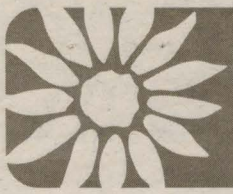
At the time of our visit the Vieiras were finalizing arrangements to have Spokane Produce deliver their milk to the 18 stores they provide milk to in the Spokane area. That's good news for our Co-op because Spokane Produce brings us veggies and fruit twice a week. Idaho regulations differ a bit from Washington regulations and the Vieiras were in the process of doing what they needed to in order to comply with them. So here's the good news—now that I've seen the operation, we'll be stocking Spokane Family Farms milk as soon as we are able to!

## PALOUSE REPORT: Habitat for Hens



\* DAYSTAR FARMS 208-669-0476 WWW.FROGBLOG-ACARTOONDIARY.BLOGSPOT.COM © ANNA BREWER  
T THANKS TO CHRIS AND MOLLY PANNKUK, SHERRY CAISLEY-WILKINSON, AMY GREY AND ERIC ZAKARISON

AUGUST 2009



## Look up! Art in the Co-op: "Belly Dance" A Fabric Collage by Gerri Saylor

by Jeanne McHale, newsletter volunteer

You are getting honey, or olive oil, or shopping for dried fruit. Look up at the wall of the seldom seen second floor. It's "Belly Dance," a colorful work of art on semi-permanent loan from its creator Gerri Saylor. I have known Gerri and her artistic talents for years and only recently learned of her generous gift to the Co-op. To me, the brightly striped mounds and waves of this bold nine-by-six foot piece have always represented the hills of the Palouse. But there is much more to the story.

A product of a family that fostered a "make-do" attitude, Gerri credits a number of people and events along her path as an artist: Roberta Radavich, who introduced her to the joys of scavenging at the Latah County landfill (no longer legal), a carpenter friend who encouraged her to put her work in boxes, and faculty advisors who told her to "Go play." Gerri is an installation artist with a fascination for materials. Her work explores the stories that materials have to tell. While the art of assemblage is to be able to make beauty out of anything, Gerri is particularly fascinated by fiber, and seizes it as a metaphor for the meaning of human existence. She wonders if perhaps eternity is the awareness of a continuum of formlessness and life, of constantly dying and coming back

into being.

"Belly Dance," is not a quilt but a fabric collage; it is glued rather than stitched. The thread for this piece was first picked up in 1991, when Gerri arrived on the Palouse and visually absorbed the texture of the fertile hills, penning the poem: "Swelling bellies, mothers to be, infinity." Fourteen years later, Gerri created the piece inspired by her initial view of local fecundity and showed it in Artwalk. Notice the pregnant woman lying as if on a wave at the bottom of the piece. "Belly Dance" is unique among Gerri's work as it is fixed and two-dimensional. Other exhibits have depth and many are crafted in such a way that they can be disassembled and reassembled in not quite the same form. "Potentia," which showed at the Pritchard Gallery last year, was a 24-foot wide, 6-foot high, and 8-inch deep piece created from two miles of twine. "Ad infinitum," countless shimmery strands of fiber fashioned from 350 pounds of hot melt glue, was shown at the Boise Art Museum and recently in Spokane. An installation artist must let go, must dismantle and reform.

Gerri longed for art for some



Gerri Saylor in front of her fabric collage, Belly Dance.

time before actively pursuing it. There came a point in her life: her son was sent to Iraq, her Dad had Alzheimer's disease. She had given her first show, "Notebooks of a Scavenger," in 1997, and had taken some art and anthropology courses at WSU. It became time to earn a BFA, which she received from the University of Idaho in 2007, 24 years after completing a journalism degree in North Dakota in 1983. (She says she enjoys writing about art as much as making it.) She was the marketing director for Idaho Repertory Theater for eight years, and just ended four years as the director of the Above the Rim Gallery, where

she worked the past two years for free. "Something happens to people when they look at art," says Gerri. She was happy to donate her time to the gallery above Paradise Creek bike shop, to provide a venue for artists to show their work, and for the public to appreciate it.

Textures have the power to satisfy. Art doesn't have to be explained. When Gerri Saylor handles the strands of a sisal rope or bits of metal and paper, or dips twine into simmering brown wax, she finds it exhilarating. To see and handle these materials is, for Gerri, is to feel a direct link from the fingertips to the brain, a visual poem about the nature of time.

Time has gone by, your molasses may be running over - but do look up, and ponder the colors of life and agriculture. And thank Gerri Saylor for giving you food for thought while you seek food for your belly.

Jeanne McHale wrote this column about Gerri and her art just before hopping on her bike to pedal the Lolo Trail to Missoula. Maybe that's why she sees hills more than bellies!

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## Your Dollars at Work

by Carol Price Spurling, OMC, outreach@moscowfood.coop, 208-669-0763

In June the *A Dime in Time* program earned the Palouse Land Trust/Idler's Rest \$410.30. Thanks again to everyone who brought their own reusable shopping bags and donated their dime refunds to our worthy recipient.

July's Dime in Time funds went to the Palouse Prairie School, and our newest recipient, for the month of August, is the Center for Civic Engagement at Washington State University. Read more about them elsewhere in this newsletter.

### Dear Moscow Food Co-op:

Welcome to Rural Roots! We want to extend our thanks to you for becoming a member and supporting sustainable and organic agriculture throughout Idaho and the Inland Northwest.

Our website, [www.ruralroots.org](http://www.ruralroots.org), can keep you up to date on our programs, activities, and publications, as well as provide you with valuable resources. Thanks again for your support. Here's to healthy food and healthy communities!

Sincerely,  
Staff and board of Rural Roots

### Dear Moscow Food Co-op:

Thank you for your generous gift of 15 percent discount on all purchases for PCEI's falafel booth on May 2, 2009 to the Palouse-Clearwater Environmental Institute in support of our food booth at the 2009 Renaissance Fair. Thanks to community and donor support, we generated proceeds of over \$2900 for the Moscow Community Garden.

The Moscow Community Garden, located just north of Tri-State, is a place where area residents come together to enjoy a shared love of gardening, a sense of community and a beautiful view of the Palouse. It serves as a catalyst for neighborhood and community building through social interaction, provision of healthy green space, opportunities for



therapy, exercise, and recreation.

The 15 percent discount made a real difference for us and allowed us to shop at the best store in Moscow!

Yours in stewardship,  
Tom Lamar, Kristin LeVier,  
Tracy Brown, PCEI

### Dear Moscow Food Co-op:

On behalf of the Moscow Chamber, I would like to thank you for donating to our annual dinner and auction! We really appreciate your support.

Kristen Dahl, Moscow Chamber of Commerce

### Dear Moscow Food Co-op:

I would like to extend a heartfelt thank you to everyone who participated in the blood drive held on 6/24/2009. There were 24 generous donors registered and we were able to collect 17 units of life-sustaining blood. Donating blood is a precious gift that can make a lifetime of difference to the recipient and every donor's contribution is valued. The time and effort you put forth in organizing this important event is deeply appreciated.

With gratitude,  
Alicia Baker-Halsey, Inland Northwest Blood Center

## Co-op Crossword Puzzle

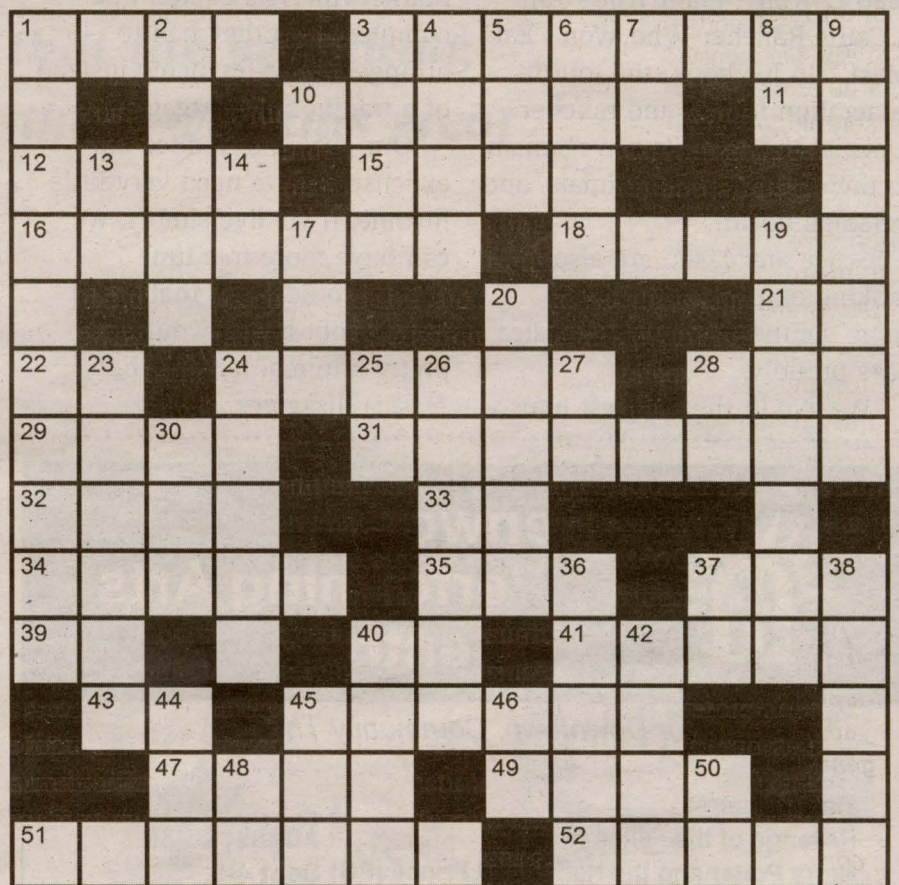
by Craig Joyner, newsletter volunteer

### ACROSS

- 1 Lundberg
- 3 Last month's profiled employee, last name, 1st is 51 across
- 10 View his photographs at MFC until Sept. 9th, 1st name, last is 3 down
- 11 Buckeye state, abbreviated
- 12 Flaw or Miami
- 15 Western defense organization
- 16 Study of wine
- 18 Grouch
- 21 American author \_\_\_ Forster
- 22 After cassette and before iPod
- 24 Aug. 20 Buy Local event at 1912, 1st word, 2nd is 20 down, 3rd is 24 down
- 28 \_\_\_ carte
- 29 Anise flavored liqueur
- 31 Slipper
- 32 A cryptocrystalline form of quartz
- 33 Sprawling Californian city
- 34 Cut
- 35 The home of Jon & Kate Plus 8 and American Chopper
- 37 Founder of Portland, Oregon, \_\_\_ Lovejoy
- 39 American author \_\_\_ Eliot
- 40 Denial
- 41 Democratic nominee for President in '52 and '56, \_\_\_ Stevenson
- 43 The Time Machine author \_\_\_ Wells
- 45 The Deli serves this crunchy sandwich treat
- 47 Beers or French city
- 49 Bought
- 51 See 3 across
- 52 Fig variety

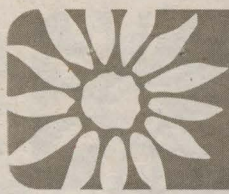
### DOWN

- 1 Last month's profiled Tuesday's Grower Market seller
- 2 Chocolate
- 3 See 10 across
- 4 Biscayne or section of the Nile
- 5 Mesh
- 6 Spirits
- 7 Lieutenant
- 8 One of Jupiter's moons or love
- 9 Last month's profiled volunteer, last name, 1st is 38 down
- 13 Home of the Hoosiers, abbreviation
- 14 The in Spanish
- 17 Kitchenware makers
- 19 Co-op Deli production manager, first name, last is 26 down
- 20 See 24 across
- 23 Teutonic pastry
- 24 See 24 across
- 25 Opposite of LRG
- 26 See 19 down
- 27 Comedian \_\_\_ Fields
- 28 Like
- 30 The other senator from Arizona, Jon \_\_\_
- 36 Narrow boat
- 37 State of the Crimson Tide, abbreviation
- 38 See 9 down
- 40 US space agency



- 42 Pickling herb
- 44 Liquid measurement, abbreviation
- 45 American architect who designed the Pyramide du Louvre
- 46 Live
- 48 Clothing brand \_\_\_ Bean
- 50 French, Portuguese, and Spanish for from

Craig's favorite color is purple.



## Staff Profile: Jessica Wiley

by Amy Newsome, newsletter volunteer

This month I found myself drawn to the Co-op's produce department, likely because it is absolutely brimming with beautiful locally grown vegetables. I met with Jessica Wiley, Produce Lead. Jessica may be familiar to a lot of you since she has worked in the produce department for over five years, the first two years as a volunteer.

Jessica Wiley and her husband of three years, Jason Marchinek, began shopping at the Co-op when they turned vegan.

"Before becoming vegans, we ate a lot of packaged convenience food. As vegans, we started shopping at the Co-op for alternatives to animal products."

The decision to become vegans came on the heels of Jason reading Howard Lyman's book, "The Mad Cowboy: Plain Truth from a Cattle Rancher Who Won't Eat Meat." In his book, the fourth generation farmer and rancher looks at the benefits of veganism to the environment, animals, and personal health.

Jessica and Jason are also making other choices to live more gently on the land. Jessica says proudly,

"We live in the smallest house



**"Jessica Wiley and her husband of three years, Jason Marchinek, began shopping at the Co-op when they turned vegan."**

in Moscow."

The house is so unique in its small size that a Comparative Market Analysis couldn't be completed, so they had to arrange owner-financing instead of a traditional mortgage.

"Our goal is to reduce our expenses so we need very little income. If we live simply, we can have more free time."

One would think that a 350 square foot house would feel pretty minimal for two, but Jessica disagrees,

"Jason and I feel that we have more space than we need."

They plan to build a house on their twenty-seven acre plot of land between Troy and Deary.

"Our house will be about 200 square feet."

They plan on building an energy and cost efficient cob house that is built from clay, straw and sand.

Richard and I dream of building a really small, possibly portable, home when our girls are grown and out of the house. She had advice for me:

"You can find a lot of information on the internet, but searching 'small house' means nothing, you have to search 'tiny house' if you are really talking about a small house"

Jessica was raised in the Silver Valley area of Northern Idaho where her parents still live. Jessica spent her junior year of high school as an exchange

student in Spain. It was her Spanish high school that led Jessica to Classical Studies which encompasses ancient Greek and Latin language, history, and literature.

Both Jessica and Jason are University of Idaho graduates. Jessica's degree is in Classical Studies and Jason's is in Physics. Jason is currently working at The Natural Abode in downtown Moscow. With the proximity of their work places, they are able to meet regularly for lunch.

Jessica and Jason get together with friends every week for a "craft night." The friends rotate hosting dinner and everyone

brings whatever handiwork they are working on. The crafts have ranged from knitting, to wool felting, to making glasses out of wine bottles. Jessica's preferred craft is clothing embellishment using hand sewing, appliqué, and embroidery. In a particularly practical craft project, Jason and Jessica used Jessica's very large collection of unused socks to stuff pillow cases and created three large floor cushions as makeshift furniture.

About once a week, Jessica and Jason take the 30 minute drive to spend time on their property. The property has trees, a creek, and lots of wildlife to enjoy. During the summer, Jessica's mom and co-owner of the property, frequently tows her little teardrop trailer behind her Prius to camp on the property overnight. Visiting their property makes for an excellent "staycation" choice for Jason, Jessica, and her mom.

At about the time that this newsletter hits the newsstands, Amy Newsome will be cheering on her 74-year-old father, Harvey Itzaina, as he "shoots the salt" in his self-designed and created lakester race car on the legendary Bonneville Salt Flats. Go dad!



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# Volunteer Profile: Rebekka Boysen-Taylor

by Todd J. Broadman, newsletter volunteer

Some of you already know Rebekka as the dynamic person who started Co-op Kids. That was what drew me to interview her. Our son, Micah, is 18 months old, and I find myself drawn to anything and anyone connected with child rearing. What I first learned is that Rebekka has two children: Isabella and Jackson. She and her husband Erik moved to Moscow in 2005.

When talking about the path that led her to Moscow, there is a hard-not-to-smile enthusiasm in her storytelling. Spokane is actually Rebekka's hometown, where both her parents are in the special education field. In a way, she followed in her parents' footsteps and became a teacher; she earned a B.S. in Geography from Portland State.

