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Community News

FREE!
PLEASE TAKE ONE!

*The Brand New
Start Issue*

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

Salad Daze, for a Festive Feast in February

by Bill London, Salad Daze Coordinator

You can brighten your midwinter by sharing an elegant meal in the festive Co-op community spirit. Please plan on joining the fun at Salad Daze.

The Salad Daze gourmet lasagna feast will be on Saturday, February 7, 2009, at the 1912 Center in Moscow. The menu will include bread, salad, a choice of gourmet lasagnas (vegetarian and vegan/gluten-free options provided), dessert, wine, beer, and bottled water. Unlimited seconds will be available on lasagna as well as beverages.

The Red Door will serve the beverages, Henry C. Willard will provide the music with his dobro and guitar, and together we will make the festive feast fantastically fun.

Our goal for Salad Daze (besides having unlimited fun) is to raise \$3,000 to install the Co-op's new salad bar and

to purchase the necessary serving equipment.

Do you remember the TubFest, a similar lasagna feast sponsored by the Co-op last February to raise the money to install the Earth Tub? TubFest was a rousing success, in both money raised and participants partying. The tickets for TubFest sold out quickly, and we expect to duplicate that festive fundraising success.

Please purchase your ticket early to make sure you can share in the fun. Tickets are \$40 per person, available from any Co-op cashier. No tickets will be sold at the door.



www.moscowfood.coop

Community News

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

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MADay Coming!

by Kenna S. Eaton, General Manager

Membership Appreciation Day, more commonly called MAD day around here, is one of our favorite member benefits. All day long on Thursday, January 22, members will save on every single purchase. The best part? The more you spend, the more you save! So how does it work?

Well it's easy. First you prepare your shopping list. Done? Ok, gather your bags and empty containers and any extra things you like (I always bring my own Sharpie) and come on down to the Co-op to shop. When you check out, we'll apply a discount to your purchase depending on the amount you've spent.

For purchases up to \$25, you'll save 5%, even if it's just a cup of coffee! For purchases up to \$75, it's 7%, and for over \$75, it's 10% savings all day long (remember, we're open from 7:30 a.m. to 9 p.m. every day). So here's the fine print: MADay discounts will apply to everything BUT beer and wine and special orders (the ones you always get a 10% discount on).

At previous MADays, we have allowed volunteers and staff to stack discounts (to use more than one discount). For example, a newsletter volunteer editor with an 18% discount could buy



Illustration by Lucas Rate

\$100 worth at MADay and get both discounts (18% and 10%), or a total of almost one-third off. In those stacked discount situations, the Co-op was actually selling products at cost or below cost. In these rough economic times, we just cannot afford to lose money like that. This year, we changed the rules; volunteers

and staff will simply get one discount like everyone else, the best one!

We look forward to seeing you on MADay, just remember to wear your happy pants and be patient with us if the lines get a bit long!

Board News

January Board of Directors Meeting: Tuesday, January 13, Fiske Room, 1912 Center, 6 p.m.

Election-Related Dates:

Board Candidate Orientation Meeting: Thursday, January 8, Moscow Food Co-op mezzanine, 6 p.m.

Board Candidate Filing Deadline: Saturday, January 10 (see Candidate Packet, available at the Co-op)

Membership Deadline to Vote: Must be a member in good standing on or before January 31, 2009, to vote in March 2009 Board of Directors election

Parking Lot Schedule:

The Fish Folks are usually in the parking lot every Friday. Please note this January schedule change: Fish Folks will be in the parking lot the weekend of Friday and Saturday, January 16 and 17. Everything frozen will be on sale. This will be the last weekend for the Fish Folks until they return the first Friday in March.



Volunteer Position Opening: Co-op Webmaster

The Moscow Food Co-op is in need of a new volunteer webmaster, as our previous webmaster moved to Boise and can no longer help us. The position will be a 3 hr. per week commitment. Please contact Carol at outreach@moscowfood.coop for an application or for more information.

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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.

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

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



CO-OPERATIONS



The Front End News

by Annie Hubble, Front End Manager

I would first like to welcome our two new cashiers: Dolly Sanchez and Meghan Fay. They have both trained in remarkably well and I think will be great additions to the front-end team and to the Co-op as a whole.

As I write this in mid December, we are experiencing the first really cold weather of

winter. At such times, I always feel that it is safer to walk than drive, and I would like to remind you of our "leave your car at home" cards. Each time you leave your car at home, and walk/bike/skateboard or get yourself to the Co-op in any manner that is not by car and spend at least \$5, you can get a punch on your card. After 20 trips, you can redeem your card for a \$5 savings on your shopping trip. This will help the environment, save you money, and in the present weather conditions make the journey much safer! Leaving our cars at home more often would also be a dandy New Year resolution! I wish you all a happy New Year and look forward to seeing your smiling faces in the store!




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Join the Moscow Food Co-op and Save!



Members Save:

- 10% off on bulk special orders
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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.

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Co-op Business Partners

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

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

Alchymia Life Coaching: 1 free session & \$25 off initial session, Katrina Mikiah, 882-1198

Anatek Labs, Inc.: Drinking water Bacteria Test for \$10 & Comprehensive well water test for \$90, Mike Pearson, anateklabs.com, 1282 Alturas Dr, Moscow, 883-2839

Anna Banks, Equine Massage Practitioner: \$15 off Initial Equine Massage or Reiki Session, Moon Hill Ranch, 1255 Queener Rd, Moscow, 208-875-0109.

Appaloosa Museum: 10% off in the museum gift shop, Sherry Caisley-Wilkinson, museum@appaloosa.com, 2720 W Pullman Road, Moscow, 882-5578

Ball & Cross Books: 10% off Used Book Purchases, Mark Beauchamp, 203 1/2 S Main St. Moscow, 892-0684.

Bebe Bella: A Free Pair of French Terry Fleece Nursing Pads with your first purchase, Rebekka Boysen-Taylor, 208-882-1353, www.bebebella.com, amamaswork@yahoo.com.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Maria Maggi, Intuitive Astrology & Gardener: \$5 off astrological & flower essence consultations, Please call for an appointment, 882-8360.

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

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

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

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

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

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

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

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

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

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

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

Glenda Marie Rock, III, Healer & Esotericist: 10% off Clairvoyant readings, past life regression & energy healings, gmrockiii@aol.com, 882-0403

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

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

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

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

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

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

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

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



Why Are We Having a Fundraising Feast for the Co-op?

by Bill London, Co-op Salad Daze Coordinator

The Co-op is a business, a storefront selling about \$7 million of product annually, so why are Co-op supporters being asked to donate money (buy a ticket) to go to the Salad Daze fundraising lasagna feast?

The short answer is that the Co-op is a non-profit cooperative corporation, and is duly registered as such in Idaho. Non-profit groups generally rely on community financial support.

The long answer is more complex. Non-profit community businesses like the Co-op are hybrids, a mix of both money-making sales and educational functions.

The product sales keep the Co-op open and growing. While there may be money left over at year's end, that "profit" is not siphoned off as stockholder dividends but is directly re-invested in the Co-op. What the product sales money does not do is pay for the extras that help the Co-op thrive.

As I recall, the Co-op has, over the last decade or so, sponsored

five lasagna feasts. Each was designed to raise money for a specific goal. Two were fundraisers to help with moving expenses (first to the Post Office Square site, and second to our present location). One raised money to install handicap-accessible doors. Last year's feast paid for the installation of the Earth Tub composter. The Salad Daze feast in February will underwrite the installation of the new salad bar and purchase the tongs, bowls, serving trays and other required equipment.

Note that Salad Daze does not pay for the salad bar unit itself. That is an expensive item (about \$20,000) that is being paid through the Co-op's capital projects account, which is funded through membership fees.

The financial purpose of the Salad Daze feast (like all the other previous feasts) is to pay for a specific project that is of significant benefit to the Co-op and its membership.

For an analogy to this Co-op fundraising process, think of



the two universities here on the Palouse. The universities have a basic level of public tax support (like the Co-op has its product sales), but both WSU and UI also have a significant fundraising effort. Why do these publicly-supported institutions focus on raising private money? The answer the universities provide is that their fundraising efforts make it possible to offer excellence in education, funding scholarships, research and other aspects of a better university. So it is with the Co-op. Fundraising like the Salad Daze feast make it possible for the Co-op to have some great stuff — like a salad bar, an Earth Tub, or accessible

doors — that make for an excellent Co-op.

Co-op fundraisers, like Salad Daze, give us a chance to support a vital community organization, to do something clear and tangible to make it even better, and to have some real fun while we are at it. If you want to share in the feast, please purchase your tickets soon. We expect it to sell out. See you there.

Bill London edits this newsletter and has coordinated four of the lasagna feasts (he really likes the Co-op's gourmet lasagna).



Strategic Plan Gets the Green Light

by Kenna S. Eaton, General Manager

After members gave their input during the month of November (through an online survey and an in-store event), we added the final touches to our strategic plan, edited and formatted it, and presented it to the Board at their December meeting. After a short presentation by Jessica Bearman, our fearless leader in the planning process, the Board made a few wording recommendations and voted to adopt the plan. Yehaw - break out the champagne! Well actually, I forgot to bring any, so we had a brief moment to bask in the glory and then tackled the BIG question: Now what?

Basically, the Board felt that this "living document" needed to be front and center in their planning documents, plus they want to incorporate it into the Ends policies. So 2009 will be spent in re-working our Ends to include the five strategic directions (here,

in no particular order):

- ▶ Strengthen the Co-op community
- ▶ Develop and support the local organic and sustainable food and goods economy
- ▶ Create and maintain the best working environment in Moscow
- ▶ Incorporate values of environmental sustainability into our facility
- ▶ Increase community engagement, outreach and education

As that process unfolds, we will be publishing our strategic plan so you, the members, can find it at any time (like on the website), plus we'll be developing work plans based on the strategic directions. Some of these initiatives will be staff driven (like the one about our work environment); others will be driven by working members on committees as the sustainable facility one currently is. We will be looking for more Co-op mem-

bers to become involved through committee work in helping us create these plans as well as bring them to fruition. Interested now? Contact the planning group at strategy@moscowfood.coop. But don't worry if now is not the right time, we'll keep on asking for your help lots more times. And finally, please remember this is a "living document," so it will grow and develop over time, just like we do.

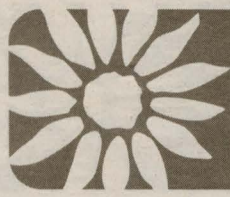
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Membership and Outreach Desk: Getting A Healthy Start

by Carol Price Spurling, Outreach and Membership Coordinator, outreach@moscowfood.coop; (208) 669-0763

Welcome and thank you to the 94 new Co-op members who joined us in November!

One of the most fun things I get to do at work is give tours of the Co-op to preschoolers and elementary students. Whether the students are talking about nutrition or about our community or what people do at work, the Co-op is always a great place for kids to learn.

In October and November, I hosted three different groups of children: two classes from Emmanuel Preschool and the morning kindergarten from Lena Whitmore elementary.

We start in the produce department, talking with Scott about what kinds of fruit and vegetables we can grow here and what kinds have to come from warmer climates. We talk about our favorite fruits and veggies and learn about some new ones. Then we tour the aisles, stopping to smell some of the bulk herbs and spices.

If their attention spans allow, we talk briefly about what "co-op" means. Most preschoolers understand the concept of "cooperation," so it's not such a stretch to explain that our store is not owned by just one person, but by a large group of shoppers who cooperate with each other to keep the store running. In fact, to this age group, the idea makes complete and perfect sense. I love that.

