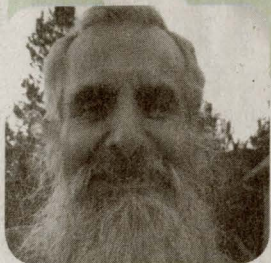


# Community News

Traditions Old and New Issue

FREE!  
PLEASE TAKE ONE!

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



## Co-op News is 25 Years Old!

by Bill London, Co-op newsletter editor

Twenty-five years ago, in December of 1984, we printed the first issue of the Moscow Food Co-op Newsletter.

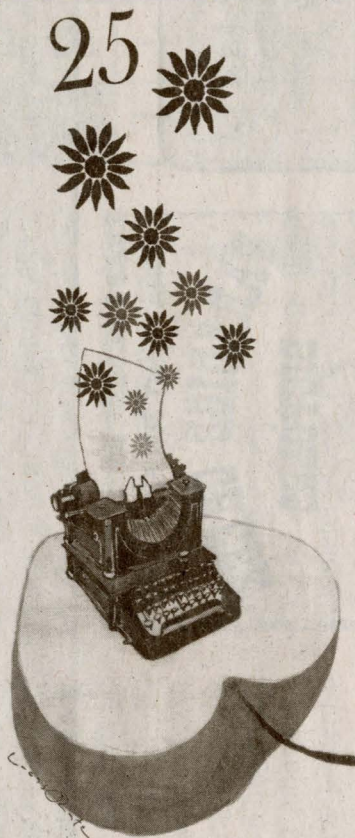
Well, printing is overstating it. The early newsletters were copied at our then-downtown Kinko's, about 100 issues every two months. Those first newsletters were primitive. Three sheets of paper folded in half to make a thin booklet of six pages, each five and one-half inches wide by eight and one-half inches tall.

When we moved to Moscow in 1984, David Cook (then the Co-op general manager) urged me to start up a regular newsletter for the Co-op, to help link the members to the Co-op and the Co-op to the community. Melissa Rockwood designed that first issue and provided the cover art. Chan Davis, Stephen Lyons, and I wrote the four articles that formed the content. I was the editor, and in an obvious example of the Peter Principle in action, have remained

the editor ever since.

Today's *Community News* is my dream come true. Twenty-five years ago, I had fantasized the creation of a large tabloid with a wide variety of bylined articles about both the Co-op and the community, enough ads to validate the publication and help underwrite its costs, and a regular following of readers.

Over the last 25 years, hundreds of volunteer writers, illustrators, editors, ad managers, and distributors have worked together to create today's 2,500-copy, 32-page monthly. Together we have produced a community newsletter that we all can be proud of, and



I thank them all for making it possible.

Co-op Store Manager Steve Kobs has created a newsletter display that will be available all this month in the Co-op deli seating area. Framed copies of photos and articles from early newsletters will be on the walls. Original newsletters, now bound in book form, will be in the protective case. And the few old issues he could find will be there to read and enjoy.

By the way, all the newsletters from

the last 25 years are available at the University of Idaho Library Special Collections Department.

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

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# Community News



Traditions Old  
and New Issue

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

## 2009, a Great Year

by Kenna Eaton, Co-op general manager, kenna@moscowfood.coop and Steve Kobs, Co-op store manager, manager@moscowfood.coop

2009 looks to be the best financial year ever for the Moscow Food Co-op. Even though sales were down a little from 2008, we expect total sales will be about \$7 million, and our profitability has been very good. Last year we lost \$44,000, and this year we will make something around \$200,000. That is about 2-1/2 cents for every sales dollar. Our turnaround is partly due to uncertainty about the economy, which prompted us to work extra hard to ensure we were "taking care of business."

A year ago we prepared two budgets: one projecting sales growth and the other assuming flat sales. We took a fresh look at all our expenses, thinking about what we would change if sales declined. Sales were actually worse than we expected, down three percent in 2009. Being ready for whatever happened really paid off. Our employees did an incredible job focusing on the things we needed to change to reduce expenses, stick to our priorities, and still offer fair prices. We keep beating our competitors' prices on organic and natural food! The results this year were really amazing.

In 2008 we lost money in five out of 12 months. In 2009, we lost a little money in only one month. Last year, the Deli and

Bakery struggled to pay their own way, fighting rapid increases in the cost of wheat, produce, rice, and sugar. This year, the Deli and Bakery have been at the forefront of our financial turnaround with tighter purchases, great teamwork, and much less waste. In our slowest months, we reduced hours to more closely match the workload and reduced our administrative payroll. Productivity increased and our cost of goods (wholesale) was better than last year.

To recognize and thank employees for their efforts in successfully facing the uncertainties of 2009, the Board of Directors recently approved an employee bonus. A percentage of the gains made this year will go to employees, based on the hours they worked. Our member benefits improved this year too. This past year we had many more member specials (purple signs), added the member case sale, and added two Member Appreciation Days. We have been adding volunteers to our outreach department; we have created new educational programs like the Essential classes (some are free for members) and our Good Food Film Series and Book Club (members get a discount on movie admission or when they purchase the book);

we re-created the Business Partner Program, which gives additional benefits to members when they shop at these businesses; and we have stepped up our community contributions by creating the A Dime in Time program and now the Impulse Giving program, which helps our community as a whole.

Our Co-op really benefited from the loyalty of our member-owners. Thank you. This month, we are mailing a "thank you" to our 500 top-spending member-owners with a modest in-store credit based on their 2009 purchases. Next year, we plan to do more.

The Engagement and Outreach Committee is laying the foundation for future patronage refunds. We need to meet some technical requirements; continue to keep track of member-owner purchases (one of the reasons we ask for your card at the beginning of a sale); and, of course, we need to make some money, just like this year. We have added some coupons in the newsletter (two this issue) and want to experiment with making periodic member appreciation discounts more flexible (not just one day to shop). In 2010, we want to prove that we can have another great year.

Published by  
Moscow Food Co-op  
121 East Fifth Street  
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](http://www.moscowfood.coop).

For advertising rates and information:  
contact Jyotsna "Jo" Sreenivasan  
at 892-0730

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



**Buy two,  
Save \$1.00**

Limit one coupon per customer per day only at the Moscow Food Co-op. Expires December 10, 2009.  
Buy two carmel or carmel pecan rolls, mix or match, and receive \$1 off. Other rolls and pastry not eligible.  
No rainchecks, not valid with other discounts. Cashiers: See discount menu, co-op coupon \$ off key.

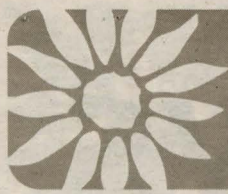
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Cookbook Committee: [cookbook@moscowfood.coop](mailto:cookbook@moscowfood.coop)  
Dime In Time Committee: [dimeintime@moscowfood.coop](mailto:dimeintime@moscowfood.coop)  
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Green Commerce Committee:  
[greencommerce@moscowfood.coop](mailto:greencommerce@moscowfood.coop)  
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Sustainability Committee: [sustainability@moscowfood.coop](mailto:sustainability@moscowfood.coop)  
Volunteer Committee: [volunteers@moscowfood.coop](mailto:volunteers@moscowfood.coop)



# CO-OPERATIONS

## 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](http://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](http://museum@appaloosa.com); [www.appaloosamuseum.org](http://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](http://www.thelittleguesthouse.com); [sdunn@thelittleguesthouse.com](mailto: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](mailto: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](mailto:AdventureLearningCamps@yahoo.com); [www.adventurelearningcamps.org](http://www.adventurelearningcamps.org)

10% off on trips

#### Ashley Fiedler - Shady Grove Farm

208-596-1031; [ashley.fiedler@gmail.com](mailto:ashley.fiedler@gmail.com)

\$10 off initial English riding lesson or training session

#### Carol Spurling - Sixth Street Retreat

208-669-0763; [www.SixthStreetRetreat.com](http://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](mailto: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](http://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; [hawsgsgrill@juno.com](mailto:hawsgsgrill@juno.com); [www.hawgsgrill.com](http://www.hawgsgrill.com); \$1 off

### Professional Services

#### Allegra Print and Imagine

507 S. Main; 208-882-5449; [allegra@moscow.com](mailto:allegra@moscow.com)

10% to Co-op members

#### Copy Court

428 W. 3rd St., Moscow

10% off to Co-op members

#### Krysta Ficca Photography

208-596-8101; [kficca@hotmail.com](mailto:kficca@hotmail.com)

10% off all photo shoots

#### Nancy Draznin, CPM - Motherwise Midwifery

508 W. Chestnut, Genesee, ID 83832; 208-310-3252; [motherwisemidwifery.com](http://motherwisemidwifery.com); [mother@genesee-id.com](mailto:mother@genesee-id.com)

Free pregnancy tea for Co-op members under our care

#### Erik Tarok - LET's Coach

2310 Weymouth St., Moscow; 208-301-8047; [eric@letscoach.net](mailto:eric@letscoach.net); [www.letscoach.net](http://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](http://www.lpdacademy.com); [info@ldpacademy.com](mailto:info@ldpacademy.com);

208-835-3737

\$10 off any firearm safety or basic firearm training class

### Retail

#### Rebekka Boysen-Taylor - Bebe Bella

[www.bebebella.etsy.com](http://www.bebebella.etsy.com); [amamaswork@yahoo.com](mailto:amamaswork@yahoo.com); 208-882-1353

10% off any baby sling

#### Inland Cellular

672 W. Pullman Rd, Moscow; 208-882-4994; [katie@inlandcellular.com](mailto:katie@inlandcellular.com);

[inlandcellular.com](http://inlandcellular.com)

10% off monthly calling plans

#### Joanne Westberg Milot - Marketime Drug Inc.

209 E Third St, Moscow; 208-882-7541; [joannemilot@hotmail.com](mailto:joannemilot@hotmail.com)

10% off all gift items

#### Lilliput Maternity and Children's Boutique

312 S. Main, Moscow; 208-882-6262

10% off purchase of \$50 or more

#### The Natural Abode

517 S. Main St., Moscow; 208-883-1040; [Info@TheNaturalAbode.com](mailto:Info@TheNaturalAbode.com); [www.thenaturalabode.com](http://www.thenaturalabode.com)

10% off natural fertilizers

#### Hodgins Drug & Hobby

307 S. Main St, Moscow; 208-882-5536; [hodgins@turbonet.com](mailto:hodgins@turbonet.com)

10% off all purchases, excluding prescriptions

#### Safari Pearl

221 E. 3rd, Moscow; 208-882-9499

[www.safaripearl.com](http://www.safaripearl.com); [safaripearl@moscow.com](mailto:safaripearl@moscow.com)

10% off any board game or noncollectible card game

#### Sid's Professional Pharmacy

825 SE Bishop Blvd #301, Pullman, WA 99163; 509-332-4608; [sidsprofessionalpharmacy.com](http://sidsprofessionalpharmacy.com)

10% off all Medela breast pump and supplies purchases

#### Tye Dye Everything

527 S. Main St., Moscow; 208-883-4779

[www.tyedye-everything.com](http://www.tyedye-everything.com); [tyedye@moscow.com](mailto:tyedye@moscow.com)

10% discount on your purchase

### House and Garden Services

#### Adam and Toni Salerno-Strang - CLEAN GREEN Organic

#### Cleaning Services

PO Box 568, Troy, ID 83871; [www.CleanGreenOCS.com](http://www.CleanGreenOCS.com); 208-835-3535

\$15 off any service

#### Dr. Arbor Tree Care LLC

773 Brent Dr., Moscow; 208-883-3559

10% discount on tree work (not yardwork); trees, shrubs, and fruit tree pruning for health and beauty of trees

#### 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](mailto:erik@buildmindgardens.com)

10% off hourly service rate and free estimates for Moscow Food Co-op members; [www.buildmindgardens.com](http://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 - Kinetico Water Systems of the Inland Northwest

10213 E. Buckeye Lane, Spokane Valley, WA 99206; [www.kinetico.com](http://www.kinetico.com);

[mrobison@kineticoinw.com](mailto:mrobison@kineticoinw.com); 208-669-0908; 208-743-5646

### Wellness Services

#### Sara Foster - Body Song Studio

106 E. Third St. Suite 2A, Moscow; 208-301-0372; [sarakate@bodysongstudio.com](mailto:sarakate@bodysongstudio.com);

[www.bodysongstudio.com](http://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](mailto:april@integrativemindworks.com);

[www.integrativemindworks.com](http://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; [choiramc@clearwire.net](mailto:choiramc@clearwire.net)

10% off all gift certificates and special student rate of \$19 for 1/2 hour Swedish massage & \$39 for 1 hr. Swedish massage through 2009. Call 208-413-4773.

#### Dr. Denise Moffat, MS, DVM, ND - Natural Health Techniques

1069 Elk Meadow Ln, Deary, ID, 83823; 208-877-1222; [drdenise@naturalhealthtechniques.com](mailto:drdenise@naturalhealthtechniques.com);

[www.NaturalHealthTechniques.com](http://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](mailto:info@healingpt.com); [www.healingpt.com](http://www.healingpt.com)

\$10 off initial and 2nd treatments

#### Jeri L. Hudak - Moscow Yoga Center

525 S. Main St.; [stewartjeri@hotmail.com](mailto:stewartjeri@hotmail.com);

[www.moscowyogacenter.com](http://www.moscowyogacenter.com)

10% discount for new students

#### Dr. Linda Kingsbury

627 N. Hayes, Moscow; 208-596-4353; [drlinda@spiritherbs.com](mailto:drlinda@spiritherbs.com); [www.spiritherbs.com](http://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](http://www.moveimprove.net); [moveimprove@yahoo.com](mailto:moveimprove@yahoo.com);

208-883-4395; 208-892-3400

\$10 off first individual lesson for new clients

### Farms

#### RavenCroft Farm

4689 Hwy 95 N, Moscow; 208-882-3616; [ravencroftfarm.com](http://ravencroftfarm.com); [debismith@moscow.com](mailto:debismith@moscow.com)

10% on mini CSA for Summer 2010, 10% off any craft item (jewelry, bags, quilts, sachets, etc.)

#### Melissa Lines - SkyLines Farm Sheep & Wool

4551 Hwy 6, Harvard, ID, 83834; 208-875-8747; [www.skylinesfarm.com](http://www.skylinesfarm.com);

10% off organically-raised lamb, fleeces, & roving.

## 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



## 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.



## Art at the Co-op

by Annie Hubble, Art at the Co-op coordinator, frontend@moscow-food.coop

December will bring us many delights in the Co-op. Come to the Co-op between 5:30 - 7 p.m. on Friday, December 11, and meet the talented artists in our now annual, traditional staff and volunteer art show. The show will run through Wednesday, January 6.

We also plan to honor the 25th anniversary of this newsletter with a special display. See elsewhere in the newsletter for an article about this, but I must say that I consider the Co-op newsletter to be a wonderful resource for the community. Many of our customers read it from front to back, and it truly is a delight. A big thank-you to all who work so tirelessly on its production.

And last but not least, we are displaying a special quilt.

(the quilt.) It is one of three that tour co-ops, raising money for a scholarship, and is created with fabric from Co-op T shirts and other souvenirs. It is a lovely way to bring the many Co-op communities together, and I look forward to seeing it here in Moscow.

So, much is happening in the art world in our local Co-op. We love being able to support the arts as we do, and invite you all to come on in some cold winter day and enjoy the various exhibits.

## Natural Holidays with Co-op Kids!

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. 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 people.

### Savor the Scent of Citrus and Spice

Come to the Co-op Cafe to make sweet smelling pomanders on Tuesday, December 8, from 9 - 10 a.m.

String a Garland for the Birds

Meet us in the Co-op Cafe on Tuesday, December 22, from 9 - 10 am to make cranberry popcorn garlands for your backyard friends.

Rebekka Boysen-Taylor is mama to two organically growing little ones in Moscow.

### Co-op Music in December

Dec. 1: Paige Leonhardy, folk

Dec. 8: Amanda Harding and the Odd Hours Jazz Combo, jazz, blues and bebop

Dec 15: Daniel Mark Faller, folk-rock country



Greg Mack is showing nature-themed artwork at the Co-op Deli gallery. Photo by David Hall.

## Tuesday Night Music Series: November is Women's Music Month at the Co-op!

By Ashley Martens and Noel Palmer, Newsletter Volunteers

Warm up your bones, ears, and taste buds with some groovy tunes at the Co-op deli Tuesday evenings from 6 - 8 p.m. We'll have music on Tuesdays for the first half of the month and then take a break for the holidays. Women's

Music Month at the Co-op continues with Paige Leonhardy's folksy style on December 1 and Amanda Harding and her jazzy combo on December 8. Men re-enter the music scene when Daniel Mark Faller brings his unique brand of folk-rock-

country to Co-op listeners on December 15. Have a safe and warm holiday season! Happy Listening!

Ashley Martens and Noel Palmer will miss the Moscow Food Co-op Community dearly when they

move to Bozeman, Montana, at the end of the year. We can only hope their Co-op is as sweet as ours!



**Animal Care Center P.A.**  
328 N. Main, Moscow, Idaho 83843  
8:00 a.m.-5:30 p.m. Mon.-Fri.  
(Tues. & Thurs. until 7 p.m.)  
(208) 883-4349  
Certified Acupuncturist  
Nancy Maxeiner, D.V.M.

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@ 110 S. Main St.

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Eaton Natural Beef is having a sale on quarters/halves this month.  
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## Calling All Candidates!

by Dena Neese, Co-op board of directors

### Four of the seven Board seats are open this year.

If you are interested in being on the Board, please come to one of the required candidate information sessions, pick up a packet, and ask your questions. Information sessions will be held Saturday, December 5, 11 – 12 and Thursday, January 7, 6 – 7 p.m., both at the Co-op mezzanine, which is upstairs, outside Kenna's office. Completed candidate statements are due on Sunday, January 10, 2010. Email me at [denaneese@gmail.com](mailto:denaneese@gmail.com) if you have any questions.

With the election in mind, here is a little background about the Co-op and the Board, as well as thoughts on what it takes to be a good director.

**Who are we?** We are a democratically-controlled consumer co-op of 5000-plus members, doing \$7.5-plus million in sales annually. We are one of the most high-profile local businesses in the area. Since we are democratically-controlled, we have a Board of Directors, made up of seven members. The Board is elected by membership as a whole. Sadly, only a very small percentage of members have historically voted in the Board election.

**What does the Board do?** The Board is responsible for ensuring the Co-op's well-being, for setting policy, and making strategic decisions. It represents the interests of membership. The Board is also the General Manager's (GM) boss and thus is responsible for evaluating the GM's performance.

Along with monitoring the Co-op's financial well-being and evaluating whether the GM is in compliance with various policies, there are a lot of creative, cool things the Board does and can do. It makes long-lasting decisions that impact the future of the Co-op, like deciding to move and expand to the current downtown location (and deciding whether and how to take on debt to do so). The Board determines whether to implement a patronage refund program and whether to have a volunteer/participating member program. The Board also forms committees to promote the ends it finds important to the Co-op. To this end, it formed the Green Commerce Committee to advocate an ethical, local

sustainable goods economy and the Outreach and Engagement Committee to engage members in various aspects of the Co-op while providing support to non-profit community organizations through programs like *A Dime in Time*.

What makes for a good director? I posed this question to a few people, including the president of the Co-op Board, Co-op managers, staff, members, a former director, and a director from another prominent board in town. Here is what they said:

### QUALITIES—Someone who is...

- Honest and benevolent
- An independent thinker—no one wants a "yes" board
- A high-volume Co-op shopper
- Intrinsically motivated to help the Co-op uphold the highest ethics and practices
- From a group currently not represented on the Board
- Enthusiastic and has a total belief in the Co-op's mission—this is much more important than having a particular skill-set or area of expertise
- A good moderator
- A forward thinker who spends 90 percent of the time thinking in the future, on where the organization is heading, and not so much where it's been
- Independent from the Co-op
- Community-minded, who places a high value on sustainability, health, nutrition, and local producers
- Committed, involved and accountable, in good times and bad.

### ABILITIES—Willingness to...

- Be a team player/work well with groups/ promote a "we" culture even when we do not all think alike or have the same beliefs (**this one came up time and again in various iterations**)
- Establish common goals and objectives and respect decisions made by the board even when you disagree
- Stay focused, proactive in a discussion, and not digress down different tracks that take away from the issue at hand or degenerate into stating the problem over and over without looking for solutions
- Listen to different perspectives, evaluate them, then step back and brainstorm solutions that take in the "bigger picture" of the Co-op, community, and

The Moscow Food Co-op Board of Directors regular monthly meeting will be Tuesday, December 8, at 6 p.m., in the Fiske Room of the 1912 Center. The public is welcome to attend. Public comment period is at 7 p.m.

the environment we live in

- Represent all members rather than catering to a small, select group
- Commit the time and energy necessary to be on the Board
- Not monopolize meetings by taking up air space.

### SKILL SET/BACKGROUND in...

- Finance or Accounting
- Hospitality management/customer service
- Financial planning, with a good grasp of how to keep a business healthy
- Marketing/Public Relations
- Fundraising
- Policymaking
- City or urban planning
- Research
- Events planning (wedding planner)
- Managing/owning a business
- Real estate
- Audience-centric organizations (ministers, music directors, or theater arts persons).