Her face lit up when I asked about her teaching experience with Teach for America, an AmeriCorp program. "My first teaching assignment—the South Bronx, can you believe it?!" I told her that I spent much time in Manhattan where my father lived on the upper East Side, a world away from the South Bronx. "I was motivated to do public service," she explained, "and it is clear that we need to invest in teachers in places like the South Bronx and focus on each student—emotionally, intellectually." It was fascinating to hear of the sweltering summer she spent there, in a Dominican neighborhood, teaching fifth graders. She said it was the summer after 9/11 and from the school's windows the kids had noticed a change in the lower Manhattan skyline. "They knew something was very wrong."

The next assignment



*“As she explained why they chose to live in Moscow (and not Pullman), I recalled one long-time resident telling me that the best thing about Pullman was that there was this great town just nine miles east.”*

brought Rebekka to the west coast, Los Angeles, and a middle school with three thousand students, most of them Armenian. And although it was another meaningful teaching experience, it was also "a consumer culture in which I did not want to raise my kids." But before leaving L.A., she married Erik, and with daughter Isabella in tow, moved back to Spokane.

At that juncture, I was eager to hear the "how I ended up in Moscow" story. Erik was at the center of that chapter. He had received an offer with the Pullman Fire Department. "We were literally in our car on route to another town when we got the call from Pullman." As she explained why they chose to live in Moscow (and not Pullman), I recalled one long-time resident telling me that the best thing about Pullman was that there was this great town just nine miles east.

"It's more walkable," Rebekka

said, "and the people are so welcoming; there is more opportunity to linger and visit." The Co-op was also a big factor. She had been an organic produce manager in Spokane and when they moved to Moscow, she began volunteering. "I went to Kenna with a proposal that there

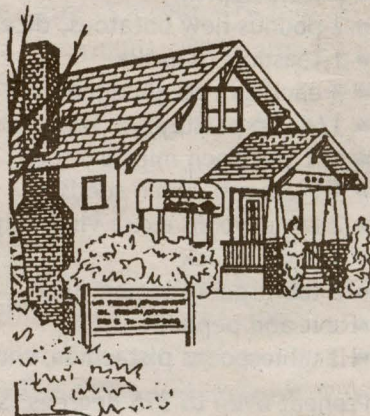
ought to be free activities for kids, a place for parents to mingle, for kids to express their art and to learn about food." Co-op Kids! was born.

Rebekka encouraged me to mention: parents who are new to the area, stop by and introduce themselves. Co-op Kids normally meets twice a month, Tuesday mornings, and is best suited for children between the ages of three and five. Please see Rebekka's column in this newsletter for more program details.

After years of globetrotting, Todd is unsure how he ended up in northern Idaho. He loves it though. Todd, Corinna and son, Micah, reside in a strawbale house amidst the pines of Princeton. His current project, Telepsychiatry, uses

videoteleconferencing to connect psychiatrists and patients.

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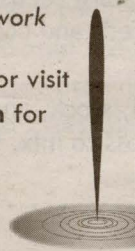
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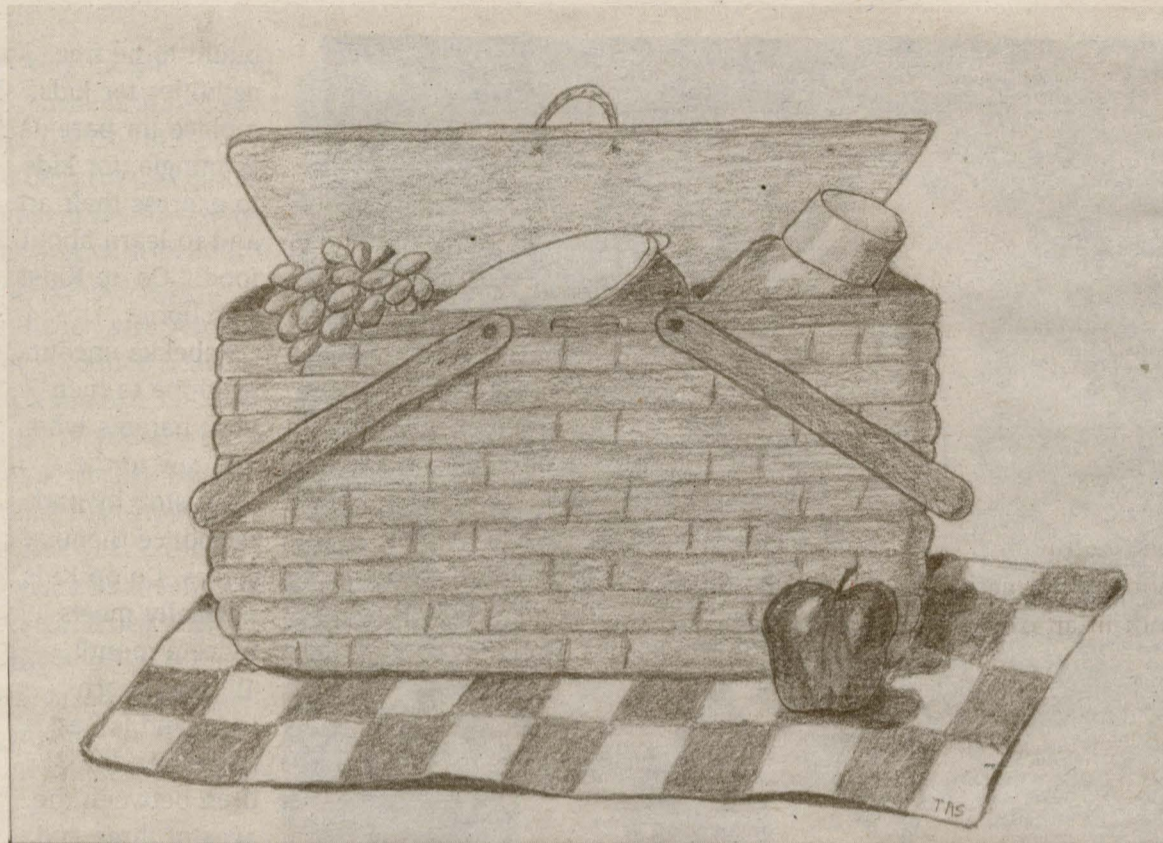
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## Allergy and Gluten Free: Day Trips and Picnics

by Terri Schmidt, newsletter volunteer , illustration also by Terri



*“We are lucky to live in an area where there are many lovely nature areas to visit.”*

With the economy down and gas prices up, people are choosing to stick closer to home this summer. We are lucky to live in an area where there are many lovely nature areas to visit.

falls, continue on just four miles to Elk River and get a huckleberry milkshake at the general store. It is a short drive from town to Elk River Reservoir where you can camp, fish, or picnic. If you are lucky you might see osprey dive for their dinner there.

These are just some of the many places nearby that would be wonderful spots to share a picnic lunch with friends or family. The Co-op carries many items to make packing a picnic easier for those with food allergies. The freezer section holds gluten free bread for sandwiches. Sunbutter makes a good substitute for peanut butter when making stuffed celery. Flavorful Larabars are easy to toss in to a picnic basket; they are free of gluten, soy, and dairy. Not to mention all the wonderful fresh fruits and vegetables

Potato salad is a classic picnic item, but the eggs and mayonnaise do not work for those with egg allergies. The recipe on this page is a different taste twist on the old classic. It is free of all common allergies except nuts. If you have nut allergies, just eliminate the pistachios.

Pick up some of the Co-op's free range veggie fed chicken and gluten free tortillas for the chicken wrap recipe. The wraps are filled with some colorful flavorful produce you can find in the Co-ops organic produce section. They would make a nutritious and delicious addition to your picnic lunch.

Have fun rediscovering the Palouse and outlying areas this summer.

Terri and her friend Bev have been working their way through Bill London's book "Getaways: 50 Public Places and Community Spaces in Latah County, Idaho," including having picnics at unexpectedly lovely cemeteries. She recommends the book as a guide to some interesting sites nearby.

### Chicken Wraps

*free of all 8 top allergens*

- 2 chicken breasts, cooked and shredded
- 1 red bell pepper, chopped
- 2 carrots, grated
- 1 cup celery, chopped
- 1 red onion, chopped
- 1 cup spinach, chopped
- fresh basil leaves, chopped
- 3 tablespoons olive oil
- 2 tablespoons vinegar
- salt and pepper
- rice, teff, or corn tortillas

Mix the chicken and all vegetables. Mix olive oil, vinegar, salt, and pepper. Pour dressing over chicken mixture and mix well. Spoon into tortillas and fold to contain filling. Wrap in wax paper and eat or chill for packing in a picnic lunch.

Vegetarians and vegans can omit chicken and add in avocado slices.

### Gujarti Style Roasted Potato Salad

[www.freecookingrecipes.net/appetizers/gujarti-style-roasted-potato-salad.html](http://www.freecookingrecipes.net/appetizers/gujarti-style-roasted-potato-salad.html)

- olive oil spray
- 2 pounds new potatoes, diced
- 1 teaspoon paprika
- 3 each carrots julienned
- 1/4 cup parsley
- 1/2 teaspoon mustard seed
- 1 teaspoon cumin seeds
- 2 tablespoons extra virgin olive oil
- 1/2 cup stock
- 2 tablespoons lemon juice
- salt and pepper
- 3 tablespoons pistachios, chopped

Preheat oven to 375 degrees. Spray a baking dish with oil and spread potatoes in a single layer. Spray potatoes with oil and sprinkle with paprika. Bake until pale gold and just cooked 35 to 40 minutes. Scrape into a mixing bowl; fold in carrots and parsley. Preheat a pan over moderately high heat. Add mustard seeds, cover and cook until they begin to sputter. Add cumin seeds and cook gently for a few seconds.

Remove from heat and add olive oil, stock, and juice, whisk to mix. Pour over vegetables, season and toss to mix. Garnish with pistachios.

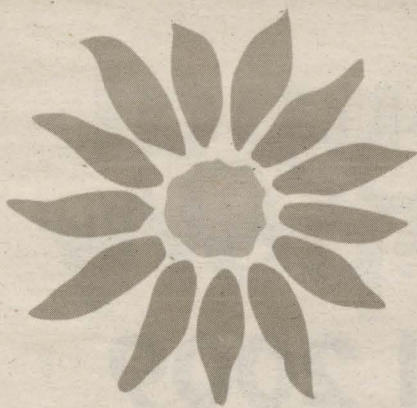
One beautiful spot right in Moscow is the University of Idaho arboretum. It is fourteen acres filled with trees species from all over the world. There are two ponds that are homes to fish, turtles, and ducks. Most of the trees are marked with labels so you can learn while you walk.

Five miles north of Moscow is Phillips Farm County Park. It is 160 acres of wetlands, trails, fields, and ponds, and trees. It is a peaceful place to spend the day. The park is open 7 a.m. to sunset.

Idler's Rest is about seven miles from Moscow. You follow Mountain View road till it makes a T and then turn right and follow the road to Idler's Rest. It's a great place to visit on hot summer days. The temperature drops about ten degrees in the shady grove of cedar and pine trees. There are hiking trails to follow and a little creek flowing through the trees.

Rose Creek Nature Preserve is just 7 1/2 miles north of Pullman. It is a twelve acre plot of land that is said to be home to over a hundred species of birds. The preserve has many wild flowers blooming on its hillsides. You may even see some white tail deer.

Elk River Falls is about 50 miles from Moscow. The drive to the falls is scenic. Once there, you can take the hiking trail down the hillside to see the three separate falls. There are restrooms and a picnic area by the parking lot. After viewing the



# MOSCOW FOOD CO-OP

# Annual Report Fall 2009

Kimberly Vincent, President, Board of Directors

**The Board of Directors** (BOD) has had another very productive year. As president I will discuss some of the more operational accomplishments of the BOD since August 2008. I am excited to report that after three and a half years, the Board of Directors (BOD) is finally comfortable with how policy governance works. The first three years was a big learning curve to understand how policy governance works, how to improve our use of it and educating new board members every year. Not all board members are in the same place on this learning curve. However, this last year we feel that the BOD as a whole is getting the hang of working with this form of governance. How did I know this? It began to feel like our monthly board meeting was spent listening to reports. We were getting rather bored with the structure of our meetings. It took me a while to realize that meant we were no longer struggling to figure out how to use policy governance and that it was time for change.

One of our biggest challenges is learning the difference between providing oversight and making operational decisions or between strategic decisions and operating the store. Policy governance has allowed the BOD and GM to define and understand our respective roles and relationship. Each year that we used policy governance we have gotten better at the distinction between operational decisions and strategic decisions as well as between operating the store and providing oversight. This lack of clarity between oversight and operations caused the BOD to be unclear when seeking information from the GM. This year we finally found an answer to this question for the monthly finance reports. We used to have a finance committee that examined finances and reported to the entire BOD. But due to the fiduciary responsibility of each individual serving on the BOD we now have all BOD members examine the monthly financial reports. So we have seven voices, each bringing different strengths and different ideas of what we need to know. We spent many years going back and forth like a yo-yo on a string. "Kenna, that is not enough information." Next month "oh that is too much information." A few months later we would tell her, "... more data and less qualitative story." Then when there was a dip in sales we ask "what does this data tell us? What does it mean? We need the qualitative story to explain what was happening in our community to impact the finances." But this year it seems

we have finally found the right amount of information to request each month in the GM's monthly report on finances. Kenna supplies the data on debt to equity ratio, monthly sales, costs and compares to the budget and to the same month of the previous year. She also provides qualitative information about our community so we are better able to see the big picture and how our finances are impacted by the local goods economy. We are informed with enough information to allow us to do our work in an oversight role of ensuring the GM is managing the finances well. We are no longer getting bogged down in "why did you spend \$5 more this month on blah blah which is an operational decision?" It is amazing how much easier it is to do your job when you are clear what your job is.

During the spring of 2009, the BOD ratified the Strategic Plan; it is very rewarding as I reread it and see that many of the means to the goals stated were already being implemented. One of the means to meeting the goals is to provide training and professional development for BOD members. So Vice President, Bill Beck, GM, Kenna Eaton and I attended the "Effective Co-op Leadership Training for Co-op Directors and Managers", hosted by the National Cooperative Grocers Association Western Corridor in Portland OR. It was a great road trip for Bill, Kenna and I. But it was great to hear about the operation of other boards, ways they conducted business and what else they did with their time. The timing was great, the spring semester was ending, my creative juices were being revived as I recovered from another hectic year in academia. As noted the BOD was bored with the monthly meetings. The timing could not have been better for me to be inspired by other Co-op's BODs. As a result of the positive energy, I proposed changes to how MFC's BOD conducts business. We are going to streamline our business meetings to an hour followed by a discussion of a predetermined topic or reading each month. This will provide an opportunity to continue to learn from others and inspire new directions. Our first reading was July 2009 and it was an article by Karen Zimbelman, "Berkeley: Lessons for Co-op Leaders." This stimulated quite

a lively discussion about why this highly successful co-op established in 1930's failed in 1988. During this recession we are actively looking at ways to ensure the vitality of MFC and avoiding others' mistakes will help us to ensure the MFC is successful. We have a committee that will be in charge of picking our monthly topic for inspiration and education. The managers will also discuss the same topics.

Also, as a result of ratifying the Strategic Plan, the BOD worked with management to rethink committees. The officers from the BOD began the work by determining



our "third place"

which of the goals from the Strategic Plan would be operational and which would be strategic ends for the board to set. The work became muddled very quickly as many of the goals from the Strategic plan have a strategic direction (board and management responsibility) as well as operational direction (management responsibility but not a board responsibility). So an ad hoc committee was formed: Kimberly Vincent (BOD President), Jessica Bearman (Facilitator for development of Strategic Plan), Kenna Eaton (General Manager), Carol Spurling (Membership Outreach Coordinator), and Steve Kobs (Store Manager), with written input and consultation with several other people, including Donal Wilkinson (BOD Secretary) and Bill Beck (BOD Vice President). Help us continue to implement the ideas in our Strategic Plan and improve on this growing guide, by serving on one of the MFC committees.

Thank you to all of our dedicated members and staff who help make the MFC a hub of downtown, a third place. I appreciate all that everyone contributes to the MFC.