Sometimes we get to see how

Brennus grinds fresh hamburger in the meat department, and then we visit the big dairy cooler, and the very cold walk-in freezer, which always makes a big impression. We ooh and aah over the delicious-looking things in the deli case and then, it's on to the bakery, where Hunt always has some yummy samples for the kids to munch on as they walk through the kitchen.

Finally, we grind some fresh peanut butter and get a fresh loaf of bread to put into the slicer before settling down in the deli for a healthy snack of peanut butter on bread, with apple slices, all organic. For the peanut allergic, we get out a jar of sunflower seed butter instead!

Thanks to Joan and her generous vendors, we always send the children home with a bag that contains at least one sample of something healthy and organic, like Enviroid kids crispy rice bars.

If your child's class would like to take a Co-op field trip, please give his or her teacher my contact information. We'd love to have them visit.

Along with my usual tasks assisting the BOD, helping organize the newsletter and website, giving store tours, and myriad other things, in the last couple months I also:

- ▶ assisted the Strategic Plan Working Group with gathering feedback on the plan and preparing it for presentation to the Board for their approval
- ▶ gave out samples in

Your Dollars At Work

Thanks to all our pumpkin pie lovers who bought a total of 61 pies during our Great Pumpkin Pie Bake Sale in November. All told, \$692.95 was raised for Backyard Harvest! Thanks again, too, to our anonymous donor, Mrs. Reds, and Wilcox Eggs for the ingredients and financial support for this fundraising project. Next year, I hope it can be even bigger!

Our first month of A Dime in Time netted \$418.80 for the Latah Trail. Thanks to everyone who is generously donating their dimes from their reusable bag and coffee cup refunds. Keep up the good work: December's proceeds will go to the Community Action Partnership, and this month's to Rural Roots.

the store for our Essential Thanksgiving and Make Your Own Holiday promotions

▶ trained a few of the store managers to make updates to their department page on our website

▶ worked with the store manager to plan improvements to our telephone automated answering system and to our employees' customer service training

▶ started planning Essential Cookery, a series of cooking classes to be offered next year through the City of Moscow's Parks and Rec Dept., and

▶ started planning the Co-op's new Good Food Film Series

▶ began working with the Palouse Earth Day Association on their new Sustainable Living on the Palouse guide planned for publication next year

Besides the Board of Directors

election, another good reason to join the Co-op right now is the Member Appreciation Day (MADay) coming up on January 22. We'll have several of them in 2009, but why not take advantage of the first one to stock up on all the healthy foods that will help you keep those wonderful New Year's resolutions?

Board of Directors election will be held in March. Interested candidates for the election must attend the orientation meeting on Thurs., Jan. 8, at 6 pm, on the Co-op mezzanine.

Filing deadline for candidates is January 10.

New members must join the Co-op by January 31 in order to be eligible to vote in the 2009 election.

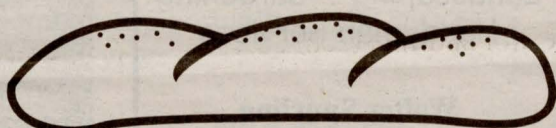
Ezekiel is Here

by Hunt Paddison, Co-op Bread Bakery Manager

Welcome to the New Year! This January brings about new beginnings for our bakery. In hopes of starting the year off in the right direction, we have decided to provide you with a classic bread of Biblical proportions. Ezekiel bread will be our newest resolution for 2009.

This bread is both healthy and delicious. The combination of barley, wheat, lentils, millet and a variety of beans makes this bread a great source of high quality protein. It also

contains 18 essential amino acids, making this loaf very well-balanced and nutritious. This bread will be a great pick for anyone looking to make a health-conscious change in his or her bread diet for the New Year. We will have Ezekiel bread available through the month of January, so stop on by and give it a try!



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Art at the Co-op

by Annie Hubble, Art at the Co-op Coordinator

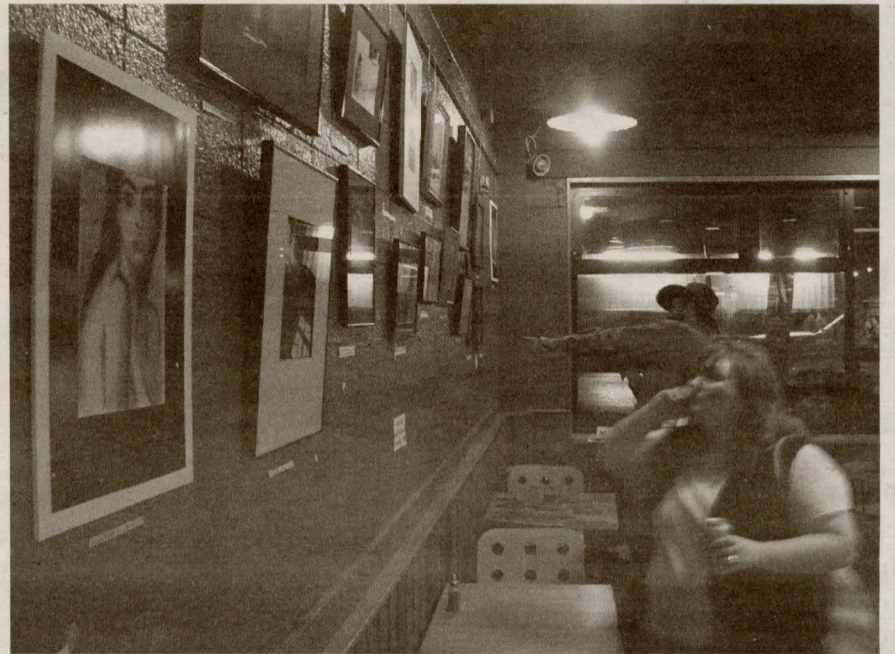
January's artist is our much-loved Carolyn Doe. Her show will open on Friday, January 9, with a chance to meet the artist from 5.30-7 p.m. that day, and will continue through Wednesday, February 6.

Carolyn has been part of our community for many years. She leaves to go on various adventures from time to time, but always makes her way back here in the end. She spent this summer in interior Alaska, as a camp cook. Many of the watercolours on display derived their inspiration from those months. Carolyn refers to them

as "sketches" of her experience. It will be wonderful to share some more of her life's journey through her art.

She is now residing in Sandpoint, Idaho, with her daughter, cooking, parenting, living as fully as always, and of course, creating art. As well as the watercolours, we may have the privilege of seeing some of Carolyn's batiks. She describes these pieces as being inspired by "colors from the changing leaves of Autumn and the endless groves of birch trees I walked through way up North."

Whenever we are lucky enough to have Carolyn Doe



Several people viewing art at the opening reception of the annual Co-op staff-volunteer art show. Photo by David Hall.

as our featured artist of the month, I can be sure of an interesting and inspirational experience. I, myself, own three of Carolyn's watercolours and I see them in many of my

friends' houses. You, too, could start a collection!

Meet the artist from 5.30-7 p.m. on Friday, January 9. What a great way to welcome in the New Year!

Tuesday Night Music Series: Music, Pleasure for a New Year

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

It's a new year, a time to examine our lives. It's a time to gently eliminate the things that don't serve us anymore, and a time to gather and sustain simple, benevolent pleasures. Music is a simple pleasure in my life. It inspires creative expression through movement, stimulates the mind with its patterns, and stirs the emotions with moving phrases and vocals. Music offers rich experiences — you can listen, play, or move to it. This month at the Co-op, we're offering you the opportunity to enjoy music in a

variety of ways...

Listen...to the harmonious vocals of Brian and Katrina on January 6. Brian and Katrina are Moscow sweethearts who will join us singing folk, popular, jazz and original songs on acoustic 6- and 12-string guitar and banjo.

Play...at a guided Bluegrass Jam on January 13. This is an experimental gathering of our Co-op community members interested in playing or listening. Starting at 6 p.m., the Co-op will be hosting a bluegrass jam. The jam is open

to anyone (beginner or more experienced), so don't be shy! If anyone has questions, contact npalmer@Uidaho.edu for details.

Move...to the sounds of The Flying Lunchbox on January 20. These Moscow guys haven't played the Tuesday night series in quite some time. Noel, John and Sam, members of the local act Chubbs Toga, will be providing the music. We are not sure exactly what to expect, but from our past experience with these fellas, we've learned that the music will be lively and fun -

and danceable!

Your turn? Due to the chaos of the holiday season, we have been unable to schedule a performer on January 27. Might you be the one? Contact us at music@moscowfood.coop if you are interested. We'd love to share in the pleasure of music with you.

Ashley and Noel welcome in the light and longer days with gratitude and joy

January Co-op Kids!

Rebekka Boysen-Taylor, Co-op Kids! Coordinator

Tuesday January 13, at 9 a.m., we will meet in the Co-op Cafe to try our hands at Fork Weaving. This is a great first fiber art, perfect for keeping little hands busy.

Tuesday January 27, at 9 a.m., we will meet in the Co-op Cafe to make local legume mosaics. Impressionist, abstract, or modern, your child is sure to enjoy making their

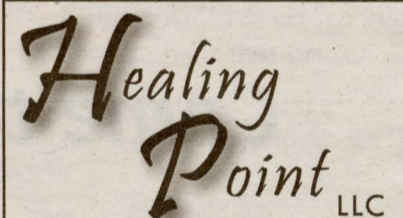
own mini masterpiece.

Rebekka Boysen-Taylor is mama to two organically growing little ones here in Moscow and can be reached at amamaswork@yahoo.com.



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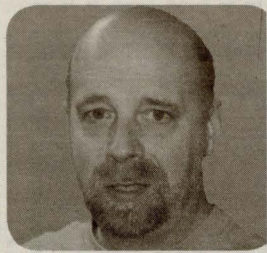


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Our Co-op is Financially Strong

by Steve Kobs, Store Manager

Various sources now say we are officially in a recession. Duh.

Moscow Food Co-op sales growth in the 2008 "recession" will still be about 9%. That's pretty good growth, but a good chunk of it was because of higher food cost. Looking ahead to this year, we think sales will increase about 7%. At the Co-op, the fundamentals of the business are strong, the basic business model is recession-resistant, and we are monitoring early indicators to make adjustments, if needed.

The Co-op is no stranger to financial hard times. The Moscow Food Co-op was born in the 1973 recession and has survived both short and long recessions in 1980, 1982, 1990 and 2001.

Strong Business

We do not share the Achilles' heel flaws of the companies that have required government intervention. We have a moderate amount of debt that has fixed interest rates and predictable payments. We are a strong consumer cooperative with good oversight that has not ventured into any speculative endeavors. Nothing about our Co-op was fragile or vulnerable going into this recession. Our financial position is fine and our business ebbs and flows are predictable.

An important component of our business health is having good, local, competitors.

Our competitors, those selling organic foods, and others selling conventional foods, have kept us on our toes. We know that customers have choices, so we cannot make arrogant decisions. Having strong and fair competition in or out of a recession is a good thing for our business, our customers, and our community.

Basic Business

Selling groceries is considered a recession-proof business; people have to eat. Since purchasing organic is discretionary (conventional is available, often at a lower price), our core business is resistant to recession, but not immune from it. If needed, consumers will usually reduce spending in other areas before they dramatically change their grocery shopping habits.

The "math" for selling groceries is fundamental and helps soften any possible dips in business. Here is a single example:

A can of corn sells for \$1. That can costs the Co-op 65¢. We spend 33 1/2 cents on wages, rent, utilities and all our other expenses. About 1 1/2 cents becomes "profit," which stays in the Co-op.

Most of our expenses are flexible, or marginal, so our expenses change based on how much we sell. Cost-of-goods, like the 65 cents for corn, is our biggest expense. Wages is the next biggest category that can change depending on sales. Just like at home, we have monthly

expenses that do not change. These are fixed costs like rent and property taxes. These fixed costs are a small enough proportion of our expenses so they do not endanger survival, even in a recession.