### KNOWLEDGE/EXPERTISE in...

- Environmental and agricultural issues
- Co-ops, whether they be grocery co-ops, credit-unions or others
- Seven principles of coop-

eration and how they apply to determining policies and the direction of our Co-op

- How a board operates--setting policy/giving management guidance to do their job and not making operational decisions.

What would I add to the list? Someone who thinks outside the box ... an optimist ... a dreamer (who follows through on those dreams, of course)! What do YOU think?

Read the candidate statements, to be published in the February Newsletter, and come to the Candidate Forum on Thursday, March 25, 5:30 – 7:30 p.m. at the Co-op Café. See for yourself who best embodies the qualities you want in your Board.

**Note: February 28, 2010 is the deadline to become a Co-op member if you wish to vote in the 2010 Co-op Board of Directors election.**



## Kenworthy Performing Arts Centre

Your Downtown, Community Theater

Moscow Community Theatre presents:

**Babes in Toyland**

Dec 4-6  
Dec 11-13

Coop Good Food Film Series:

**The Secret of the Grain**

Dec 17

Celebrate the season at a community showing of  
Frank Capra's Classic Film:

**It's a Wonderful Life**

Dec 18-20

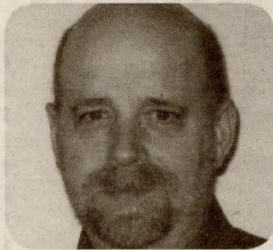
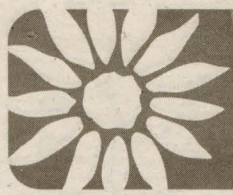
Popcorn and Hot Cocoa included!  
Bring a can of food for the food bank and get 1\$ off admission

Kenworthy will be closed  
Happy Holidays!

Dec 21-31

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

[www.kenworthy.org](http://www.kenworthy.org) • 882-4127 • 508 S. Main Street



## New Paper Bags

by Steve Kobs, Co-op Store Manager, store manager, manager@moscowfood.coop

A new 100 percent post-consumer recycled paper bag is now being used at the Co-op. Our old bags were 60 percent recycled and a little smaller. The new bags are also certified by the Forest Stewardship Council (FSC), which has exacting standards for the treatment of

timberlands as well as manufacturing techniques. As much as we like these new bags, the best thing for the environment is to use a cloth bag over and over. In just three years of use, a cloth bag eliminates over 400 paper or plastic bags.

## The Co-op T-shirt Quilt is Coming

by Kenna S. Eaton, Co-op general manager, kenna@moscowfood.coop

Look around the store for the Co-op T-shirt Quilt. Yes, it is a quilt and yes, it is made of t-shirts from co-ops across the United States. We expect to hang it here this month.

Quilts have always been a symbol of cooperation, since many hands work together towards a common goal. The idea of a quilt made from co-op T-shirts was conceived by Dr. Ann Hoyt, a professor at the University of Wisconsin, Madison, who studies food co-ops. She acquired numerous logo items (T-shirts, grocery bags, aprons) working with cooperatives, and was looking for a new way to raise money for the Howard Bowers Fund, a scholarship fund that supports education for cooperative managers. Borrowing an idea from a friend, Ann decided to use the shirts to make a quilt. From these shirts, the first co-op quilt was made by a group of women and then auctioned during the annual Consumer Cooperative Management Association (CCMA) conference in 1997.

Ann's inspiration was contagious. Over ten years later, three more quilts have been created by co-op members from food co-op T-shirts. An amazing array

of shirt designs can be found on each quilt. Each year, the original quilt and two others are auctioned to the highest bidder, whose bid "rents" the quilt during the following year. The quilts are not owned, but are shared through a rotational display among the food co-op community for the benefit of all.

The co-op quilt idea became the answer to Ann's desire to raise money for co-op development. The quilts have generated over \$140,000 for the education of food cooperative staff through the Bowers Fund.

The Davis Food Co-op's "Simply Tastier" quilt will be traveling to several of the National Cooperative Grocers Association's western corridor member co-ops through May, 2010. It has been shown in New Mexico and Colorado and will head back to California after its stay at the Moscow Food Co-op. The quilt will be on display here through February, 2010.

## Goodbye....and Hello

by Marcia Hill Gossard, Co-op newsletter volunteer

I always wanted to be a Co-op volunteer. My husband had been the Co-op "recycle guy" for more than a decade, and I knew it was my time to contribute. So when I saw the ad for a volunteer editor in the spring of 2007, I was ready to jump in. I was lucky Bill London, our editor extraordinaire, gave me the position. He has been an amazing mentor and just a fun guy to work with. But after more than two years, I was ready for a

change. So I've turned over the editing reins to Judy Sobeloff, who is doing a tremendous job on her debut issue. It was a hard gig to leave, but I will continue on writing press releases for the Co-op (how could I leave such a wonderful group?).

As a Moscow/Pullman native, I've seen how the Co-op has grown, changed, and gotten even better over the last 25 years. I'm proud to be a lifetime member and Co-op volunteer.

## New Community Contributions Guidelines

by Carol Spurling, outreach and ownership coordinator, outreach@moscowfood.coop

Early this year a cash crunch forced us to cut back on our charitable donations, but excellent management and the continued support of our customers and member/owners has brought the Co-op back into a solid financial position, which allows us to step up our charitable giving once again. Yay, Co-op!

Most of our support is provided for special events and activities in the form of Co-op gift cards, which may be used as door prizes or silent auction items. We can sometimes offer a discount for merchandise purchased at the Co-op for special events, such as food and non-alcoholic beverages. Occasionally, we are also able to donate store merchandise.

We receive so many requests we realized it was time to create a more formal application pro-

cess to insure that every request is handled in the same way. Our new community contributions guidelines are posted on the bulletin board in the front of the store, available to pick up from the news rack in the back of the store by the cold drinks, and are also available on our website.

We encourage community non-profit organizations to apply for our A Dime in Time grant program, and our new Impulse Giving program, which allows Co-op customers to donate any amount of money to participating organizations at the Co-op cash register. (See related story.) For information on how to apply for these programs, please visit the Community Contributions link on our website at [www.moscowfood.coop](http://www.moscowfood.coop) or contact Carol Spurling at [outreach@moscowfood.coop](mailto:outreach@moscowfood.coop).



## New paper bag more eco-friendly

- made from 100% post-consumer recycled content.
- printed with soy-based inks.
- Forest Stewardship Council Certified.
- 100% recyclable.



### Reusable bag still the best



## Memories and Reflections

by Bill London, Co-op newsletter editor

In 1984, when we moved to Moscow, we immediately joined the Co-op, which was located at 314 South Washington, across from the police station.

It was a long and narrow space, with the only windows facing the street. Consequently, the store was dark and uninviting. And funky, with a dirty carpet on the floor and a series of bulk grain bins that had to be emptied and cleaned regularly due to weevil infestations. The handful of paid staff were exploited horribly, expected to work more than their appointed hours at less than minimal wages and forced to take unpaid vacations whenever sales dropped.

However, despite its problems, the Moscow Food Co-op was an important social and political center for environmentalists, organic food devotees, hippies, back-to-the-landers, and anti-capitalists from all over the region. The Co-op was the place I went to find an apartment for us to move into, for example. The store, like it is now, was a community center where you ran

into lots of people you knew, but with the difference that it was a center for a much smaller segment of the entire community.

Perhaps most importantly, the Co-op was also still open, the only cooperative food store left in North Idaho. The co-ops in Bonners Ferry, Sandpoint, Coeur d'Alene, St. Maries, and Lewiston all closed in the early 1980s, victims of increased competition from grocery stores, the Reagan Recession, and their own inefficiencies.

Glancing through the newsletters over the last 25 years provides a history of our Co-op's growth. Remember that sales for the entire year of 1984 totaled \$170,000, which is roughly equal to the Co-op's weekly sales now. That is an amazing record for any small business.

Over the last quarter-century, the Co-op's economic and social position in Moscow has solidified, without the abandonment of the idealistic goals that sparked its creation.

As I recall, this is how it happened. A constantly changing group of Co-op supporters (staff,

board members, and volunteers) have pushed that expansion.

After the move from Washington Street to the old Kentucky Fried Chicken building on Third Street, the board and staff held a retreat in Elk River. Our primary goal was the creation of a mission statement to shape the Co-op's future.

We agreed on the following mission for the Moscow Food Co-op:

► to provide food and other goods that are reasonably priced, locally and/or organically grown and consciously selected for the healthful consequences to both the consumer and the environment;

► to provide an information network that fosters progressive social, political, and economic change;

► to strive for a sense of community for its constituency and right livelihood for its staff.

Do the elements of the mission seem familiar? They sure should. That is what continues today.

First, our mission to provide reasonably-priced, local, organic products. Still true.

Second, to provide "consciously selected" products, which implies a professional staff of buyers and managers who maintain the Co-op's high standards. Still true.

Third, to create an information network. You are holding a part of that network in your hand—the newsletter itself. Plus, the Co-op serves as a community hub for the sharing of information in all forms.

Fourth, the Co-op remains on the forefront of progressive change: encouraging local producers, alternative transportation, and the growth of local non-profits and community action.

Fifth, building a sense of community continues to be the bedrock for the store's success.

And sixth, "right livelihood" is a 1960s phrase that means a job with purpose that also provides a decent wage. The Co-op is now providing exactly that to its staff.

When I look back over the last 25 years, I want to declare victory and share this message: "Thanks to all for a job well done."



# Newsletter

## Moscow Food Co-op

### NEW AND IMPROVED!!

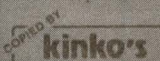
Welcome to the latest reincarnation of the Moscow Food Co-op Newsletter. Hearing the response of those who returned their questionnaires, the Co-op's Board of Directors established this format for a bi-monthly newsletter and appointed a new writer that's new.

About the answers to the questionnaire (with a special thanks to those who did respond). There was an obvious consensus that, first of all, the newsletter appear regularly. That will happen—every other month (and, hopefully soon, monthly), available on the first of the month. A large majority favored the inclusion of stories in all the suggested subject areas. Some (like recipes, new products, reports from the Board of Directors) were favored by more than others (like political and community information). So that will direct the focus of the newsletter—the business of the Co-op and the products sold there.

The task of writing, typing, and printing of this newsletter is a large one and I would appreciate all the help I can get. An envelope for messages and submissions has been attached to the wall in the coordinator's office. If you would like to help with preparing the newsletter, please leave an idea. Or if you have a suggestion for a story or a great book to review, an idea whose time has come or whatever—that's what the envelope is for. Even better, if you want to write a story, do so and submit it (typed and with your name as you want it to appear in the newsletter, since all stories will be by-lined).

With one exception, everyone agreed in the questionnaire that the newsletter should try to pay for itself with advertising. So, if you want to send your message out to those who shop at the Moscow Food Co-op, at a very reasonable rate, please contact us.

DECEMBER, 1984  
PUBLISHED BY MOSCOW FOOD COOP  
314 S. WASHINGTON  
MOSCOW, ID 83843  
EDITOR: BILL LONDON  
COVER ART BY Melissa Rockwood  
REPORTING STAFF: Chan Davis, Stephen Lyons



### CHANGES IN MANAGEMENT <sup>1991</sup> CHAN DAVIS

David Cook was selected by the Co-op Board of Directors to serve as the general manager of the store after a proposal was adopted to change the managerial structure of the store.

"In the past," Cook explained, "there were three managers hired by the board. We divided responsibilities among ourselves."

Cook said they rotated responsibilities but eventually each of them became specialized into certain areas. The managers were Cook, Betsy Kessler and Kenna Eaton.

"The board adopted the new system in October, I think," said Cook. In this system, the board hires a general manager to work directly with the board as well as a purchasing manager, a cashier, a book-keeper and a floor coordinator.

"All the positions are part time, ranging from 15 hours a week for the book-keeper to 32 hours for the purchaser," said Cook.

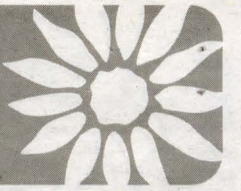
Cook explained that the reasoning behind the change was to make things work more efficiently by focusing specific responsibilities to separate positions.

Asked how the original system worked, Cook said that it worked well when there were three managers.

"Then we were at kind of an in-between stage," he said. "And that wasn't working too well. Right now it's too early to predict how well this system will work. We're still training some of the new managers."

The new managers are Cook as general manager, Eaton as purchasing manager, Pam Palmer is the cashier, Austin Boyd is the floor coordinator, and the newest manager is Penny Rice, the book-keeper.

From the first issue of the Moscow Food Co-op Newsletter 25 years ago, here are the first 3 pages of that 6 page publication. The cover skiing illustration was provided by Melissa Rockwood. The next page is the welcome and hopeful plan from Bill London and a financial summary from Chan Davis.



## Participation is Necessary for Co-operation

by K. Sequoia Ladd, Participating Member Coordinator

Wendell Berry wrote an essay in 1980 called "Solving for Pattern" that is included in the book *The Gift of Good Land*. In it he eloquently describes how a good solution to a problem must be in harmony with larger intersecting patterns that are "ecologically, agriculturally, and culturally healthful." The writing is as true today as it was then, and the standards he describes have many applications beyond farming. I have read and reread this essay—it is one of several guides I have consulted to help me perform my new job as Participating Member Coordinator (Participating Member is the new name for a Volunteer). My task is to coordinate a vibrant Participating Member program that synthesizes the best practices and qualities of where we have been with our current needs and visions of where we want to go. I am using multiple criteria to view and redesign our program:

- ▶ The Rochdale Principles (written in 1844, these are

the founding principles of Co-ops, amended in 1995 by the International Cooperative Alliance)

- ▶ The Fair Labor Standards Act, as well as other federal and state guidelines

- ▶ The Moscow Food Co-op Strategic Plan

- ▶ The Moscow Food Co-op Governance Policies

- ▶ Interviews with Moscow Food Co-op staff, Board members, Participating Members, and other stakeholders

- ▶ Information put together by our Participating Member Program Advisory Committee

- ▶ Information from other co-ops about their programs

- ▶ Permaculture Principles as expounded on by David Holmgren (design based on nature's systems).

- ▶ And the list goes on...

If it sounds big and complex, that is because it is. It is also an important and exciting opportunity.

In future articles I will be able to give more details about

where the program is headed—please be assured that it is not going away. In the meantime, I would like to share a recent example of solving for pattern. On November 12 I attended the Producers' Forum, which was hosted by the Co-op's new Green Commerce Committee. Many local producers mentioned the difficulties they have had educating Co-op shoppers about their products, and how hard it is for them to compete with "Big Ag." My solution is to recruit local "producer advocates" from our pool of Participating Members, who are willing to learn about the products, set up sample tables on designated days and times, and engage with and educate shoppers about local foods and farmers. Cooking experience would be helpful in some instances but not necessary. This would give Participating Members the important job of promoting our local producers and their products, would give the local producers an advocate on the floor during peak sea-

sons and busy shopping days, and would have the larger ripple effect of supporting local, sustainable food systems within our community. By meeting multiple criteria which provide a win-win solution with positive outcomes that reach out into the community, we have solved for pattern. Anyone interested?

Information gathering and brainstorming are happening now, and I would like some help. If you are a Participating Member or have ideas to share, I would like to hear about your experiences and your vision for what our program could be. You can call the Co-op and leave a message, leave a note in my box upstairs, or email me. I will get back to you as soon as I can to set up a time when we can talk. My email address is [participate@moscowfood.coop](mailto:participate@moscowfood.coop). Thank you in advance for doing this. I want to make sure many viewpoints are expressed and heard so that we are crafting a new Participating Member program, and solving for pattern, together.



## New Impulse Giving Program to Benefit Non-Profits

by Carol Spurling, Co-op outreach and ownership coordinator, [outreach@moscowfood.coop](mailto:outreach@moscowfood.coop)

Succumbing to the impulse to buy a little chocolate or a cookie at the Co-op cash register is something most of us do from time to time. Now, you can give in to the impulse to do something to benefit others at the cash register, too.

"Impulse Giving" is a new program of the Moscow Food Co-op. At each Co-op cash register, there is a list of participating non-profit organizations. Customers can choose to which organization(s) they would like to make a donation, and they can donate any amount from less than a dollar on up. The cashier will key in the donation for the chosen organization and voilà, another good deed has been done for the day! Every penny of the donations collected will be paid out to the recipient organizations on a monthly basis.

Don't forget that our A Dime



in Time program also benefits local organizations whenever you donate your 10-cent bag or cup refund. This program will continue, alongside the new Impulse Giving program, so keep remembering to bring your own reusable shopping bags or coffee cups so you can donate those dimes. People who donate small

amounts on a regular basis are a huge source of support for non-profit organizations, according to a recent article in the New York Times—so we should never feel inadequate to meet big needs simply because we aren't Bill Gates. Member-owners of co-operatives have always worked together to optimize their economic power and we can do the same with our charitable giving.

The MFC Impulse Giving program is to benefit local, non-sectarian, non-profit, and non-discriminatory organizations whose goals complement or support the Ends Policies of the Co-op. For information on how to apply for this program, please visit the Community Contributions link on our website at [www.moscowfood.coop](http://www.moscowfood.coop), pick an Impulse Giving program application up from the news rack at the rear of the store, or contact Carol Spurling at [\[moscowfood.coop\]\(http://moscowfood.coop\). Don't see your favorite organization on the list? Encourage them to apply for the program, or you can submit an application on their behalf.](mailto:outreach@mos-</a></p>
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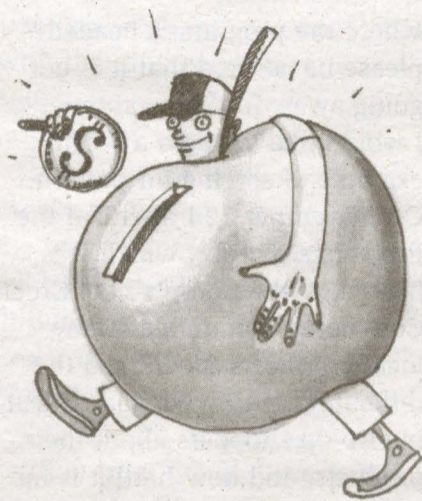


## Price Shopper: December Traditions

by Joe Pallen and Amy Richard, Co-op newsletter volunteers

We love December. The holidays are the best way to get a hopeful start when facing a long dark winter. There are lights, parties, and great food that we make only once a year. This year we are having a small party at our house. On the menu are some of our family classics: Zoe's favorite Peppermint Bark, Squash Pie (instead of pumpkin), Joe's famous Roasted Veggies, and a new addition for our newly diagnosed gluten-free friend, Gluten Free Vanilla Cake with Raspberry filling and Confetti Frosting (it is a party after all). Oh, and what's a party without a little bubbly? We'll have some sparkly for us and non-alcoholic for the kids.

Luckily we have a lot of fruits and veggies stored up from our garden this year. We just need to buy a few baking items, drinks, and a little bit of veg-



gies to make sure the salads are big enough to serve 15 people. We split up for the shopping, one to Safeway and one to the Co-op. Then we went through our whole list together over the phone. Not surprisingly the Co-op was the better place to shop. We ended saving \$8.12 by shopping at the Co-op—one more reason to celebrate!

## Tasteful Thursdays Full of Holiday Cheer

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

I have the greatest job at the Co-op, because almost everything I get to do involves helping people feel good, either through helping them a) learn something new, b) make themselves useful, or c) simply to enjoy a little wholesome food and fun. Tasteful Thursdays are my favorite winter activity to help organize at the Co-op, and definitely fall into category C: food and fun. I'm so grateful for the other Co-op staff like wine buyer Julie Gardner and kitchen manager Annie Pollard who make the extra effort to create Tasteful Thursdays for you.

At the Tasteful Thursday I was able to attend recently, Hunt Paddison, assistant kitchen manager, presided over a table chock-full of delicious samples of salads, pumpkin bread, and hot cider, while a little further down the aisle Jordan Yeatts, kitchen buyer, helped customers

sample wine and cheese. The Deli was full of people eating dinner and listening to long-time Co-op member-owner Lois Blackburn play cello duets with some of her students (including wellness department staffer Melinda Schab!), and over in the wellness department, people enjoyed a bit of pampering with short but sweet chair massage.

If you've missed the November Tasteful Thursdays, take heart; the first three Thursdays of December will also feature delicious samples from all the departments between 5 - 7 p.m., live acoustic music from local musicians, free chair massages from Belinda Rhodes, and the chance to relax and socialize with your friends simply by picking up your groceries (and your holiday gifts!) at the Co-op before heading home in the evening. Hope to see you there!

Don't forget that during Tasteful Thursdays, which continue the first three Thursdays in December, besides the yummy samples and lovely music, the Co-op is offering free chair massages in the wellness department each week, samples and demos of OHA facial care products on December 10, and makeovers from MyChelle facial care and makeup on December 17. Join us for great food and some personal pampering!