## committee reports

### Election

Donal Wilkinson, Secretary of BOD

The Election Committee worked extra hard this year to try an increase the number of people who participate in the Co-op BOD elections. We offered a few different ways to vote, including an electronic format to vote from home on your computer. We solicited a fine group of candidates for the board, held *meet and greet* forums so that you could get to know the candidates and cast an informed vote for the board. As the Co-op gets bigger and the issues related to running such an important business in the community surface, it is becoming more important that we attract qualified and committed candidates to our board elections, and in the spirit of democracy, that we make it worth your time to vote. We are looking forward to holding elections at our annual meetings sometime in the near future. Because of the nature of our committee, it is important that we attract some non-board members to be on the elections committee; come help make grass-roots democracy happen!

### Strategic Planning

Donal Wilkinson, Secretary of BOD

Last year we finished a two-year process of mapping out our immediate and distant future in the form of a strategic plan. We had an active committee of board members, employees, and folks from the community at-large who hammered out this process through revision after revision, through the wonderful steering of volunteer Jessica Bearman. Thanks to your involvement and input over the past two years we feel like it was a true community effort. At the June 2009 board retreat we started the process making our ends policies match up with the goals in the strategic plan. We have also assigned committees to each of the goals in the strategic plan – committees that we hope you as a member will get involved with. Come help us take this plan and chart a course to take the Co-op into the future!

### Ad Hoc Volunteer

Dena Neese, Director

The Board of Directors assembled a working group in January 2008 to evaluate MFC's volunteer program, now called the Participating Member program. They reviewed how labor, tax and workers' compensation laws impact the program as well as how to improve the program. The working group obtained information from many sources, including conducting a survey of food cooperatives around the country; soliciting member input;

conducting a survey of the MFC staff and volunteers; inviting MFC management to a meeting to share ideas about the program; and obtaining a legal opinion from an attorney who specializes in co-op law.

In May 2009, the working group recommended to the Board that both the in-store and out-of-store components of the program continue. The group also recommended that the volunteers/participating members continue to receive a tiered percentage, in-store discount, based upon hours of service rendered.

Based upon feedback from MFC staff and volunteers, the working group recommended that MFC management increase oversight of the program by establishing a program coordinator position to oversee, monitor and evaluate the program. The program coordinator would help the co-op to effectively utilize the volunteers/participating members and ensure that everyone adheres to program guidelines. The program coordinator would also provide sufficient guidance and mentoring to make the program a positive experience for both staff and volunteers/participating members. The working group will continue to meet over the next year, to come up with different, creative ways for members to be involved with the Co-op in a meaningful way.

### Board Professional Development

Bill Beck, Vice President, BOD

The Board Professional Development Committee was established by our Board of Directors (BOD) to work on different aspects of governing our Co-op. This Committee worked to establish BOD governance policies, to review and recommend needed changes to our Article's of Incorporation and Bylaws, and to identify the education and development needs of our Directors and to provide educational resources and experiences to fulfill those needs.

In the past year, this Committee has recommended changes to our governance policies that have been adopted by our BOD. Currently, we are working on rewriting our Ends Policies. This work was started at a Board retreat in June. Our Ends Policies articulate the end results we want our Co-op to create in our community. We continue to work with an attorney on recommended changes to our Bylaws and Articles of Incorporation. We are also working on new Board Member orientation materials.

In April of 2009, our BOD decided to establish two separate committees to advise our Board on these matters. The Board

Professional Development Committee is now tasked solely with educational development for our BOD. We now have the Bylaws & Policy Committee whose purpose is to refine and update our Bylaws and governance policies to meet the current and emerging needs of our Coop. These two Board Committees provide important advice to our Board of Directors regarding how we govern our Co-op.



photo by Traci Griffin tracigriffinphotography.com

### Membership

Carol Spurling, Outreach & Membership Coordinator, and Kimberly Vincent, President, BOD

The Membership committee got a helping hand last year from new outreach and membership coordinator, Carol Spurling. Last year, one of the membership committee's top goals was to create more ways for the BOD to connect with members face-to-face, with time and space to have a conversation. "Breakfast with the Board" is a new monthly opportunity to connect. We launched the regular event last spring and have been very happy so far with the numbers of people who stop to chat with board members about topics of the day.

The Dime in Time (DIT) subcommittee was also created last year as a way for members to support community organizations. The committee designed an application process and created ranking sheets to rank the wonderful proposals that are sent. DIT has given awards to 9 nonprofit organizations through June totaling approximately \$3500 from all the 10 cent refunds folks donate back when they use their own bags or coffee mugs.

The role of the membership committee will now be filled by the new Outreach & Engagement committee. One of this committee's main goals in the next year will be to implement patronage refunds for Co-op members – all the more reason to become a member if you're not one already, and to get in the habit of showing your membership card every time you shop! Still only \$10/year, Co-op membership is the best bargain around.

# MOSCOW FOOD CO-OP

## BALANCE SHEET

Assets	2008	2007
Current Assets	\$407,251	\$405,041
Property & Equip	907,419	924,014
Other Long-term Assets	38,487	29,611
<b>Total Assets</b>	<b>\$1,353,158</b>	<b>\$1,358,666</b>

## Liabilities and Equity 2008 2007

Current Liabilities	\$443,479	\$156,637
Long-term Liabilities	541,070	805,351
<b>Total Liabilities</b>	<b>984,549</b>	<b>961,988</b>
Members Equity	503,350	465,853
Retained Earnings	-90,840	-111,282
Net income for the year	-43,902	42,107
<b>Total Liabilities &amp; capital</b>	<b>\$1,353,158</b>	<b>\$1,358,666</b>

## INCOME STATEMENT

	2008	2007
Sales	\$7,197,959	\$6,504,740
Cost of Goods Sold	4,455,637	3,989,941
Gross Margin	2,742,322	2,514,799
<b>Expenses</b>		
Personnel	\$1,848,316	\$1,627,351
Occupancy	343,888	340,580
Operations	275,600	349,824
Outreach	77,110	49,827
Store Expense	262,602	160,075
Governance	7,800	775
<b>Total Expenses</b>	<b>2,786,186</b>	<b>2,472,693</b>
Net income [Loss]	-106,164	42,107

## 2008 SALES by department

GROCERY PKG	1,434,568.95
PRODUCE	754,955.33
DELI	686,691.36
REFRIGERATED GROCERY	579,012.81
IN-HOUSE BAKERY	558,210.81
BEER & WINE	441,249.04
SUPPLEMENTS	425,179.58
GROCERY BULK	402,047.67
MEAT	368,065.58
HABA	311,742.30
MERCANTILE	263,621.77
FROZEN GROCERY	216,074.14
COFFEE BAR	211,359.47
CHEESE CUT & WRAP	189,055.64
NON-FOOD	152,971.57
SPEC ORDERS	128,241.59
VENDOR BREAD	114,225.10
BULK TEA & HERBS	41,522.82
CHEESE PRE-WRAP	37,650.25
PLANTS & FLORAL	18,660.27
N-F BULK CLEANERS	6,150.18
<b>TOTAL SALES</b>	<b>\$7,341,256.23</b>

## Year in review 2008

Kenna Eaton, General Manager

2008 definitely had its ups and downs and we seemed to experience all of them! The co-op started the year with strong sales but we neglected to keep up with rapidly increasing prices from our wholesalers. As a result we played catch-up for most of the year and when we did implement those overdue price changes they resulted in dramatically higher shelf prices. Many of you commented on the increased prices but we simply had to pass on the increased costs. Much of those increases were due to the increased cost of freight however when the price of gas dropped our wholesale prices did not.

The decrease in sales due to the recession didn't affect the Co-op until the New Year. Since that time sales have dropped consistently to approximately 2% behind last year. We feel fortunate in that it's not more, and the upside is that it has made us work harder at being efficient with both our inventory and staff hours [two of our largest expenses]. So far in 2009 we have strong financial performance in spite of weak sales however we are proceeding cautiously as we wait to see the effect of budget cuts throughout our community. The co-op continues to look at ways to cut costs without sacrificing integrity or service. Like the delay of the salad bar, at this point we're still hoping to get one, probably in 2010.

In early 2009 we managed to continue to pay down our debt including paying off a portion of our member loans. All loans of less than \$10,000 were paid off. We still have 17 existing member's loans that we will pay off over the next 5 years.

## Employee Opinion Survey Results

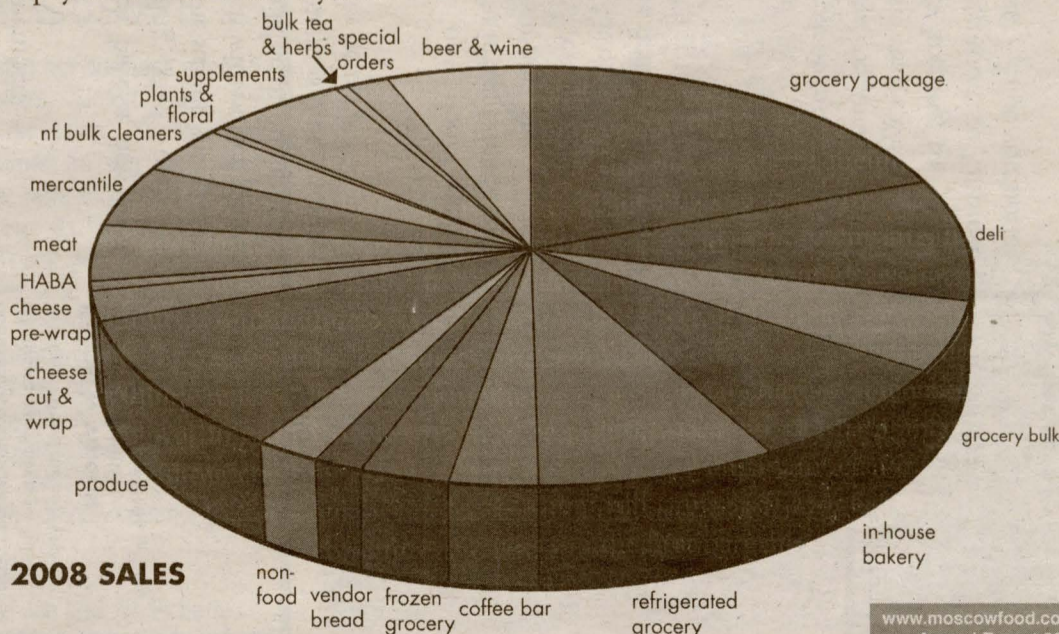
Theresa Nuhn, Human Resources

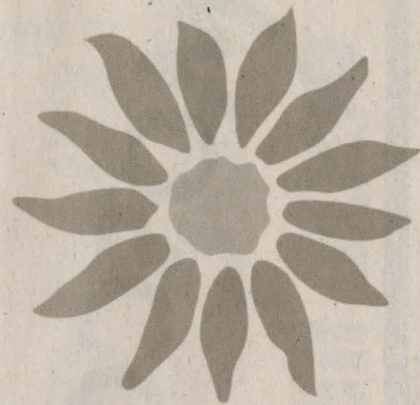
In the Spring of 2009, the Co-op hired independent consultant Carolee Colter to administer an Employee Opinion Survey. The survey serves as a monitoring tool, that allows the General Manager to report back to the Board of Directors on how the Co-op is doing at living up to the policy that addresses staff treatment.

The survey helped to illustrate the strengths and weakness of the Moscow Food Co-op as an employer, and will be used as a benchmark for future improvement. And because we had 100% employee participation with this survey, we can be assured that the results accurately portray employee morale and their opinion about the Co-op as a work place.

The survey rated the Co-op in 9 areas: overall, overall management, communication, compensation, store operations, department operations, human resources practices, supervision and job satisfaction. On 87 percent of the questions asked, employees expressed high or relatively high satisfaction with the Co-op. No questions received a score indicating dissatisfaction. In fact a whopping 92 percent of employees agreed or strongly agreed that they are proud to work for the Moscow Food Co-op.

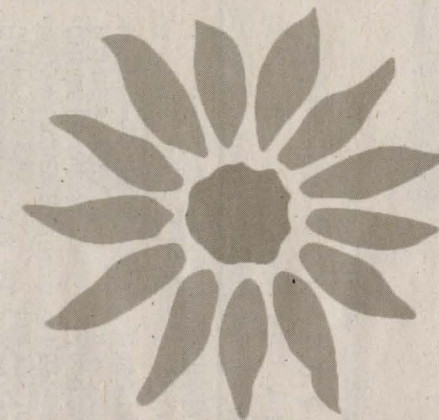
This survey shows us that the great majority of employees are happy and satisfied with their work at the Moscow Food Co-op. And while that makes us happy as well, we intend to use this information to continue to improve in any and all areas that we can. We strive for working conditions that are open, attentive to staff concerns, responsive, and flexible. In our quest to make the Co-op the best place to work in Moscow, we will settle for nothing less.





# MOSCOW FOOD CO-OP

# Annual Report Fall 2009



## Store Highlights

### Co-op Committees

In order to implement the goals of the Strategic Plan we are asking for volunteers to serve on committees. Below is a brief description of each committee. If you are interested in serving on a committee please email [boardmembers@moscowfood.coop](mailto:boardmembers@moscowfood.coop) or [manager@moscowfood.coop](mailto:manager@moscowfood.coop).

**Committee Membership:** Directors, Members, Staff or other persons with expertise in the specified areas.

**Commitment:** Committees meet monthly. In addition to scheduled meetings, sub-committees may be formed and other responsibilities may include additional research, draft proposals, reports, implementations, telephone calls and e-mails.

**Reward for Serving:** Unless eligible for other benefits that supersede this benefit, members who serve on committees are eligible for an 8% discount on purchases during the months when the committee is actively meeting.

**Nominations & Elections** is charged with identifying and recruit-

ing nominees for elected and appointed positions including open positions on the Board of Directors and Board committee assignments. The committee also assures that elections are held on time, in accordance with our by-laws, and provide oversight to assure fairness and accuracy.

**Board Development** is charged with identifying the education and development needs of Directors, and providing educational resources and experiences to fill those needs.

**By-law & Policy** is charged with refining and updating by-laws and governance policies to meet the current and emerging needs of the Moscow Food Co-op, requirements of law, and other discrepancies or conflicts.

**Engagement & Outreach** is charged with strategic initiatives of "strengthening the Co-op community" and "increasing community engagement, outreach and education". The committee will work on areas including membership, member satisfaction, member benefits,

member communications, participating members, community relations, community outreach, and education.

**Green Commerce** is charged with the strategic initiative of, "Develop and support the local organic and sustainable food and goods economy."

**Sustainability** provides advice, recommendations, ideas and resources to the General Manager in an effort to apply contemporary best practices about sustainability, energy efficiency and conservation as it relates to the Co-op buildings and grounds.

Board meeting dates & time posted in the store and on the website [moscowfood.coop](http://moscowfood.coop)

### Annual Report 2009

Moscov Food Co-op  
121 East Fifth Street  
Moscow, ID 83843  
208-882-8537

Open daily 7:30AM to 9PM

annual report design by Kathleen Ryan, MFC volunteer



### Front End

The Front End is thrilled by the success of the Dime at a Time program. We are seeing a measurable increase in the number of people bringing in their own reusable shopping bags, and reusable cups.

### Meat

The meat department streamlined its operations this year to improve our contribution to the store's financial health, while continuing to offer great service and a wide range of natural, humanely-raised meats, including many local and regional products.

### Grocery

This year we highlighted our local vendors with Taste of the Palouse, expanded the Doma Coffee rack, and added local wines. We always bring in new products and strive to be responsive to customer requests, such as a wider variety of gluten-free choices.

### Membership & Outreach

We've improved the Co-op website at [www.moscowfood.coop](http://www.moscowfood.coop), added to member benefits such as reduced admission at our Good Food Film Series, and launched our Essential Cookery classes, to name just a

few of our recent projects. We now have over 5000 current members.

### Bakery & Deli

The bakery and deli have a new look, with servers wearing chef coats or Co-op t-shirts, and the seating area getting a redesign and a facelift with potted plants. Hot food is now available throughout the entire day and our menu is more exciting and flexible than ever before.

### Wellness

We have weeded out poor quality products and brought in items made with safer ingredients, support Fair Trade, and promote a lighter environmental footprint. It takes a lot of time to do this research, but staff are determined to have high quality, ethical products on the shelves.

### Produce

The produce department increased its sales of local and regional produce by 15 percent last year. We've been experimenting with keeping the stone fruits out of refrigeration to improve their texture and taste - hope you notice the difference!