There is a little bit of good news with the recession: food cost and inflation are both going down. The price of grains, for example, has really dropped after a crazy price spike earlier this year. Recessions also cause consumer to reassess what is important to them, to reprioritize. We hope that eating natural and organic foods will stay at the top of the list.

Another business fundamental that helps the Co-op through economic changes is diversity. Within the store, there are three product areas that can be independent of one another: prepared foods, grocery and health. In recessions, restaurant sales, including designer coffee sales, tend to go down. We could see a decline in Deli sales if our customers are pinched for cash (though we have seen nothing like that so far). Grocery and fresh produce sales tend to stay strong in recessions. Meat sales can go down if there are less expensive protein alternatives. Health products, like supplements and body care products usually do well in recession, while gift-type merchandise tends to sell less. Consumers make good and predictable deci-

sions on spending money, and the Co-op needs to do the same.

Uncertainty and worry are big elements in our thinking about recessions. Because the normal cost structure of the Co-op is flexible and our business is diverse, we are in a great place to weather an economic storm.

Warning Signs

Although our fundamentals are strong, we are on the lookout for changes that require adjustments. We are watching for any serious changes in our local economy, like lay-offs, price changes in taxes or energy costs. Our store sales, obviously, are important, but we are specifically monitoring sales in Deli, Meat and Gifts. Another bellwether is the rate of membership renewals. Externally, we know our large suppliers are doing well (though they have seen some small grocers close), and we are hoping that all of our local suppliers will tolerate this downturn.

If we start seeing signs of negative impacts at the Co-op, we will slow down some of our discretionary spending (like store improvements, training, and deferrable maintenance) and consider not hiring replacements in some departments. That all depend on the scale of any change, and what departments are most affected.

Across the country, food co-ops are experiencing very different economic impacts, from double digit sales growth to projecting -10% sales declines. We project sales growth in 2009 at 7%, a little less than the 9% we had in 2008. Even if that sales growth does not materialize, we know that we can make the adjustments needed for our Co-op to be successful.

If you have questions, contact me by e-mail at manager@moscowfood.coop or call me at the Co-op, 882-8537.

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What makes a good Board member? And what makes a good Board? A conversation with Kimberly Vincent and Kenna Eaton

Edited by Carol Price Spurling, Outreach and Membership Coordinator

Kim has served on our Board of Directors going on six years, with the last three years as president. Kenna has been our General Manager going on 18 years and has worked at the Co-op for 27 years altogether. I asked them both recently about effective Board members and an effective Board of Directors.

What did you have to learn, Kim, when you joined the Board?

Kim: I had to learn what all Co-op members learn: how the Board makes decisions and what the Board's role actually is. We're all about oversight; not telling Kenna how to do her job, but just making sure she's doing it.

Kenna: You make sure I'm doing it according to the policies you've set.

Kim: Yes. We've told you what we expect, but not how to meet that expectation. Another thing I had to learn was how to bring diplomacy into the facilitation of the Board meetings. I use diplomacy as a teacher, but I wasn't doing that at first on the Board.

Kenna: Another one is leadership, you are willing to stand up and provide leadership for these individual board members, to help them speak with one voice.

Kim: Helping members under-

stand that the Board is just oversight has always been a struggle.

Kenna: Members tend to think everything is the Board's job, but it isn't.

Kim: Some members wish the Board should step in when store management isn't doing something in the way that that member wants it.

Like if the store is carrying something that someone doesn't like or isn't carrying something that someone wants...

Kenna: Issues arise from the membership, such as product selection, but deciding what products we carry is not the Board's job. The Board members may have very strong opinions on the matter one way or the other, but they have to speak with a single voice for the membership as a whole.

Kim: We're wanting to step in sometimes because of deep philosophical beliefs. I am learning to respond to this; I had to learn, for instance, that if a member is upset by a particular product on the shelf and chooses to boycott the entire store because of that, that is his or her choice. Members have deep philosophical beliefs about food choices and sustainability issues and think that everyone should share those beliefs, and that's

the hard part, recognizing that other people might not share them. Even getting the Board to recognize that can be difficult. But with the current make-up of the Board, it's been a little easier, since, as an example, several of us have food allergies and restrictions that don't coincide with each other, so we have different needs.

Kenna: For the most part I think Board members have accepted that they need to come to agreement on an issue, a kind of consensus that "we can go ahead with this policy even if in my heart I don't agree."

Kim: Or not that someone doesn't agree but sometimes it may be that the policy in question isn't strict enough or go far enough.

What makes an effective board member?

Kim: There are two things we need, and they can either be combined in one person or not. First, we need workhorses, people who will do what needs doing and who work hard. We also need people who are willing to brainstorm and bounce ideas around with each other, not just in isolation.

Kenna: We need people who are willing to hear other opinions and perhaps make a decision that is right for the Co-op even if it is perhaps not the decision that they would have made personally.

Kim: We need people who trust Kenna to do her job and who don't expect to come in and tell her how to do it. Also we Board members need to understand that we don't represent a constituency of the membership, but the entire membership. In the past, individual Board mem-

bers have had agendas based on their "constituency" but that is not how it is supposed to work; we represent all the members and our members are very diverse.

Kenna: Members sometimes vote for candidates they know rather than considering whether or not that person will make a good Board member.

Kim: We've tried to help that situation by having the candidates answer particular questions in their candidate statements. Those answers should help members see how candidates would respond to various issues.

Kenna: A good member enjoys being on a team...

Kim: Having a passion and a belief in what we've got here is crucial...

Kenna: Passionate, hardworking, a team player. It all sounds corny, but it's true!

Kim: The ability to listen to others, the ability to let go when necessary, the ability to trust and delegate.

Kenna: The ability to let go is the ability to compromise.

Kim: Also, having a thick skin is important because we hear all the complaints.

A complaint is a gift, right?

Kim: I really enjoy complaints when people offer them with constructive criticism and good humor. Complaints that don't just say what's wrong, but that come with suggestions of ways to improve the situation are most welcome!

Kenna: And it's always nice when we hear that people are happy, too.



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Tuesday Growers Market News: Midwinter Follow Up with My Neighboring Farm

by Jeanne Leffingwell, Newsletter Volunteer

Some of you may remember that last July in this column, I introduced Garret Clevenger and Tabitha Brown, whose new Community Supported Agriculture (CSA) farm is supplying some of the local produce you see at the Co-op. GT's Farms Foods is located within Moscow's city limits on land owned by Steve Streets (my neighbor), and they are one of the start-up operations I think we'd like to see more of at the Tuesday Growers Market.

Now that the last carrots and potatoes have long since been dug, the irrigation lines rolled up, and the land has been blanketed in snow, Garrett has had time to explore the bottom line of their farm's first season. Most people wouldn't share this kind of proprietary information, but this young couple is different. Garret states, "Our long-term goal is to be a viable part of the development of our local economy in a sustainable way."

After two seasons of volunteer-

This includes \$6,159 from CSA shares, \$981 from direct sales to the Co-op and the Red Door restaurant, and \$995 from meat chickens that they raised from chicks over the summer.

Their total expenses were \$3,718. The largest outlays of cash included: \$508 for seeds, sets and starts; \$1010 for compost, manure and organic fertilizer; \$929 for irrigation equipment and crop covers; \$230 for a good scale to weigh produce; \$198 for soil testing; and \$158 for baby chicks. The remaining \$685 in cash outlay covered misc. things from freezer bags to wood chips.

The difference between these two figures is their net income of \$4,417. Divide that by the 900 hours of labor which Garrett carefully totaled up over the season, and this represents a return of \$4.91/hour for his time.

Which doesn't sound like a whole lot. But then Garrett points out that he and Tabitha saved at least 20 hours/week

on child care costs because their son Young can come with Dad to the farm. They don't foresee any "problem age" coming, as Young already pitches in and loves to help. He is a good "organizer" and especially

likes the carrot harvest. Tabitha still holds a 3/4- to full-time position at WSU, which definitely underwrites the other household expenses. But they eat good organic produce at no added cost, they put up lots of other food too, and remember that early tomato vine-killing frost last summer? They have gallons and gallons of great freezer salsa they're still enjoying.

Garret has definitely learned a lot in his first season. The subscriber's share price will need to increase slightly from the previous year. He plans to cultivate a little more land, about 1/3 acre,

but knows he will be more efficient about some things. He will raise more of some crops and less of others (like forget the endive!). He'll use more row cover. He's exploring adding some "value added" foods to the shares, or the farmstand. And he'll continue to use landlord Steve's tractor, rototiller, and all importantly, his water. At this point he's still dependant on this "subsidy." Because of his meticulous records, he realizes he can't currently raise organic chickens for a per unit cost that people will be willing to pay. (Turkeys might be different, so he hasn't entirely ruled poultry out.)

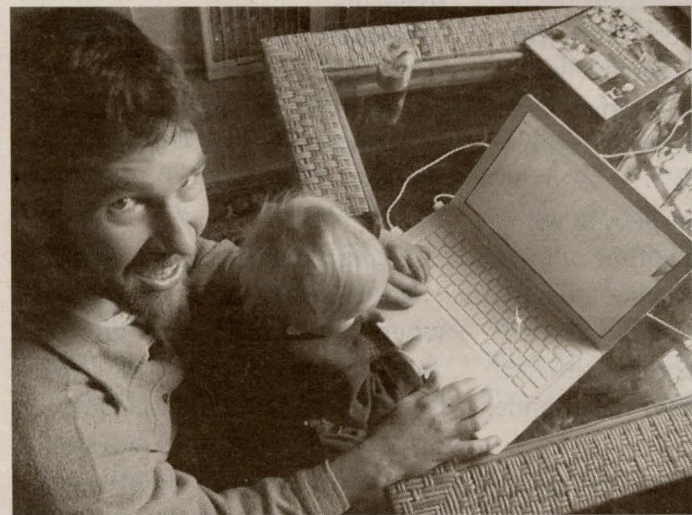
Steve, for his part, has been happy to help someone get started working his land in this life-sustaining way. I suspect he'll be happy to eat more great food, and hold the rent for another year.

When I visited with Garrett on this cold winter day, and he listed all the positives, perks, and the things he is grateful for in his life, one thing really stuck out: When last October 31 rolled around and all the fall chores were done, Garrett went "off payroll." For a few months now, he has been free to spend the winter pursuing his music and other interests - the most important of which right now is being a relaxed, stay-at-home dad. Priceless!

Special Notices & Requests
* GT Farms is planning to expand in the coming season. They will be adding more CSA shares (and I'd suggest calling asap to get on their list!). Garrett also plans to add labor to help make the increase in output possible. He expects to have at least four "work-for-share" positions. He is also looking for a good dependable farmhand and "will pay enough to keep 'em." Starting in spring, the work will include preparing beds, setting up the irrigation system, weeding, harvesting, processing shares, and this will continue through harvest. Garrett would like to find some spare



Garrett Clevenger enjoys being Young's stay-at-home dad, in their farm's off-season.



Garrett Clevenger and Young go over the figures for GT's Farm Foods' 2008 season

ing with the UI Soil Stewards CSA, and with encouragement from Kelly and Russell of Affinity Farms to "go for it," Garrett also believes there is room for other "city farmers" in our community. It's in that spirit that he is sharing these facts and figures from his first year in operation.

In the 2008 season, GT Farms grew fresh organic produce using approximately 1/4 acre of land for 22 subscribing households. This was harvested over 21 weeks. The share price was \$250/season for a regular share, and \$450 for a large one.