ITEM	Safeway	Co-op	Savings
Ghiradelli Chocolate Bar 4 oz	\$2.99	\$2.79	\$0.20
Wholesome Sweeteners Sugar 1 lb	\$3.49	\$3.29	\$0.20
Wholesome Sweeteners Molasses 16oz	\$5.99	\$5.35	\$0.64
Ghiradelli Chocolate Chips	\$2.99	\$4.39	-\$1.40
Silk Nog	\$3.29	\$2.75	\$0.54
Organic Egg Nog*	\$3.29	\$2.75	\$0.54
Pamela's Gluten Free Vanilla Cake Mix	\$6.59	\$5.09	\$1.50
Pamela's Confetti Frosting Mix	\$4.75	\$4.29	\$0.46
Organic Yams per pound	\$1.59	\$1.29	\$0.30
Organic Butternut Squash per pound	\$1.59	\$1.39	\$0.20
Organic Red Potatoes per pound	\$1.19	\$1.49	-\$0.30
Mountain Dome Brut sparkling wine	\$18.99	\$13.75	\$5.24
<b>Total Savings</b>			<b>\$8.12</b>

\*Horizon brand at Safeway, Organic Valley at the Co-op

## December A Dime in Time Donations

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

Sojourners' Alliance thanks the Moscow Food Co-op for granting us the Dime in Time donation for December.

Sojourners' Alliance has been providing transitional housing for the homeless in Moscow since 1991. Our facility is able to house 12 men, four women, and two families with an average household size of four. The initial cause that leads to homelessness is due to a lack of financial resources. The root cause may be found in untreated mental health issues, substance abuse, health related problems, marital discord, legal involvement, inadequate work skills, lack of education, or loss of employment. The goal for individuals

involved in our program is to begin addressing the root issues while having the security of a roof over their head and food in their belly.

Our program has been running at full capacity or near capacity for the past 12 months as more individuals and families are experiencing economic hardships. The number of households receiving food from our food bank in Troy has gone from 25 households in February to 80 households for the month of November. Our Troy Thrift Store/Food Bank is able to financially support its operations through the sales of used clothing items.

Our primary program, transitional housing, receives \$104,000

a year in funds from the U.S. Department of Housing and Urban Development. The remaining amount of financial support that we need to raise on a yearly basis is \$136,000. Additionally, we have recently been awarded three grants totaling \$179,000 for homeless prevention. These three grants are intended to help prevent households from becoming homeless by providing some rental assistance.

We are working diligently at addressing homelessness, poverty, and hunger on the Palouse. The donations received from "A Dime in Time" will be used for our general operations. But even more important, the opportunity to highlight our organization



helps bring about greater awareness of issues that exist in our area. Thank you!



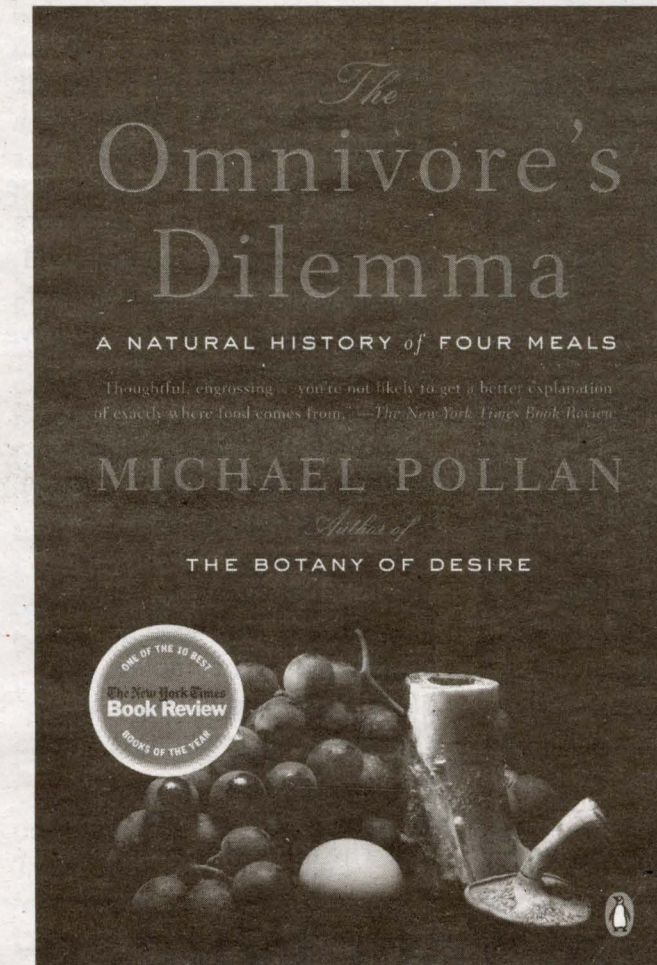
## What's On Your Plate? Focus of Good Food Book Club in December

by Colette DePhelps, Co-op Good Food Book Club volunteer

What's on your plate? Is it food? How do you know? And what is Good Food anyway? These are some of the questions author Michael Pollan raises in his books *The Omnivore's Dilemma* and *In Defense of Food*, and questions we will be discussing at the Co-op's Good Food Book Club meeting December 10 from 7 - 9 p.m. in the meeting room at One World Café on Main St. in Moscow.

In *The Omnivore's Dilemma* Pollan takes the reader through a series of food journeys spurring reflection and dialogue about American's way of eating. In *In Defense of Food*, Pollan shows the reader how it is possible to change the way America eats—improving the health and quality of life of the American people, food industry workers, the species which we depend upon for sustenance, and the natural environment.

Book Club discussions also weave in reflections on the Good Food Film series; what's happening in agriculture—including production trends, policy, and consumer preferences; and, individuals' personal experiences that have awakened their interest and passion for local, healthy food.



If you don't make it all the way through one or more of the discussion books, it's okay. Come anyway—you won't be the only one. Participants in the group may have read one chapter, half the book or the whole thing. Everyone has something to contribute and something to gain when talking about Good

Food!

*The Omnivore's Dilemma* and *In Defense of Food* are available through the Latah County Library. If you want to purchase either book, or any title in the club series, BookPeople of Moscow is offering a 20 percent club discount—you'll find both books on their book club table near the cash register. Just mention you're part of the Good Food Book Club to receive the discount.

## IN DEFENSE OF FOOD

AN EATER'S MANIFESTO

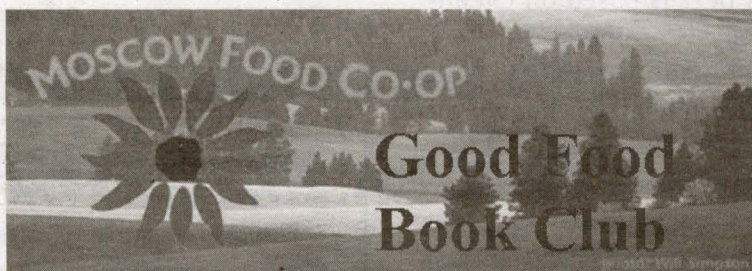


MICHAEL POLLAN

AUTHOR OF  
THE OMNIVORE'S DILEMMA

Join us on Thursday, December 10 from 7-9 p.m. at the One World Café on the corner of Sixth and Main downtown Moscow. You will be glad you did!

P.S. Michael Pollan will be visiting the WSU campus on January 13, 2010. Mark your calendars and look for more information about his visit in the January Good Food Book club article!



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**In Defense of Food: An Eater's Manifesto**  
and  
**The Omnivore's Dilemma: A Natural History of Four Meals**  
by Michael Pollan

Don't worry if you've only read part of these books, you won't be alone! People are always at different places in the book. Come anyway! The discussions are great!

When: 7-9pm, Thursday, December 10, 2009  
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Cost: Free. Munchies provided.

Look for the books at your local library or purchase them from BookPeople of Moscow and receive a 20% book club discount!

More info? Check out the Co-op newsletter or email [bookclub@moscowfood.coop](mailto:bookclub@moscowfood.coop)

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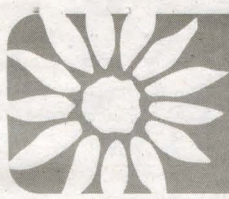
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# CO-OPERATIONS



## The Sweetest Gift: New Chocolate at the Co-op

by Julie Gardner, Co-op grocery and wine buyer, winebuyer@moscowfood.coop

If there is one thing the Moscow Co-op's grocery department can agree on: chocolate is good. Any time one or all of us is having a trying day or a particularly good day, one will find an open chocolate bar being passed around. Lately we have found many reasons to celebrate: lots of new chocolate arriving at the store, some varieties made by brands we have already carried and some made by a company new to the Co-op.

Here is the low-down on the new sweets:

B.T. McElrath Chocolatier's products were sent to us about six months ago by someone in the National Cooperative Grocers Association, the group our Co-op belongs to. They are out of Minneapolis, Minnesota, and

are extremely small. When I first called to gather information, the chef/owner answered the phone and sent me all of his company's info promptly. Their chocolates include: three-ounce bars in the following flavors: dark and white chocolate infused with passion fruit and tangerine, 70 percent cacao dark chocolate, butter toffee pieces with toasted almonds and sea salt in 40 percent milk chocolate called the "Prairie Dog," and, our personal favorite, the "Salty Dog." This gem is 70 percent cacao, infused with butter toffee and sea salt! We are also buying their bite chocolates for you to buy as a quick treat at the register! The flavors are the Prairie Dog and the Salty Dog. Enjoy!

Chocolove has two new deli-

cious flavors I actually discovered while visiting Cannon Beach, Oregon, this last October. I quickly came home to check our main distributor's warehouse and there they were! The flavors are dark chocolate salty almond and dark chocolate with peppermint! Some of us in grocery have already purchased more than a couple...

And, as many of you know, they are back. By "they" I mean bacon bars. Yes, Vosges bacon bars are back and with a new flavor: dark chocolate bacon bars. Vosges, for those not yet acquainted, is a company out of Chicago making gourmet chocolate. While we have other flavors, the bacon bars are definitely their defining product! The other flavors include:

"Barcelona" (hickory smoked almonds, sea salt, and deep milk chocolate); "Red Fire" (Mexican ancho and chipotle chilies, Ceylon cinnamon, and dark chocolate); "Goji" (Tibetan goji berries and pink Himalayan salt with 45 percent milk chocolate); and "Woolloomooloo" (roasted and salted macadamia nuts, coconut, and 45 percent milk chocolate).

We also carry two of their gourmet drinking chocolates for the holidays: Aztec cocoa with vanilla, ancho chilies, and cinnamon; and the Parisian cocoa. All of these products can be found at the register area except for the bacon bars. The meat department has the bacon bars!

## Tasty Brews to Warm Your Winter

by Kevin Clegg, Co-op beer buyer, beer@moscowfood.coop

The holidays are fast approaching and it's time for some special beers to warm your soul and share with family and friends. Better get two of each to share, because these are all so good that you may hoard them like a scrooge!

### Dick's Double Diamond Winter Ale:

This amber brown concoction is great for those with a holiday sweet tooth. It's loaded up with caramel malt and crisp white wheat, giving it a nice sweet flavor. The touch of black barley gives it some complexity, and the whole thing is topped off with healthy hop additions to tame the sugars a little bit.

### Hair of the Dog's Adam:

A very unique ale that is dark, strong, and sweet, and altogether unlike anything else on the market today, Hair of the Dog's Adam is actually a rare style of beer called adambier that originated in the city of Dortmund, Germany. This highly-hopped beer will withstand the test of time, so grab two: one for now, and one for a few years from now. Portland's HoTD is now the only brewery in the world that produces a commercial adambier.

### Anderson Valley Winter Solstice:

A great brew from Anderson Valley, this winter seasonal excels where other winter beers fall short. The smells of sweet malt, faint holiday spice, and orange brandy (really!) are something to behold. The creamy mouth-feel and body will have you wishing it could be winter all year long.

### Great Divide Hibernation Ale:

The brewery calls this beer an English style Old Ale, but Hibernation really defies categorization. Roasted black and chocolate malts coexist with unripe fruit sourness, which is balanced out by hop bitterness. An excellent beer for now or to cellar.

### Full Sail Wreck the Halls:

An annual favorite in Hood River, this rust orange-colored libation is exactly what you would expect from a northwest brewer: hoppy and excellent. The nose is reminiscent of sweet orange peel and grapefruit. The taste starts out bitter from the plethora of hops, but then the malt body catches up for a long sweet finish.

### New Belgium Brewing La Folie Sour Brown Ale:

Flemish for "the folly", the La Folie ale is an amazing achievement for the Fort Collins brewery. Mouth-puckeringly sour, this beer has sour apple and cherry

flavors with earthy undertones from the yeast. This beer is aged in oak barrels from one to three years, and could stand some more time in your own cellar. A perfect stocking stuffer for the beer lover in your family, this brew is unlike anything else we carry.

### Dogfish Head Theobroma:

This beer is based on chemical analysis of pottery fragments found in Honduras which revealed the earliest known alcoholic chocolate drink used by early civilizations to toast special occasions. The discovery of this beverage pushed back the earli-

est use of cocoa for human consumption more than 500 years to 1200 BC. As per the analysis, Dogfish Head's Theobroma (translated into "food of the gods") is brewed with Aztec cocoa powder and cocoa nibs, honey, chilies, and annatto.

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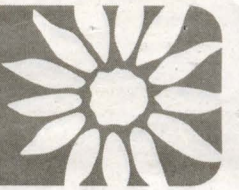
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## A Buyer Bonanza in Seattle

by Peg Kingery, Co-op chill and frozen buyer, [chill@moscowfood.coop](mailto:chill@moscowfood.coop) and Amy Lucker, Co-op wellness manager, [haba@moscowfood.coop](mailto:haba@moscowfood.coop)

It's no secret that I (Peg) love road trips. How cool, then, to be able to combine work with fun during a trip to Seattle to attend the annual Natural Products Association trade show. Grocery manager Joan, grocery buyer Julie, wellness manager Amy (and daughter Nina) and I spent a busy and productive weekend in the Emerald City back in October. Not only did we visit with brokers and vendors at the show, but we also toured eight co-ops/natural product retailers in the Seattle area.

The mission of the Natural Product Association is "to advocate for the rights of consumers to have access to products that will maintain and improve their health, and for the rights of retailers and suppliers to sell these products." Representatives from many of the companies whose products we carry at the Co-op were at the show to offer samples and to answer questions.

The keynote address was given by Jeffrey M. Smith, a leading spokesperson on the health dangers of genetically modified organisms (GMOs) and author of two books on the topic: *Seeds of Deception* and *Genetic Roulette*. Mr. Smith focused his talk on his second book, which documents 65 health dangers linked

to GMOs and summarizes why the safety assessments conducted by the FDA are built on a foundation of outdated science and false assumptions. Sharing the podium with Mr. Smith was Richard North, project director for Physicians for Social Responsibility, who spoke of the success his group is having in eliminating the use of recombinant bovine growth hormone (rBST) in cows supplying milk to the major dairy food manufacturers in the United States. Look for a brochure titled "Non-GMO Shopping Guide" which should be available to all Co-op shoppers soon.

Joan, Julie, and I all found new products to add to the Co-op's grocery shelves. Check out the chips from Food Should Taste Good and the maple leaf-shaped syrup bottles from Coombs Family Farm. Keep your eyes open for a yummy new energy bar made by Zing. Treat yourself to Double Rainbow ice cream, featuring a pumpkin flavor that would be a perfect dessert on your holiday table.

Amy discovered Sweet Beauty, a body care company out of Seattle that makes scrumptious products using the fair-trade "Theo" chocolate bars that we sell in grocery. They have an amazing "Pots de Crème" hand



Julie, Teal Tasso (western sales manager for Traditional Medicinals), Amy, Peg and Crystal Keefe (broker for Concept Sales NW) visit at the National Products Association trade show.

cream as well as lip balm, sugar scrub, and body lotion formulas that infuse chocolate with creative ingredients such as pomegranate, champagne, and coconut. Another new line to look for in Wellness is Celebration Herbals organic single herbs in tea bags. We saw these at the show and got very excited! This Canadian company is one of the few out there that does a large variety of single organic herbs such as valerian, red clover, or hyssop. Celebration Herbals is an offshoot of Organic Connections, a family-owned and operated

business since 1987.

The four of us had an absolute kick visiting natural products stores. We admired and evaluated product displays and took notes on products we found that we now have on our wish lists for our Co-op. We also sampled food from their delis and purchased a trunk-full of "souvenirs" to take home to family, friends, and co-workers. Most of all we came home feeling quite proud that we work at the Moscow Food Co-op!

## Co-op Volunteers Needed: Web site Photographer; Outreach; Archive

by Carol Spurling, Co-op outreach coordinator

The Moscow Food Co-op needs an experienced and enthusiastic digital photographer to take photos on a weekly basis for the Co-op website and occasional special projects. Special events at the Co-op, community events sponsored by the Co-op, and food/merchandise for sale at the Co-op will be the main subjects. Will be part of our website team of volunteers. Must have experience in securing photo releases. To apply, please submit a digital portfolio and résumé to Carol at



[outreach@moscowfood.coop](mailto:outreach@moscowfood.coop).

The outreach department (Carol) is in need of one or several volunteers who are interested in representing the Co-op and work-

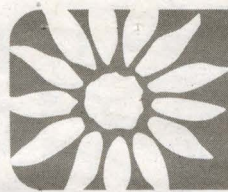
ing on behalf of the Co-op for and with other local organizations: for instance, the Palouse Earth Day Association, Rural Roots, etc. Time commitment would vary up to a maximum of 12 hours/month; meeting attendance would be required along with some independent work, depending on the group.

Interested? Contact Carol at [outreach@moscowfood.coop](mailto:outreach@moscowfood.coop).

The Co-op needs an organized and meticulous detail-oriented librarian kind of person to work with Kenna, our general manager, in organizing, digitizing, and archiving historical materials related to the Co-op. Time commitment will vary, and will

continue into the future, but the hours might taper off somewhat as the project becomes more complete. A side project might be a small Co-op reference library. Interested? Contact Carol at [outreach@moscowfood.coop](mailto:outreach@moscowfood.coop).

The Fish Folks will be in the Co-op parking lot for the last time of the holiday season on Wednesday, December 23. (They will continue coming on Fridays from 11 a.m. - 6 p.m. as usual until then.) They will then return on Friday, January 15, with a big 10 percent off sale on all their frozen items.



## Your Dollars at Work

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

It's field trip season at the Co-op, and we've all enjoyed the enthusiasm of the preschoolers and kindergarteners who have come to visit us recently and take a tour of the store. We never know what is going to tickle their fancy; sometimes it's a trip inside the walk-in cooler, sometimes it's the view from our general manager's upstairs office window, and sometimes, it's watching fresh peanut butter come out of the grinder in the bulk department.

We're always happy to give Co-op tours to individuals and groups of any age; just email me to arrange a time.

\*\*\*\*\*

Kenna, our general manager, and I were invited in early November to talk with Professor Jan Rauk's "Econ and You" class at the University of Idaho, on the subject of co-ops and eating locally. We were joined by local baker Nels Peterson of Panhandle Artisan Bread. University of Idaho freshmen have been reading Bill McKibben's book *Deep Economy* this fall and so Kenna and I prepared by reading it too. We really enjoyed helping raise the students' awareness of the cooperative business model and cooperative principles, and of the benefits of choosing to eat locally produced food. They asked a lot of good questions so we could tell they were listening, which felt great. Let us know if you have a class you'd like us to visit; we're happy to do so if our

schedules allow.

\*\*\*\*\*

Many thanks to the University of Idaho Biology Department for the donation of 65 reusable shopping bags (from their Evolution conference last June) to the Bag in Time program! If you come to the Co-op and forgot to bring your reusable bag, you can pick up one of these at no charge and then donate your dime to Dime in Time. Keep the bag if you need it, or bring it back for someone else to use the next time around.

\*\*\*\*\*

Alternatives to Violence on the Palouse received \$394.60 from the Moscow Food Co-op's A Dime in Time community donation program in October.

The Co-op's A Dime in Time program was created to support local, non-profit organizations. Co-op shoppers currently receive a 10-cent discount when they use their own bags or coffee cups. Co-op customers now have the option to donate those dimes to the organization selected as that month's recipient.

In October shoppers donated 3,946 dimes to Alternatives to Violence on the Palouse, a non-profit whose mission is to end violence in our communities. ATVP serves victims and survivors of domestic violence free of charge. Services include advocacy-based counseling and safety planning; support groups; legal and medical advocacy; a

24-hour-crisis hotline; and confidential shelter and case management.

Recent and current recipients include the Humane Society of the Palouse in November and Sojourners' Alliance in December.

Local groups interested in being selected to receive future awards can submit a grant application found on the Co-op's website ([www.moscowfood.coop](http://www.moscowfood.coop)). A committee made up of two Co-op board members, two Co-op staff members, and two Co-op customer members will review the applications and select recipients each quarter.

### Dear Moscow Food Co-op A Dime in Time program:

Thank you for your generous donation of \$337.60 to First Book - University of Idaho. Your support helps provide a steady and critical stream of new books to millions of children who would otherwise have few, if any. Like you, we believe in the power of new books. Indeed, study after study shows that a child's future reading success is strongly determined by the number of books in the home... By improving access to books, we help ensure that all children,



regardless of their economic situation, are equipped with the tools they need to succeed.