### Moscov Food Co-op Board of Directors

[bodfeedback@moscowfood.coop](mailto:bodfeedback@moscowfood.coop)  
committee assignments are listed below each Board member's name

#### Kimberly Vincent

2007-2010 President,  
Bylaw & Policy and Dime in Time

#### Bill Beck

2008-2011 Vice President,  
Board Development and  
Chair Bylaw & Policy

#### Donal Wilkinson

2007-2010 Secretary,  
Outreach & Engagement and  
Chair: Board Development

#### Gary Macfarlane

2007-2010  
Co-chair Outreach & Engagement

#### Dena Neese

2009-2012  
Chair Nomination & Elections

#### Chris Norden

2009-2012  
Board Development and  
Co-chair Green Commerce

#### Andrika Kuhle

2009-2010  
Bylaws and Policy and  
Co-chair Green Commerce

Thanks to retiring Board Members:

#### Chris Caudill

2007-2009

#### Kathleen Ryan

2006-2009

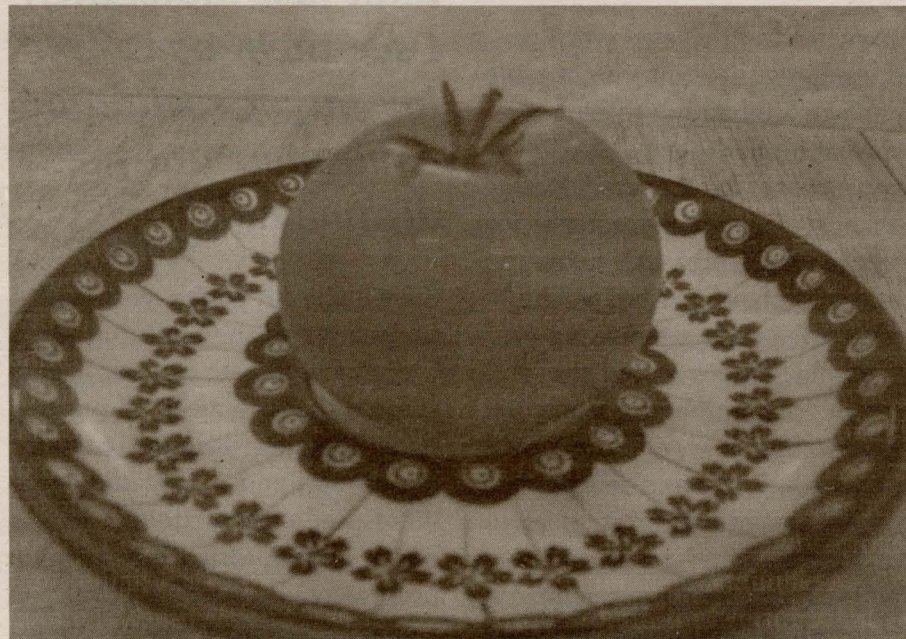
#### Joe Thompson

2006-2009



## Veganesque: Summer Senses

by Caitlin Cole, newsletter volunteer



The summer heat continues to press against our skin. There is a loud, electric bug noise coming from the leafy maple tree in our front yard that sounds like angry singing against the mellow strumming of my husband's guitar song. Our kids have been crouched for long minutes, as only kids can crouch, gathering grass, berries and twigs for the bug habitats they made out of recycled plastic jugs. I am slouched in a daze from the heat, but my senses come alive after my first bite of a perfect summer tomato. It is seasoned with a dash of salt, freshly ground pepper, fresh basil and drizzled with olive oil and balsamic vinegar. It is the taste of summer.

The way in which I feel my senses and the strength of each of them changes according to the season. Since moving to Idaho 4 years ago my favorite sense in summer is taste. This was a surprise to me because my favorite summer sense used to be touch. One sensation I loved was swimming in the lake. My family had a little cabin on a cold rocky lake in Maine. I would lie out on our wooden deck to get as hot as possible. The wide planks would hold the heat and my only protection was my threadbare John Travolta beach towel. I remember the way the sunblock smelled, a combination of medicine and rubbing alcohol. My mother would be getting sun too, we would have the crackly transistor radio on playing the top forty station. After baking as long as I could, I would find my inflatable float and bring it to the edge of the dock. I would carefully slide on; my goal was to remain as dry and hot as

possible. Paddling out to the swimming dock further out on the lake I would have to get my hands wet with the cold water, giving me a preview of the relief to come. After climbing up the dock I took a running leap and dived into the bliss. Each member of my family had a different method for getting into the lake. My parents would wade in. My little brother used the dock method except he would very slowly slide in from the dock. My method was considered bold. To this day, sometime during the summer one of my relations back East will say, "Remember how you used to jump in the lake from the dock like that?"

Since there are limited swimming opportunities in this area (sorry, a pool full of chemicals does not cut it after growing up swimming in that lake!) I have

### Garden Gazpacho Soup

- 2 10 large tomatoes
- 1/4 cup olive oil
- 1/4 cup red wine vinegar
- 4 cups Very Veggie juice
- 5 cloves garlic, pressed or minced
- 1 teaspoon salt
- 1 teaspoon freshly ground pepper
- 6 zucchinis, sliced
- 2 onions, chopped

Blanch the tomatoes in a pot of boiling water for about 15 seconds, or until the skins just begin to peel. Immediately remove them from the hot water and plunge them in ice water to stop them from cooking. Peel, core and dice the tomatoes into 1/2 inch pieces. In a large pot, combine the oil and vinegar and whisk together well. Pour in the Very Veggie juice, garlic salt and pepper and whisk well again. Stir in the tomatoes, zucchini and onions and combine thoroughly. Cover and refrigerate overnight.

a new favorite summer sense, taste! While there may be a shortage of natural water in our area, we make up for it in the amazing produce our area offers. We had a simple and memorable meal over the fourth of July, which included local tomatoes with fresh herb, organic corn on the cob with garlic butter, local strawberries and raspberries and ice cream cones for dessert. There are so many local produce choices at our Co-op! The choices are almost overwhelming, but what a high class problem it is deciding which

produce to enjoy! While enjoying your senses in our produce department I hope you will pick up ingredients for this light yet hearty meal. Savor it!

Caitlin Cole is looking forward to cooler weather!

## medical care for the whole family



FAMILY PRACTICE

OBSTETRICS

GERIATRICS

FAA PHYSICALS

WELLNESS VISITS

We are now accredited as a Rural Health Clinic. Accepting new patients, including Medicare and Idaho Medicaid patients.

JOHN GRAUKE, M.D. | MAREE MCHUGH, F.N.P. | DEBORAH MEDEL, F.N.P.



213 N. MAIN ST.  
208.882.7565

WWW.MOSCOWMEDICAL.COM



Thank you  
MOSCOW!

We are closing our business after 15 wonderful years. Unfortunately, the economic recession & lack of available career training loans has had such a severe impact on our enrollment that the school can not continue. Thank you for supporting our graduates, and for attending our Community Massage Clinic (Over 10,000 massages were given by our students!). It has been an honor and a great privilege to work with such wonderful students and instructors. The school blossomed with the support of the Moscow community.

With fond memories,  
Lisa O'Leary, Jan and Jim Roberts



## Omnivoria: The Happy, Happy Meal

by Jamaica Ritcher, newsletter volunteer

As a new columnist on all subjects meaty, and writing for a publication focused on organic, sustainable living, I feel a little sheepish considering fast food in my first article. But with the new school year upon us, and the grilling season waning on the horizon, I'm thinking of my 6-year-old son, Jonah, and his brief obsession with a certain set of golden arches.

According to Michael Pollen's 2006 book on American food systems, *The Omnivore's Dilemma*, one in three children in the United State eat fast food every single day. Jonah, much to his dismay, is not among that one-third. Initially, his knowledge of fast food eateries was based on little more than fleeting glimpses of neon lights from the backseat of the car or, when walking down city streets, smelling the mysterious, wafting sent of something deep fried and salted. But on Jonah's entrée into kindergarten, what was once a vague notion morphed into a pressing curiosity. Interestingly, we'd had a similar situation when Jonah's older sister Maia started school. At that time I didn't eat meat at all, and had little trouble convincing Maia that steering clear of big fast food burger joints was better for the environment, our bodies, and the animals so many of us tend to eat.

But Jonah has a more persistent taste for the sweeter, saltier things in life, and an apparent predilection for popular culture.

As his kindergarten year wore on, the subject of Mack-Donol's (as he and his sister innocently pronounce that American institution) surfaced with increasing frequency. It was evident he'd heard stories from his peers and felt he must be missing out on something good. Driving toward Pullman one afternoon, he pointed out the window and mused, "I think at that place they give you a toy with your dinner."

So I launched into my long-winded explanation as to why we'd have to forego that particular treat. To me, fast food chains are more than just unhealthy. I see them as reflecting larger social and environmental predicaments like car-culture (almost 20 percent of American meals are eaten in the car), industrial agriculture (by its encouragement of corn and soy monoculture for livestock feed), globalization, (according to their website, McDonald's is located in 118 countries—as they say, "it's never been easier to find a McDonald's near you"), and our cultural distancing from food—that knowing where our food comes from, how to prepare it, and having the time to sit enjoy it with family and friends, has become a smaller and smaller part of our cultural knowledge and practice.

Jonah's fast food fascination (and my way of dealing with it, which was, in effect, to ban it) came to a head last spring. We'd been focusing on table manners in our household and, as

a reward for a weeks' worth of thoroughly pleasant dinner table behavior, Jonah got to plan a special dinner menu. "Whatever you choose, we'll make," I gushed, envisioning requests for a homemade pizza, or macaroni and cheese. "I know," he responded with a twinkling eye, "let's have Mack-Donol's!"

"Oh," I stammered (or maybe it was "ugh"), wondering how I was going to avoid renegeing on my end of the dinner deal (a special dinner of *his choice*) without succumbing to hypocrisy. "Ah!" I exclaimed, realizing the keyword in the whole situation: *make*. The deal had been that we would *make* the dinner of his choice. And that is what we did.

We kneaded the dough for hamburger buns, sliced the potatoes for oven-baked French fries, and mixed and shaped our own burger patties. The Co-op carries more than one brand of grass-fed, antibiotic and hormone-free ground beef. The meat section stocks Alderspring grass-fed beef. And if you plan your burger night in advance, be sure to check the freezer section for Flying DW Ranch Texas Longhorn ground beef. Don't let the "Texas" fool you: Dusty and Melissa Weitz's Longhorn herd is grass-fed in the very-nearby Viola, Idaho. The beef comes in packages of about 6, 1/3 pound patties and runs \$3.69/lb.

Jonah was so excited for his "healthy Mack-Donol's night," (as he called it then and continues to term any night we have burgers on the menu); he invited two of his closest friends to join us in the occasion.

The wonderful thing is that the golden arches have since lost

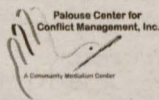
*'To me, fast food chains are more than just unhealthy. I see them as reflecting larger social and environmental predicaments.'*

their luster for Jonah. Although he hasn't had the opportunity for an actual taste test, he firmly averred that the meal we prepared together, at home, containing primarily local, organic ingredients, far surpassed what comes out of a drive-thru window. It's a perspective that makes our occasional burger nights very happy meals indeed.

### The recipe:

My typical burger recipe is a takeoff on the "Meal in a Burger" recipe found in *The New Basics Cookbook* (by Julee Rosso and Sheila Lukins, 1989). Despite the convenience of preformed patties, I like to combine each 1 1/4 pound of meat with one egg, 1tablespoon grated onion (white or yellow), 1clove of garlic crushed, and salt and pepper to taste. Resist the temptation to go with extra lean meat—a little fat will produce a juicier burger. 1 1/4 pounds of ground beef should make 4 modestly portioned burgers. Whether you choose to grill your burgers outdoors or broil in the oven, cook 2 1/2 to 3 minutes on each side for a rare burger, and longer according to taste.

Honestly, I don't usually make my own hamburger buns and quite enjoy the Co-op's buttermilk bran buns. And this time of year you can even top the whole thing off with thick slices of a juicy, red, homegrown tomato and a Walla Walla sweet onion. Enjoy!



### Families' Coping with Addiction

(Sponsored by the Palouse Center for Conflict Management, Inc.)

Are you an addict or fear you might have an addiction?

Are you in a relationship with someone that you suspect is an addict?

If so, please join us to explore

- ◆ the roots of addiction.
- ◆ the dynamics of addiction and how it affects families.
- ◆ the devastating effects of addiction.
- ◆ recovery resources.

A formal presentation on addiction and a panel discussion by recovering addicts, who will share their experiences & answer questions.

Call: 509-596-2616 for more information about the workshop.

Workshop registration, please call Moscow Parks and Recreation, 883-7085

Date: Thursday, August 27, 2009 Time: 6:30-9:30 PM

Fee: \$12.00 per person. \$15 per family (18 years and older)

Location: Fiske Meeting Room, 1912 Building, 412 E. 3<sup>rd</sup> Street, Moscow.

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Jamaica has made the most of her Moscow summer by playing in her garden and cooking and eating outside as much as possible.



## Into the Cupboard: Summer Simplicity

by Ivy Dickinson, newsletter volunteer

The July temperatures are starting to climb and I am becoming more and more obsessive about following that routine that all people without air conditioners tend to develop in order to maximize cool air flow entering the house (i.e., finding the perfect balance of opening drapes on the side of the house where the sun is not, and turning the fans on right at that crucial moment when the temperatures outside drop in order to infuse the house with enough cool air to make it through the next stifling day). If you are one of these people as well, you'll also know that turning on the oven during these times is strictly taboo. As a result, many of our meals these days consist of light simple fare that can be prepared either without heat or on the grill. The garlic scape, one of my very favorite ingredients, fits perfectly with these conditions.

In case you are wondering what exactly a garlic scape is here's the anatomy lesson. Garlic along with the other relatives in the allium family, (leeks, chives, and onions) begin their lives as small bulbs growing underground. As the bulb grows larger, it also gets harder, and a shoot (visualize garlic that has been left too long on your counter and starts to sprout) pokes

through the ground. The shoot is a bright spring green and strongly resembles an octopus or other sea creature because it curls wildly as it grows. Trimming the garlic scapes off of the garlic plant is not only a tasty treat, but also allows the garlic bulb to grow larger by focusing all of the growing energy on the bulb rather than the shoot.

If you have seen these things lurking around the Co-op produce department and have wondered what to do with them, I'd urge you to try adding them to just about anything. They are milder than garlic cloves, so they are a delicious addition to salads and I love adding them along with a few leaves of chopped kale to my eggs. You may have also heard that they make a great pesto, which is where I got the idea for my first recipe (remember no water boiling for pasta is allowed in my house at this point in time, but we still get a hankering for carbs from time to time). My first recipe is basically a simple spread for French bread that can be wrapped in foil and warmed on the grill for a decadently warm and tasty garlicky treat.

My second recipe is simply grilled garlic scapes. These are akin to grilled asparagus in look and texture, the only difference

### Garlic Scape Herbed Butter

- ▶ 4 tablespoons slightly softened, but still firm butter
- ▶ 3-4 garlic scapes, coarsely chopped
- ▶ 1 tablespoon parsley, coarsely chopped
- ▶ 1 teaspoon fresh savory, stems removed and coarsely chopped
- ▶ 1 teaspoon fresh thyme, stems removed and coarsely chopped
- ▶ Salt and pepper to taste

Pulse butter, scapes, and herbs in a food processor until combined and spreadable consistency. Slice French bread (I like to forego the salt in the butter and use the co-ops salted French bread) in thick slices, approximately two per person and spread a thin layer on each side of the slices. Package bread together in some foil then warm on the grill until bread is warm and butter is melted.