The gross income was \$8,135.

greenhouse space, beginning in February or March, for starting tomatoes and other plants. (Trust me, you could probably make a good trade for this!) Contact Garrett at 208-882-7965 or garretmc@verizon.net

* "Bunzel Organics will have a part-time intern position available this summer. Contact Ken or Betta at bettab@verizon.net

Jeanne Leffingwell, a local artist, is thinking of vying for one of those work-for-share positions this summer...

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Grass-Fed Beef

by Brennus Moody, Co-op Meat Manager

Well, here it is—the close of another year. In the meat department there have been a few changes. You might have noticed someone new running around back here. Yes, Aubrey, of kitchen fame, now graces our little department, so come back and say hi to her.

Since we are at the end of this year, I thought we should discuss the health benefits of beef, particularly, that of grass-fed beef. In addition to humane treatment, it turns out that grass-fed meat is better for you. A lot better. We carry two brands of grass-fed beef; Aldersprings, which is our organic line, and comes out of May, Idaho, and Eaton beef, which is our natural local line, from Colton, Wash.

Before World War II, all American agricultural animals ate pasture grass for the duration of their lives. That changed, notably for beef, when the desire to reduce production cost and increase cattle weight fused with a surplus of corn. Today, the vast majority of cattle spend anywhere from 60-180 days in feedlots being fattened with grain before they are sold.

Grass-fed beef (and other meats) is lower in calories and fat than beef that has been grain fed. Grass-fed is even lower

when compared to “natural” beef or certified organic beef and that has been grain-finished. Grass-fed beef is high in Omega-3 fatty acids, which are essential to helping enhance heart health, as well as possibly reducing the risk of arthritis, obesity, insulin resistance, allergies and autoimmune diseases. Grass-fed is also higher in CLAs or conjugated linoleic acids, which are believed to help reduce the risk of several types of cancer as well as diabetes, obesity and several immune disorders.

It's important to remember that grass-fed, like Eaton, is not the same as organic. Aldersprings is both. “Natural” meats are usually hormone- and antibiotic-free, but check the label or ask the butcher. While these products come from animals who most likely were fed less grain than the industry norm, they typically still spent their last months (or in the case of dairy cows virtually their whole lives) in feedlots where they were fed grain. Even when the grain is raised organically, feeding large amounts of grain to a ruminant animal compromises the nutritional value of the resulting meat or dairy products and exacts an added toll on the environment.

Lemon Thyme Crusted Beef Rib Roast

1 beef rib roast 2 to 4 bones, roughly (6 to 8 pounds)

- Lemon-thyme paste
- 3 tablespoons chopped fresh thyme
- 2 tablespoons minced garlic
- 1 tablespoon freshly grated lemon peel
- 1 tablespoon olive oil
- 2 teaspoons coarse grind black pepper
- 1 teaspoon salt

Heat oven to 350 degrees. Combine paste ingredients; press evenly onto beef roast.

Place roast, fat side up, in a shallow roasting pan, insert oven proof meat thermometer so tip is centered in the thickest part of beef, not resting in fat or touching bone. Do not add water or cover. Roast in 350 oven 2 1/4 to 2 1/2 hours for medium rare; 2 3/4 to 3 hours for medium doneness.

Remove roast when meat thermometer registers 135 degrees for medium rare; 150 degrees for medium move to a cutting board, tent loosely with aluminum foil. Let stand for 15 to 20 minutes. The temp will continue to rise about 10 degrees then carve into slices

Some people notice a slightly different flavor to grass-fed meats. Most people easily adjust to the slight flavor difference while enjoying the health benefits of grass-fed.

You can try grass-fed meat risk free. If you are not satisfied, please bring back your receipt and let us know. You will get a refund or a chance to try another product from the Meat

Department.

Lots of information about grass-fed meat is available online. Some examples include www.foodrevolution.org, www.eatwild.com, www.american-grassfed.org, and www.grassfed-cooking.com.

This month's recipe is perfect for grass-fed beef.

JANUARY 2009 SUGGESTION BOX

Do you plan on replacing the broken towel dispenser in the woman's restroom? —Kathleen

We did find a replacement and it is installed. We have had some trouble with that type of dispenser and hope the new style will perform better. I'm sorry it took so long to get it fixed. —Steve, Store Manager

Kettlehouse Beer from Missoula would be great. —Andrew

Sorry to say many of our country's microbrews are not available in our area. We can only sell beer and wine that is sold by an Idaho State licensed distributor. Luckily, more and more beers are becoming available. I will keep my eyes and ears open for this brewery. —Julie, Wine, Beer and Grocery Buyer

My 3 girls were wondering why there are no more lollipops for sale at the register. The cashier very politely told

me that the \$3.65 chocolate bars are now replacing the lollipops because it is winter and we can ship chocolate again as opposed to summer when we will resume carrying lollipops. The lollipop clientele is not going to start buying chocolate bars or maple sugar candy or Newman's mints. Please bring back the lollipops. And I know they are in the candy aisle in a container but that's not what we're after. Thank you. Keep up the good work. —Erin

Counter space is limited. We put the lollipops away for the holidays when we offer seasonal chocolates and maple sugar candy. We still have the lollipops and will look for a place to have them out year-round. I know they are a good treat. We like them too. —Joan, Grocery Manager

I noticed that you guys have the "Hint" brand of bottled water, but not in the "cucumber" flavor. If you guys

got that it would be wonderful! Thanks! —Kayleigh

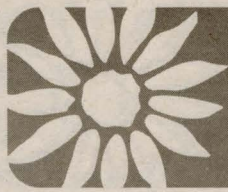
We did carry that flavor but it was not popular so we replaced it with one that is a better seller. You could certainly special order a case by calling the grocery office. —Joan

What happened to the large Kagome juices? I bought 5-8 of them a month and they are the only veggie/fruit juice that isn't tomato based. —Craig

Kagome is a Japanese company and they have pulled out of the American market so that product is no longer available to us. Have you tried the new Lakewood veggie/juice blends? They are on the juice shelf in 32 oz jars. —Joan

Please stock the awesome corn bread stuffing year round. —Craig

We love the stuffing mix too, but it is a seasonal product, only available at the holidays. Next November ... —Joan



Our Food Faves!

by Carol Price Spurling, Outreach and Membership Coordinator, outreach@moscowfood.coop; 208-669-0763

This month, we have two winners for our Food Faves! member contest because they both love the same product and we can't help but feel that having two people singing the praises of the same thing at the same time is some kind of wonderful coincidence.

Thanks to Alice Swan and Jen Hiebert for calling my attention to Sunbutter. This stuff has been a godsend in our household. We're not allergic to anything, but if I put anything with nuts in my son's lunch, he has to sit at a separate table in the school cafeteria! So Sunbutter is now in our fridge too, along with the peanut butter and almond butter that he eats at home only.

Members, keep the Food Faves entries coming! About 100 words on your favorite grocery/chill/frozen food item, with your name and contact info attached.

Previous entries are still in the running, but you can submit more than one entry if you like.

My Food Fave: Nuts for SunButter!

16 oz jar, 4 varieties, in the baking aisle

by Jen Hiebert

There are a lot of foods I could live without - this is not one of them! In fact, I love SunButter so much I've started buying it by the case. SunButter is a fantastic substitute for peanut butter. It is also gluten-free, low in saturated fat, and packed with nutrition, especially vitamin E, magnesium and fiber. I usually buy SunButter Natural, although the OMEGA-3 is also very tasty. My favorite way to eat SunButter is on a slice of buttered toast with a touch of maple syrup (I recommend the Co-op's French bread and Earth Balance Natural Buttery Spread). Divine!

My Food Fave: Sunbutter Omega-3 with Flaxseed

16 oz jar

By Alice Swan

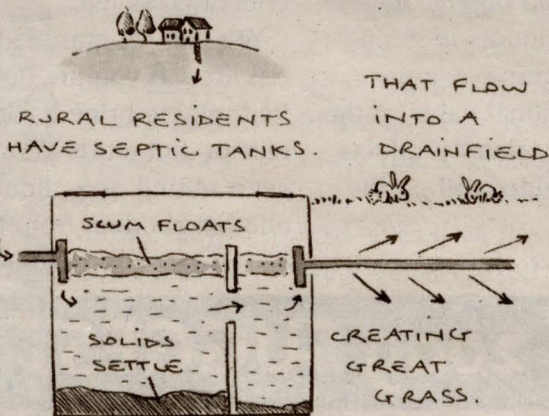
Creamy, crunchy, salty, sweet... Sunbutter Omega-3 with flaxseed is a satisfying juxtaposition of flavors and textures. Eat it on apple slices, in a sandwich, spread on a plain rice cake, or simply by the spoonful. It makes breakfast toast exciting, lunch sandwiches inviting, and afternoon snacks enlightening. It is the perfect thing for perking up the peanut butter weary (or allergic). No nuts involved, so fear not that your child's Sunbutter sandwich will wreak havoc on a nut-sensitive classmate. Also available without the flaxseed for the crunch-adverse.

PALOUSE REPORT: Too Good to Waste

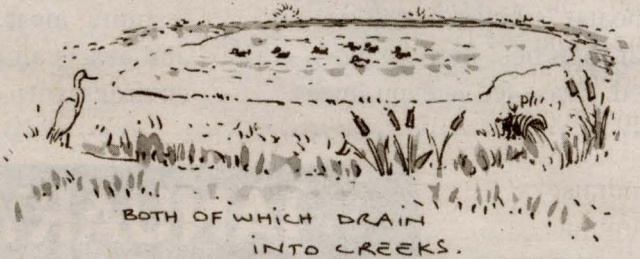
ON THE PALOUSE OUR PRECIOUS WATER COMES FROM AQUIFERS



WHERE DOES IT GO ONCE WE'VE USED IT?

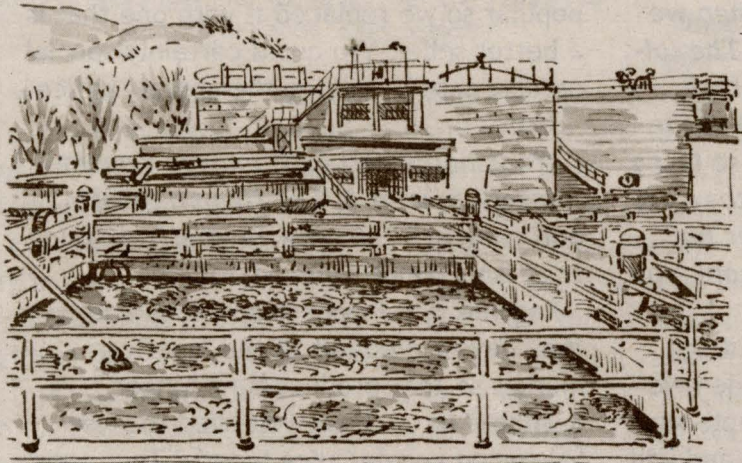


SMALL TOWNS HAVE MINIATURE TREATMENT PLANTS OR WASTE WATER LAGOONS.

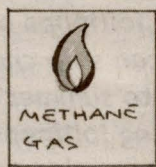


BOTH OF WHICH DRAIN INTO CREEKS.

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THEY DRAIN INTO LOCAL WATERWAYS TOO.