Thank you for joining us in sharing the magic of reading with children in need. We value your continued support as we work together to end illiteracy and give more children a brighter future.

With best wishes,

Theresa Harnisch  
Vice President, Development  
First Book

### Dear Moscow Food Co-op:

Thank you for your donation of baked goods to our "Breakfast for the Homeless" fundraiser. Your contribution helped us raise over \$1200. We appreciate your support.

Bev, Kathy, Mark, Tara, Gary, Carly  
The Board of Sojourners' Alliance

## Green Commerce Committee Update

by Andrika Kuhle, Co-op board member

Nearly 40 people attended the November 12 Producers' Forum of the Moscow Food Co-op Green Commerce Committee. We are currently conducting an online "producers survey." Any interested producers who missed the meeting can contact [greencommerce@moscowfood.coop](mailto:greencommerce@moscowfood.coop) for a link to the survey. The next phase will include summarizing what we

learned at the November 12 meeting, and conducting a similar forum with Co-op managers to learn about what works well for them, and their challenges and constraints pertaining to local goods. Stay tuned...

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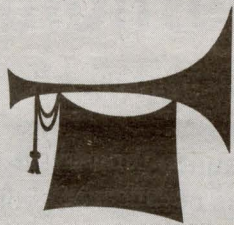
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## Co-op Shoppers Speak Out:

Asked by Ashley Fiedler on November 13, 2009 at the Co-op deli

**Question:** *What is your favorite winter holiday tradition?*



"We have Swedish meatballs and lingonberries on Christmas Eve because my mother is Swedish." Jane Walden, Moscow, student



"My family makes each other gifts and exchange them on Christmas Eve." Anna George, Moscow, student



"Ever heard of Scrooge? It's a gigantic commercial lie. Parents shouldn't teach kids to believe in the corporate deception." Mark Maland, Julietta, musician



"I like the humanity. It's the one time of year people focus on giving back." Becky Chavez, Moscow, Gritman employee



"I like the music from different cultures. There is a group from Zimbabwe that does drumbeat to traditional holiday music." Debi Dockins, Potlatch, mom



"Playing poker with my family." Liz Shelden, Student

## Suggestion Box: December 2009

*Keep the sale price signs up through the sale time—when pulled early the last-minute shoppers don't know what is on sale and may not buy.*

—David

Our sales don't run by the calendar month due to the purchasing schedule from our distributor. The sale dates are always listed on every sign. There is one day each month when both sales are in effect. That is the day we change signs. We can't have both signs up at the same time so we take the old ones down on the last day of the sale before putting the new ones up. I'm sorry this is a problem for you.

It is the best way we have currently to change sales. —Joan, Grocery Manager

*Silk Soymilk Natural is no longer organic though Dean's Food has failed to make customers aware of this yet still charges the same price as when it was. I believe it is only fair for the Coop to put a sign on the cooler door stating this.* —Andrea

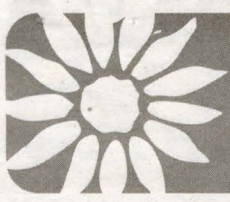
Silk offers both natural and organic soy milks. The Co-op carries the three available organic flavors (original, vanilla, and unsweetened). Very vanilla, chocolate, omega-3 enriched, light vanilla and

light original are only available as natural soy milk.

The three organic flavors are slightly higher in price. —Peg, Chill/Frozen Buyer

*Please invite Lucas (guitar) and the drummer back—they were fantastic!* —Meg Gag

I'm so glad you enjoyed our Tasteful Thursday musicians. Lucas Kreikemeyer is a high school student from Pullman, and we love to have him play. We hope you enjoy the other musicians we've lined up for Thursdays this month too. And don't forget the yummy samples, and the free massages! —Carol, outreach coordinator



## Staff Profile: Brennus Moody

by Amy Newsome, Co-op newsletter volunteer

**B**rennus and I met for his interview on my birthday, so it felt fitting that he offered me a peanut butter chocolate chip cookie from the bag he had just purchased. It certainly helped to get our interview off on the right foot as far as I was concerned; cookies are my favorite food. However, Brennus is not a maker of cookies but a preparer of meat. Brennus has been the Moscow Food Co-op's meat manager for the last two and a half years. He came to the Co-op with experience working as the meat manager of the former Moscow Tidyman's store. Brennus enjoys working at the Co-op's much smaller meat department.

"I get to make everything myself. Corporate grocery chains, like Tidyman's, have a much larger supply stream. We would receive coarse ground beef made from an untold number of cows and have to regrind it, exposing it to air a second time. Here at the Co-op, we start with muscle from just two to four cows, then grind it just once, creating a much fresher product. To have fewer cows in each batch of ground beef is also much better from a food safety standpoint."

With his father first working for the U.S. Air Force and later as an English teacher, Brennus lived everywhere from Montana to Germany to Oregon growing up. Brennus also describes being raised in two very different worlds. "I spent time with my mom's family on their ranch in central Montana and then time with my dad's family watching the Rose Bowl parade from my grandparents' front yard in Pasadena."

Brennus's dad is a fifth generation Yale graduate. After serving as an Air Force officer for 16 years, he returned to school to become a high school English teacher. Brennus took English from his dad for three years when they lived in the small town of Whitehall, Montana.



**"Brennus is currently a confirmed bachelor with a lot of toys, enjoying his freedom to hunt, hike, and fish as often as his work schedule allows."**

Brennus always felt that his dad was much tougher on him than on his fellow students. To prove his suspicions, he and his friend hatched a scheme to write a paper for each other. Sure enough, after his papers consistently got lower grades than his friend's, Brennus's paper with his friend's name on it was given an "A," and his friend's paper with Brennus's name on it was given a "D."

I asked him if he then confronted his dad.

"Not until after we graduated! To this day if I send my dad an e-mail without proper punctuation and capitalization, I'll hear about it."

After graduating from high school, Brennus bucked the Moody family Yale tradition and attended the University of Idaho, first to study theoretical physics and then English. About 13 credits shy of a degree with U of I, Brennus decided to expedite his bachelor's degree by transferring his credits to Lewis-Clark State College. He took just a few more classes from LCSC and then received a Bachelor's degree in General Studies. Brennus has considered going to law school, even scoring well on the LSAT a

few years ago, but he isn't sure he'd like the life of a lawyer.

"I have a friend who is a lawyer in Spokane and he works nearly 80 hours a week. Broken down by hourly wage, he doesn't make much more money than I do, and he has a lot less free time. I think more people should consider quality of life when deciding on an occupation."

Brennus is currently a confirmed bachelor with a lot of toys, enjoying his freedom to

hunt, hike, and fish as often as his work schedule allows. He has many friends that he likes to spend time with in Moscow. He also has friends who will come from out of town to go fishing, hunting, hiking, or bicycling with him.

Brennus's parents, Chuck and Patti, currently live in Cottonwood, Idaho. At the time of our interview, Brennus was looking forward to his family's Thanksgiving tradition in which he goes hunting with his dad while his mom stays home to watch college football.

Yesterday, snow fell in Moscow for the first time this season, instantly making Amy Newsome want to bake all sorts of cookies.



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# Volunteer Profile: Ashley Martens

by Todd J. Broadman, Co-op newsletter volunteer

What a pleasure to better know Ashley Martens. She and her husband Noel coordinate the music for the Co-op's Tuesday night music series. For someone so captivated by the sounds of nature, it would seem a natural role. "We were asked to do this job based on my organizing skills," she clarified, "and my husband's musical and music-connections."

As long as Ashley can remember, she always enjoyed spending time in nature. She described her youth in Wyoming. "My grandpa and dad used to take us hunting for arrowheads and hiking gullies." She resided in Casper until the age of twelve, moved away for a while and then returned to Wyoming for undergraduate school. Those early childhood experiences spawned her love of nature. "I'm passionate about keeping wild places truly wild," she said, and then thought of her children. "I love to connect people, my kids included, with the ants marching into a crack on the sidewalk."

Ashley used to coordinate an ancient cedars inventory project in the Big Wild for Friends of the Clearwater. "It's awe-striking to stand next to a tree that has been here for 2000-plus years!" Her sense of time has been expanded, not only by nature, but also by family. "My grandma loved birds—she always made stained glass pictures of them, and I think that's where I got my love of birds." She described her mother, father, and brother as "great" and "supportive."

We then talked about Moscow and what lured her here. She related, with emotion, that "graduate school brought us [to Moscow] and I actually cried the day we visited here because I didn't like my potential academic scene." Ashley left school after the first year, but later returned with a different focus. "I also missed the mountains of Wyoming." Upon her return, Moscow grew on her. "My intimate relationships keep me here—my friends, Moscow Mountain, the loving community, the support for all of my crazy ideas..." She mentioned the flip-side as well—how tough it is to find a well-paying job.

Another significant lure is the



**“As long as Ashley can remember, she always enjoyed spending time in nature.”**

Co-op. Ashley and Noel began volunteering in the bakery about eight years ago. "We made the best muffins. At that time, we had free rein and could make anything we wanted! It was super fun to be creative." They then shifted their creative food talents to the Deli and "created some fun sandwiches." Along the way, they've also worked in produce and washed coffee bins.

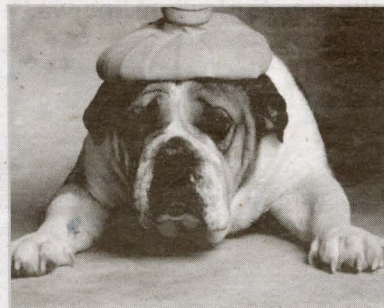
I had been told of Ashley's interest in birds, and her birding workshops. "Why birds?" I asked. "They epitomize the freedom to fly beyond the boundaries we create around ourselves. They are beautiful, graceful, intriguing, and easy to connect with. I've had some amazingly powerful moments just staring face-to-face with a bird with utter wonder and curiosity (on both parts)." She described watching birds as a kind of meditation. "Paying attention to birds brings us into the present moment—where I want to be as much as possible—because we have to use (almost) all of our senses: we look for distinguishing features, we study their behavior, we listen for their calls and songs, and we start to sense patterns in how and where they live. After a while, we start learning a lot about ourselves

through birds."

Ashley would like Co-op customers to know that Friends of the Clearwater will be hosting a Good-Natured Preschool winter ecology fundraising event sometime in the beginning of 2010. "We started a great nature-based preschool camp last summer and we want to grow it."

Postscript: Ashley, Noel, and children have decided to make Bozeman their new home and will arrive there by year-end. She passes on an appreciative, "Thanks, it was nice working with you all!" We wish their family well.

Todd, wife Corinna, and son Micah enjoy it here: the gently rolling hills and the local community's creativity. Todd is currently writing a novel.



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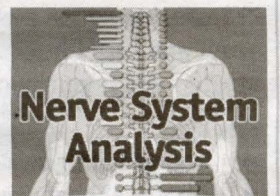
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## Into the Cupboard: Collecting Traditions

by Ivy Dickinson, Co-op newsletter volunteer

The holiday season is the time of year when traditions abound. Nearly everyone has something that they customarily eat, drink, or say to celebrate the accomplishments of another year, or the coming together of friends and family. Therefore, it makes sense that our Co-op newsletter theme this month should be “traditions, old and new.” I actually thought it would be fun to share one of my holiday traditions with my dear readers. My only issue is that I kept getting hung up on the idea of “new” traditions. I couldn’t really think of something I was dying to add to the yearly ceremony of traditions dutifully practiced; and I worried what if I didn’t like this new tradition. Can it really be called a tradition if you don’t commit to it for more than a year? I thought about interviewing my friends regarding their traditions. But, then I was faced with which friend or friends to choose. How do you select the friend who is likely to have a tradition interesting enough to write about? Or do you keep asking until you find one you like?

I know that the ponderings of my brain can be rather cumbersome, but traditions are special—I really wanted to do them justice. That’s when I decided that I was just going to ask someone about their favorite special food-based tradition, and I was going to commit to incorporating it into my holiday celebrations this year. My plan is to ask someone new next year. I didn’t overanalyze who to ask, I just asked the first friend I ran into, at the beginning of yoga class. It was perfect; my friend Ashley said she always made a braised cabbage apple slaw each year at Thanksgiving as a tribute to her husband’s German heritage. Then, when she first moved to Moscow, she and her husband were invited to a Christmas dinner at the house of a friend, who as it turns out, makes that same recipe as part of their traditional Christmas dinner. Now Ashley and Fritz enjoy this recipe every year for Thanksgiving and Christmas, and I plan to share it as well.

If you haven’t guessed the ingredient of the month yet, it is cabbage. Ashley’s recipe was



perfect because the tradition from my household that I would like to share isn’t really glamorous, it definitely has more to do with the fondness of familiarity than obtaining culinary excellence, and it also happens to involve cabbage. Cabbage is a highly nutritious, wonderful winter staple that tends to be highly underrated. If you have any aversions to cabbage flavor, trust me when I say that this vegetable’s flavor is extremely complicated and can be manipulated by adjusting the temperature of cooking, varying the length of cooking, and even by what you pair it with. For a more detailed explanation of cabbage flavor chemistry, I would highly recommend you read the cabbage section of Harold McGee’s book *On Food and Cooking: the Science and Lore of the Kitchen...* or just cook it a different way.

Without further ado, my favorite yearly holiday tradition is to incorporate the leftovers from the big holiday dinners into pirozhkis (the generic Russian term for individual-sized baked or fried buns stuffed with a variety of fillings). Traditionally

these are stuffed with any combination of cabbage, potatoes, mushrooms, onions, cheese, meat, sauerkraut—you get the idea. After the holiday I tend to stuff them with leftover mashed potatoes, turkey, cheese, and I usually sneak in some cabbage. For the sake of keeping things simple, my recipe is for beef and cabbage pirozhkis. This is what I usually put in them if I’m making them and there are no leftovers involved. They’re probably my all-time favorite snack to travel with.

Sources:

McGee, Harold. (2004). *On Food and Cooking: the Science and Lore of the Kitchen*. New York, NY: Scribner.

Rombauer, Irma S., and Marion Rombauer-Becker. (1973). *Joy of Cooking*. Indianapolis, IN: Bobbs-Merrill Company, Inc. pp. 356

This Russian-American thinks that cabbage deserves a place of honor in all holiday traditions. Be sure to email [ivyrose7@hotmail.com](mailto:ivyrose7@hotmail.com) with your questions, comments, or cabbage-themed anecdotes.

### Beef and Cabbage Pirozhkis

#### Dough:

- 2 teaspoons active dry yeast
- 1 cup warm water
- 1/2 teaspoon sugar
- 1 tablespoon extra virgin olive oil
- 1 1/4 cups whole wheat flour
- 1 1/2 cups unbleached all purpose flour, plus additional for kneading
- 1 1/4 teaspoons salt

Combine the yeast, water, and sugar, and stir together. Let sit for a few minutes until the water is cloudy and then stir in the olive oil. Meanwhile combine the flours and salt in a food processor and pulse a couple of times. With the machine running slowly add the water yeast mixture and process until the dough forms a ball on the blades. Remove the dough from the processor and knead lightly on a floured surface for 5-10 minutes until smooth dough is formed. Transfer dough to a clean, lightly oiled bowl. Cover with plastic wrap and let rise for 1 - 1/2 hours. When it is ready, the dough will stretch when gently pulled. Divide into 16 equal parts.

#### Filling:

- 1 pound lean ground beef
- 1 small cabbage, quartered, cored, and thinly sliced crosswise
- 1 cup sliced mushrooms
- 1 small leek, white part only, finely chopped
- salt and pepper

Sauté beef in large skillet until browned, add leeks and onions and let cook for five minutes. Add cabbage and cook until just softened. Salt and pepper to taste.

Preheat oven to 350. Roll individual dough pieces into thin circles (approximately six inches across). Scoop filling onto center of round, fold dough in half, fold bottom edge over the top, and crimp together. Will make a half moon shaped pocket. Place pockets on parchment lined baking sheet and bake for approximately 30 minutes, or until pockets are lightly browned.

### Braised Cabbage and Apple Slaw

- 1 small head of red cabbage ( about two pounds), quartered, cored, and thinly sliced crosswise
- 2 slices bacon, diced or 2 tablespoons butter or vegetable oil
- 3 tablespoons finely chopped onion
- 1 Granny Smith apple, peeled, cored, and cut into matchsticks
- 3 tablespoons red wine vinegar
- 2 tablespoons of honey
- 1/4 - 1 teaspoon salt
- 1 ➤ 1/8 teaspoon caraway seeds

Immerse cabbage briefly in a bowl of cold water. Meanwhile, in a large non-reactive skillet or Dutch oven, cook bacon, butter, or vegetable oil over low heat until the fat is rendered. Add onion and cook over medium-low heat until golden. Lift the cabbage out of the water and add it to the pan along with the apple, vinegar, honey, bacon, and caraway seeds. Cover the pan and cook over medium-low heat until the cabbage is very soft, 1 to 1 1/2 hours; add boiling water if needed during cooking.



## Veganesque: Growing Up with Food Freedom

by Caitlin Cole, Co-op newsletter volunteer



"I feel free to eat snow!"

It is amazing and beautiful how the slowly changing seasons reflect the changes that go on in our lives. Every day we get the chance to think and act differently which results with our living in healthier and happier ways. In my own life I have often found these shifts of consciousness gradual, almost sneaking up on me. Often it is inconvenient to let go of our old beliefs and ways of being. I have experienced a huge shift in the way I look at food recently.

It started when my friend told me she did a study for her Master's degree. She had discovered that when children served themselves at meals they gave themselves healthier sized portions, suggesting that it was healthier for parents to relinquish some control. Let me tell you, that really blew my mind! I thought about that for a long time. I contemplated my role of controller when it came to my children's food. When I asked myself why I served them myself, only let them have dessert if they had "good" food first, limited their sugar, my self said, "It is because if you don't have some control over their diet they will make unhealthy choices." But is this true? Can I actually see that for myself?

This shifting came up at Halloween time. David and I were discussing how much candy we would allow them to collect trick-or-treating, how many pieces per day they could have, etc. Then we thought, Let's see what happens if we have no limits on the candy. This put us way outside our

comfort zone, but both of us had a strong gut feeling this was something we should try. What we discovered was surprising! One of our children did not like most of her candy; she would eat a bite and then throw it out. Our other child liked his candy very much, ate a lot, got a tummy ache the first night, and then did not eat any more candy. They made their own food choices and found their own limits. It reminds me of the attachment parenting concept of breastfeeding on demand. We listen to our baby's cues and let her feed as she needs to. Our older children would benefit from this wisdom as well. Our family's journey continues.

There is a lot of research to support the concept of trusting kids to make their own eating decisions. A researcher at the Baylor College of Medicine discovered that five-year-old girls whose parents tightly controlled their food choices ate significantly more snacks during his study. They were also four times as likely to be overweight than their peers with less restrictive parents. This is believed to be because parental restrictions may focus children's attention away from their own fullness and hunger cues.

See [http://www.bcm.edu/cnrc/consumer/archives/food\\_rules.htm](http://www.bcm.edu/cnrc/consumer/archives/food_rules.htm) for more information on this study.

There are also many other studies that support this idea.

In the interest of Food Freedom, my kids have each picked their favorite recipe to share. Enjoy them freely, but

### Nutty Munchers

- 1 cup peanut butter or nut butter of choice
- 2/3 cup sugar
- 1-1/2 teaspoons egg replacer with 2 tablespoons water, mixed separately, or one egg

Mix ingredients in order as above. Roll into balls and put on greased cookie sheet. Flatten with fork to make criss-cross shape. Bake at 350 for about ten minutes, or until they look done. Makes one dozen.

### Happy Hempster Granola

- 3 cups quick oats
- 1/4 cup hemp seed
- 2 cups chopped nuts and seeds of choice
- 1/3 cup honey
- 1/2 cup sunflower or canola oil
- 2 tablespoons water, as needed
- 3/4 cup dried fruit (orange cranberries are great!)
- 3/4 cup dried coconut

Preheat oven to 300. Mix oats, hemp, and nuts and seeds. Pour honey, oil, and water over the mixture and stir well. Add a little more water if it seems too dry. Spread on a large cookie sheet and bake 35-40 minutes. Stir granola often while baking, every 5 to 10 minutes. Remove from oven and transfer to plate to cool. Add dried fruit and coconut and enjoy!

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Caitlin Cole and her family want

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## Omnivoria: Joyful Holiday Dinners

by Jamaica Ritcher, Co-op newsletter volunteer

The Christmas I graduated college and began sharing an address with my boyfriend, my grandmother gave me what was, at the time, the latest edition of Irma S. Rombauer's *Joy of Cooking*. The heavy white volume with its gold lettering on the cover and red ribbon place marker was just like one so often open on her own kitchen counter.

In my early-twenties and, by all accounts, not much of a cook, my enthusiasm for a new cookbook was initially tepid. But when I looked inside the front cover and read the inscription, the book gained immediate significance. "There's not much to cook that can't be found in this book," read my grandma's looping script. "We've used ours for 50 years. Hope you have as much fun!"