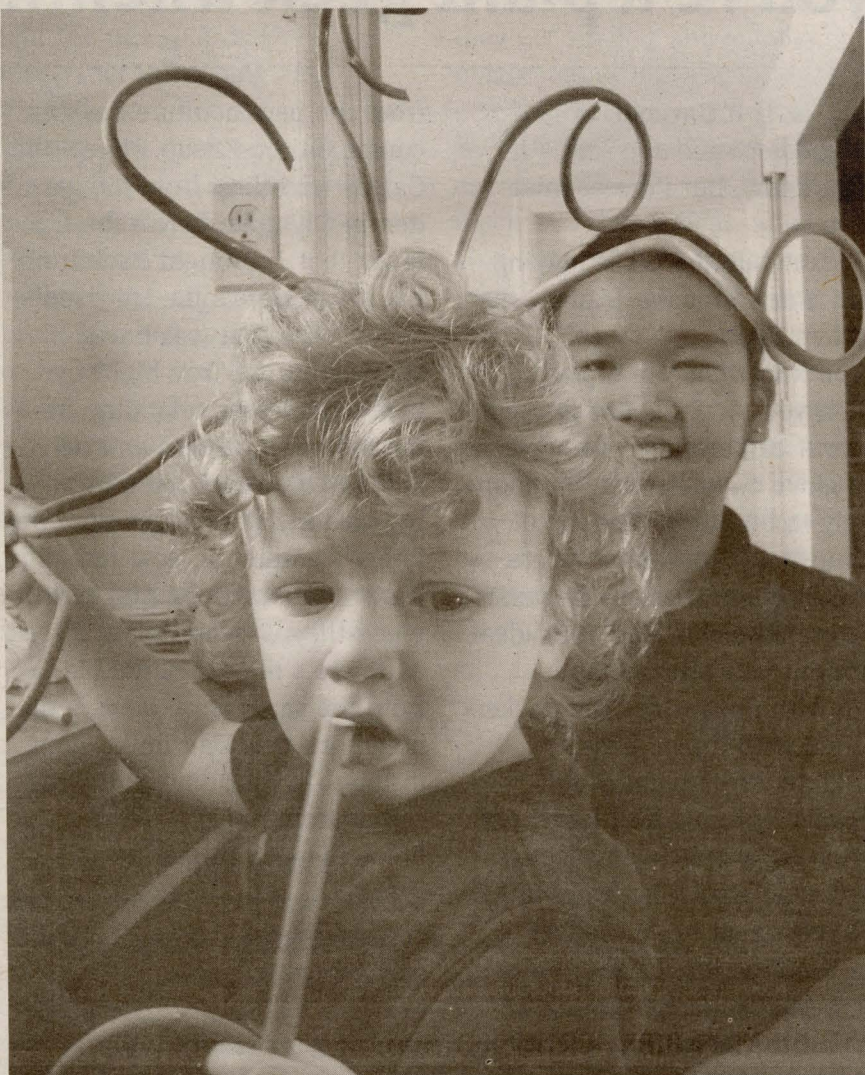
### Grilled Garlic Scapes

- ▶ Garlic scapes (as many as you think you can handle)
- ▶ 1 tablespoon olive oil
- ▶ Salt and pepper

Prepare your grill as necessary to achieve medium-high heat. Trim the ends off of the garlic scapes and toss to coat in the olive oil. Salt and pepper to taste, then arrange in an even layer directly on the grill. After 4-5 minutes, turn once and cook the other side 4-5 minutes. The scapes will be slightly charred and are tender when pierced with a fork.

is the mild garlic flavor. Who wouldn't want that?

Ivy would love to hear what you've added your scapes to. You can email her with your ideas or questions at [ivyrose7@hotmail.com](mailto:ivyrose7@hotmail.com).



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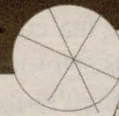
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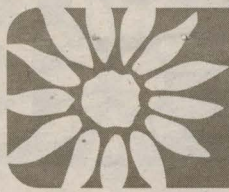
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## In The Garden: Requiem to a Lawn, Part I

by Holly Barnes, newsletter volunteer

*A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawn mower is broken.*

~ James Dent

I didn't start out wanting to get rid of all the lawn around my house but somewhere in the process of converting grass to garden, bed by bed, it became the goal.

We moved to our current home 5 years ago and started the slow conversion. I didn't have an overall plan. Each garden area evolved depending on the best use for the area. The sunniest part of the back yard became the obvious spot for the raised beds, our square foot garden. Although the raised beds were originally surrounded by grass, it quickly became a bother to mow so we covered that area with old carpet remnants and spread straw on top: an instant, defined, garden spot.

Several garden beds, and years, later the back yard had only one patch of grass left and we decided to plant it to lavender. That was last year's project. I covered



A slice of Americana

the lawn with weed cloth, cut holes in the cloth where each lavender plant went, laid down drip irrigation, and then spread the area with straw. We didn't like the look of the straw this year and have started producing our own mulch that we like much better (more on that another time). The lavender is currently my lowest maintenance bed and it's looking great.

This article is being written as we approach the replacing of that last bastion of Americana, the grassy front yard. Why is it so hard to take that step? What is it about our lawns that we feel so nervous about eliminating them?

Where did this love affair with

the big green lawn around our houses come from? Each weekend, about 54 million Americans mow their lawns, producing up to 5 percent of the nation's air pollution. One gas mower running for an hour emits the same amount of pollutants as eight new cars driving 55 mph for the same amount of time, according to the Union of Concerned Scientists. And speaking of emissions, the EPA states that 17 million gallons of fuel, mostly gasoline, are spilled each year while refueling our lawn equipment. That's more than all the oil spilled by the Exxon Valdez in the Gulf of Alaska! Shocking! Isn't that enough of a reason to retire our gas lawn mowers?

Lawns are great for children, but once that stage of family life was completed I wanted to move on to what I feel are more attractive uses of the area around the home. The weekly mowing of a lawn, using our battery-powered mower, has never been our strong suit as our neighbors can attest. Those dandelion flowers that distributed their seed down our street to everyone else's yard won't be missed a bit, except by the goldfinches, perhaps.

I already have more garden areas than I can easily maintain and know that I can't handle any more. Well, maybe I can squeeze in one more (garden installation really is my favorite part), but the front yard is a large area that needs a virtually maintenance-free plan. That is the most important consideration for the current front lawn space. Next issue I will write about the process of converting and will explore a couple of methods that I am considering to eliminate the lawn and replace it with a low maintenance and low water use ornamental garden.

Holly Barnes is enjoying the best season of the year in her garden with the sights, sounds and smells of nature.

## Letter from the Land: You know you're a plant geek when...

by Suvia Judd, newsletter volunteer

One day I was looking for a different flavor of tea to make, and found a pretty pink box of peach tea. I opened it and "woops, not for the tea cup," it was full of iris pods. Not labeled either, but I think they're from a place on the mountain where the big pines open out into a little meadow and there is a big patch of Iris missouriensis. Note to self: find out if the seeds need stratification, if so, transfer to some dirt in the fridge.

Yes indeed, I'm a bona fide plant geek. If you are wondering if you suffer from this wonderful ailment, here are some tips. No, this is not, "Are your jobs and relationships suffering because of your plant obsession?" I KNOW you have healthy relationships with other like-minded people who don't mind opening the fridge and thinking "Oh, chocolate cookies," and discovering it's a plastic bag of

dirt and spruce seeds, or "Oh, let's get rid of that dried up celery," and realizing it's that apple scionwood from the tree the porcupines love on Paradise Ridge, that you bud-grafted from last year.

You know you are a plant geek when you clean off your kitchen shelf to make room for a mixing bowl and find an entire grocery bag's worth of saved collections of squash seeds.

Here my friend came in and said, "You have to tell them about how when one is driving one always has to be prepared to stop suddenly to get a cutting, like of that really floriferous deep pink wild rose north of here, or to find a safe place to park so you can climb two fences to check out something that has caught your eye, like that incredibly red tree that was totally covered with apples."

I said "Oh, I know where that

place is, is it Garfield, or is it Oakesdale?" and she said, "I don't know, but I'd recognize the tree."

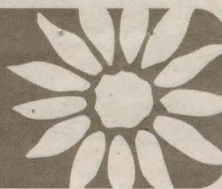
Meanwhile the cat is playing with a dried medlar fruit on the kitchen floor.

You know you are a plant geek when you always carry pruners in your car, and the envelopes in the glove compartment are more likely to be full of seeds than stamps, and you know where all the color variations of camas are in the region, and your ideal garment in a photographer's vest with dozens of little pockets loaded with Ziploc bags.

I know I'm a plant geek because not only do I know my region by where I've collected particular plants, but our yard is a testament to our collecting: Here by the driveway are the bearded irises from the lot behind the hospital in Clarkston, here's the Alaskan yellow cedar

from the permaculture design course on the Kitsap. Here's the Camas leichtlinii from the garden in Olympia, here's the true tansy that J. brought back from Elk River. Here's the Harrison's Yellow rose that was being sprayed on the Troy highway, here's the lesser celandine from my mother's garden, and here is the row of very old bronze bearded iris K. brought from her father's garden in New Jersey. Here's the flowering quince from when they widened Main Street, and here's the old white lilac from the same yard. Here is the hawthorn that Dan found lying in the road, and under it is the camas from north of Deary. My life is mapped in plants.

Suvia, of Moscow, collects plants everywhere.



## Meals Kids Might Eat: Dutch Ovens!

by Judy Sobeloff, newsletter volunteer

Welcome to this month's camping follow-up topic, Dutch ovens. Although, alas, I cannot count myself among them, many of my friends and fellow Co-op members fit the necessary user profile: people who want a really nice meal and are willing to pay attention to details.

Though I seem to remember being in the vicinity of a Dutch oven as a Girl Scout, I hadn't thought about them much until last month's article on camping food, when Dutch oven enthusiasts began pouring out of the woodwork.

Dutch ovens are usually cast-iron (or sometimes stainless steel or aluminum) pots with tight-fitting flat lids with rims. Since cooking with a Dutch oven involves putting hot coals or briquettes both on top and beneath the Dutch oven, the ones most convenient for camping have three short legs on the bottom.

Bryan, who has a Dutch oven with a flat base, puts his on top of three flat rocks and heats briquettes using a "briquette starter," an empty coffee can with a handle that one can buy or make oneself.

To use a briquette starter, he says, put crumpled newspaper in the bottom of the can, allowing for plenty of oxygen underneath, then put briquettes on top, and light the newspaper. Once the newspaper is burning and the briquettes are hot, he says, you can pick out the briquettes one at a time with tongs and put them underneath and on top of the Dutch oven.

Others, like my friend Kate (orchardfarmsoap.etsy.com), make a really hot fire (usually in the fire pit at a campsite), then wait till the fire burns down to coals and heap the coals on top and around the outside of the Dutch oven.

I personally plan to delay my own Dutch oven use until we

take Kate up on her invitation for Dutch oven night. Bryan's father-in-law, Dwight, concurs: "The main thing is experience, knowing your Dutch oven, knowing how many briquettes to use and how long to do it so you don't burn the food."

Dwight remembers a T.V. show on Dutch oven cooking hosted by Butch Welch from Grangeville: "He would stack Dutch ovens four, five, six, up to ten high, in three or four stacks, and cook for 20-30 people, but I'll only stack two."

Dwight likes to cook a main dinner such as chicken in the bottom in a 12-inch oven and a side dish such as biscuits in a smaller 8-inch oven on top. He says, "I don't do anything fancy, but you can do anything in a Dutch oven you can do in a regular oven." Though Dutch ovens are heavy, they're "interesting and fun, especially on raft trips." He particularly recommends Welch's cookbook, *Cee Dub's Dutch Oven and Other Camp Cookin'*.

He uses about six briquettes on the bottom and 10-12 on top, though he emphasizes that it takes a lot of experience to know how many to use (too many briquettes on the bottom will burn the food.) "Let the briquettes turn white and get good and hot before you start cooking, so that they get smaller and smaller, maybe about half the original size by the time you're done." If you need to add more during cooking, he says, just add them black and they'll heat up. He also suggests having a gizmo with a long handle for lifting up the lid.

The care of the Dutch oven itself is also really important, according to Dwight. It needs to be cured before using it the first time (coat with vegetable oil, heat in 150-200 degree oven till it gets hot). After using, it should be cleaned with hot water, wiped



Dutch oven with accessories on concrete, waiting for camping.

dry, and oiled again. (Never use cold water when the Dutch oven is hot, because this can cause it to crack.) If soap is used, it will need to be cured again. Also, it needs to be put away "very dry" to avoid rust. (Briquette dust will also absorb moisture which can lead to rust spots.) The oil can get rancid if left on too long, so Dwight recommends taking out

the Dutch oven every six months to check for this.

Judy Sobeloff hasn't used a Dutch oven yet, but her family did make a mean flaming Cherries Jubilee with the cherries from their tree.

### Kate's Dutch Oven Pasta

- 1 onion, chopped
- optional vegetables, chopped (carrots, zucchini, spinach, chard)
- Optional Italian sausage, chopped
- 1 package little, thick, sturdy, semolina noodles
- 2 big cans tomato sauce
- Ricotta cheese
- Mozzarella cheese

Saute onion and optional vegetables and optional sausage in pot of Dutch oven. Add tomato sauce and uncooked noodles until it's like a big soup. Mix ricotta in, add some mozzarella on top, and let it cook about 40-60 minutes.

### Kate's Cobbler

Cut up fruit of choice. Add small amount of pancake mix (approx. 1/4 cup) to fruit, stir, and set aside. In a bowl, make pancake mix according to the instructions (adding egg and water) and pour over the fruit. Place in Dutch oven and put it on coals on concrete if doing this at home, or in fire pit if camping. Using 5-6 coals on the bottom and 4-5 on top, let cook for 45 minutes. While cooking, whip up some cream for a yummy topping.

### Bryan's Dutch Oven Chicken

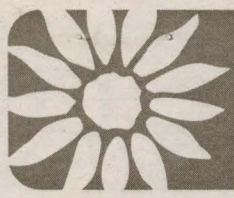
- 1 chicken, cut in pieces
- 1 cup teriyaki, over top of chicken
- 3 or 4 cups salsa
- 1 to 1-1/2 cups of honey
- sprinkle ginger on top (Vary according to taste)

Use a briquette starter to heat briquettes. Using tongs, put 8 briquettes underneath Dutch oven and 12-15 briquettes on top. (Temperature should be equivalent to 350 degrees.) Cook for 1 to 1-1/2 hours until chicken is done.

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## Alternative Transportation: Victoria Shortt

by John Dunn, newsletter volunteer

This feature is designed to discuss, highlight, and inspire alternative transportation in our community. It is a cool thing to be able to use this forum as a means of showcasing those in our area who are, for various reasons, committed to an alternative transportation way of life. In coming months, we are going to meet some folks who have shunned the single occupancy motor vehicle as a primary form of transportation. We will learn why they have chosen this path, how they are accomplishing it, and delve into other ways means to reduce our reliance on the passenger car or truck in ways which that will be practical, and hopefully, entertaining. This column will also post upcoming events from the alternative transportation realm which may help to motivate us all to make those changes in our lives necessary to wean ourselves from the automobile and to, as Edward Abbey once put it, "help the world get back to normal."

If you are looking for events which are bicycle focused, check out the following websites:

- ➔ [www.bikemoscow.org/announcements.asp](http://www.bikemoscow.org/announcements.asp)
- ➔ [villagebicycleproject.org](http://villagebicycleproject.org)
- ➔ [www.pcei.org](http://www.pcei.org)

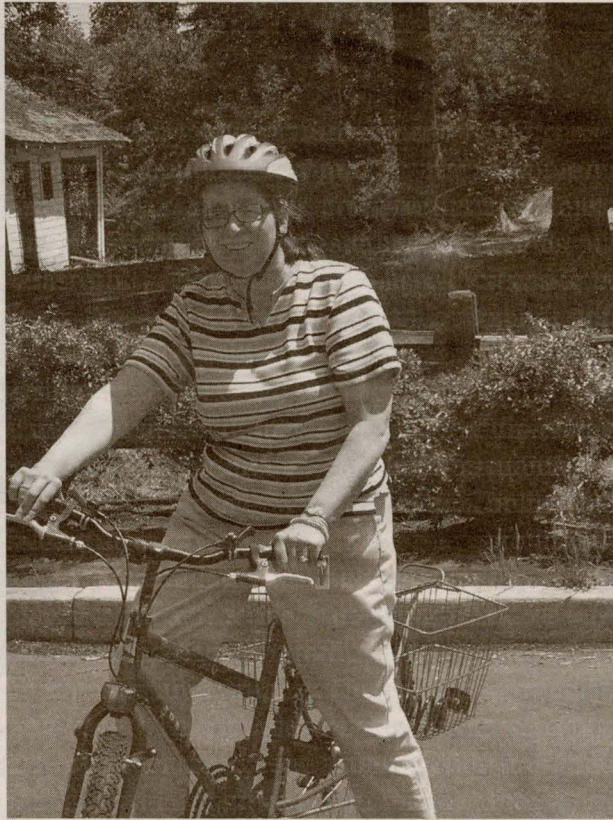
This month's inspiration is Victoria Shortt. Victoria is a completely automobile-free person. She commutes to her job by bicycle when our wacky Palouse weather permits and by foot when necessary. She is also an occasional user of public transportation, but only when absolutely imperative.