METHANE GAS

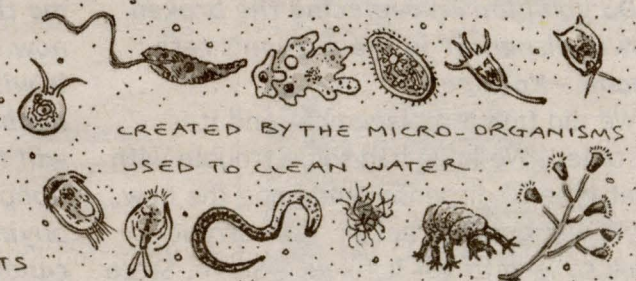


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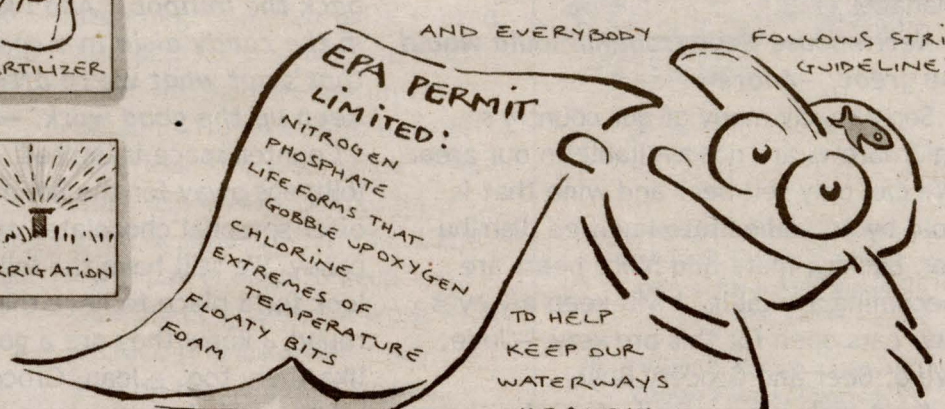


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THANKS TO ANDY O'NEILL, PULLMAN WASTEWATER TREATMENT PLANT; RODNEY COOK, MOSCOW WASTEWATER TREATMENT PLANT AND BOB LUEDKE AND CHARLEY RENNAKER, CITY MAINTENANCE, GENESEE © ANNA BREWER



Moscow Food Co-op Tuesday Music Series: Brian Gill and Katrina Mikiah

by Jeanne McHale, Newsletter Volunteer

Never doubt the transformative power of live music. The listener, the performer, the casual shopper within earshot all enter into an implicit contract to change and be changed. Some change is sad – such as the loss of the local music display at the Co-op.

Unfortunately, the practice of selling locally produced CDs on consignment was not paying off for the musicians or for the Co-op. So I must abandon the usual compulsory statement about a new CD which is “one of many CDs for sale at the Co-op.” Instead, I hope to bring you a monthly musical heads-up about upcoming live performances at the Co-op. This month, I alert you to the Jan. 6 performance of Brian Gill and Katrina Mikiah, who, ironically enough, are in the midst of recording a CD. A work in progress, they say, so take advantage of this musical progression at their live show on Jan. 6.

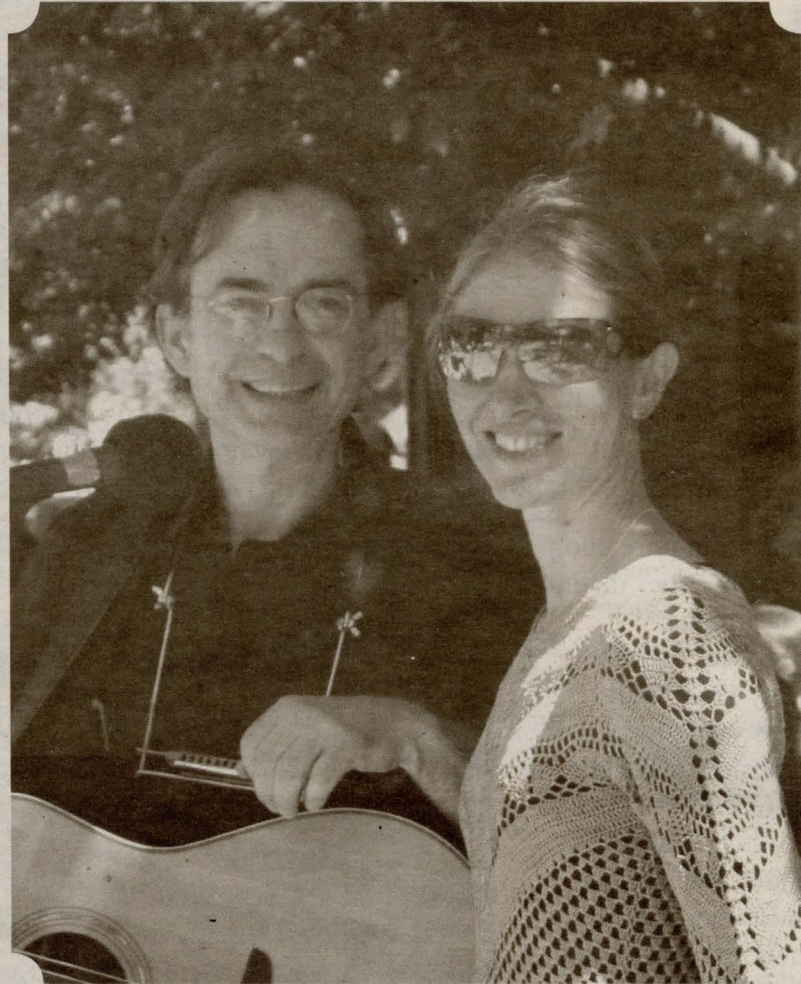
I wrote about Brian’s solo album “Idaho Peace of Mind” in the June 2007 newsletter. To make a long story short – Brian’s musical path is an incredible string of coincidences involving famous folk musicians. Katrina’s musical journey is rooted in school choirs and shower solos. Always a vocalist, never a performer, until she met Brian at a fundraiser for Compassionate Communication of the Palouse. That night, Katrina and a friend performed an interpretive dance about transformation – from fear to courage. She found herself dancing near Brian, who asked her to request a song, which she did. She asked for the Kate Wolf tune “Give Yourself to Love.” But he didn’t know it.

The harmonies are now natural. Katrina can “slot right in”

to Brian’s vocal leads. At the Farmer’s Market, or One World Café, Brian and Katrina blend their vocals with Brian’s acoustic accompaniment, seemingly without effort. Katrina says she locks on to Brian’s eyes. Brian says he has a bullwhip. It’s hard to believe this once-shy songstress ever needed encouragement.

In their second chance encounter at a Contra dance at the 1912 Center, Brian lured Katrina into the restroom (!) to listen to him play the guitar and sing “Give Yourself to Love.” The venue here was all about acoustics – you perverts. Since their first meeting, Brian had taught himself the song Katrina had requested. His goal was to get her to sing, which she did, and still does, beautifully and with confidence.

Katrina says that singing with Brian felt safe. At their first public performance at Sister’s Café, she felt she was “drafting Brian,” to use a cycling metaphor. After that, they played the One World, followed by their third public appearance at Rendezvous in the Park 2007, where they opened for Mavis Staples. That’s a whole lotta transformation. And that is fitting for this root strata folk collaboration, steeped in the socially conscious and uniquely American musical tradition. Katrina claims Brian as her musical influence, and he in turn cites Gibson and Camp and the Everly Brothers. The CD they loaned me previews their album-in-progress, which spans tunes done by Roy Orbison, the Weavers, Mahalia Jackson and Buddy Holly. The CD will also feature some of Brian’s original songs such as “Living Earth,” where Brian and Katrina sing “Each blade of grass, each tree that stands, this living earth is



“Brian’s musical path is an incredible string of coincidences involving famous folk musicians. Katrina’s musical journey is rooted in school choirs and shower solos.”

in our hands.” Katrina takes the lead on the classic “Turn, Turn, Turn,” the first song recorded by Simon and Garfunkel. In a song from the civil right movement, Brian and Katrina do a great job on the spiritual “You Can’t Hurry My God.” I’m sure there will be other treats at their live performances.

As day jobs, Brian teaches guitar at Guitar’s Friend and Katrina

is a life coach. Brian also runs a non-profit organization called “I Hear America Singing,” which is devoted to bringing acoustic music to school children. It is interesting that these endeavors are also to some extent about transformation. From the shower to the stage, from Kankakee to Moscow, from the deli section to your ears. Enjoy this fine local offering, the first of the new year.

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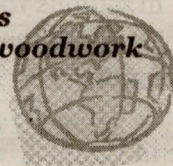
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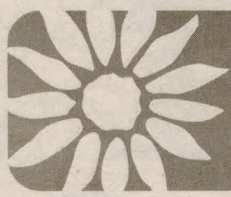
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The Co-op Listener is written by Jeanne McHale who, temporarily lacking Internet access, braved the ice to deliver the column to her editor in person.



Staff Profile: Tiffany Dolezal

by Amy Newsome, Newsletter Volunteer

Tiffany has worked at the Co-op for one and a half years, first as a Deli Server and now as a Lead Server 2. Tiffany loves working at the Co-op.

"Everyone here is really friendly. It's almost like a big family. Everyone knows each other and cares about one another, and new staff are accepted right away."

I had to inquire about the origin of her distinctive last name.

"I recently learned that my great grandparents were both Czechoslovakian, but my grandfather was born in the United States."

Tiffany moved here from Council, Idaho, following a former boyfriend. She's now a single gal and enjoys hanging out with her two good friends, Tyler and Chelsea, who also work at the Co-op. They go out dancing together or have girls' nights in with sappy romantic movies and popcorn. Once a week, they all walk from Tiffany's downtown apartment to the University of Idaho Recreation Center to take a Zumba aerobics dance class together. I can attest that Zumba is a really fun, but challenging, workout. For Halloween, the threesome dressed up as a fictional 80's band, "Tyler and the Clams". Don't bother asking where the "clams" came from, it's completely random.

When she's not spending time with her friends, Tiffany enjoys reading. Upon the recommendation of William, one of the Co-op cashiers, she and Chelsea started reading the *Twilight* series. My daughters and I are also big fans of the series. We even attended a midnight release party for the final book, *Breaking Dawn*, this summer. I asked if she saw the *Twilight* movie.

"Yes, it was really good; I was amazed that they did such a good job staying close to the book."



"In 2009, Tiffany is resolving to try something new. I think a move to Seattle would definitely qualify, and as a bonus, she'd finally get to see the ocean."

She's also a fan of the *Harry Potter* series and the science fiction series, *Acorna*.

Tiffany's parents were in the Army and met while stationed in Germany. They were later married in Idaho, but soon moved to Oahu, where Tiffany was born. When Tiffany was still just an infant, they moved to Washington, where Tiffany's only sibling, a sister, was born. After a year or so in Washington, they moved to Michigan, where her dad has family. Tiffany spent her elementary school years living in various towns throughout Michigan. When she turned 13, her family moved to Council, Idaho. Tiffany's parents both still live in Council, which is about 200 miles south of Moscow. Her

always artistic mom owns a nail salon, and her dad, with his background as an Army MP, is in charge of emergency dispatch. Her sister lives in Coeur d'Alene and just finished cosmetology school and is working at a hair salon.

"It's funny, I was born on an

island, but I still have yet to see the ocean. Technically, I probably did see the ocean, but I don't remember it."

I asked if she has any immediate plans to see the ocean.

"I am actually considering moving to Seattle with Chelsea. We both fear big change, but we think we should try it. I'd look into going to school there."

Right after graduating from high school, Tiffany finished a year at Lewis and Clark State College with the thought of applying for their nursing program. However, at the end of the school year, her hands were severely burned in a kitchen oil fire, which took her off her original course. When she does return to school, she'd like to study something in science, perhaps forensics.

In 2009, Tiffany is resolving to try something new. I think a move to Seattle would definitely qualify, and as a bonus, she'd finally get to see the ocean.

Amy Newsome doesn't believe in making New Year's resolutions. She is, however, feeling particularly hopeful about the direction our country will begin taking after January 20.