I took this gift as my grandparents' recognition I was an adult and, with that, was beginning to make traditions my own.

While many of the winter holiday dinners with my grandparents had revolved around the traditional turkey, ham, or rib roast, what stands out to me most, for

*My copy of Joy of Cooking is tattered and splattered with sauces and batters of all sorts, and the spine could use another duct tape reinforcement. My grandmother was right: there is a wealth of recipes found in these pages.*

its flavor and presentation, was my grandparents' stuffed leg of lamb. The meat was always cooked medium—a little bit pink—and the contrast in flavor and texture between the meat and the moist stuffing cooked close against it was delicious.

Quite a few years passed before I had opportunity or inspiration to attempt the stuffed leg of lamb on my own. When the time came, my memory of enjoying the dish was clear, but

### Couscous Stuffing with Dried Apricots and Pistachios *from Joy of Cooking*

- 2 tablespoons butter
- 1/2 cup finely chopped onions
- 1/2 cup finely chopped carrots
- 1 1/2 cups stock (chicken or vegetable)
- 1/2 cup finely chopped dried apricots
- 1 tablespoon chopped preserved lemons (optional—I never seem to have these on hand)
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- Pinch of ground cinnamon
- Pinch of ground ginger
- 1 cup quick cooking couscous
- 1/2 cup chopped pistachios (or pine nuts or slivered almonds), toasted
- 1/4 cup fresh parsley, minced

Melt butter in a large saucepan and sauté the onions and carrots until just tender. Stir in the stock, apricots, lemon (if using), and spices and bring to a boil.

Stir in the couscous; remove from heat, cover and let stand for 5 minutes.

Fluff the couscous with a fork and stir in nuts and parsley.

Makes about 4 cups.

my understanding of how to actually prepare it was foggy at best. Out came *Joy*.

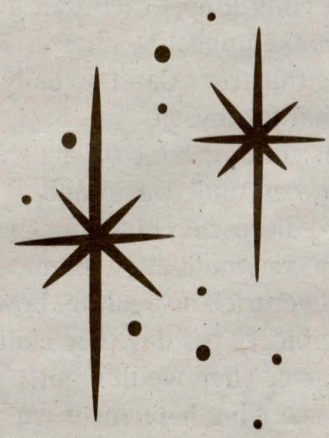
My copy of *Joy of Cooking* is tattered and splattered with sauces and batters of all sorts, and the spine could use another duct tape reinforcement. My grandmother was right: there is a wealth of recipes found in these pages. What I love is that while all the familiar family dishes are there, there are many recipes that, for matters of taste or practicality, weren't prepared during my childhood, but they're there to discover and test.

Case in point: the stuffing my grandparents favored was usually of a pretty standard breadcrumb variety. Delicious as it was, *Joy* has an entire section devoted to stuffing alone, and Irma Rombauer's Couscous Stuffing with Apricots and Pistachios (see below) is extra special.

To bone and butterfly a leg of lamb can be a tad intimidating (at least it was on my first attempt.) Starting with bone side up, you'll need to carefully cut the meat away from the length of bone and, as Rombauer describes, "[open] it out like a book." She also advises (and it's good advice) using small scraping motions with the knife against the bone to avoid cutting into the meat. Once the bone is removed, you'll need to make small cuts in the thicker section and butterfly those out

as well so that you have a fairly uniform thickness. Season both sides of the meat with salt and pepper and, on the surface from which you separated the bone, spoon your stuffing and then roll up. You'll want to start rolling from a longer side so that you end up with a cylinder that is longer than it is wide. Tie with butcher twine every inch and a half or two. Press thinly sliced garlic into small slits made in the lamb's surface, rub with olive oil, salt and pepper, and roast on a rack, seam side down, in a 375 degree oven until the thickest part of the meat reaches 130 degrees F.

Something about the care taken in rolling and tying makes me want to reserve this recipe for special dinners in the company of family and good friends. That is, it's perfect for the holidays.



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# Allergy and Gluten Free: Holiday Treats Revisited

by Terri Schmidt, Co-op newsletter volunteer

One of our traditional Christmas treats was marzipan. My five siblings and I would gather around our big cherry wood table and Mom would dole out the dough-like almond paste candy for us to mold. We mostly made fruit and vegetables, but one never knew what oddities might show up on the plate once our creative juices started flowing. The marzipan not only tasted good, but it was the one time we were actually encouraged to play with our food. We thoroughly enjoyed this artistic pleasure.

Marzipan is a traditional Christmastime or holiday treat in many countries. Our family must have taken its cue from Italy where their Christmas marzipan is also shaped like fruit. People in Spain form marzipan into animal shapes. It is also eaten at Christmas in Latin American countries where it is called mazapán. "In the Netherlands Marzipan figures are given as presents to children during Saint Nicholas' Eve. In Germany it is common to give marzipan in the shape of a pig as New Year's presents, known as a "Glückschwein (lucky pig)" (Wikipedia).

Pecan pie was another family favorite at Christmas. My grandmother made the best pecan pie ever and always brought one for Christmas dinner. I liked it so much she would also make me one for my birthday each year in lieu of a birthday cake. I enjoyed making and eating pecan pie for many years. However, when one is diagnosed with allergies or gluten intolerance, many treasured holiday foods have to be given up. You can no longer eat things you used to enjoy when you were young. Pecan pie and marzipan are two traditional sweet holiday treats I had to give up because I no longer eat pecans, wheat, or sugar.

I heard of mock pecan pie years ago but at the time had no interest in eating pretend pie when I could eat real pecans. But now that pecans are no longer an option, I decided to adapt a recipe using gluten-free oatmeal instead of pecans and xylitol in place of sugar. Xylitol is a natural substance found in some vegetables and fruits and some hardwood trees like birch. It actually protects your teeth from

cavities by preventing the plaque from attaching to your teeth, and it does not cause blood sugar levels to rise. After making this recipe, I tasted it with high hopes. I have to say it does not taste much like pecan pie, but it does taste good.

I also took a shot at re-creating marzipan. From what I have heard and read, apparently almonds cause the least allergic reactions of any tree nuts, and some people who have other nut allergies can still eat almonds (<http://www.calgaryallergy.ca/Articles/English/treenuthp.htm>). Marzipan recipes generally call for powdered sugar. You can make powdered sugar from granulated xylitol by grinding it in a coffee grinder. According to [mercola.com](http://mercola.com), as for using a raw egg white, organic free-range eggs are very seldom plagued with salmonella, but you should wash your hands well before handling the egg to avoid contamination from your own kitchen. This recipe is much more similar to what I remember. When I played with and tasted the marzipan it brought me right back to being a kid.

Terri wishes you a December complete with sweet treats, holiday cheer, and a kiss under the mistletoe. You can contact her at [allergypage@yahoo.com](mailto:allergypage@yahoo.com).

## Marzipan (adapted)

wheat, soy, and dairy free

- 3/4 cup ground xylitol (grind in coffee grinder until powdered)
- 1/4 teaspoon almond extract
- 1 tablespoon water
- 1 egg white
- 2 1/2 cups almond flour

Put all ingredients in a food processor and process until combined. Turn the candy dough out onto the surface covered with wax paper and knead. If dry, add a bit more water; if too sticky, add a bit more almond flour. Take a pinch of dough and form into vegetables, fruit, pigs, or other shapes. Paint with natural food color (use blueberries, spinach, turmeric, etc.) Use a toothpick as a tool to make eyes, strawberry "seeds," or other designs. Whole cloves or slivered almonds make good stems for the miniature fruits. Store the candy in a covered container in the refrigerator.

## Mock Pecan Pie (adapted)

wheat, soy, dairy, and nut free

Crust:

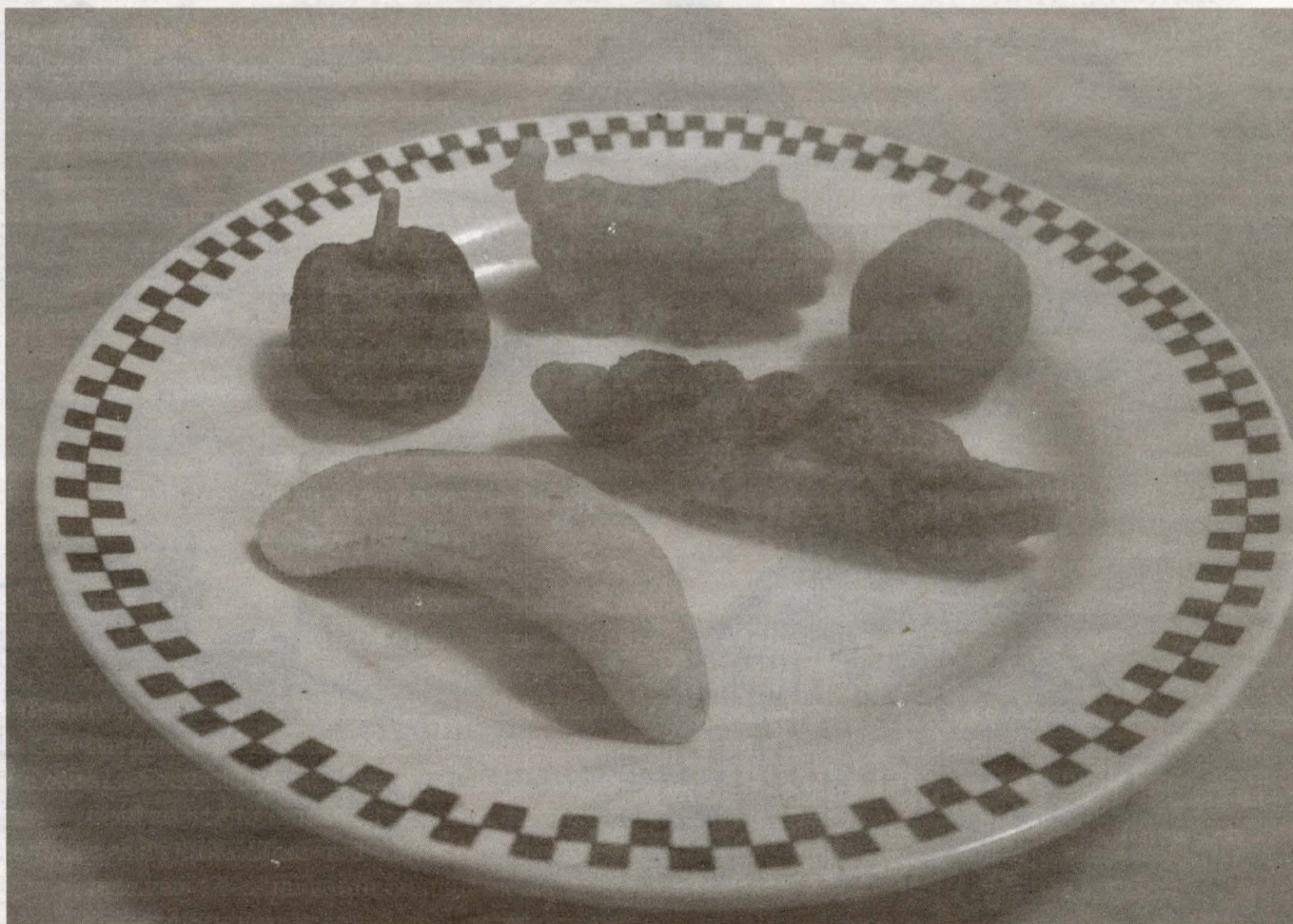
- 1 cup rice flour
- 1/4 cup xylitol (or sugar)
- 1/3 cup soy-free Earth Balance natural buttery spread
- 4-5 tablespoons hemp milk

Mix all ingredients. Form into a ball and place between two sheets of wax paper. Roll to fit a 9-inch pie pan. Remove on sheet of wax paper, drop crust into pan, and remove other sheet of wax paper.

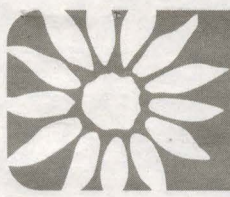
Filling:

- 3 eggs
- 1 cup xylitol (or 1 1/3 cups sugar)
- 2 teaspoons molasses
- 1 teaspoon vanilla
- 2 tablespoons soy free Earth Balance buttery spread, melted
- 1 1/2 cups Bob's Red Mill gluten-free oatmeal

Beat eggs. Add xylitol (or sugar), molasses, vanilla and buttery spread, mix well. Add oatmeal and mix till blended. Pour into uncooked pie crust and bake at 350 degrees for 30-40 minutes. You can substitute flaked coconut for half of the oatmeal.



Allergy-friendly Marzipan in fun shapes.



## Cooking Independently: Kenyon's Magic Pizza Pie

by Kenyon Cornelius, Co-op newsletter volunteer

I am busy. I have a job. I swim with the Master's Swim Class. I am also working hard to make bookmarks and cards for the Dahmen Barn Sale in December.

Sometimes I just don't want to spend very much time cooking. When this happens, pizza is perfect.

My favorite topping is a mix-

ture of fresh vegetables like tomatoes, broccoli, green peppers, asparagus, and artichoke hearts. In the summer, I go wild with veggies. Sometimes I put so many things on my pizza I have to eat it with a fork! Becky calls it "Kenyon's Magic Pizza Pie." If you decide you made too many veggies, use the leftovers to make a wrap or stir fry for your next dinner. I also use pizza sauce or canned tomatoes. Just be sure to drain the canned tomatoes really well. Soggy crust is not good.

If I am in the mood I add chopped veggie dogs or tofu. You can also use chopped onions, olives, and pineapple. Of course, you have to use cheese. I like

to use a mixture of cheeses. Mozzarella, cheddar, and parmesan are my favorites. My mom uses feta cheese sometimes and I really like that too. Sometimes, I spread cream cheese on the crust. That is really good with veggies.

To make your pizza, chop or slice the veggies, tofu, or meat. Grate the cheese. Put the pizza crust on a cookie sheet, then the tomatoes. After that just layer the veggies, meat, or tofu. Put the cheese on last.

Homemade pizza is fast. It's fun. It's yummy.

Kenyon, who has Down Syndrome, dictates this column to her mother.

### Kenyon's Magic Pizza Pie

Preheat oven to 425

- pizza crust
- 2 fresh tomatoes or one jar pizza sauce or small can tomatoes (If you use canned tomatoes, blend and drain.)
- 2 cups fresh veggies, chopped or sliced
- 1/4 cups mixture of fresh oregano and basil, or 1 teaspoon each dried spices
- 1 - 2 cups grated cheese like cheddar, parmesan, or mozzarella
- 1/4 cup sliced olives
- optional: 1/4 - 1/2 pound tofu cut into small cubes. (I make my cubes about 1/4-inch square.)
- optional: olives

Bake 12 - 15 minutes.

## A New Way to Eat Cheese

by Bill London, Co-op newsletter volunteer

"Fried Slabs of Cheese" may be a great name for a rock band, but it is also a delightful food we just discovered at the Co-op.

A great appetizer with apple or breads, these warm cheese

pieces are not runny or rubbery. However, they sure are tasty.

If you want to try some, wander through the cheese selection at the Co-op searching for Idaho Golden Greek, Halloumi Style, Grillin' Cheese made in Gooding,

Idaho.

You can cook the cheese by baking, or grilling, or frying.

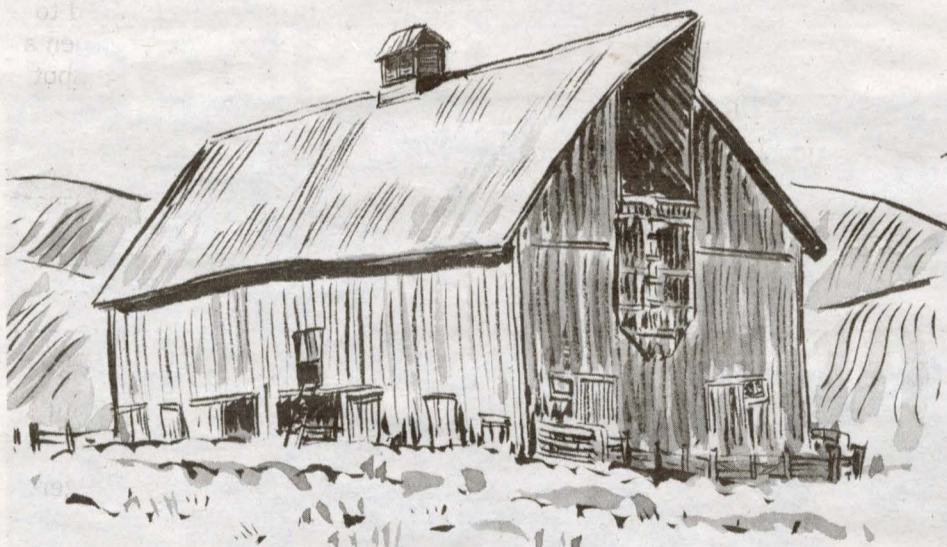
To fry it, slice the cheese into slabs (half-inch thick is best, we believe) and put the slabs in a non-stick fry pan. Cook it until it

browns, then flip it over and do it again (just a couple of minutes on each side)

Sure is good.

## PALOUSE REPORT: Stable Barns?

THE PALOUSE IS HOME TO MANY HANDSOME BARN.



SOME ARE FORLORN



AND FRAGILE.



WILL THEY ALL STILL BE STANDING IN THE SPRING?



## In the Garden: Gifts for Gardeners

by Holly Barnes, Co-op newsletter volunteer

*“Every garden is unique with a multitude of choices in soils, plants and themes. Finding your garden theme is as easy as seeing what brings a smile to your face.”*

— Teresa Watkins

Every year my December column includes suggestions for gift giving. I'll begin by telling you about the tools I can't live without.

My three favorite gardening “tools” are Felco pruners, a spading fork, and a leaf shredder. My pruners are of the Felco brand which I believe are superior to all others. Yes, they are expensive but they will also last as long as I do. The spading fork is with me for all weeding and planting chores. I used a shovel for years until a fork turned up from a garage sale purchase. Since then it doesn't leave my side and the shovel only comes out for serious digging.

The leaf shredder is how we recycle all those leaves from our maple trees, and the trees of our neighbors. We rake and (sometimes) mow in the fall and gather all the grass and leaves into a bin in the back yard. My faithful assistant plugs in the

electric leaf shredder and chops up all those leaves over several weeks time and we fill whatever containers and yard bags we can, to save for the following spring. At the same time he also shreds a few bales of straw, which we mix with the leaves for spreading as a summer mulch and soil conditioner. We have been doing this for only a couple of years and there has been more garden to cover than we've had mulch to cover it with. But we're making progress at covering all exposed garden beds and it's amazing how weed growth in the sufficiently mulched areas is no longer an issue. Watering, too, is greatly reduced and the soil looks and behaves so much better come the parching sun of midsummer. I can't recommend this process enough. Soon you will start coveting your neighbors' leaves and I'm quite sure Moscow could become self-sustaining with leaf recovery.

When I can't be out in the garden in the winter the next best thing is to read about gardening. Garden books are one of my favorite gifts, to give and to receive. Most new and used bookstores have many choices for the special interests of gardeners. The Co-op has a marvel-



ous section of books and the past couple of years the books on sustainable gardening have flown off the presses as the locavore/slow food movement sweeps the nation. There are many inspiring tales of and by home gardeners just like you who are finding joy in providing good food from their yards for their own tables. As the above quote suggests, it is pleasant to read these books to find your own garden theme, be it strictly ornamental, wholly edible, or a combination of the two.

This is my last column for the Co-op newsletter. I've written for the newsletter since 2005 and since early 2006 as the writer for the “In The Garden” column. I've enjoyed sharing my garden-

ing thoughts with you and often-times using the column as a way to research projects I've been working on. My husband and I will be leaving soon to spend a few months in the warmer latitudes of the U.S., returning in time to watch another gardening year begin. My New Year's wish for all of you is for a short and mild winter and a long growing season in 2010. May you test your comfort limits and try something new: a technique, a plant, a theory, next year in your garden.

Holly Barnes is looking forward to winter in a warm climate and then a return to her beloved garden spot in the spring.

## Letter from the Land: Plants Within Plants

by Suvia Judd, Co-op newsletter volunteer

Here's a riddle: What effect could the changeover from standard to dwarf apple trees in the English apple industry have on Christmas celebrations?

Answer: Cultivated apple trees are a preferred host for English mistletoe, *Viscum album*. English mistletoe is an evergreen parasite that grows on apple trees and hawthorns and other members of the rose family, as well as on poplars and willows. (Rarely, it grows on oaks, despite legend.) Mistletoe does not grow on dwarfed apple trees, and in old abandoned orchards it overruns the trees, weakening them. Concerned about the diminished mistletoe harvest, people have organized to manage old

orchards and their mistletoe, and to strengthen the traditional mistletoe-gathering industry in England.

English mistletoe was a plant of religious and ceremonial importance to the ancient Druids. It was banned by English churches, but it eventually found its way into Christmas celebrations, reaching a peak with the mistletoe kissing bough in Victorian times.

The mistletoe for sale in the US is Christmas mistletoe, *Phoradendron tomentosum*. It grows in Texas, Oklahoma, and Louisiana on sugar hackberry, cedar elm, honey mesquite, and other trees. With its leathery green leaves and white berries

it somewhat resembles its English cousin; when you buy it the poisonous berries have been replaced with plastic ones.