A quiet and unassuming woman, Victoria grew up in southern Idaho and has lived in Moscow for 20 years. She has no

plans to leave and states that she simply loves the accepting ways of the community. "It is OK to be different here in Moscow. If you want to bike, you bike; and, if you want to walk, you walk." Victoria's choice to remain car free was made in part because of health considerations. She has a lack of visual depth perception that has kept her from behind the wheel of an automobile her entire life. That said, the increased level of fitness derived from bicycling and walking have also provided a great boost to her recovery from cancer some years ago. Victoria says, "It was extremely difficult to come back to a level of fitness, but the biking and walking were essential. Plus, I just love to be outside in the air and experience a little bit of nature."

The first time I noticed Victoria on her daily commute was a couple of months ago when I spotted her calmly, albeit slowly, making her way along Sixth Street. Naturally, she was on her bike "experiencing" a driving, late spring rain and dressed head to toe in her yellow slicker. Even her panniers were wrapped in plastic.

Her main ride is an older, solid Roadmaster hybrid, rigged up with wire frame panniers that are nicely sized to allow her to carry all of her groceries plus a few other things. They are located low and alongside the rear wheel to not detrimentally affect the handling of the bicycle when loaded. Her other ride is a newer Raleigh that is currently sidelined with mechanical problems. Victoria plainly states that



she doesn't fix bikes and simply hasn't had time to get the bike to the shop for the repairs.

When pressed, Victoria will elaborate on a few points she deems essential elements of bicycle commuting. Underscoring the obvious, she mentions that

car drivers don't always see bicyclists. Having experienced a few close calls in her years of bike commuting, she brings the point home by stating that bicyclists must always take care of themselves by not allowing themselves to be in harm's way. Also, be sure to enjoy your time outside, she advises. In other words, always be aware of where you are both in traffic and in your environment.

John Dunn, land surveyor and a Latah County resident, lives limits in a house he built of straw. He can be seen biking from home to town and everywhere in between. He is pursuing a life dream of biking around the world and has ridden across much of Southeast Asia, including Thailand, Laos and Myanmar.



## Juried Exhibition Announced

by Jeanne Wallace, member of Palouse Watercolor Socius

The Palouse Watercolor Socius is having its First Annual Regional Juried Watermedia Exhibition, October 1 - 31 at the Pullman Gallery, Market Square Building, 107 S. Grand, Pullman, Wash. Open to all watermedia artists. Entries hand delivered by the artist or by his or her proxy to the Pullman Gallery on Saturday, September 26. Jurying will take place after noon on that day. A minimum of \$3,000 in awards anticipated. For detailed information or a Prospectus, e-mail [zxznab@gmail.com](mailto:zxznab@gmail.com) or send your request with a self-addressed stamped envelope to: PWS, P.O. Box 9336, Moscow, Idaho 83842.

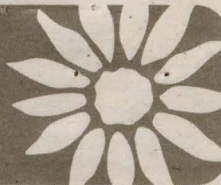
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## Take a Write on the Wild Side

by Sharon Cousins

My new website, Write 'em Cowgirls! (<http://write-em-cowgirls.com>) is open. No six-shooters required, but a write 'em cowgirl (or cowboy—despite the irresistible name, gents are welcome) is always ready to whip out a pen and write at the drop of a prompt.

As a child, I was fascinated with young women in westerns who wore boots and ran and rode horses. With brains, courage, and humor, they solved problems and met challenges.

They had a special kind of vision born of wide-open spaces and close attention. Cowgirls didn't mince around in high-button shoes. They strode confidently ... when they weren't running, roping, shooting, or leaping onto the backs of galloping horses to cross wide-open spaces in search of adventure, with their chins up, their eyes open, and their wits about them.

That's the kind spirit Write 'em Cowgirls encourages people to bring to writing. Write wild and

deep and true. Look closely, then write from a broad view. Take your tumbles (or rejections), dust yourself off, and get back to work. Learn to see the forest and the trees, and beyond. Always give it your best shot.

Arrangements with some wonderful online galleries (including the Palouse's own Alison Meyer Photography) provide visual inspiration on every page. Images star in the Galleries in the Creativity Corral—unique collages of images and words,

to inspire creativity and invoke the connective power of surrealism. There are pages of inspiration and resources for Creativity and Ideas, Fiction, Nonfiction, Freewriting, and Writing for Change, among others, with Poetry, Writing for Dollars and more coming soon. Sign up for the free, monthly e-newsletter, the Write 'em Cowgirls Express.

Visit <http://write-em-cowgirls.com> and take a write on the wild side.

## Pay Dirt Farm School Fall Classes

by Brian Ogle, class coordinator

Pay Dirt Farm School has a wide variety of upcoming classes in the next few months.

On August 29, we will be hosting a button jewelry class. In this class you will use vintage buttons to create simply fabulous accessories. You will learn to make chic drop earrings, rings, and necklaces with a modern twist. Class fee is \$25 and supplies are \$15. Location is MaryJane's Sweet Dreams Store,

425 S. Jackson St. Moscow. Time is 12:30-3:00 PM.

On September 12, you can learn freehand embroidery at a class at MaryJane's Sweet Dreams Store. In this class folks will learn to embroider farmgirl style – no patterns, no transfers, no fuss! Class fee is \$20 plus \$10 for supplies. Time is 12:30-3:00 PM.

For the class on September 26, we will be at Orchard farm in

Moscow. The class will be "The Art of Creative Body Care" and students will learn to make sugar scrubs and homemade lip balm from all-natural botanically-based ingredients. Class starts at 1:00 pm and ends at 3:30 pm. Class fee is \$20 plus \$10 for supplies.

On October 17, our class will again be at MaryJane's Sweet

Dreams Store. This time the class will be "Knit a T-Shirt Rug". This class will teach you to repurpose your old t-shirts into plush rugs. It only takes 7 large shirts to make one quick knitted rug. Class fee is \$20 (bring your own shirts) and runs from 12:30 – 3:00 pm.

For more information, call 882-6819.

## Face to Face and Plate to Plate

by Gayle Anderson

At our family farm near Genesee, we are hosting a dinner with the goal of helping people understand our lives and our farming practices. We are inviting those who are interested in Palouse agriculture to attend.

For too long, we American farmers have gone about our work and not taken the time to explain what we do and why it is done, thereby allowing others to define our industry and its practices, sometimes in an inaccurate manner. Slowly, we in the agriculture industry have realized that mainstream America wants to put a face on agriculture.

That is why we, Joe and Gayle Anderson, are hosting a "Dinner on the Farm" series for three week-ends in September. This event is designed to be a small gathering for people to come to their farm, enjoy a hearty dinner and be able to visit with not only Joe and Gayle, but other

farmers. Our goal is to build long-lasting relationships with our non-farm neighbors and show them that family owned and operated farms, not giant agribusinesses, are the true face of agriculture.

There is no cost to attend, but reservations are required as seating is limited. To apply, please email your request to [dinneron-thefarm09@gmail.com](mailto:dinneron-thefarm09@gmail.com), please provide information on yourself, what kinds of questions you may have, your contact information and which date you can attend as it is on a first come, first serve basis.

Dates for the series are September 12th, 19th and 26th and again it is by reservation only due to limited seating, so email your request in as soon as possible.

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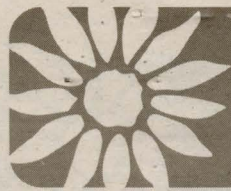
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## Community Profile: The Veterans of Modern Warfare

by Sean Quinlan, newsletter volunteer

A new community group has appeared on the Palouse: Veterans of Modern Warfare (VMW).

The VMW is growing, grass-roots organization with chapters opening all over the country, and is pressing to become officially recognized by the Department of Veterans' Affairs.

"The VMW wants to become the organization that helps veterans transition to civilian life," explains Brandon Freitas, the director of communications at large for the VMW and himself a veteran of the first Gulf War.

"We are not just a social organization, though obviously we want to provide community. But we want to get things done for veterans."

The VMW seeks to help to help veterans, their families, and their communities become more aware of veteran issues and to mobilize on their behalf. Indeed, the VMW has two major goals: advocacy and action.

To underscore this point, Brandon quickly ticks off three recent pieces of legislation about veteran health that the UMV has helped pushed lobby through Congress.

"We seek to do this through a

variety of ways," says Brandon. "But our primary task is through education."

"The bureaucratic system isn't clear," Brandon notes with obvious sympathy. "This isn't to disrespect the federal government at all. But veterans need help navigating the system, and making sure they get the kinds of benefits and services that they need—and deserve."

"Readers may wonder why we need another veteran's group," Brandon notes. "After all, there's a number of others ones, notably the American Legion."

However, the men and women who have fought in recent wars sometimes find that there can be a generational divide among veterans. "The kinds of war they've fought are totally different, and this has given them totally different experiences." Consequently, they may need different kinds of veteran associations.

United by common heritage—but different wars, veterans have different needs—especially when they have to deal with long-term traumas concerning war, loss, and injury.

Brandon stresses that the VMW is not political. "We aren't a political action committee.

We don't have an ideological agenda. We don't care whether you're Republican or Democratic.

"What we care about is getting the right services to veterans, and helping them directly. Each veteran is unique and has their own needs. Politics doesn't matter."

In some ways, society itself has become more open to talking about veteran issues, especially after the Vietnam War.

"You need to ask for help," Brandon reminds. "For veterans, there's always been a stigma about opening your mouth. It's one of those unwritten rules. If you talk about your physical and mental scars, you somehow tarnish your military record.

"But it doesn't have to be so," he continues. "Even generals are coming out and talking about these issues, and saying that they, too, need help."

But there needs to be more services—whether they are benefits, employment, or even just temporary financial aid for veterans in need (as well as their families).

How can you help? Veterans, their families, and other interested people can easily direct themselves to the VMW website.

There, they will find the most recent information on the association. They will also find ways to make financial donations, or to volunteer manpower and time, and to give supplies.

On a more local level, there is a pressing need to turn our budding VMW group into a fully-formed, nationally-recognized charter. But this will happen only with more veteran members, and so the VMW are looking to expand their community, especially with the young.

"These men and women have earned this," reminds Brandon.

For all these reasons, the VMW is a superb way of combining community service and advocacy.

If you are interested in the VMW, please direct your browser to their website: <http://vmwusa.org>. You may also listen to their bi-weekly radio program on Sunday afternoons on KRFP (92.5). The show runs between two and four in the afternoon.

You can also reach Brandon Freitas at 509-339-3760.

Sean M. Quinlan is an historian of science and medicine at the University of Idaho.

## Fun Flix

by Bill London, newsletter volunteer

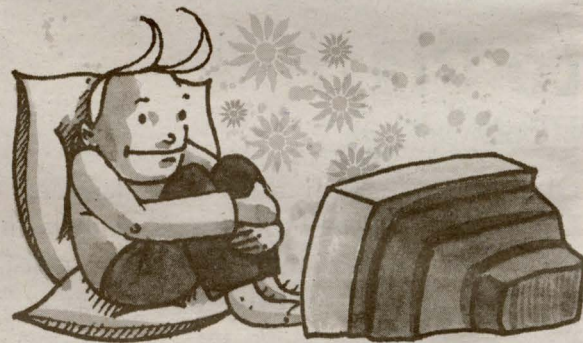
Here's the best videos we've watched lately. What are your favorites?

**The Insider**.....This 1999 film is an award-winner, with 7 Academy Award nominations and numerous other honors. It is a good film, rated R for suspense, but it could have been a great movie with better direction and editing. At two and one-half hours in length, it's just too long and meandering. The acting is strong, but the real strength of the piece is the story itself. The film details the breakthrough interview with tobacco company whistle-blower Jeffrey Wigand on "60 Minutes" that was arranged by producer Lowell Bergman. Both Wigand and Bergman put their lives on the line to get that information on the air. The result was the first big successful hit against cigarette merchandising.

**Bottle Shock** .... This 2008 film focuses on a pivotal event in world winemaking that happened in 1976. That was the year that a snobby British wine-merchant from Paris arranged a blind taste test pitting California vintages against the famous French wines. Of course, the California wines won, and the wine world was turned upside down. This film is a good one both for that story and for its loving photography of the vineyards of the Napa Valley. The rating is PG-13, but the film is really bland in the violence, sex and drugs department.

**Doubt** .... This 2008 film is a thoughtful and engaging look at the battle within the Catholic Church (or any organized religion) between those who value compassion and those who value order. The setting is a Catholic school in the mid-1960's and focuses on the

struggle between a warm-hearted priest and a nun who believes that rules trump virtues. The acting is superb. And I was won over when I noticed that one of the miscreant kids was named William London. The film is appropriately rated PG-13, for its dark theme.



videos he's seen lately are of his grandchildren and his daughter's childhood.

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

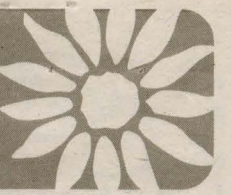
Bill London edits this newsletter, and confesses that the greatest

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## Changing the World

By Christina James

We've heard that it takes a whole village to raise a child. It's also true that one child can change the whole world.

My son, ten-year-old Co-op shopper Oliver Torrey, did just that - and now the makers of Puffin Cereals have named him the Grand Prize Winner in their "I Changed The World!" contest.

This all started last year when we got the Heifer International gift catalog in the mail. Oliver loves animals, so he was interested in the idea of sponsoring some animals for families in need around the world. What most inspired him was the Gift Ark of fifteen pairs of animals.

"I liked looking at the pictures of the animals and I thought it

would be cool if I could raise \$5,000 to buy an ark of animals to help people. So I made a flyer and posted it around town," Oliver said.

"I talked to neighbors, friends and sent letters to my relatives who live far away. All together I raised almost \$800 in a few weeks. Then I got to choose what animals to buy with all of the money."

Soon bees, flocks of chickens, a llama, pigs, rabbits, a goat and tree seedlings were on their way to needy communities around the world. They provide better nutrition and sources of income for the families. Each recipient family agrees that when their gift animals have babies, they will

pass one along to another needy family in their village. So one gift helps people forever with a 'pay it forward' system.

Then in April or May, we read about the Puffin Cereal contest in the sales insert in the Co-op newsletter. We talked it over and Oliver entered his story.

"In seventy-five words or less, I had to tell what I had done to change the world and include a photo showing it," Oliver said. "In July, the company called to tell me that I won. It was nice."

As the grand prize winner, Oliver wins a \$1,000 educational grant, a plaque, one year's supply of Puffins Cereal, a huge stuffed puffin, a T-shirt and his photo and story featured on their

website ([www.PuffinCereal.com](http://www.PuffinCereal.com)) beginning in mid-September. He also gets to adopt and name a real puffin in the Puffin Project ([www.projectpuffin.org](http://www.projectpuffin.org)), a National Audubon Society effort to reestablish puffins on the Maine coast.

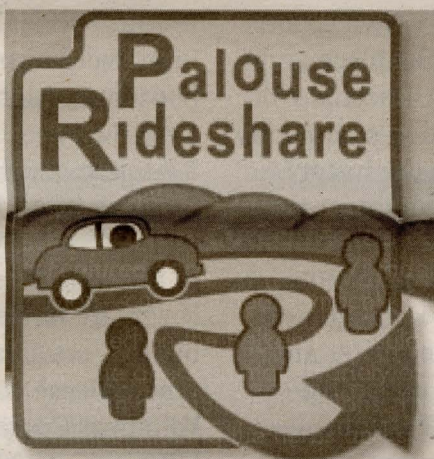
Winning has been a neat bonus on top of an already great experience and we offer our thanks to everyone who donated to Oliver's fundraising effort, to Barbara's Bakery Puffin Cereal, and to the Co-op for helping us live well on the Palouse.