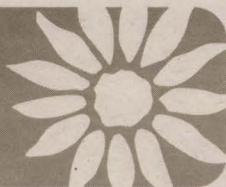
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Volunteer Profile: David Hall

by Todd J. Broadman, Newsletter Volunteer

Nestled inside the Co-op along the Washington Street windows, David and I chatted over soy chai tea one snowy Tuesday. When David Hall shared with me that he had been interviewed several times over the years, I joked that we would compile it all and publish a book. But given all the new projects that David has been a part of since his last interview, there was more basis for seriousness in my quip than I had realized.

David volunteers as photographer for the Co-op Newsletter, and I enjoyed viewing some of his nature photos, which are currently on display as part of the staff/volunteer art exhibit on the Co-op's north wall. "I've exhibited at the Winter Solstice Art Show as well," David commented.

Like the photo he shot at Denali that I was admiring, David struck me as well organized, balanced and sensitive. He passed me a summary of



David volunteers as photographer for the Co-op Newsletter, and I enjoyed viewing some of his nature photos, which are currently on display as part of the staff/volunteer art exhibit.

his new initiatives and projects. As I read through them, he shared an engaging statistic: "Only one percent of the Palouse

Prairie's original ecosystem is still with us." I was intrigued. "That's reason enough," he continued, "to justify the Palouse Prairie Foundation (PPF), which we began in 2001 to bring awareness to what is left of that endangered system."

I shared with David that what initially attracted my wife and I to the area was the lay of the land. "Rapeseed was in bloom the first summer we came here," I explained. And it was the subject of agriculture and settlement which led our conversation to two other groups that David has helped spearhead.

"We formed the Palouse Water Conservation Network around the same time as the PPF." When I mentioned a proposed shopping mall near the current Palouse Mall and its anticipated water demands, he rubbed his chin and shook his head. "Did you know that mining an aquifer - that is taking more water out than is being recharged - is illegal?" As David continued to educate, explaining the purpose of the Palouse Basin Water Summit (PBWS), which he also helps

direct, I felt grateful that he and others like him are in our community advocating for sustainability.

The inspiration partially comes from his father, a retired UI Professor of Geology. "We are close. I live at the house I grew up in, ten miles from town at the base of Moscow Mountain." David's degrees in Computer Science and Mathematics led to a software project modeling landslides for the Forest Service, which evolved into a career as an IT Specialist with the Forest Service. "I write the interfaces to these models, which are now publicly available on the Internet."

In addition to taking photos for the newsletter, David physically transfers the printed newsletters to the Co-op for distribution. (The newsletters are trucked from

Lewiston, where they are printed each month, to the Moscow Daily News.) David applies his web skills and artistic talents to creating the websites for the organizations he helped found, not to mention the Ren Fair's website.

We stood to stretch our legs and I walked over to take a closer look at his photos. "Where is your favorite place?" I asked. "That's an easy one," he said, "Maui, Hawaii. Been there 15 times. But I keep coming back to my home, to Moscow and to the beauty of the Palouse."

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

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Veganesque: Simplify Your Salad Habit

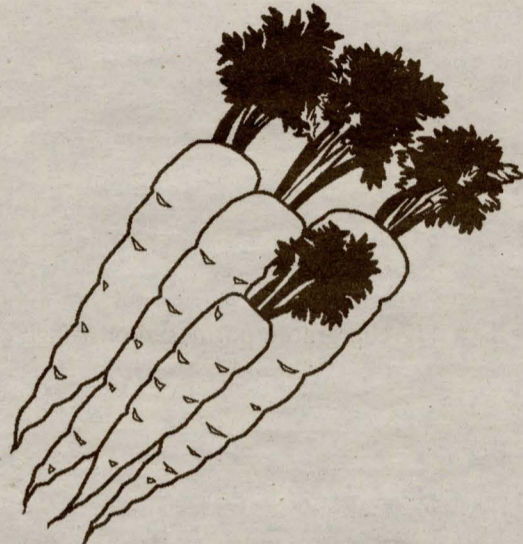
by Caitlin Cole, Newsletter Volunteer

Buried beneath the snow lies the hope of all things possible. Now would be a great time to reaffirm your commitment to healthy living by eating more fruits and vegetables!

You know why you should eat them; they are rich in vitamins and minerals, rich in fiber, and there is a huge variety from which to choose. You know why, but what about the how? I will tell you what I did: I developed a salad habit. My favorite online dictionary defines a habit as "an acquired behavior pattern regularly followed until it has become almost involuntary." According to one school of thought called the 21 Day Habit Theory, it takes three weeks for our brain circuits to take engrams, or memory traces, to produce the new neuroconnections necessary to form a new habit.

Let us start with a goal in mind. For me it is six vegetables and three fruits a day. This is what the Harvard School of Public Health recommends. The U.S. government recommends at least five, and I have read that we should get at least a total of 11 servings of fruits and veggies a day. Five seems way too low and 11 seems improbable, so I am sticking to the minimum of nine with the hope of adding more. Eating a big salad with lunch or dinner would provide about five servings. If you ate two big salads a day, that would take care of your whole day's requirements! Salads can be simple or extravagant, hot or cold. There are endless combinations. I am grateful for the large, lovely and often local selection our Co-op's produce department has! My salad habit would not be possible without it.

Okay, while you are in the Co-op's produce department gathering your salad fixings, think of your salad in four parts: First, the base is usually a type of green. For the best nutritional value, the darker the greens are, the better. Excellent greens are red and green leaf lettuce, romaine lettuce, spinach, arugula (a little spicy, so this is good to mix in with other greens), frisee greens, butter lettuce and cabbage (red or purple). Herbs also make tasty salad greens. I love



the bagged herb salad; it tastes great and it has already been washed, so that makes prep time faster.

Next think additional vegetables; here are some ideas: bell peppers, sweet onion, broccoli and cauliflower florets, carrots, beans, peas and tomatoes. Pick what is in season.

Third come toppings, which add protein, nutrients, and flavor and make the salad beautiful. Use raisins, sunflower seeds, beans, pecans or any nut, cheese, olives, herbs and sprouts.

The salad's crowning glory is, of course, the dressing! I am always amazed at my children's preference for undressed salad, because the dressing is my favorite thing about salads! Dressing is a chance to add more nutrients. It is easy to make with ingredients on hand and there are also some really good bottled dressings. When I make my own dressing, I use hemp or flax seed oil to add essential fatty acids. The delicious nutty taste is a bonus!

Now you have your greens, additional vegetables, toppings and dressings. How do you arrange it? One option is to toss it all together. Whether or not you toss the salad in the dressing is up to you. In general, only add the dressing if you're planning to consume all the salad right away, for it won't keep long. A layered salad is truly appealing. Put the greens on the bottom. Spread the additional vegetables out over the greens and sprinkle the entire salad with the toppings. I have a friend who recently served us a salad using a lovely presentation. She tossed the greens only with the dressing. Then on a beautiful platter, she arranged separate piles of all the toppings and additional

The Big Salad

- 5 large kale leaves
- 8 large leaves romaine lettuce
- 5 leaves Napa cabbage
- 1 big stock broccoli, chopped
- 1 head cauliflower, chopped
- 4 carrots, chopped
- 1 sweet bell pepper, chopped

Keeps in fridge undressed for five days. Sprinkle with toppings and dressing of choice.

Caitlin's Simple Salad

- 1 pound fresh spinach leaves
- 1 pound cherry tomatoes
- 1 cup toasted pecans
- 1/2 cup orange cranberries (find near the bulk section)

Hempiness Dressing

- 1 1/2 cup hemp oil
- 1/2 cup water
- 1/3 cup lemon juice
- 2 tablespoons balsamic vinegar
- 1/4 cup tamari
- 1/2 cup nutritional yeast
- 2 teaspoons Dijon mustard
- 1 teaspoon cumin

Put in blender and blend until smooth. Can be kept up to two weeks in the fridge.

vegetables. Not only did it look beautiful, but we all got to make a salad according to our own tastes.

I hope my salad technique makes it easier for you to develop your own habit! Try the

21-day theory and let me know how it works for you.

Caitlin Cole and her family wish you blessings in the new year!



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Into the Cupboard: Behind Door One ... Polenta!

By Ivy Dickinson, Newsletter Volunteer

Many people, including myself, have a tendency to start the New Year with a whole handful of food-based resolutions that are mostly focused on dieting. This year, rather than living for two weeks on carrot sticks, swearing off flour, or simply converting my favorite food into bland, barely-recognizable versions of something formerly buttery and wonderful, I plan to just cook more simply. I want to make all the foods I love when the occasion warrants something special (and of course, buttery), but mainly I want to focus on simple foods that are good just because they are. The foods that are not laborious to prepare, or that you can prepare en masse, freeze them, and pull them out in a pinch on those days when you get home from work and just don't feel like cooking.

Enter polenta. It is readily found in my cupboard all the time and is the perfect solution to simple cooking. Polenta is essentially coarsely ground cornmeal that can be used as a neutral base if served with sauce, or it can be a stand alone food by adding herbs and cheese. It is most commonly served as a creamy mush, but it can also be hardened, then sliced, baked, grilled, or used as a crust.

For my first recipe, I made a creamy polenta that I stuffed into the cavity of a winter squash. I came up with this recipe one night when I was scrambling to find something easy to make for dinner, but just wasn't coming up with anything that was going to be simple and trouble-free. I usually have a well stocked kitchen with all kinds of beans, grains, and flours, but at that moment I started to feel like I had to run to the store since it was too late to start on a bean soup that was sure to take hours. I thumbed through a couple of cookbooks, but kept feeling like I was always missing a vital ingredient or two for each recipe. In a last ditch effort before running to the store, I rechecked the supplies and finally decided to just improvise. I had squash, so



The author's son Miles checking out the co-op polenta loaves.

I started thinking about what I could stuff it with to make it a little more exciting. I considered a number of grains and other possible options, but it seemed to me that all would either take too long to cook or a lot of effort to get them tasting "good". I finally settled on polenta, and it turned out to be a winner. My husband and one-year old loved it too.

For my second recipe I have included a favorite old standby. I have brought it to potlucks where it was loved by all, and have eaten it many times when I just wanted something a little hearty. In this recipe, the polenta provides a little bit of a twist on the traditional lasagna noodle. I find that the polenta has a little more presence than lasagna noodles and definitely a different texture. What I love about this recipe is that you can put as much or as little time into it as you like. I tend to use whatever vegetables I have readily available, so I doubt I've ever made the same version twice, and the sauce can be made fresh that day, or bought, or brought out of your frozen stores. If you don't want to take the time to prepare the polenta, the co-op carries polenta loaves that also work well.

Ivy thinks you should get creative and experiment with your polenta lasagna then let her know about your success stories. You can email her with questions and comments at ivyrose7@hotmail.com.

Winter Squash Stuffed with Creamy Spinach Polenta

- 1 Winter Squash (acorn, red curry, or other sweet fleshed variety)
- 1 teaspoon olive oil

Polenta stuffing

- 2 cups water
- 2 cups milk
- 1 teaspoon salt
- 1 cup dry polenta (from the co-op bulk department)
- 1/2 cup grated parmesan or asiago cheese
- 8 ounces fresh baby spinach

Tomato topping

- 4 large tomatoes
- 2 garlic cloves, minced or pressed
- 2 Tablespoons olive oil
- 1/2 teaspoon dried oregano
- 2 Tablespoons balsamic vinegar

Preheat oven to 400. Halve and de-seed the squash, brush with olive oil, and bake on a cookie sheet until flesh is soft and easily pierced with a fork. You'll want to start the squash 15-20 minutes before the polenta.