In the Inland Northwest there is one genus of mistletoe, *Arceuthobium*, dwarf mistletoe, which grows on conifers, and can cause economic damage. English mistletoe, Christmas mistletoe, and *Arceuthobium* species are in the same family, *Viscaceae*, which is one of four related mistletoe families.

We have about five species of *Arceuthobium* in Idaho, each of which is specific to one to three host conifers. Periodically the mistletoe sprouts out from the host branch and makes flowers and berries (female plants.) The

seeds of most dwarf mistletoe species are not bird spread but are explosively ejected, most landing on the same tree to germinate and “graft” on.

Even if you never see one of our mistletoes in bloom you can see its presence in witches brooms, a dense mass of branches on the host which is caused by the parasite. The Douglas fir dwarf mistletoe causes conspicuous witches brooms you can see on trees on Moscow mountain. The mistletoe itself is a bronzy yellow-green. Good luck catching a sight of our own Golden Boughs!

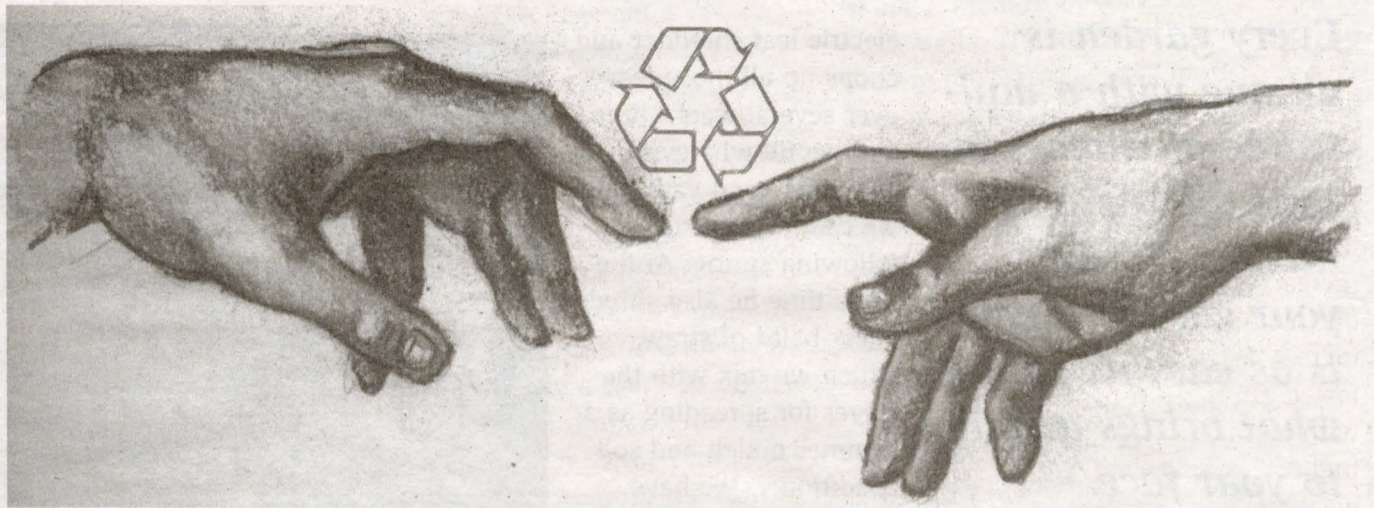


## Reducing Your Holiday Impact

by Andy Boyd, Co-op newsletter volunteer

Sometimes during the holidays it's hard to be Ho Ho Happy when there is so much waste being generated. Each year during the holiday season, the United States' trash production increases by up to 25 percent with most of the extra tons produced coming from wrapping paper, boxes, and shopping bags. There are many ways to act sustainably during the holidays that you may not have thought of, so prepare yourself to become informed on celebrating a "green" holiday season.

Let's start with greeting cards. The greenest option is to forgo printed cards and use an eCard. There are several options to choose from. American Greetings has a wide selection of eCards with minimal advertising. Another good option is purchasing your cards from reproduct.net. The cards and envelopes are made from synthetic "paper" (virgin polypropylene) that is a treeless alternative. Unlike paper that can only be recycled a limited number of times, plastics can be used again and again. Recipients follow simple return instructions detailed on the postage-paid envelope that comes with the card and return them to Shaw Carpets to be processed into carpeting. There are several



Internet sites and retailers that offer recycled content holiday cards including minted.com and peartregreetings.com, and Hallmark also has a line of green holiday cards.

Now we can move on to more sustainable gift ideas. How about tickets to a science museum, a play, a concert or a sporting event—you get the idea. You could also purchase riding lessons or provide the instrument rental fee for a young music lover. Shopping at thrift stores is a great way to find unique stocking stuffers. Gifts of homemade food are very personal and delicious. If you know a plant lover, buy a plant. If you know an animal lover, adopt an endangered animal in their name. I have never heard a complaint about a gift certificate for a massage

or trip to a spa! These ideas use less resources, promote the local economy, and require little if any wrapping paper. Also, look to some of our local businesses that sell sustainable and fair trade items. Finally, greenamericaday.org is a great place to start an Internet search for fair trade and other sustainable gift ideas.

Now if you end up needing to wrap some of your gifts, please make every attempt not to buy any wrapping paper and items with excessive packaging material. Did you know that if every American family wrapped just three presents in re-used materials, it would save enough paper to cover 45,000 football fields? Try wrapping your presents in colorful magazines pages, old maps or the Sunday comics. Avoid using paper entirely by

using reusable decorative tins, baskets or boxes. In addition, try using reusable cloth ribbons in place of plastic bows. Make cloth gift bags and include a note suggesting reusing the bag.

When it's all over, be sure to recycle whatever you can (and don't forget to compost your Christmas tree, if you have one, at Moscow Recycling). But as you can see, with careful thought, it's possible to reduce waste and conserve resources during the holidays, and I'm sure we're all up to the challenge.

Andy Boyd is the manager at Moscow Recycling. He has a Master's in Wilderness Management from the University of Idaho and a Bachelor's in Communications from Ohio University.

## Buy Local Winterfest

by Joan McDougall, Co-op grocery manager and Buy Local Moscow representative

It was so festive and fun last year that we will be doing it again this December 10. We'll be celebrating the holiday season and the locally-owned businesses in our unique community at the Buy Local Winterfest.

Buy Local Moscow invites everyone to the third annual Buy Local Winterfest at the 1912 Center, 412 East Third in Moscow, on Thursday, December

10, from 5 - 8 p.m. Admission to the festivities, including samples of food from local restaurants, other product samples, live music, raffle prizes, childcare, and fun for all ages, will be provided free. Participants will be able to visit with the owners of local businesses, see what's available locally for holiday giving, and support the independent businesses that make Moscow

unique.

Thirty-four Moscow businesses, including the Co-op, will offer displays at the event. A raffle of gifts and prizes from locally-owned businesses will be held with winners selected every 15 minutes. Raffle tickets will be available at the event for \$1 each. We will also select the five big winners of the PrizeCard shopping game. Beer and wine

will be available for purchase. Free childcare will be available in the Arts Workshop Room at the 1912 Center, provided

by the White Pine Montessori School of Moscow. This Winter-Kid-Fest program is open to children ages 3 to 10. More than 100 Moscow businesses have joined Buy Local Moscow since the organization was formed in 2006. The businesses are profiled on the Web site, [www.buylocalmoscow.com](http://www.buylocalmoscow.com).

The mission of Buy Local Moscow is to showcase and to support the locally-owned independent businesses of the community. Moscow continues to be a vibrant community because these businesses reinvest their profits locally, donate consistently to local programs, maintain diverse product choices, and strengthen Moscow's unique character.

### Try our new Salads-to-go and save 50 cents



Packaged salads under the pre-made sandwiches to the right of the sandwich bar. Limit of one coupon per customer at the Moscow Food Co-op. No rainchecks, not valid with other discounts, not valid on other salads. Good from Dec. 11 to Dec. 18, 2009.



## Commuting Costs: Do Cars Make Any Sense?

by John Dunn, Co-op newsletter volunteer

Winter is coming and the holidays are near. With the colder weather, most of us will see an increase in our monthly expenses. Most of this increase will be in the form of increased utility costs to keep our homes warm. Some of the increase, however, will be manifested in the costs associated with the fact that automobile fuel economy decreases in cold weather.

Let's further consider benefits of public transportation and carpooling, briefly discussed last month. In this column, I will address various costs of driving a single occupancy passenger car and bring forth public transportation options available here on the Palouse. Firstly, let's focus on the familiar commute between Moscow and Pullman.

Current mileage reimbursement rates for individuals as allowed by the IRS stand at 48.5 cents per mile. Extensive research has been conducted by government economists to come up with this number representing the real cost of automobile ownership. The round trip from Moscow to Pullman is an average of 16 miles. When this trip is taken five days per week, the total weekly mileage works out to be 80 miles. At a real cost of 48.5 cents per mile, the total weekly commute cost by single occupancy vehicle is \$38.80. Additionally, it is significant to point out that the IRS does not take into account "environmental" costs when generating their numbers.

Now, let's look at the cost of public transportation options for faculty, staff, or students at either of our universities. The cost of a one-way Wheatland commuter bus ride for individuals is \$2. Washington State University and University of Idaho students ride free between Moscow and Pullman. The discounted rate for WSU and U of I faculty and staff is \$1. With a round trip ride costing \$2 per day times five, it becomes quite obvious that the single occupancy vehicle is an economic loser at an additional \$28.80 per week. Remember, however, that the commuter bus doesn't run over any of the holiday breaks or during the summer vacation. The lack of public transit over the holidays is an issue for some,



Image by Elizabeth Graff

but the lack of public transit over the summer vacation may simply make bicycling look that much more attractive.

Let's not leave out the other costs associated with the single occupancy vehicle as a primary commuting tool between Moscow and Pullman: What about parking on campus? Check out these links and you will quickly see how much they add to the cost of commuting by car.

WSU parking rates:

<http://www.parking.wsu.edu/ApprovedNewRates>

U of I parking permit rates:

<http://www.dfa.uidaho.edu/parking/09-10%20Fee%20Schedule.aspx>

To round out the picture further, try calculating your carbon footprint, including driving, with a resource like The Nature Conservancy's Carbon Footprint Calculator: <http://www.nature.org/initiatives/climatechange/calculator/>

For more information on various forms of public transit available within our community, check into the following:

<http://www.parking.wsu.edu/TransportationAlternatives>

Wheatland Express schedules, fares, and general information, can be found at: <http://www.wheatlandexpress.com/commuterbus.html> or

Pullman Transit offers Pullman intercity bus service, while Valley Transit offers Moscow intercity and between Moscow and the Lewis-Clark Valley commuter bus service. For schedules, fares, and general information, visit:

<http://www.pullmantransit.com/>

<http://users.lewiston.com/valleytransit/>

Another option between Moscow and Lewiston is The

Van Pool Network, with PCEI serving as the local catalyst and matchmaker for those wishing to carpool within the Palouse-Clearwater region. Check out: <http://www.pcei.org/trans/van-pool.htm>

Public transit not your thing? The Palouse Ride Share offers an on-line carpool-matching program that will provide commuters with an on-line resource for developing carpooling opportunities. For details, visit: <http://www.palouserideshare.org/>


As always, if you are looking for events that are sustainable-transit or bicycle-focused, please continue to keep an eye on the following:

<http://www.bikemoscow.org/announcements.asp>

<http://villagebicycleproject.org/>


[www.pcei.org/](http://www.pcei.org/)

John Dunn is a land surveyor and a Latah County resident. He loves winter on the Palouse and tries to keep riding all season



**PULLMAN CIVIC THEATRE**

# A CHRISTMAS STORY

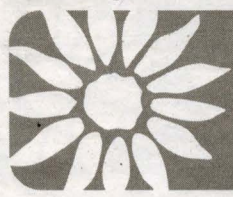


**BY JEAN SHEPHERD**  
**ADAPTED BY PHILLIP GRECIAN**

**Nye Street Theatre**  
1220 NW Nye Street  
Dec. 6, 13 & 19 at 2:00 pm  
Dec. 4, 5, 10, 11, 12, 17, & 18 at 7:30 pm  
\$12 in advance, \$15 at the door, matinees \$10 & \$12  
Tickets on sale now at Dissmores, Neill's Flowers & Gifts,  
The Wild Ivy, 332-8406 & online at [www.pullmancivictheatre.org](http://www.pullmancivictheatre.org)

**Season Tickets Make Great Christmas Gifts!**





## Palouse Prairie School: Thanks for Your Dimes!

by Lahde Forbes, Palouse Prairie School volunteer

During July, funds from the Dime in Time program were awarded to Palouse Prairie School, a new public charter school now in its first year of operation. We would like to take this opportunity to thank everyone who contributed their dimes. So, thank you—every little dime does make a difference!

If you remember, your dimes went toward the purchase of bike racks for our school. When all is said and done there will be ten bike racks for our families and staff. Mike Forbes, a PPS parent and metal sculptor, just completed welding six racks that will be installed at the PPS main entrance. He used bent recycled steel pipe and “interesting” salvaged objects, some with move-

able parts, to form cross braces. Items include an old metal ax, a large spring, a mystery “turn-a-ma-bobber,” railroad spikes, plumbing parts, and artistically arranged pipes. Mike also chose to paint the racks fun colors; John Deere green (fitting to the Palouse), red, and yellow. Please stop by the school and see the racks for yourself!

When school started this fall many students and their families utilized four bike racks donated by Safari Pearl. These racks will now be refurbished to match the newly constructed ones. It has been fun to see the devotion of PPS families who bike to and from school with their little ones. I was pleasantly surprised by some of the very tiny bikes



with training wheels that showed up at the school—talk about fun and determination!

Palouse Prairie School is free and open to anyone residing in Idaho. We begin accepting appli-

cations for the 2010-11 school year in February. Our lottery, for grades K-6th, will be held near the end of March. To learn more, please visit [www.palouseprairie-school.org](http://www.palouseprairie-school.org) or call 882-3684.

## Donate to Food Banks at Co-op

by Brian Leekley, Unitarian Universalist Church of the Palouse volunteer

The Moscow Food Co-op has installed a new and improved drop-off space for donations of nonperishable foods to the food banks in the Moscow-Pullman area. Look for the donation box next to the ATM at the front of the store in front of the first cash register (the Deli side of the store).

Donations of nonperishable foods can be conveniently dropped at the Co-op year round. Acceptable donations include canned and unfrozen packaged foods. Toiletries and laundry supplies are also welcome. (To donate fresh or frozen foods, please contact a food bank directly.

The food banks in the area differ in their needs, policies, and available storage.) Donations placed in the food donations collection cubicle may be, but are not required to be, from the Co-op. To encourage everyone to donate food at the new Co-op drop-off box, for the month of December 2009, the Moscow Food Co-op will match pound for pound all donations to the food banks donations cubicle.

Volunteers from the Unitarian Universalist Church of the Palouse Social Action Committee frequently will bring food bank donations from the Co-op food donations cubicle to any or all of these area food banks:

► Moscow Food Bank, 110 N Polk Street, (208) 882-4813, open

Tuesdays - Fridays from 2 - 4 p.m.

► The Hope Center, an outreach ministry of the Moscow Church of the Nazarene, 1212 West Pullman Road, Moscow, (208) 882-4144, Food Bank hours Wed. 1:30-4:30 p.m.

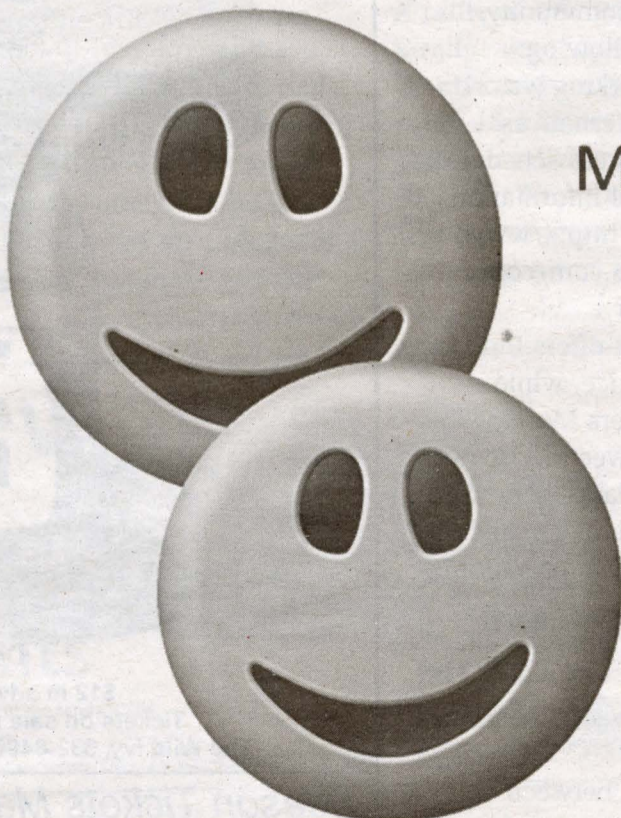
► Community Action Center Community Food Bank, Fairmont Center, 350 SE Fairmont Rd, Pullman, (509) 334-9147, open Monday 9 -11 a.m., Wednesday 4 - 6 p.m., and Thursday 9 - 11 a.m.

In December, the Co-op is matching pound-for-pound all the food donations dropped at the Co-op. Desired donations include canned and packaged foods (not frozen or refrigerated), toiletries and laundry supplies. The same things you use at home are the items needed by other families. Look for our new drop location at the front of the Co-op by the ATM, and our notices updating how many pounds of non-perishable food is collected at the Co-op. Donations are divided among three area food banks.

The Moscow Food Co-op managers are also considering the logistics of accepting cash donations earmarked for local food

banks. Stay tuned for further details

## Double Your Kindness



In December, the Moscow Food Co-op will match all food bank donations made at the Co-op.

The drop location is next to the ATM



## My Own Home: Caring for the Aged, Keeping People in Their Own Homes

by Sean M. Quinlan, Co-op newsletter volunteer

In this month's article, we turn our community spotlight on a newly launched group: My Own Home.

This association was chartered last January and is looking to begin offering services in summer 2010.

"My Own Home is charitable, non-profit organization," explains Lois Blackburn, a member of the board of directors and longtime Moscow resident.

"Our main goal," she continues, "is to provide services for the aged so that they might remain in their homes instead of having to go into assisted living elsewhere."

Indeed, as Ms. Blackburn goes on to point out, the elderly often have to go to nursing homes long before their time—usually because they lack a local family network to help support them.

So the idea is to help keep people out of institutions, and in the home, and for as long as possible.

"Obviously, there are a hundred reasons why people don't want to go into a nursing home," she says. "It's very costly, and home is the place where they want to be."

But even relatively healthy and

mobile people need day-to-day help. Enter My Own Home.

The association shall provide support and volunteer services for its subscribing members to help them out with their homes. Members will pay a fee: \$2500 per year, or \$300 per month (it's \$500 per month when two people subscribe). Then members will have access to a wide range of services.

"And we're talking *practical* services," Blackburn reminds.

According to the My Own Home blogspot--launched this past summer—services will be divided in three ways.

First, there are services provided to help with daily living. This includes basic errands, shopping, cooking, cleaning, laundry, maintenance, appliances. Even pet care.

Second, My Own Home will help members manage their health care. These services include accompanying members back and forth from medical appointments, or to remain with them during exams and consultations—whether for support, or simply for a second pair of ears. The association will also provide volunteers to help people make sure they take their medications,

or deal with medical equipment, or just to check in on those who aren't feeling so well.

Finally, My Own Home will help interested members in managing personal finances, such as bills or taxes or dealing with attorneys and such.

To provide these services, My Own Home will recruit community volunteers. It will also keep a system of referrals and network with businesses to provide members with discounted rates for services.

Blackburn stresses that volunteers and referrals will be carefully vetted and monitored. Security is key.

The membership fees will go to pay a single administrator to manage volunteer services and referrals. Gritman Medical Center has even volunteered space for the project.

With this association, Moscow joins the cutting edge for providing services for the elderly. It is part of a national movement that helps keep the aged in their homes as long as possible. The original impetus came from Boston's Beacon Hill Village, which sprang up to service an affluent community. Today, there are 40 or so similar organiza-

tions operating throughout the country.

If you are interested, how can you help? Anyone can volunteer, Blackburn stressed—all you need is time and willingness. If you have particular skills, that's also great. Handymen and maintenance folks are particularly needed. And Blackburn hopes that younger people might become interested in membership—at a discounted rate—as a down payment for future services.

The issue is crucial. At this moment, American has around 35 million people who are over the age of 65. In a quarter of a century, there will be around 70 million -- some 20 percent of the population will be over 65 years.

It is clear that new community responses are desperately needed. And My Own Home is an exciting step in this direction.

If you'd like to find out more about My Own Home, please direct your browser to: [www.MyOwnHomeMoscow.blogspot.com](http://www.MyOwnHomeMoscow.blogspot.com). Or you can simply call Lois Blackburn at (208) 882-8936.