Christina James RN is a personal wellness and business coach, [jameschristina@clearwire.net](mailto:jameschristina@clearwire.net)

## Lonely Commuter Syndrome

By James Blakely, PCEI's Community Outreach Specialist

Are you lonely driving to work everyday? Are you tired of that long evening commute home at the end of a busy day or frustrated with traffic and road construction? High gas prices got you in a slump?



It's called the Palouse Rideshare Network. The Palouse Rideshare Network is a FREE online system, sponsored by PCEI, that matches riders and drivers of the Palouse region

with others who commute or travel similar routes on a regular basis. Palouse Rideshare does not provide ride sharing for occasional or one-time only trips. For more information or to get connected visit <[www.palouserideshare.org](http://www.palouserideshare.org)>

If you answered yes to any of these questions you may be suffering from Lonely Commuter Syndrome (LCS). LCS can affect both males and females between the ages of 16-100 that commute by themselves.

Don't worry, you are not alone, and there is a cure!

## Squash Cook-Off Time

by Sarah MacDonald, newsletter volunteer

In Moscow, fall is a time of cool weather, warm welcomes and abundant local vegetables. Each year, the Palouse-Clearwater Environmental Institute combines all three with the Annual Squash Cook-Off. The Cook-Off tradition began in 2007 as a fundraiser for the Moscow Community Garden, a green space west of downtown where Moscow residents are able to grow organically in individual garden plots. Now in its third

year, the event continues to provide funding for the Community Garden while engaging community members in use of local produce. The Squash Cook-Off consists of two parts: a community potluck dinner of squash dishes, including large batches of squash soup prepared by PCEI staff, and a series of contests for participating community cooks and gardeners. So bring a dish to be judged and to share or bring your own squash to enter for a

## Pullman Farmers' Market

by Brad Jaeckel, market volunteer

Pullman now has a farmer's market! The Pullman Fresh Farm Market opened for business at the Old Wine Bar's parking lot on Wednesday, May 20 in an effort to offer local farm and food products to the Pullman community. The market runs every Wednesday afternoon from 4:30 - 6:30 p.m. and is located one street south of Main on Spring in downtown Pullman.

The market was formed cooperatively by the Pullman Chamber of Commerce, the Whitman County Health Department, and the Washington State University Organic Farm. Pullman residents and vendors have been asking for a return of a Pullman market after a couple earlier attempts did not last. The mid-week market now offers a variety of products including fresh fruit, baked goods, nursery

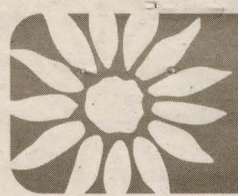
plants, vegetable starts, packaged meats, meats for order, cut flowers, and produce. There are currently about 10 regular vendors and some walk-ons have been arriving with the early fruits of the season.

The WSU Organic Farm is managing the market this first year as it attends weekly to drop off produce for its CSA program. The farm does have extra produce to sell at their table and has been excited about the great support and turnout from the community for this new mid-week market. Please come check out this new event and support your local farmers and businesses.

If you are interested in becoming a vendor for the market please contact Brad Jaeckel at (509) 335-5893 or [jaeckel@wsu.edu](mailto:jaeckel@wsu.edu).

prize! This year's contests for locally gardened squash include: strangest shape, prettiest squash, largest squash and most creative costume (participants can use paint, fabric or anything else to dress up their squash!) Contests for our community chefs include: tastiest entree, most delightful dessert, most unique recipe and most "kid-friendly" dish. Volunteer community members judge the dish and squash entries and prizes for the winners are donated by Moscow and Pullman businesses. Attendees

do not need to provide a dish to participate in the event, just stop by! The event will be held on Thursday, September 24 at 5:30 p.m. the 1912 Center on Third Street in Moscow. Cost for members is \$4 for individual or \$8 for family; cost for members-to-be is \$6 for individual or \$12 for family. Cost includes PCEI squash soup, fresh baguettes and tastes of participating dishes. Please bring copies of your dish recipe for a community recipe swap.



## Co-op Dime in Time Program: The Center for Civic Engagement

by Shannon Johnson, WSU Center for Civic Engagement

The Center for Civic Engagement (CCE) at Washington State University promotes civic responsibility, community knowledge, and self awareness of students through education and action. Students have many opportunities to serve the communities of the Palouse and the state of Washington, including but not limited to weekly service projects, service placements and internships, tutoring opportunities, voting information, and public debate forums. Approximately three thousand students participate in service per year individually, in classes, or through registered student organizations.

For over ten years the CCE has provided student tutors to the

rural communities of Colton, Colfax, Garfield, and Palouse in response to the America Reads Challenge initiated by the Clinton administration. In 2008-2009 this program expanded to host three family literacy nights. Families in the communities of Colton and Palouse were invited for a fun filled evening of literacy games and education for both children and parents. The evenings were successful with over 50 children attending and through the generosity of publishers and individual donations each child received two free books. The money provided by the Co-op's A Dime in Time Award will be used to host more evening literacy events in the local schools and will pay for

games and handouts to the children that attend.

With the help of a three year Learn and Serve America grant offered by Washington Campus Compact (June 2006-June 2009) the CCE has been able to assist with free after-school activities and tutoring for children in a local income-eligible neighborhood. This program has been run twice a week by paid student staff members and volunteers offering the neighborhood children two types of activities to participate in: tutoring sessions with a WSU student volunteer and activities focused on math, science, reading art or physical exercise. The money from the A Dime in Time Award will assist in providing more academic

activities to the children in that neighborhood.

Budget cuts in higher education have impacted many programs like those offered by the Center for Civic Engagement. The assistance provided by the A Dime in Time Award will facilitate the continuation of direct service to the schools, communities, and children of the Palouse and give WSU students the opportunity to serve and develop as community citizens. Thank you to the Moscow Food Co-op and all those that will provide financial and other resources to these programs in the month of August.

## Tour Around the PCEI Nature Center

by Laura Marie Milewski, newsletter volunteer

The Palouse-Clearwater Environmental Institute (PCEI) is proud to announce its newest program addition! Beginning this August, PCEI will launch a docent program and begin regularly scheduled tours of the PCEI Nature Center, located at 1040 Rodeo Drive on Polk extension, just north of downtown Moscow.

Many museums, art galleries, and nature centers have



docents that educate guests to ensure they get the most out of their visit. In the case of PCEI, volunteer docents will work to fulfill PCEI's intention of "con-

necting people, place and community." Docents will educate visiting community members on the history and mission of the organization as well as its current program areas. Docents will also walk the grounds of the Nature Center and teach guests about the space and all sustainable demonstration projects on site. Education of regional environmental issues, local flora and fauna, and sustainability techniques will often also be addressed. Come bring your family - PCEI tours are informative and fun!

Docent led free tours will begin August 3. For the late summer and early fall months,

tours will be conducted on the hour every Monday from 9 a.m. -12 p.m., each Friday from 2 - 5 p.m., and on the second Saturday of each month from 9 a.m. -12 p.m. There is no need to pre-register—just show up. If you are interested in a tour but are unavailable during these times, please contact the PCEI Volunteer Coordinator, Laura Milewski, at (208) 882-1444 or <laura@pcei.org> to schedule a private tour.

Laura Milewski is the Volunteer Coordinator at the Palouse-Clearwater Environmental Institute, where she has worked in some capacity for nearly two years. Laura is extremely fond of food, dogs and tea.

## Howling at Hamilton

By: Emily Spellman, Humane Society Board Member

Do you have a dog who loves to swim? Check out our second annual Howling at Hamilton. This is a one day opportunity for all dogs to enjoy Moscow's aquatic center. Dogs of all swimming abilities are welcome. There is a deep pool for those puppy plungers as well as a walk in wading pool for those pups that like to splish and splash. At 5:00 pm we will host a dog jumping competition for all those dogs who love jumping into the water.

Last year we had over 250 dogs attend. Owners watched their soggy dogs of all shapes and sizes leaping into the water after toys, climbing on the pool's play structures and chasing each other. Available for sale this year

we will have water toys, dog treats as well as drinking water for owners. Howling at Hamilton will be on Sunday, September 13, from 1pm to 6pm. The cost is \$7 per dog.

Only dogs will be allowed to swim during Howling at Hamilton. All dogs must be accompanied by an adult, only one dog per owner. Owners must clean up after their dogs. Overly aggressive dogs will be asked to leave. After this dog day, the pool will be emptied, cleaned and winterized. The money raised at the event will go to the Moscow shelter's everyday needs, such as cleaning supplies, food, treats and health care.

Questions? Contact the animal shelter 883-1166.

## Taking Literature Seriously

by Chris Sokol, Moscow library staff

Want to read some good literature... seriously? Do you crave more depth than a book club can provide? Here's your chance to delve into the works of Joseph Conrad, Alfred Lord Tennyson, John Steinbeck, Flannery O'Connor, Sinclair Lewis, William Faulkner, Tennessee Williams, and other great authors— without signing up for a university course.

Bill Bonney, a former professor of English with forty years of teaching experience, will lead a

free series of discussions of great works of literature, running from October through May.

Anyone interested in devoting the time, effort, and expectation of fulfillment that great literature deserves is welcome to attend. If this appeals to you, come to the organizational meeting on Monday, September 28, 7:00 p.m. at the Moscow Library, 110 S. Jefferson. For more information contact Chris at chriss@latahlibrary.org .



## New at the Library: August 2009

by Chris Sokol, Latah County Library District. s

**"Your borrowers of books—those mutilators of collections, spoilers of the symmetry of shelves, and creators of odd volumes."**

—Charles Lamb (1775-1834), "The Two Races of Men," *Essays of Elia* (1823)

### FICTION:

**The Angel's Game** by Carlos Ruiz Zafón. A young novelist living in an abandoned Barcelona mansion with a mysterious locked room is commissioned to write a book that reveals a labyrinth of secrets.

**The Enchantment Emporium** by Tanya Huff. Ontario charmer Alysha Catherine Gale inherits a junk shop in Calgary from her aunt, whose disappearance she sets out to solve with the help of a leprechaun assistant.

**In Other Rooms, Other Wonders** by Daniyal Mueenuddin. Interwoven stories about an aging landowner, his servants, and extended family that create a vivid portrait of feudal Pakistan.

**Tunneling to the Center of the Earth** by Kevin Wilson. Stories described as "Southern Gothic"—strange, humorous, and inventive.

### NONFICTION

**The Beer Baron of Boise: the Life of John Lemp** by Herman Wiley Ronnenberg. The Troy author of Beer and Brewing in the Inland Northwest is back with an illustrated history of the millionaire brewer of frontier Idaho.

**Best Rail Trails: Pacific Northwest** by Natalie Bartley. More than 60 trails in Washington, Oregon, and Idaho, with maps and photos.

**The Family Sabbatical Handbook** by Elisa Bernick. How to live on a budget abroad with your family.

**The Food of a Younger Land** edited by Mark Kurlansky. A portrait of American food back when it was seasonal, regional, and traditional, unearthed from lost WPA files.

**Hungry Monkey: A Food-Loving Father's Quest to Raise an Adventurous Eater** by Matthew Amster-Burton. A Seattle-based food writer and stay-at-home dad advocates exposure, invention, and patience to develop kids' interest in good food.

**In Afghanistan** by David Loyn. The toll of two hundred years of British, Russian, and American occupation.

**Rocket Men** by Craig Nelson. The full story of the space race and its pinnacle moment, when humans first set foot on the moon.

**Science: A Four Thousand**

**Year History** by Patricia Fara. How the practical world of war, politics, and business has shaped scientific theory and practice.

**A Short History of the Honey Bee** by E. Readicker-Henderson; images by Ilona. The alchemy of bees, flowers, and honey amid impending threats to this valuable insect.

**Taking Woodstock** by Elliot Tiber. A true story of a riot, a concert, and the life of the man who enabled Woodstock to happen in 1969.

**The Wild Marsh** by Rick Bass. Four seasons of life in Bass's home in Montana's Yaak Valley.

### CD AUDIOBOOKS

**Ecological Intelligence** by Daniel Goleman. Knowing the hidden impacts of what we buy can drive us to make essential changes.

**The Manual of Detection** by Jedediah Berry. An unlikely detective armed with an unusual "Manual" must solve a string of crimes by entering into people's dreams.

**Triplanetary** by E.E. "Doc" Smith. The father of space opera, Smith was raised in northern Idaho and graduated from the UI in 1914.

### DVD

**Good Food\*** (U.S., 2008) Small family farmers are making a comeback in the Pacific Northwest—growing healthier food, more per acre, and using

less energy and water than factory farms.

**Independent America: The Two Lane Search for Mom & Pop\*** (U.S., 2005) A journalist couple hit the road in search of those hardy souls fighting to remain independent amid big box stores and fast food chains.

**Last Chance Harvey** (U.S., 2008) A love story set in London, starring Dustin Hoffman and Emma Thompson—what else matters?

**My Father's Garden\*** (U.S., 1996) A documentary about the use and misuse of technology on the modern American farm.

**Revolutionary Road** (U.S., 2008) Based on the 1961 novel by Richard Yates, a young couple's mid-1950s certainty about their ideal suburban life begins to crumble.

**Waltz With Bashir** (Israel, 2008) Animation fuses with documentary as an Israeli soldier who served in the 1982 Lebanon war interviews fellow veterans in an effort to reconstruct his memories.

\*Recently shown as part of the Co-op's "Good Food Film Series"

Chris Sokol owes her job as Adult Services Librarian to the good people who borrow (and preferably return) books, audiobooks, DVDs, and CDs from the Latah County Library District.

## PEARL finish Now Available

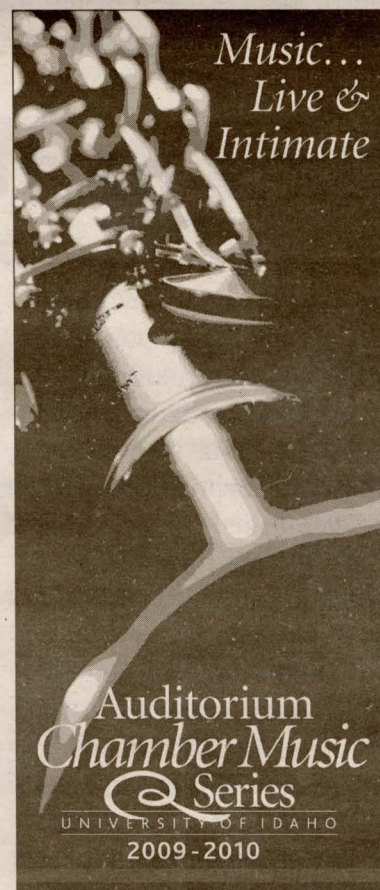
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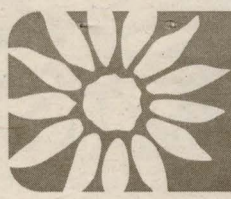
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## Eating Integrity

by Kelly Kingsland, newsletter volunteer

The other day while I was pushing my gas powered lawn mower around (and around) my large lawn I contemplated my local diet. In light of the blaring noise, and puff of smoke emitting from the mower, my actions seem pretty futile. Especially for someone like me who eats something like an 80 percent local diet year round, the net gain in reduced imports is fairly insignificant.

So as I continued circling my machine towards my ultimate goal—a strangely satisfying shortly mown expanse that I consider my yard, I asked myself why I had taken the Local Challenge. Was it hope? Did I think I could change the world through my actions? Was it sacrifice? Was I giving up eating imported foods as some sort of offering—paying for my own or others' carbon spewing transgressions? Was I just following

a national fad—locavorism is reaching a fever pitch in some circles across the country. What was motivating me anyway?

I ruled out hope right away. I am a pessimist, and through that lens think that with our current global population and consumptive addictions, pure inertia ought to easily propel us deeply and irreversibly into climate crisis—seemingly during my lifetime if you listen to some scientists. In a non biblical way, I actually believe that we are approaching the “end times” and certainly I don't see my local diet as any method of changing that course.

What about sacrifice? Am I giving up things that I love to eat in order to somehow justify my periodic airplane flights to see family, or my more frequent drives to wilderness to backpack? Am I running some internal form of carbon trade,

exchanging this summer's resisted chocolate bars for next winter's flight to see family in Florida? I do have a deep desire to walk lightly on this planet. And I carry a bit of guilt at being American—a member of a great consuming culture that will go down in history (if there is history) as the most destructive ever. But I'm not a martyr and don't think I can right the world by forfeiting pleasure.