In a saucepan, bring the water, milk, and salt to a boil. Add the cornmeal in a slow steady stream while whisking. Simmer for 5 minutes, stirring occasionally, until the polenta is thick. When the polenta has adequately thickened, reduce the heat to low and stir in the cheese until melted and smooth. Fold in the spinach, a couple of handfuls at a time, until just wilted. After the polenta has finished cooking, stuff it into the squash cavity (there will be extra polenta). Place the squash halves in a warm oven while you prepare the tomato topping.

Cook the garlic in olive oil in a saucepan on medium low heat for a minute or two. Cut the tomatoes into wedges, then add them, the salt, vinegar, and oregano to the saucepan. *Simmer about 5 minutes, just until hot.*

Remove the squash from the oven, drizzle with the tomato topping, and enjoy.

Polenta Lasagna

- 3 1/2 cups water
- 1 teaspoon salt
- 1 cup dry polenta
- Black pepper to taste
- 2 cups tomato sauce (can be your favorite commercially prepared spaghetti sauce, or homemade sauce - I usually make large batches of homemade sauce and freeze or can them)
- 1/2 cup part-skim ricotta cheese
- 1 to 1 1/2 cups mozzarella cheese
- Parmesan cheese
- Vegetables (peppers, spinach, and mushrooms are my favorites)

Bring the water to boil in a heavy medium pot, salt it and turn the heat to medium. Add the polenta a little at a time, whisking constantly with a wire whisk. Once you've whisked all the polenta in, reduce the heat to low. Simmer, whisking every minute for the first five minutes, then switch to a flat bottomed wooden spoon and stir frequently until all the water is absorbed and the polenta is thick and starting to pull away from the sides of the pot (about 15 minutes). Turn off the heat, and add any herbs that you think might add some zest to your lasagna (i.e. oregano, basil, thyme...).

When the polenta is cool enough to handle, divide it into two portions, press half into the bottom of a lightly buttered 9"x13" baking pan and flatten the other half onto a parchment lined cookie sheet (roughly the same size and shape as your baking dish). Refrigerate the polenta until it has stiffened.

Preheat the oven to 350. Layer the ricotta cheese, mozzarella cheese, sauce, and sliced vegetables over the polenta in the baking dish. Place the polenta from the cookie sheet over the top and layer with more sauce and any leftover cheese. I like to sprinkle the top with a little grated parmesan because it has such great flavor and crisps up nicely.

Bake approximately an hour, until the top has a brown crust and the sides of the dish are bubbling. Let stand ten minutes, then serve hot.



Omnivoria: Eating Better for Less

by Alice Swan, Newsletter Volunteer

Carol Spurling, the Co-op's very own Coordinator of Membership & Outreach and a serious foodie, recently forwarded a discussion from the Association for the Study of Food and Society listserv to me that all started with an article in the New York Times about Spam. Yes, that's Spam, the canned ham product from Hormel Meats that is the butt of many jokes. The point of the article was that sales of Spam are booming as the economy tanks. Several members of the listserv commented on the fact that Spam, at \$2.40 for a 12-ounce can (that's \$3.20 per pound), is really not much of a bargain at all, when you think about it. A list was included of no less than 18 different meats available at mid-range grocery stores for less than \$3.20 per pound.

It is also possible to buy meat at the Moscow Food Co-op for less than \$3.20 per pound. Choices include (but are not limited to) Country Natural Beef 80% lean ground beef (2.79/lb), Beeler's ground pork (2.99/lb), Diestel Free Range whole turkey (\$2.99/lb) and Petaluma Poultry free-range whole fryer (\$2.66/lb). At just over the \$3.20/lb price, you can get (again, among other things) the Co-op's own bulk pork sausage (\$3.49/lb) Petaluma Poultry Organic whole fryer (\$3.45/lb), Shelton's ground turkey (\$3.50/lb), or for a little more, Beeler's pork shoulder (\$4.29/lb). AND, I'd like to point out, that all these meat options from the Co-op are much better both for the consumer and the environment than Spam.

One of the little factoids mentioned in the New York Times article is that 19,000 hogs are butchered every DAY in Austin for the Hormel plant. Rest assured that these are not the free-range hogs raised on family farms that one gets from Beeler's Natural Pork at the Co-op. Rather, they are raised in CAFOs (Confined Animal Feeding Operations), where they live in tiny pens and are pumped full of hormones and antibiotics. The \$3.20/lb price doesn't reflect the true environmental cost of Spam. It doesn't include wildlife habitat lost to both feedlots and farms that grow feed for the hogs; it doesn't include the huge amounts of petroleum expended as both fuel and fertilizers to grow the feed; and it doesn't include the

environmental harm caused by widespread use of prophylactic antibiotics that breed drug-resistant germs and are leached into our water supply. I could go on, but you get the picture.

It should be no surprise that it's cheaper to buy minimally processed meats (such as a whole chicken or turkey or plain ground meat) than it is to buy a processed, additive-laden, canned meat product. The same is true no matter what type of food product you're looking for. It's cheaper to buy simple dried beans than it is to buy them pre-cooked in a can, and it's cheaper to buy bulk pasta than to buy a boxed pasta meal. So if you're looking for ways to cut back on your grocery budget in the New Year, think close to the source. Of course, it's way more trouble to cook a whole turkey (or even brown some ground beef) than it is to simply open a can and dig in. But think of it as a renewed commitment to yourself, your family, and the environment. Cooking together with your family members is quality time spent together, and turns out a healthier meal than eating highly processed foods.

Buying and cooking a large piece of meat (such as a whole chicken or a roast) can also stretch your food dollars. Eat it one night as a main dish, and add leftovers to other dishes with veggies, rice, beans or pasta to make it last for several more meals. Cooking a big meal on a Sunday is a great way to start off the week, so that instead of getting take-out, you eat an inexpensive, healthy, home-cooked (leftover!) meal on Monday. And it doesn't have to be complicated—stick a turkey or a pork roast in the oven Sunday, and reap the benefits the rest of the week. (Hint: if you cook lots of rice or potatoes or quinoa or whatever to

go with your meat, it makes fixing leftovers even easier!)

I lieu of a recipe this month, and in the spirit of the new cookbook *Cooking Beyond Measure* by Jean Johnson, I instead offer some suggestions for ways to use (and stretch) your leftovers from Sunday dinner without a lot of hassle.

► One suggestion I came across recently that I really like, is to make potato or rice cakes with leftovers. Chop some leftover meat, and mix it with leftover mashed potatoes or cooked rice (if the mixture is dry, you might need to add some egg to make it stick together), add some cooked veggies, herbs and bread crumbs, form into patties, and cook in a non-stick skillet. Serve with mango chutney, like the really yummy mashed potato and risotto cakes from the Co-op deli.

► Curry: cut up leftover meat, warm in a curry sauce (which you can either make, or simply get from a jar) with some veggies, and serve over rice. The same principle works with barbecue sauce to make something like pulled-pork (or chicken, or beef...) sandwiches.

► Tacos or tostadas: shred leftover meat, warm it up, and

serve with tortillas and fixings — lettuce or cabbage, salsa, sour cream, cheese, or whatever. Refried beans are a good, inexpensive (and kid-friendly!) addition.

► Soup: cook some aromatic vegetables (onion, garlic, carrot, celery) in oil in a large pot, and once they're soft, add cut up meat, broth, and other veggies, such as potatoes or squash (if these are already cooked, they will add flavor and body, or add uncooked chunks), greens, pasta, beans or rice, or whatever you have on hand. Don't forget to add some herbs, too.

► Pasta: add leftover cooked meat to tomato sauce for something really simple, or sauté it with veggies and serve over pasta.

► Salad: save this one for summer — cold leftover meat can easily be added to salad for a light dinner — think chicken Caesar, chef's salad with turkey, or a bread salad with flank steak.

Alice has high hopes for the year 2009.

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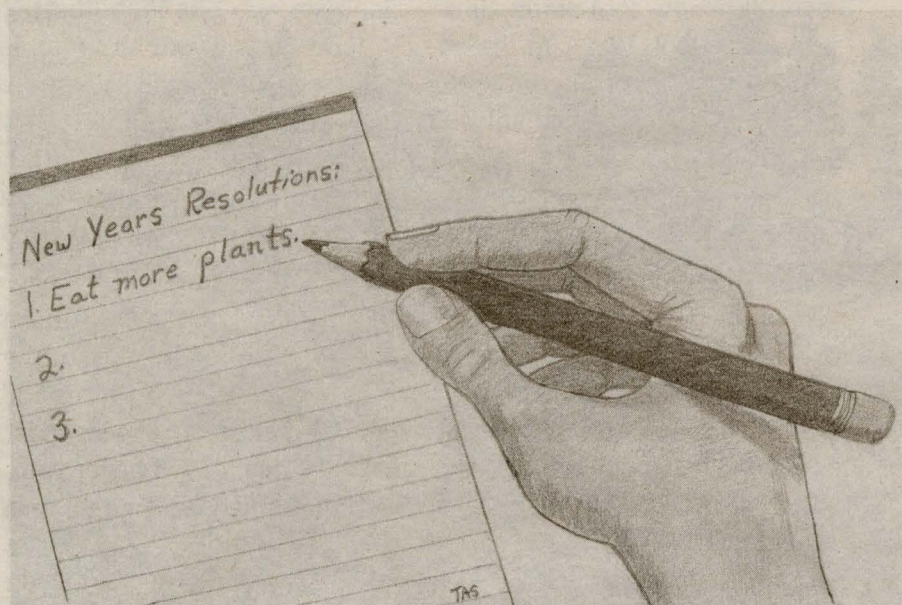
January Hot Specials

Breakfast / Lunch	Dinner
SUNDAY	
Chicken Fried Steak and Gravey, Egg and Tofu Scramble	Baked Polenta with Kale and Cheese or Bacon
MONDAY	
Gourmet Pizza by the Slice	Beef or Mushroom Stroganoff
TUESDAY	
Shepherd's Pie (Beef & Veggie) Buttermilk Biscuits	Amanda's Meat Loaf Mashed Potatoes with Gravey
WEDNESDAY	
Chicken Pot Pie Veggie Pot Pie	Spaghetti with Italian Meatballs or Butternut Squash and Garlic Bread
THURSDAY	
Smothered Burritos: Chicken, Veggie, Vegan, Green Chili Chix Enchiladas	Mac and Cheese, Roasted Red Potatoes, Mean Greens
FRIDAY	
Foldovers!, Mean Greens	Gourmet Pizza by the Slice
SATURDAY	
French Toast, Maple Sausage, Egg and Tofu Scrambles, Italian Sausage and , Spinach Pesto Lasagna	Roast Beef, Roasted Red Potatoes, Steamed Broccoli and Baby Carrots



Much Ado About Tofu: More Plants When You Dine in 2009

by Terri Schmidt, Newsletter Volunteer, illustration also by Terri



Many of us start the New Year with an eye toward healthier eating after over-indulging during the holidays. If you are writing New Year's resolutions, consider helping your body and the Earth by substituting vegetarian meals for meals with meat one or two extra days a week.

When my children chose to be vegetarians, I learned to cook meat free meals. I do, however, enjoy eating chicken, turkey or fish now and then, which makes me, in today's vernacular, a flexitarian - a vegetarian who occasionally eats meat. So I am not unsympathetic toward those who consume meat regularly, but there are advantages to eating less animal protein. Consider the following benefits of foregoing meat now and then.