Sean M. Quinlan is an historian of science and medicine

## Babes in Toyland in Moscow

by Roger Wallins, Moscow Community Theatre volunteer

This holiday season, Moscow Community Theatre is presenting Victor Herbert's classic musical, *Babes in Toyland*, adapted by Ken Holamon.

Performances are in the Kenworthy Performing Arts Centre in Moscow on December 4, 5, 11, and 12 at 7:30 p.m., with matinees on December 6 and 13 at 2 p.m.

During this year's one hundred fiftieth anniversary of Herbert's birth, *Babes in Toyland* has particular relevance. The show's story involves the nursery rhyme characters who live in Mother Goose Village (Bo Peep, Contrary Mary, Curly Locks, and many others), and who venture to Toyland in search of the Master Toymaker. The toymaker has the magic to save their homes from foreclosure by the villainous Barnaby and his hilariously

incompetent assistants. The adventurers overcome many challenges during their quest and become part of a greater mission, not just to save their homes but also to save Christmas. The show's themes include perseverance, generosity, childhood dreams, joy, love, and Christmas magic.

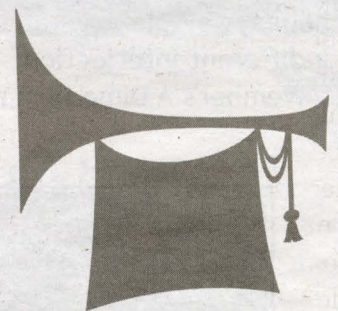
Talitha Jensen plays the Old Woman Who Lives in a Shoe; Alan Peery is Barnaby; Paulina Wolter has the role of Contrary Mary, who rejects Barnaby in favor of the male hero, Tom-Tom (the Piper's Son), played by George Copelin; and Doug Brandt portrays the benevolent if befuddled Toymaker.

The twenty-nine cast members include residents of Moscow, Viola, Potlatch, and Pullman. "Babes in Toyland" continues to reflect Moscow Community

Theatre's goal of providing excellent productions that involve and appeal to the wider community.

Ticket prices are \$8 for youth twelve and younger; \$10 for students (with valid student ID card) and seniors (60 and over); and \$12 for General Admission. The December 6 matinee is Family Day, and all tickets are \$8 each. Tickets are available at the Kenworthy half an hour

before each performance and in advance at BookPeople.



*If you've always wanted to play the cello, you can!*

Call Lois Blackburn, Ph.D., to begin!

- Specializing in both children and adult beginners
- 40 years of cello teaching experience
- 17 years as public school music teacher
- Retired UI music professor

208-882-8936 or [Lblackburn@turbonet.com](mailto:Lblackburn@turbonet.com)



## Moscow Renaissance Fair Poster Design Contest

by Marc Fleisher, Moscow Renaissance Fair publicity coordinator

Preparations are already underway for the 37th annual Moscow Renaissance Fair, and the fair is calling for poster submissions for this annual Celebration of Spring to be held at East City Park in Moscow next May 1 and 2.

The winning poster is placed widely in the Northwest. The second-place poster becomes the cover to the Fair program. Anyone may submit a Poster entry, either computer-generated

or more traditionally made.

The Moscow Renaissance Fair is a two-day celebration of spring with live entertainment, food, and artisan wares for kids and adults of all ages.

Poster Contest rules and an entry form are available at the Moscow Renaissance Fair website, [moscowrenfair.org](http://moscowrenfair.org), or by contacting Marc Fleisher at [mrf\\_publicity@moscowrenfair.org](mailto:mrf_publicity@moscowrenfair.org) or (509) 432.6318.

## Dinner on the Farm: A New Tradition

by Andrika Kuhle, Co-op board member

This year's Dinner on the Farm, hosted by Gayle and Joe Anderson, was a success—so much so that Gayle would like to make it a tradition! Because of the positive feedback, Gayle already has a waiting list for next year's dinners. Please contact Gayle at: [gayleanderson1291@gmail.com](mailto:gayleanderson1291@gmail.com). She'll ask you to tell a little about yourself and your interests and concerns pertaining to farming. The Andersons hope to host dinners

in September after Labor Day.

Gayle has started a blogspot: <http://idahofarmwife.blogspot.com>. You can find a follow-up of the On the Farm Dinner series, insights into living on their farm, and some recipes, including Zippy Bean Soup and Pumpkin Butterscotch Bread.

Andrika Kuhle enjoyed her opportunity to participate in Dinner on the Farm. She may try some Zippy Bean Soup soon.

## Co-op Crossword Puzzle

by Craig Joyner, Co-op newsletter volunteer

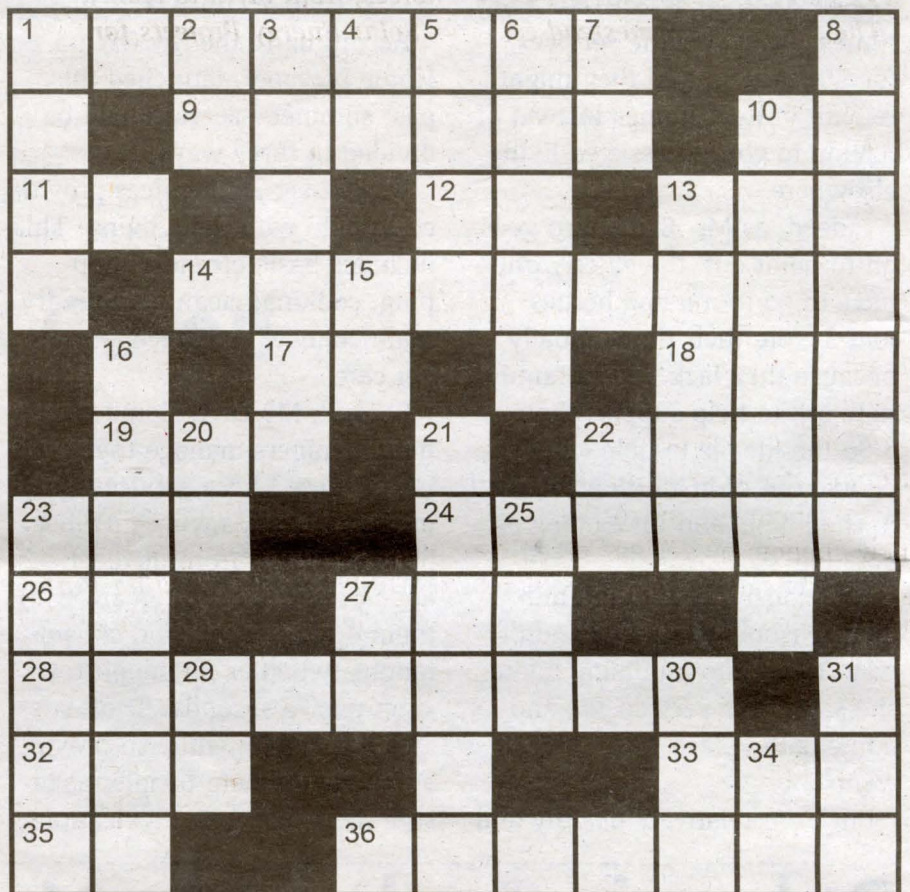
### ACROSS

- 1. last month's profiled volunteer, last name, 1st is 10 down
- 9. cafe \_\_\_\_\_
- 10. most populous state
- 11. military rank, abbreviated
- 12. nurse
- 13. male child
- 14. last month's profiled volunteer, last name, 1st is 13 down
- 17. home of Bismarck
- 18. outdoors gear company
- 19. the Deli has individual servings of this type of dessert
- 22. meat paste
- 23. Moscow Junior High teacher in need of the community's help, 1st name, last is 28 across
- 24. Blues busters
- 26. global peacekeeping agency, abbreviation
- 27. Bugs Bunny's classic line, "What's up \_\_\_\_\_?"
- 28. see 23 across and visit Zion's Bank to help out
- 32. winter's danger
- 33. holidays' staple vegetable
- 35. indifferent interjection
- 36. November's A Dime in Time recipient,

2nd word, 1st is 3 down

### DOWN

- 1. one of the best places for prepared food
- 2. dad
- 3. see 36 down
- 4. the in Spanish
- 5. much derided animal fat
- 6. wine variety
- 7. road, abbreviated
- 8. caramels, turtles, peppermints
- 10. see 1 across
- 13. see 14 across
- 15. music storage or investment tool, abbreviation
- 16. greens high in iron and calcium
- 20. I am
- 21. One of the three Fates, sister of Lachesis and Atropos
- 22. movie rating
- 23. the Co-op's grocery and wine buyer, \_\_\_\_\_ Gardner
- 25. hospital unit, abbreviated



- 27. Bronners, for instance
- 29. periodic table for iron
- 30. hurricane center
- 31. MFC wellness department manager, \_\_\_\_\_ Lucker
- 34. @

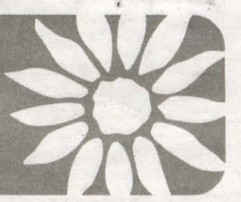
Craig's favorite color is purple.



# Save 10% on all organic citrus

One coupon per customer only at the Moscow Food Co-op. No rain checks or price adjustments, no other discounts. Good from Dec. 18 - Dec. 31, 2009. Closed on Christmas. Cashiers: See discount menu, co-op coupon \$ key.





## New at the Library

by Chris Sokol, Moscow Public Library adult services librarian

*My two favorite things in life are libraries and bicycles. They both move people forward without wasting anything. The perfect day: riding a bike to the library.*

—Peter Golkin

### NONFICTION

**The Backyard Homestead** ed. by Carleen Madigan. Produce all the food you need on a quarter of an acre.

**Bright-Sided: How the Relentless Promotion of Positive Thinking Has Undermined America** by Barbara Ehrenreich. An urgent call for a new commitment to realism.

**Chasing Molecules: Poisonous Products, Human Health, and the Promise of Green Chemistry** by Elizabeth Grossman. The new “benign by design” green chemistry can benefit the corporate bottom line as well as our health.

**Dawn Light: Dancing With Cranes and Other Ways to Start the Day** by Diane Ackerman. A sequence of personal meditations through the cycle of seasons, by a celebrated storyteller-poet-naturalist.

**Eating Animals** by Jonathan Safran Foer. Synthesizing philosophy, literature, science, memoir, and detective work, Foer challenges us to examine the stories we use to justify our eating habits.

**Good Night & God Bless** by Trish Clark. A guide to convent and monastery accommodation in Austria, Italy, and the Czech Republic

**Greenscapes: Olmsted's Pacific Northwest** by Joan Hockaday. Among other projects, John Charles Olmsted—the son of Frederick Law Olmsted, creator of New York's Central Park—designed the campus of the University of Idaho in the early 1900s.

**K2: Life and Death on the World's Most Dangerous Mountain** by Ed Viesturs with David Roberts. The tragedy-ridden history of climbing the world's most difficult and unpredictable mountain.

**The New Global Student: Skip the SAT, Save Thousands on Tuition, and Get a Truly International Education** by Maya Frost. Mark Twain summed it up: “I have never let my schooling interfere with my education.”

**Plan B 4.0: Mobilizing to Save Civilization** by Lester R. Brown. A sustainable, action-oriented alternative to “Plan A” (i.e., business as usual).

**Poseidon's Steed** by Helen Scales. A natural history of sea-horses, from myth to reality.

**Solar Energy Projects for the Evil Genius** by Gavin D.J. Harper. Fifty build-it-yourself projects for heating, cooking, robots, engines and more.

**When Everything Changed: The Amazing Journey of American Women from 1960 to the Present** by Gail Collins. The story of an astounding revolution, from needing your husband's permission to apply for a credit card (1960) to Hillary Clinton's presidential campaign (2008).

**Whole Earth Discipline: An Ecopragmatist Manifesto** by Stewart Brand. The founder of the Whole Earth Catalog invites environmentalists to radically rethink traditional green tenets.

**World Heritage Sites** by UNESCO. A colorful guide to 878 of the world's most treasured places.

### FOOD

**Clean Food** by Terry Walters. A seasonal guide to eating close to the source, with more than 200 recipes.

**Cooking With Aphrodisiacs** (U.S., 2006) A DVD to help you create passion on a plate in twenty tasty recipes.

**Falling Cloudberries: A World of Family Recipes** by Tessa Kiros. Born in London to a Finnish mother and a Greek-Cypriot father, Kiros has lived in South Africa, traveled the world, now lives in Tuscany, and provides here a reflection of her culinary globalism.

**The Flavors of Asia** by Mai Pham. Recipes from China, India, Japan, Korea, Singapore, Thailand, and Vietnam.

**The Modern Vegetarian** by Maria Elia. An innovative vegetarian adventure of over 120 recipes.

**New Food of Life** by Najmieh

Batmanglij. Ancient Persian and modern Iranian cookery and ceremony.

**Where Our Food Comes From** by Gary Paul Nabhan. How climate change, free trade policies, genetic engineering, and loss of traditional knowledge threaten our food supply, illustrated through the story of seed-collecting scientist Nikolay Vavilov.

### DVD

**Adoration** (Canada, 2008) Director Atom Egoyan's latest film about a teenage boy who must find out whether his dead father was a terrorist or not.

**Le Graine et le Mulet** (The Secret of the Grain) (France, 2007) Slimane, dissatisfied with his shipyard job of 35 years, faces struggles with his dispersed family when he tries to open his own restaurant.

**O'Horten** (Norway, 2007) Deadpan humor suffuses this story about a meticulous train engineer who experiences a life-changing event on the eve of his retirement.

**Tulpan** (Kazakhstan, 2008) Following his Russian naval service, a young shepherd returns to the desolate steppe, where he must prove he is worthy to win the hand of the alluring Tulpan.

**Valentino: The Last Emperor** (U.S., 2008) The glamorous world of haute couture and the nearly 50-year career of the legendary Valentino and his long-time business partner, Giancarlo Giammetti.

Chris Sokol often bicycles to her job as Adult Services Librarian for the Latah County Library District.



## Merry Christmas!

We invite you and your family to come see what the rest of Moscow is talking about. Visit our updated light display to celebrate the birth of Jesus.

*Special thanks to Len Hester, Alan Boe, Albert Konen, Tom Morris, Doug Malm, Mark Kent, Carl Kiilsgaard, and John Gorton for their help decorating our Villages this year.*

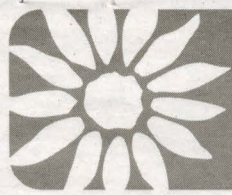
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640 N Eisenhower St  
Moscow, ID

 Good Samaritan Society<sup>SM</sup>

MOSCOW VILLAGE  
FAIRVIEW VILLAGE ESTATES



All faiths and beliefs welcome. 09-G2006



## Lightening Up: Clothes Closet Breakthrough

by Jeanne Leffingwell, Co-op newsletter volunteer

Those of you who have been following the saga of "My Stuff" and how I'm getting rid of it will remember that last month I conquered my spice cupboard in less than one hour. This next project took much longer, but Halleluiah, it's done! And since it represents a permanent change in philosophy, the results should stick.

One energy-filled day several weeks ago, I totally emptied my closet out and piled everything on the bed. The motivation? First, anger... that even though I had more than eight linear feet of jammed clothes rod, I needed to dress for a presentation and couldn't find "a thing" to wear. (Roughly half of you may identify; the other 50 percent will not.)

This was followed by guilt, because what I had done later that same day was go shopping (locally at least!) and buy three or four new "pieces" that I thought might pull things together. This was completely out of character for me; I hate to shop. So I left the tags in, fully intending to return everything once I

came to my frugal senses.

But now, I looked at these huge stacks on the bed. What to do? Well...

First I took those things I love, still wear, and refuse to part with (no matter what my daughter's opinions are) and I hung them back up. Then I made myself start trying the rest on, to see if they even fit any more, or whether in fact they went with anything else, hanging or not. Surprise! I discovered a few intriguing combinations, in amidst the overload.

Because these try-on moods are so rare, and I have a really bad memory (especially early in the morning) I actually got my digital camera out and took shots of these "outfit groupings" (think *Teen* magazine). Then I printed a "proof sheet" of visual reminders to pin up in the closet.

What happened next was I got tired and quit. Good thing there were several large baskets, a dog crate, an extra chair, and an indulgent husband in the bedroom because that's where the remaining 2/3 of my closet's



innards got transferred to... For about a month. I got real tired of looking at those piles.

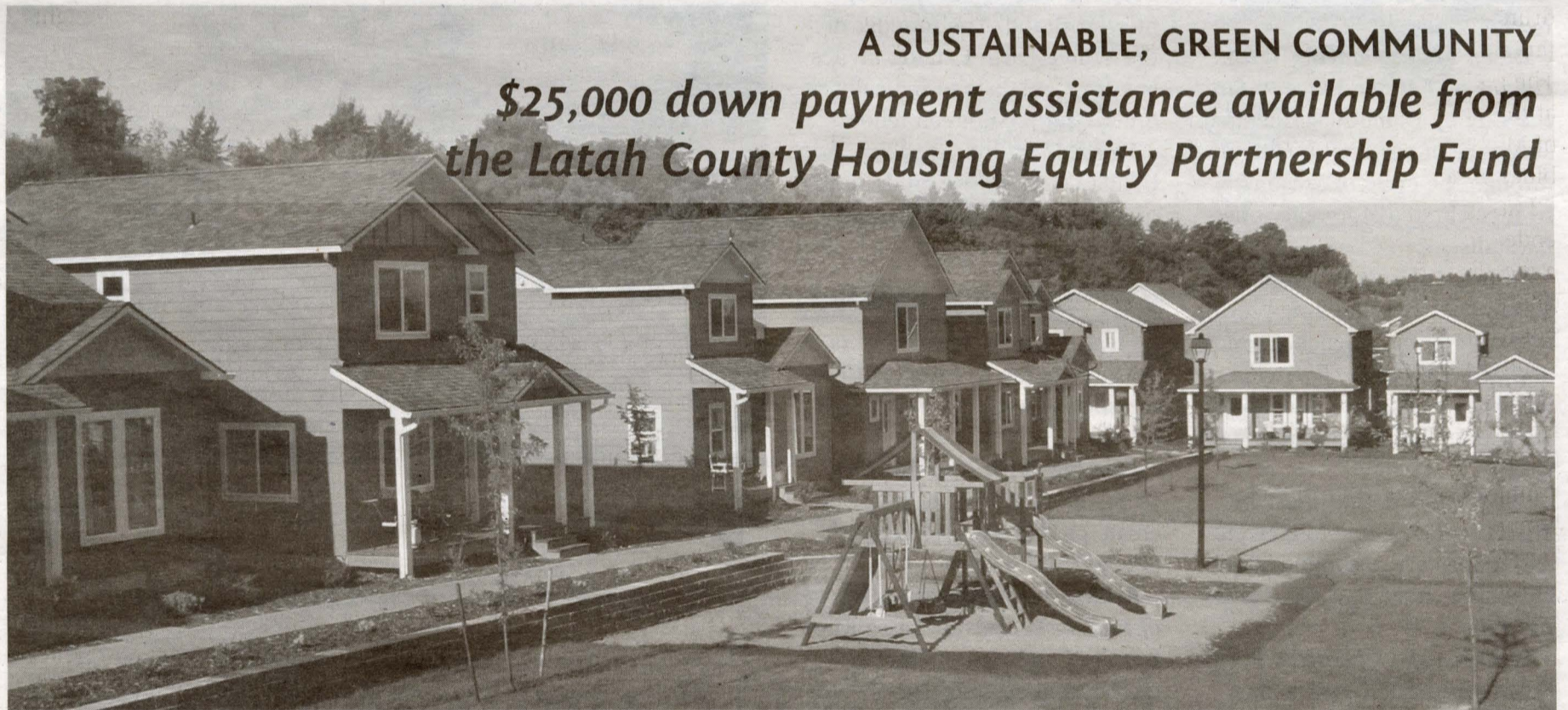
But after a month I realized, to my chagrin, that the choices hanging back in the closet were more than plenty, especially since there was now room to see them.

So on a final afternoon, I went courageously through the remaining heaps and unless something really shrieked for one last chance, it got bagged up and taken to an impending rum-

mage sale. All in all, 34 pounds of perfectly good clothing went out the door and on to... another life?

What a relief. And so far I haven't missed a thing. Of course I'm not entirely done. I forgot the t-shirt drawer...

Jeanne Leffingwell, a local artist and teacher, has actually decided that the family coat closet is next, so she can donate items to the local "Coats 4 Kids" drive.



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## Co-op Listener: Amanda Harding and the Odd Hours Jazz Combo

by Jeanne McHale, Co-op newsletter volunteer

Amanda Harding won't have her ukulele with her when she plays at the Co-op on December 8, but holding it under her arm was a good way to signal her presence when I looked for her at One World Café last Monday. It was a little hard to catch up with this busy University of Idaho music education student, but when I did I learned a lot about what motivates a young woman from Salem, Utah, to juggle Jazz Band III, the Vandal Marching Band, and working at the Help Desk with a 17-credit course load. It's no wonder the name of her quintet is the Odd Hours Jazz Combo. Amanda plays trumpet with this group, but doesn't rule out the possibility of breaking out her guitar for an original tune or two at the upcoming gig.