What about fad? Am I just doing this because everyone else is? Generally I am not very faddish, but a fad that is about NOT buying something does have its appeal. But no, while it does feel good to share convictions with the likes of Bárbra Kingsolver, Gary Paul Nabhan and Michael Pollan, I have been on this kick for many years, and have come to my own conclusions about what side of the fence I want to stand on.

Having ruled out hope, sacrifice, and fad, I realized that I am eating a local diet because it feels good. In addition to feeling

really great physically when I quit eating sugar, chips, chocolate, and dairy products, the local diet fills me with a sense of integrity. Not righteousness, integrity. It feels good to step away from the constant and dire implications of our consumptive habits. Rather than approaching meals with a sense of guilt and acquiescence I see mindful action at work. As I fill my body with vegetables, meat, and fruit that have been produced locally I feel as if I am not only nourishing my body, but also my relationship to the earth and other living beings that live here with me. Whether it reduces my carbon footprint, or buys me a trip to the wilderness or not, I like eating integrity.

One of Kelly Kingsland's current favorite local meals is steamed Artichokes with garlic aioli, Pickle Flat Farm grass fed beef burger with homemade catsup, and braised cabbage and beets. We're not missing much at all.

## City of Moscow Wisescape Award

by Nichole Baker

Do you know someone in our community who is making an effort to save water through efficient landscaping? If so, now is the time to nominate innovative landscaping for this year's Moscow Wisescape Award.

This program has been initiated to recognize those individuals, households, businesses, public buildings, or anyone in Moscow that sets a great example for aesthetics and resource conservation. Entries are due September 15.

Nominees must be Moscow water customers, must follow Moscow water ordinances and resolutions, and may be self-nominated or nominated by someone else. The Mayor will select those that inspire others through their Wisescape landscaping. For a nomination form and questions please contact Nichole Baker at nbaker@ci.moscow.id.us, 883-7114, or 201 North Main St. You may also go to the Wisescape website at <http://www.ci.moscow>.

[id.us/pw/WaterConservation/Wisescape.asp](http://www.ci.moscow.id.us/pw/WaterConservation/Wisescape.asp) to print out a nomination form.

Although this award focuses on the local Moscow community, a free nomination form template is available for the surrounding region. If you know someone that would like to start a similar program elsewhere, please invite them to download the Palouse Wisescape Award available online.

For more information about water issues, please consider

attending the fifth annual Palouse Basin Water Summit that will take place on October 6th at the Schweitzer Event Center in Pullman. There is an exciting list of topics scheduled, to include exhibits, updates, research, surface water, management, human health and a raffle. Please come be a part of the water discussion, “Complexities on the Surface” at this year's summit. This all-day event is free and all are encouraged to attend. To register for free, please go to [www.palousewater-summit.org](http://www.palousewater-summit.org) or call 208.883.7114.

## Local Color: Santa Barter Fair

by Nancy Casey, newsletter volunteer

The days are shorter, the nights are colder, fall is in the air—it's barter fair season. Time to clean out the garden, the closet, the storage locker and exchange the treasures you don't need any more for the ones you do. Where and when? In the woods near Santa, Idaho, the weekend after Labor Day.

Often people feel awkward or shy in a bartering context, but no need! You will surprise yourself with how empowering it is to trade goods and services for goods and services, leaving the money out of your transaction.

You learn a lot about how the value of things—what you have and what you are looking for—doesn't have to be determined by a price tag. Your own dicker-ing skills will surprise you. You will be astonished by the variety of things that are traded. You will laugh and it will make you happy.

Even without the shuffling of stuff, the Santa Barter Fair is a delightful weekend of friends (including ones you haven't met yet) and fun for the whole family. It's an opportunity to meet people who live uncon-

ventionally—on the road or in off-grid handmade houses. You can enjoy and play homegrown music. Drum. Dance. Eat. Say a final goodbye to summer and get ready for the winter hunker.

Organizers and helpers of the Santa Barter Fair arrive on Friday evening to set up and organize the site. Saturday is a full day of trading and visiting that culminates in a community potluck and music circle. Trading a socializing continue on through the day on Sunday.

Anticipate surprising cold after the sun goes down. Bring water.

Bring the food you need to eat, a dish to share at the potluck and musical instruments. There is no electricity and generators are not allowed. Pets must be on a leash.

To find the Santa Barter Fair: Santa is about 60 miles northeast of Moscow. You can get there via Potlatch and the White Pine Drive, or by going to Troy, Deary, Bovill...and beyond. At the western outskirts of town, near the bridge across the creek, you will see a sign pointing out the turn-off to the Barter Fair site.

Nancy Casey attended her first Santa Barter Fair in 1983 and traded a wringer washing machine for a goat.



## The Sustainability Review: My New Home Construction Priorities, Part 2

by Mike Forbes, newsletter volunteer

We begin the second part of this series. Let's deviate from buildings and talk about contents for a bit. I've written a dozen or so articles here about appliances and don't think I need to go into too much detail on this one, but I would like to mention it and reiterate its importance.

Appliances are HUGE energy suck holes in your house. It is imperative that you install the most efficient appliances you can. The most efficient are not the most expensive; actually I've found they are very little difference in cost compared to a middle of the road appliance. They aren't hard to find these days; we've purchased all of ours locally for our home.

Here's an interesting tidbit about appliances. Don't be fooled into thinking that Energy Star equals the most efficient, it may or may not. The ratings are not based on appliance type (refrigerator, dishwasher, etc.), but on appliance configuration (i.e., side-by-side fridge, top freezer, etc.). The Energy Star program says that if the appliance exceeds the federal standard by 15 percent or more than it gets the label. What this

means is that you can have two different configurations of refrigerators that might differ dramatically in energy consumption (sometimes hundreds of kWh/year) and both will still receive the label.

So what do we do with this? We study the yellow energy tags inside the appliance and look to the American Council for an Energy-Efficient Economy ([www.aceee.org](http://www.aceee.org)) for recommendations. They have a most efficient list they publish each year with the best models regardless of configuration. This is a great starting place.

Lastly on the appliance note is that you should spend your money on the most efficient appliances before you start applying technologies such as solar electric/hot water and wind to your home. Financially you will come out far ahead with this approach. Not as glamorous but really what you should do first.

Use water efficiently. We live in a region where water is becoming more and more scarce. Regardless of your water source (rain, city, or well) efficient use is key. It is really easy in my opinion to find appliances that use very little water. Toilet

flushing is an incredible user of drinking water and we should all be using dual flush toilets at a minimum. In Australia, it is a requirement that new homes utilize dual flush technology. The basic gist is that you have two flush levels, one for liquid waste, and the other for solid. Typically the liquid waste flush uses about half of the water of the solid waste flush. Our toilet uses 0.8 gal and 1.6 gallons per flush. More and more manufacturers are coming out with dual flush models. If it was me I would stick with reputable companies (Coroma, Mansfield, and Toto) initially until the technology is figured out by other manufacturers. These companies have been making dual flush toilets for years. It is a terrible thing for a new technology to come out and be given a bad name because of some fly-by-night company trying to get on the bandwagon of energy efficiency without a commitment to it.

Shower heads. Many low flow shower heads feel like pins hitting your skin. Bricor, Danze, and Niagara make shower heads that don't do this. They aren't cheap but deliver a very "normal" feeling shower at flow

rates of 0.5 to 1.5 gallons per minute (gpm). Most typical shower heads deliver 2.5 gpm and up. These shower heads can be found locally at the Natural Abode.

The dishwasher. I believe that washing dishes in a water conserving dishwasher uses less water and does a better job of cleaning compared to washing by hand. Our dishwasher (Asko D1550) uses 3.5 gallons per load. We are a family of four and run it every other day. Until recently Asko and Miele were the best in terms of water and energy use but recently Bosch has made changes to their technology and dramatically improved their energy consumption. You can buy a great dishwasher locally that uses very little water and energy for around \$500. If it was me this is what I'd do now instead of our more expensive Asko.

Two more topics down, six to go. I welcome comments and questions and can be reached at [bodieselmike@gmail.com](mailto:bodieselmike@gmail.com).

Mike is enjoying seeing the garden taking shape this summer.

## Donation & Re-use May be the Gift of Independence

by Andy Boyd, newsletter volunteer

Over the past few weeks, possibly due to the alignment of the planets, I have had several conversations with individuals regarding wheelchairs. One discussion centered on where one could get a wheelchair for a couple of weeks while their mother was visiting. A second dialogue ensued concerning where wheelchairs could be donated.

Then, a few days later I ran into a friend at the Moscow Farmers' Market who told me about a local chapter of the Disability Action Center (DAC: [www.dacnw.org](http://www.dacnw.org); locally 882-4620). So I performed a little research to discover that DAC's goal is to promote the independence and equality of all individuals with disabilities by collaborating with independent living centers and grass roots organizations, by and for individuals with disabilities. By using their

collective power, DAC provides information and referral services while fostering attitudes, policies, and environments of equality and freedom. Ultimately, DAC encourage people with disabilities to take control of their lives and to live life to the fullest.

One of the ways our local chapter of the DAC improves the quality of life for people with disabilities is through collaboration with Idaho Assistive Technology For All! (Idaho AT4ALL: [www.idaho.at4all.com](http://www.idaho.at4all.com)). Idaho AT4ALL lists a variety of used equipment available including wheelchairs and scooters, walkers, personal care items, items for vision and hearing impairments, hospital beds, computers, adapted vehicles, much more than I initially was looking for!

Also available on Idaho AT4ALL's website is a link for donating equipment. By visiting

their "Want" list, you can search for items "wanted" by others, and who knows, you might just have what they are looking for!

Idaho AT4ALL is a service from the Idaho Assistive Technology Reutilization Project ([www.idahoat.org](http://www.idahoat.org); locally 885-3557), in partnership with the Living Independence Network Corporation ([www.lincidaho.org](http://www.lincidaho.org)).

After visiting with my friend at the market, coincidentally enough, I encountered a gentlemen attending a table for an organization named Wheels for the World, a disability program of the Joni and Friends International Disability Center ([www.joniandfriends.org](http://www.joniandfriends.org)). Tom Richard [(208)892-3629] spoke of their ministry outreach program to those with disabilities and can help you donate equipment or get it to those in need in our community and around the

world. Joni Tada, the founder of this organization, led a presidential appointment to the National Council on Disability for three and a half years, during that time the Americans with Disabilities Act became law.

It is heartening to know how many good people and organizations there are helping those in need to a more independent lifestyle at little or no cost. And now you have the information to do the same through donation or assisting someone who could benefit from these organizations' services.

Finally, if you only need this type of medical equipment for a short period of time, there are a few local options for renting. In Moscow you can choose Norco Medical (882-3571) or Northwest Respiratory & Medical (882-9746), and in Pullman at Sid's Pharmacy (332-4608).



# Bulletin Board

MOSCOW FOOD CO-OP



## Up Events

**Membership Party**  
8pm  
Center. We invite all  
and we encourage  
along a non-member to the  
table cloth bag, too, to  
Bag in Time program, and  
special prize! Lifetime  
and will also be entered in a  
drawing.

Acoustic guitar music will  
sent of a lovely summer  
a; a taco bar dinner and  
ks will be complimentary  
be a no-host bar provided  
é, serving wine and beer.

Kenna Eaton, the Board of  
re manager Steve Kobs will  
We'll also be honoring some  
o have helped make the Co-  
op what it is today.

## Art at the Co-op

**Friday September 11, 5.30—7pm**

Opening reception for Traci Haselhuhn. Traci is a self taught artist, with 'an incredible and vivid dream space', this being a source of inspiration in her art.

## June Co-op Kids—Tuesdays at 9am

**Aug 25** at the Co-op in the outside seating area to make recycled musical instruments, try our hands at beanbag games, and catch up on each others summer adventures.

**Sept 15** meet at Friendship Square to play, blow bubbles and visit. This little downtown park is a favorite place to hang out and unwind.

**Sept 29** meet in the Co-op Cafe to make herbal teas that calm and comfort little bodies.

[amamaswork@yahoo.com](mailto:amamaswork@yahoo.com)

## Co-op Good Food Film Series

**Wednesday, Sept 23, 7pm**

"The Future of Food" at the Kenworthy Performing Arts Centre, Moscow (Members \$4/ General \$6; tickets sold at the door starting at 6:30 pm, first come, first served).

## Co-op Tuesday Music

**Tuesdays 5—7pm**

- Sept 1 Sam Billey
- Sept 8 Brian and Katrina
- Sept 15 Daniel Mark Faller
- Sept 22 Musaiique
- Sept 29 The Flying Lunchbox

## Community Events

### Organic Feast at WSU Organic Farm

**Saturday Aug 29, 4:30pm**

Enjoy a menu featuring local meats, vegetables fresh from the organic farm, and locally produced wines. Tickets \$125 per person or \$150 at the door.

Contact Linda Bailey [lmbailey@wsu.edu](mailto:lmbailey@wsu.edu) or (509) 335-7772 to pre-register.

Festivities include door prizes, a silent auction, and live entertainment.

### Pay Dirt Farm School Classes

**Saturday, August 29th 12:30pm—3pm**

A beginner class in how to use vintage buttons to create simply fabulous accessories. \$25 + \$15 for supplies. For information or to register:

[rebekka@maryjanesfarm.org](mailto:rebekka@maryjanesfarm.org)  
(888) 750 6004

### Open Garden Weekend

**Sat & Sun, Sept 12 & 13, 9am—5:30pm**

601 Reid Road, Pullman

Our gardens and hanging baskets are gorgeous this time of year and worth the trip.

For this one weekend, the studio is filled with unique fall bulbs and colorful fall pansies, mums and asters as well as excellent chocolate and shortbreads.

[www.livinginthegardens.com](http://www.livinginthegardens.com)  
[litg@pullman.com](mailto:litg@pullman.com)

### at the Farm

, and 26

farmers over small, (limited to 4 people) to learn about the agricultural life of the Anderson Family.

with preferred date, some yourself, any questions you one will be joining you to: [onthefarm09@gmail.com](mailto:onthefarm09@gmail.com)

Moscow Food Co-op  
121 East Fifth  
Moscow ID 83843

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

## Moscow Library Book Groups

**Monday Sept 21, 6:30pm** Forever by Pete Hamill (fiction).

**Tuesday Sept 15, 1pm** The Hearts of Horses by Molly Gloss (fiction).

**Literature, Seriously: A Series**

**Monday Sept 28, 7pm**

Bill Bonney will lead serious readers in a free series of discussions of great works of literature, from October through May. Organizational meeting at Moscow Library.

[chriss@latahlibrary.org](mailto:chriss@latahlibrary.org)

## Juried Watermedia Exhibition

**Deadline—Saturday Sept 26**

The Palouse Watercolor Socius is having its 1st Juried Exhibition from October 1—31 at the Market Square Building, 107

A. Open to all for information or a Prospectus: send your request with a self-addressed envelope to: PWS, P.O. Box 107, Moscow, ID 83842.

## in Barn Events

8pm

and from the Puget Sound area featuring Scandinavian music will be winning costumed dancers to the floor for an afternoon concert. The door. Scandinavian cookies and sale at the intermission.

## the Folklore Society

Dance. It's a Party and it's

free! We have two bands, Barefoot Saturday and one yet to be announced. Calling by a host of callers. At the Old Blaine Schoolhouse, potluck 6:30, dancing at 7:30pm.

**Sept 19:** Contra Dance with music by Turning Tide and calling by a caller TBA, at the 1912 Center, 7:30pm.

## First Thursday Concert Series

**Thursday Sept 3, 7pm**

Performer TBA. Held in the Attic at 314 E 2nd St in Moscow. Donations accepted.

## 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](mailto:sperrine@potlatch.com)

**Pullman: 1st Fri of month, 12.15—12.45pm**

Under the clock by the Public Library.

(334) 4688, [nancycw@pullman.com](mailto:nancycw@pullman.com)

We want to hear from you! Send us your event information by email to [events@moscowfoodcoop.org](mailto:events@moscowfoodcoop.org)

If your event is at the beginning of the month, please submit it for inclusion in the previous month's newsletter! For more information, visit

[www.moscowfood.coop](http://www.moscowfood.coop)

announcements by the end of the month.

and it for inclusion in the next newsletter. For more information, visit