Only 21 years old at interview time, Amanda will have just turned 22 by the time of her Co-op performance. She'll be joined by Sarah Dramstad on tenor sax, Pete Chambers on drums, Brendan Johnson on guitar, and Jeff Chambers on bass. The group met through class at the Lionel Hampton School of Music, and will play a lot of blues and bebop.

I asked Amanda how she ended up at the UI where she is a recent transfer student from Snow College in Utah. Amanda got her musical start in school band. She began playing clarinet in sixth grade, and then picked up the trumpet in ninth grade because she liked the jazzier trumpet sound. Love for the trumpet and an LDS church mission led to two summers in Nauvoo, Illinois, where she played in a theatrical brass band.

While this was probably excellent practice, fifteen-hour days playing to tourists in this his-



Amanda Harding will play trumpet at the Co-op with the Odd Hours Jazz Combo on Dec. 8.

torical town eventually took its toll, as did other circumstances. Amanda needed back surgery and time to recuperate from it. She put the trumpet down for two months and took time off to ask herself if she really wanted to play music. Fortunately for her future students, for her, and for us, the answer was a resounding yes. She credits an adult education class on songwriting for helping her to commit to music. She picked up the guitar and started to sing. (She is modest about her vocal talents.) She went back for more trumpet lessons, auditioned for the Lionel Hampton School of Music, and immersed herself in academic and extra-curricular musical pursuits. Happily, with two metal rods and 16 screws in it, her back is now fine. I asked her

about other interests, surprised to meet a Utahan who doesn't ski. Her reply was that if she has any free time between school and work it is quickly filled up with music.

When asked about her musical tastes and influences, Amanda begins with trumpet player Chet Baker--her favorite, and of course Miles Davis. But she also loves James Taylor and Taylor Swift, world music, and (a woman after my own heart!) Dixieland. She says she tries not to pigeonhole her musical interests. Indeed, after the interview, she was off to play guitar with a bluegrass group. The guitar appeals to her for the singing and songwriting it permits, and the ability to play solo. It's not often you hear a solo trumpet player unless it's taps. The

downside, she says, is that playing so many instruments might make her a "jack of all trades, master of none." Though she would never want to pick just one instrument, she hopes to hold on to the guitar all her life, and to sing and play for her kids someday. She shrugs off pretensions about musical fame and fortune, and plans for a future as a school band teacher.

I enjoyed talking to Amanda about common interests, such as the scenic beauty of Utah, life in Moscow, and the prospect of another jazz revolution on the level of the swing era or bebop. I wanted to take advantage of this conversation with a musically educated person to learn about new musicians to check out. But with so much local talent, why listen to recordings? I think I'll just go down to the Co-op instead, and get an earful of blues and bebop from these value-added Idaho musical products. Thanks to Amanda and her colleagues for sharing their music.

Jeanne McHale wrote this column on the evening of the Leonid meteor showers.

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## The Sustainability Review: Rechargeable Batteries

by Mike Forbes, Co-op newsletter volunteer

We use a ton of rechargeable batteries here at our house. They power headlamps, mp3 players, testing equipment, and a variety of kid toys. They have many applications and it can be to your advantage to use the right battery and charger to get the best results.

Why should you use rechargeables versus cheaper disposable alkalines?

Alkalines are:

- ▶ more expensive in the long-run because you buy so many more of them
- ▶ disposable and create a significant amount of toxic waste (our recycling center recently stopped recycling them so that route of disposal isn't available locally)
- ▶ don't perform any better in almost all devices

I think that rechargeable batteries have been given a bad name by the original rechargeable, the nickel cadmium battery (NiCD). There are three reasons I think they rightfully have a bad name: 1) They are extremely toxic and must be recycled, 2) they develop a memory, and 3) their capacity is much less than the alkaline. We had these for years and they were unreliable and difficult to deal with.

What should we use then? The nickel metal hydride (NiMH) has been around for years and is a great choice, especially with the advent of the newer ultra-low self discharge (ULSD) varieties. What is so good about them? They are an affordable, non-toxic, good performing battery.

There is a newcomer on the street that may just revolutionize the NiMH world. It's the ULSD battery. Through some fancy technological feats, several companies have created a NiMH battery that doesn't self-discharge much and comes ready-to-use. I think the alkaline battery folks are quivering in their boots. I recently purchased several AAAs and am impressed with their performance. They cost nearly twice as much but being able to leave batteries in something and have it not lose charge is a huge plus. They can sit for 6-12 months and lose less than five percent of their charge.

Here are my suggestions to treat your batteries well so they will have a good, long life.

- 1) Buy the highest capacity



battery you can find. You'll be happier in the end because they last longer and are more comparable to an alkaline. Look for 800-1000 mAh AAAs and 2200+ mAh AAs. I buy my AAA batteries for about \$1.75 (\$2.75 for ULSD) each and they last several years of regular use.

- 2) Buy a "smart charger."

These chargers enable various methods to determine the battery's state of charge and charge accordingly. They won't damage the battery by overcharging it like many older chargers can. Do not use your old NiCD charger unless it says specifically that it will work with NiMH batteries. A good smart charger that can recharge four batteries at a time should cost between \$20-40.

3) After your batteries are charged store them in the freezer. One drawback to NiMH batteries is that they lose about 40 percent of their charge in a month at room temperature. You can reduce this to approximately five percent in the freezer. Allow them to reach room temperature before using. No need to freeze ULSD batteries since they don't self-discharge.

4) Periodically discharge them completely. Even though there are claims that NiMH batteries don't develop a memory, they can develop a small one. It's easy to allow your flashlight to go completely dead before you

replace and recharge the batteries.

There are many local stores that offer rechargeable batteries and chargers. In addition I have found [www.greenbatteries.com](http://www.greenbatteries.com) to be an excellent resource for products.

My purchasing recommendations:

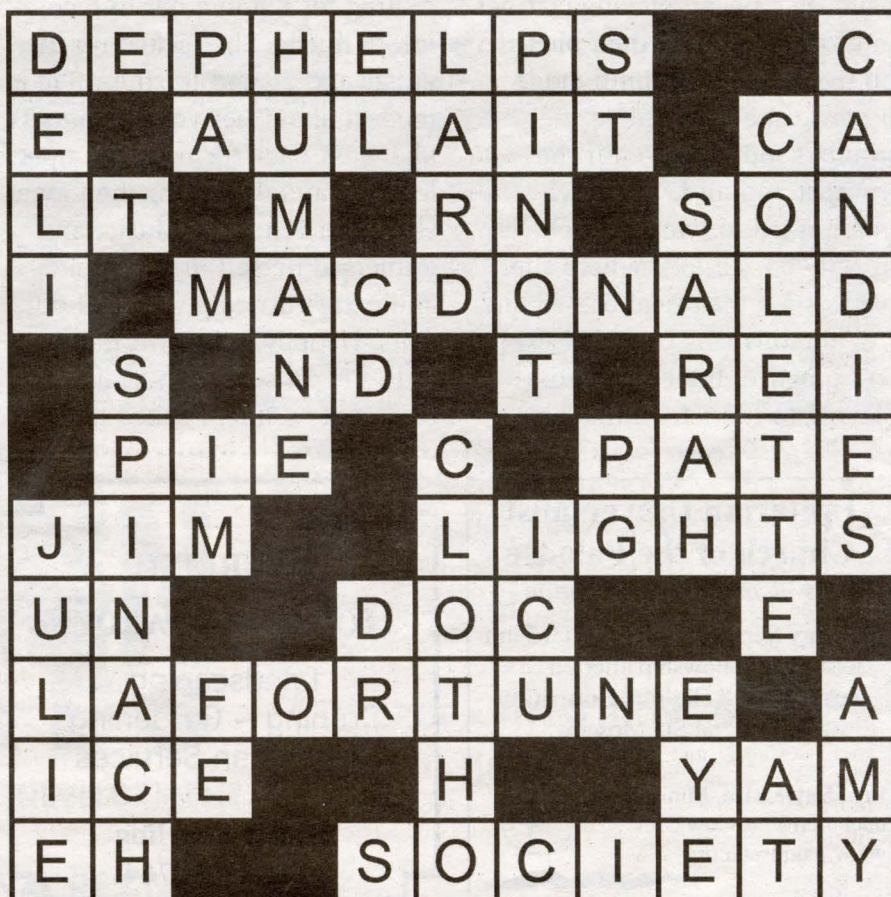
NiMH batteries (standard): I have had good luck with GP, Energizer, and Tenery batteries.

ULSD batteries: Eneloop and Hybrio consistently outperform

all others in independent tests.

Chargers: Turbocharger 4000 available from [greenbatteries.com](http://greenbatteries.com) for \$24.95.

Mike is enjoying the long fall and mild temperatures.





## Fun Flix

by Bill London, Co-op newsletter volunteer

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

### *My Kid Could Paint That.*

This 2007 documentary focuses on a then-four-year-old girl who was painting large canvases and selling them for thousands of dollars. Soon, however, the film slides into the question: is she for real? Detractors say the father is responsible; her supporters praise her native skills. The resolution in this PG-13 film is worth a viewing.

*The Prize Winner of Defiance, Ohio.* This 2005 film is a true tale of growing up on the edge of poverty and within the rigid

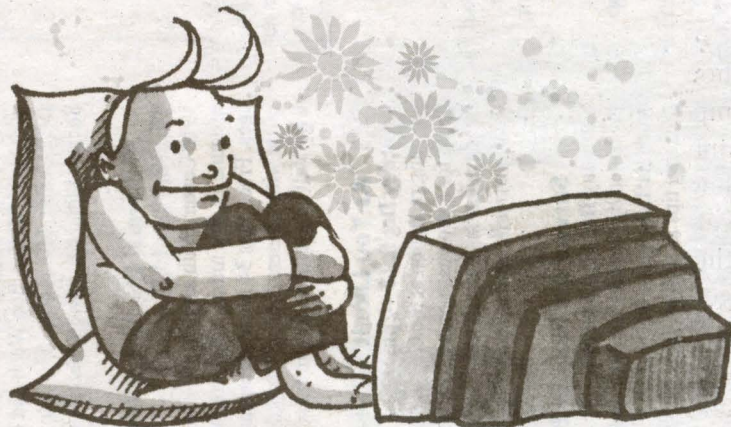
strictures of the Catholic Church in the 1950s. With an alcoholic non-breadwinning father, the family relies on the mother's wit and her remarkable ability to win product jingle contests. She succeeds, despite her pathetic husband, the lack of options for her life, and her commitment to denial. The film, rated PG-13, is based on the autobiography of one of her daughters.

*Sugar.* This 2008 film about baseball is so well-written and well-conceived that it leaves all the usual clichés in the dust. Sugar is a 20-year-old ballplayer in the Dominican Republic who dreams of making it in the

U.S. big leagues. However, the competition is intense and the cultural pressures equally difficult.

His story is told with compassion and power. The film is rated PG-13, and is an excellent choice for teens interested in sports.

These are all available at Howard Hughes Video in down-



town Moscow.

Bill London edits this newsletter and hopes to be spending a white solstice with his mother and brother.



## Letter to the Editor

Dear Editor,

I have been disturbed lately by a new direction in the tone of a few letters to the newsletter. Some people appear to be using the suggestion box for philosophical rants against the Moscow Food Co-op. I really can't understand where that is coming from, or why. I am completely convinced that our Co-op does everything within its power to assure that the food and non-food products and their containers are as healthy for our bodies and our environment as they can be. It is surely an extremely difficult job to determine and prioritize the considerations for what, and what not, to stock. Because of the Co-op programs and philosophies that I CAN see I am quite willing to put my trust in management's decisions on those products and supplies that are not as transparent. I appreciate that the Co-op does the research for me.

Recently I wandered through the Co-op, which I consider my grocery shopping home, and noted some of the generous, positive, beautiful actions that the Co-op takes to support the sustainability of the Moscow/Pullman community. And if we don't individually and collectively support our community we will be just another cookie cutter corporation-dependent American town on the highway to the next one. They all look alike.

The Co-op donates each month to a different local non-profit the proceeds from the Dime In Time bag donation program. For every shopping bag I bring from home I can donate ten cents. A recent non-profit received \$325 from this program. This is not small change for many recipients.

On the bulletin board in the back of the store is information about many of the Co-op's projects including thank you letters from Sojourner's Alliance and the University of Idaho Women's Center for recent donations made to those organizations.

The Co-op leads the way in local promotion of national conversations on food safety and production through support of both the Good Food Book Club and the Good Food Film Series. It is obvious to me that these conversations need to take part on the local level because our

government has not been a good watchdog for us on the national level. Thank you, Co-op, for taking on that job in our community.

The chicken coop tour (sponsored and organized by the Co-op), which I regrettably missed this summer, appeared to be a great success. I'm delighted that more tours are planned. I enjoyed Tom Lamar's comment during the tour, as quoted in the Co-op Newsletter, "I'd really like to see Moscow and Latah County become self-sufficient and sustainable in terms of egg production." I think back about that comment and love the thought that our community could become a microcosm, a test case for total independence from the outside world for eggs. It seems possible to achieve that.

My meandering through the Co-op before Thanksgiving put me in front of the Deli where I noted that the Great Pumpkin Pie Bake Sale donates all proceeds to Backyard Harvest. I think that means 'all proceeds,' not just all profits. Therefore the Co-op must dip into its pockets to pay for the ingredients and labor to make the pumpkin pies. I'll be ordering one for our dinner.

Throughout the growing season the Co-op provides a space in the parking lot for the Grower's Market. Every purchase from the Market reduces sales at the Co-op. But the Co-op unselfishly promotes it nonetheless. The same is true for the Fish Folks who use the parking lot every Friday to sell seafood. This too takes away from Co-op sales. But it is good for the community, and that is what matters.

I note many local products in the Co-op as I do my shopping. Among them: homemade salsa and tortillas, greeting cards from local photographers, fresh eggs, 2010 calendars from a local cartoonist and a local photographer, soap from a local farm. The list goes on and on and certainly includes the produce, cheese, bread and meat departments where local must be one of the first considerations in the Co-op's choice of what to stock.

And so I close my 'Co-op, How Do I Love Thee' letter with thanks for all you do for me, my family and the entire community.

Gratefully,  
Holly Barnes

## Letter to the Editor

Please recycle your old floppy disks, VHS tapes, and CDs. You can leave your colored 3.5" floppies and your 5.25" and 8" floppies at the Moscow Recycling Center for no charge. However, the Recycling Center will charge 40 cents per lb to recycle the black 3.5" floppies and the VHS tapes, and CDs.

Your 3.5", "5.25", or 8" floppies will either be recycled into covers for writing journals (like the one's that are often for sale at the Moscow Food Co-op) or melted down into plastic feed stock to make other nifty recycled products.

Bryan E. Burke, Pullman

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# Bulletin Board

MOSCOW FOOD CO-OP

## Co-op Events

### Co-op Holiday Hours

The store is open from 7:30 am—9pm except:  
 Christmas Eve 7:30am—6pm  
 Christmas Day Closed  
 New Year's Day Closed.

### Board of Directors Meeting

**Tuesday Dec 8, 6pm**  
 In the Fiske Room of the 1912 Center. Public comment period is at 7 pm. Four of the seven Board of Director seats are open this year. If interested, please come to one of the required candidate information sessions on Saturday Dec 5, 11am—12 Noon, or Thursday Jan 7, 6—7pm, both at the Co-op Mezzanine.

### Co-op Kids - Meet Tuesdays at 9am

**Dec 8:** Savor the Scent of Citrus and Spice. Come to the Co-op Cafe to make sweet smelling pomanders.  
**Dec 22:** String a Garland for the Birds. Meet us in the Co-op Cafe to make cranberry popcorn garlands for your backyard friends.

### Art at the Co-op

**Friday Dec 11, 5:30—7pm**  
 Opening reception for the talented artists in our annual, now traditional, staff and volunteer art show. The show will run through Wednesday January 6th.

### Tuesday Night Music Series

**6—8pm**  
 Dec 8 Amanda Harding  
 Dec 15 Daniel Mark Faller

### Tasteful Thursdays

**5—7 pm**  
 Continuing the first three Thursdays in December, with samples and lovely music. We are also offering free chair massages in the Wellness department each week, samples and demos of OHA facial care products on Dec. 10, and makeovers from MyChelle facial care and makeup on Dec. 17.

### Good Food Book Club

**Thursday Dec 10, 7-9pm**  
 Discussion Books: In Defense of Food and The Omnivore's Dilemma by Michael Pollan  
 Location: One World Café meeting room.  
 Free. Munchies provided.

### The Fish Folks at the Co-op

**Wednesday Dec 23**  
 Last day of the holiday season on for the Fish Folk. They will return on Friday, January 15, with a big 10% off sale on all their frozen items.



**Events at a Glance**  
**Friday Dec 11, 7-9pm**  
 Kids—meet at the Co-op  
**Board Information Session of Directors Meeting**  
 —Amanda Harding  
**Food Book Club at OWC**  
**Friday Dec 11, 7-9pm**  
 OHA Demos  
 the Co-op—Staff & Volunteers  
**Friday Dec 11, 7-9pm**  
 —Daniel Mark Faller  
**Friday Dec 11, 7-9pm**  
 MyChelle  
 Kids—meet at the Co-op  
**Friday Dec 11, 7-9pm**  
 Day for the Fish Folk in 2009

### Community Events

**Friday Dec 11, 7-9pm**  
**at the 1912 Center:**  
**7:00am—2pm**  
 Making arts and crafts, baked goods, jewelry, cards, photos, and holiday gifts.  
 Patty's Kitchen will be available for children's craft activities. [www.1912center.org](http://www.1912center.org) or Mary Jo Hamilton at ☎ 882-0443

### Appaloosa to deliver Santa

**Saturday Dec 5, 10am**  
 Don't miss seeing Santa on his trusty horse ride up to the Appaloosa Museum & Center in Moscow. Visitors can tour the museum, listen to holiday music, and enjoy cookies, cider, + hot coffee. ☎ 882-0443

### Good Road Concert

**Sunday Dec 6, 3pm**  
 with Heidi Muller, Bob Webb and Daniel Mark Faller  
 1912 Center. \$12 at door, \$10 Palouse Society Members. [www.palousefolklore.org](http://www.palousefolklore.org)

### 3rd Annual Buy Local Winterfest

**Thursday Dec 10, 5—8pm**  
 1912 Center. Samples of food from local restaurants, childcare, and fun for all ages. Support local businesses and a raffle. 15 minutes. Beer and wine purchase.

### Art exhibit

**Saturday Dec 12, 7-9pm**  
 at the Greymalkin Gallery, Troy, ID. Local artists for the 2009 holiday season. Tickets will be available. ☎ 208-835-4019

### Friday Blues

**Saturday Dec 12, 7-9pm**  
 Present at the 1912 Center's social work stress reduction discussion of the difference between depression and SAD. Free. Held at the Gritman Conference Center. A light snack will be served. ☎ 883 2232.

### Community Coffeehouse - Open Mic

**Saturday Dec 12, 7-9pm**  
 Enjoy fair trade coffee, home made baked goods, a friendly inclusive environment and good music! All donations will go to Pennies for Peace to fund the work of Greg Mortenson (Three Cups of Tea).  
 At 245 NE Campus Ave., Pullman (downstairs at the CCUCC). Other months, Community Coffeehouse for the Greater Good is held the 2nd Friday of each month. All are welcome! Donations go to a different charity each month. Info: Amy Meredith at [mereditha@wsu.edu](mailto:mereditha@wsu.edu).

### Idaho-Washington Concert Chorale

"Messiah" concerts will be performed:  
**Thursday Dec 17, 8pm**, UI Admin Auditorium  
**Saturday Dec 19, 4pm**, Lewiston High School  
**Friday Dec 20, 4pm**, UI Admin Auditorium

### Saturday Social Dance

**Friday Dec 11, 5:30—8:30pm**. (Lessons 5:30-6pm)  
 Ballroom, latin & swing styles are danced. Cost: \$5.  
 Location: Yogatopia, Gladish Community Center, Pullman. ☎ (208) 310 1279

### Dahmen Barn Events

**Friday Dec 5, 10am—5pm**  
 Annual Holiday Gala with more than 30 authors plus book signings by two local authors and live music. The Gala is free to the public.  
**Friday Dec 6, 1—4pm**  
 Holiday Reception of December Exhibit: A Year of Our Favorite Things. The exhibit will run through December 31.

### Saturday Dec 12, 7:30pm

Eric-E to play original songs, classics and Christmas favorites. The cost is \$7 at the door. [www.artisanbarn.org](http://www.artisanbarn.org) ☎ (509) 229-3414.

### Vigil for Peace

**Moscow: Fridays 5.30—6.30pm**  
 Ongoing since November 2001. Meet in Friendship Square. Resources, encouragement, and opportunities for action.  
 Dean or Gretchen Stewart  
 ☎ 882-7067, [sperrine@potlatch.com](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 community announcements by email to [events@moscowfood.coop](mailto:events@moscowfood.coop) by 24th of the month. If your event is at the beginning of the month, please send it for inclusion in the previous month's newsletter!**

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