Adding more vegetarian meals to our routine reduces our intake of cholesterol. The saturated fats in meat would be replaced by healthier polyunsaturated fats. To protect our hearts, the American Heart Association recommends eating foods with healthy fats like fish, tofu and other forms of soybeans, canola, walnut and flaxseed, and their oils. www.americanheart.org/presenter.jhtml?identifier=4632

Eating less meat also has a considerable impact on the environment. Not all the beef eaten in the United States is raised here. "We import more than 200 million pounds of beef from Central America alone. Every second of every day, one football field of tropical rainforest is destroyed in order to produce 257 hamburgers." www.earthsave.org/environment/

[foodchoices.htm](http://www.foodchoices.htm) Another issue is our carbon footprint. Professors from the University of Chicago studied the production of greenhouse gases. They discovered the most energy efficient diet is vegetarian - which saves a ton and a half of CO₂ or equivalents per year. www.treehugger.com/files/2006/04/vegan_diets_heal_1.php

If enough people ate more grains, beans, vegetables, fruit and products made from plants, including tofu, it could have a big impact. "Compared to tofu, meat production takes up approximately 17 times as much land, 26 times as much water, 20 times as many fossil fuels, and 6 times as many chemicals."

www.plentymag.com/features/2008/08/greenlined_design.php?page=2P Paul McCartney said, "If anyone wants to save the planet, all they have to do is just stop eating meat. That's the single most important thing you could do. It's staggering when you think about it. Vegetarianism takes care of so many things in one shot: ecology, famine, cruelty." www.goveg.com/celebs.asp

Resolving to eat a more plant-friendly diet doesn't mean giving up the pleasures of your palate. The recipes on this page are very tasty. The avocado dip does contain fats, but they are the healthy fats recommended by the American Heart Association. Eating good fats can help with weight loss because people tend to be satiated sooner when they have some fat in their diet. Enjoy the dip with pita bread, whole-grain crackers, or fresh vegetables. The curry recipe is low in fat, but high in flavor. It is

Small Planet Tofu Avocado Bean Dip

www.smallplanettofu.com/recipes.htm#avocado

by permission Tofu Phil, Small Planet Tofu

Recipe contributed by West Wind Naturals

- 1 pound Fresh Small Planet Organic Garlic & Herb and/or Spicy Tofu
- 1/2 pound Spicy or Mild Emerald Valley Bean Dip
- 1/2 pound Emerald Valley Mild or Hot Salsa
- 1 large green pepper (finely chopped)
- 2-3 tablespoons organic wheat-free tamari soy Sauce
- 2 ripe avocados
- 2-4 cloves garlic (minced)
- 2-4 tablespoons dill weed
- Juice of 1 fresh lime

In a large bowl, mash avocados with lime juice. Crumble tofu and add to avocado mixture. Add remaining ingredients and mix well.

Multi Layer Dip: For a festive presentation, intermittently layer dip with chopped fresh vegetables (tomatoes, radishes, cucumbers, etc.) in a clear glass bowl. Spread top with sour cream or plain yogurt, sprinkle with grated cheese and garnish with tomato wedges, shredded lettuce and fresh cilantro if desired.

Madras Curry Pilaf

"The Art of Tofu," Akasha Richmond

by permission Mori-Nu company

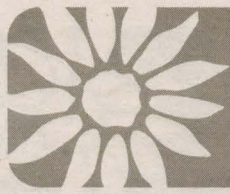
- 1 package Mori-Nu Lite Tofu (extra firm)
- canola oil cooking spray
- 1 tablespoon light soy sauce
- 1 teaspoon Madras curry powder
- 1 1/2 cups basmati rice
- 1/2 medium yellow onion, cut in half and sliced in 1/4-inch moons
- 1/2 cup fresh or frozen green peas
- 2 teaspoons peeled and grated fresh ginger
- 1/4 teaspoon turmeric
- 1 bay leaf
- 2 cinnamon sticks
- 1/4 teaspoon ground coriander
- 1/4 teaspoon caraway seeds
- 1/2 teaspoon salt
- 1/8 teaspoon freshly ground black pepper
- 1 clove garlic, pressed
- 2 tablespoons raisins
- 3 1/4 cups water or stock
- A small handful fresh cilantro leaves

Preheat oven to 400 degrees F. Pat tofu with paper towels to dry out moisture. Cut tofu into 1/2-inch cubes and lay on a cookie sheet sprayed with cooking oil spray. Drizzle with 1 tablespoon soy sauce and sprinkle with curry powder. Roast in the oven for 30 minutes. Wash rice in several changes of water and put in a colander to drain. Place rice in a heavy 4-quart saucepan; add tofu and remaining ingredients except cilantro. Bring to a boil, reduce to a simmer, cover, and cook for about 14 minutes. Turn off heat and let sit for 5 minutes. Do not stir. Before serving, arrange on a platter and garnish with fresh cilantro leaves.

Note: Madras curry powder is hotter than standard curry powder. Use the standard variety if you like less spice.

a lovely dish to warm you on a cold winter's day.

Terri Schmidt wishes you all a New Year filled with love and laughter, and a few more vegetables



In The Garden: A New Gardening Year

by Holly Barnes, Newsletter Volunteer

*If we had no winter,
the spring would not
be so pleasant ... ”*

—Anne Bradstreet
(1664)

We gardeners are so lucky to be able to start a new gardening year every January. Talk about new beginnings! Plant and seed catalogues fill the mailbox and we dream over the pictures that show plants at their healthiest and happiest. I also take this time to peruse some of my favorite ‘coffee-table’ garden books for their gorgeous pictures of gardens in full bloom, truly an inspiration.

We learn from the mistakes we made last year and resolve not to repeat them. We’ll make new mistakes this time around and learn from them as well.

We can plan an entirely new garden area or revamp an existing one. The trend I think we’ll see this year is toward planting fruits and vegetables wherever we can find space. With an economy that will probably be depressed for some time to come we will benefit from incorporating as much food as possible into our gardens. Not to mention that it’s healthier and tastier to eat local produce. Resources in our area provide ways to learn about increasing our planting of edibles, for ourselves, and/or for the market. Anything that is too much for us to consume can be shared with neighbors and food banks via Backyard Harvest. The University of Idaho Extension office saw increased interest this fall in preserving foods from those excessive harvests. They expect that interest to continue and grow.

Last year I planted some purple kale plants into a border and loved the way they fit right

into the ornamental garden. The color and texture that the plants added were enough of a reason to plant them. Adding salad makings onto the list of benefits made the plants even more welcome. My raised bed square foot gardens will be kept busy all summer producing food as

usual, but I’ll also plant more kale and tuck lettuce plants along garden paths. I mix these with iris, ornamental grasses, chives and parsley. They all blend beautifully. The edibles can be harvested leaf by leaf as the season progresses and they will continue to grow.

The UI Extension Office also expects escalating interest in growing fruits and vegetables. Publications can be found online at the Extension Resource Catalog, <http://info.ag.uidaho.edu/>. Click on Extension, then Homes and Gardens. Another local source which is providing information to those wishing to plant more edibles is the Potlatch Growers Group, which will continue its gardening seminar series in February. The February 8 seminar will focus on

about what to do with a small acreage. Additionally the group is



Rebekka Boysen-Taylor at MaryJanesFarm, where flowers and vegetables mix well

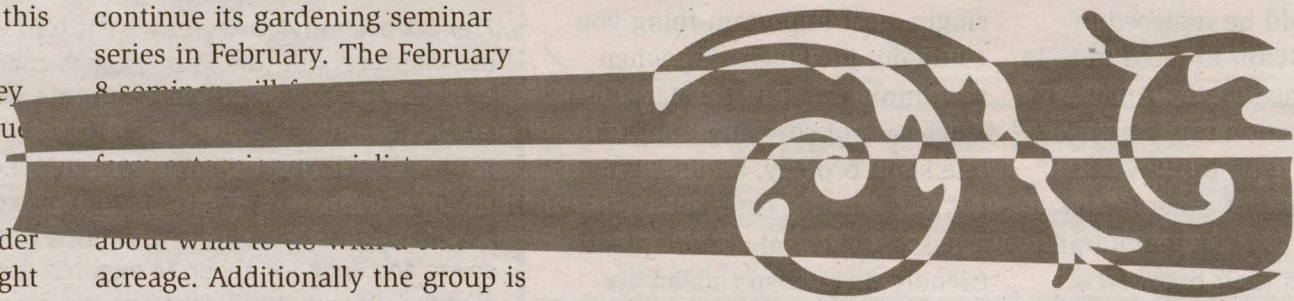
exploring presentations this year on topics of self-sufficiency and sustainability. This spring, they are considering a series of talks/discussions called “From Bean to Beans: How to Start a Garden”. If you live in the Potlatch area and have suggestions on what you’d like to see discussed, let them know at potlatchgrowersgroup@yahoo.com or at 208-875-0644.

Whether you live in the area or not, you are welcome at the seminars and you will find them most informative and practical.

I also wholeheartedly recommend the Master Gardener Course through the U of I Extension Office. The weekly classes run during the spring

semester, from January to May. Included are classes on botany, soils, fruit trees, grapes and berries, vegetable gardening, pruning and composting. It’s a great way to learn from the experts about gardening in our area. Contact Rachel Rausch, Program Coordinator, at 883-2267 or rrausch@latah.id.us.

Holly Barnes is dreaming big dreams about her 2009 garden. No new installations are planned, but there will be plenty of rearranging of plants and meticulous weeding of gardens put in last year. When she yearns for warmer weather, she rereads Anne Bradstreet’s quote, above.



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Letter from the Land: Regional Holiday Feasts

by Suvia Judd, Newsletter Volunteer

We had two Thanksgiving dinners this year just past, one traditional and one regional. The first one had a traditional turkey; a (really yummy) shitake souffle vegetarian entrée; dressing/stuffing with fennel bulb, shallots, and our own apples; cute little baked squashes from our friends, the Tonnemakers, in Royal City; Cascadian Farms frozen green beans (some years we have our own); cranberry relish; and a pumpkin pie with one of our own winter squashes in a deep ceramic dish from a pottery near Dayton. All in all, a very satisfactory meal. On the Sunday following, we had a meal to honor the Salmon Nation. (See *Renewing Salmon Nation's Food Traditions*, 2006, compiled and edited by Gary Paul Nabhan, a project of Ecotrust and the Renewing America's Food Traditions Consortium.) We had a broiled salmon (frozen Alaska sockeye from the Fish Folk), wild rice from St. Maries, and bok choy (Co-op and Californian, but we wanted something green), and one of our own winter squashes, baked. I cannot remember which one, because we have been having our own winter squash every other day or every day for a couple of months. It was one of our light-

est harvests ever, and we still had two Rubbermaid tubs and a six-cubic-foot wheelbarrow's worth of a half dozen different varieties. They are still lighting up the living room. For dessert we had a quince pear tart, of our own Cook's Jumbo quinces and our own Anjou pears. Totally delish.

There are two strains to the eat local movement: One is about reducing one's footprint, by not participating in a commodity system that takes California carrots to Vermont when they can be grown in Vermont, or at least in New Jersey (the Garden State). The other is about culture and connecting with one's regional ecology. So the Salmon Nation's food traditions book doesn't just cover salmon and huckleberries, blackberries (cultivated/escaped) and regional cultivars like Spokane Beauty apple.

I got to thinking about my own family's traditional Thanksgiving and Christmas. We had turkey at both feasts, and homemade cranberry jelly unmolded from lovely fluted molds onto hammered silver platters with scalloped edges. Pretty all-American you think? Yes, but we were at my grandparents' house in Hingham, Massachusetts, not an hour's drive from Plymouth, in the

land of turkeys and cranberries. Where I grew up in Vermont, we even had our own tiny cranberry bog — a vernal pool for tiny frogs in spring, but in fall a place where I remember going with friends to glean a few local cranberries (and getting shot at by a hunter). The native turkeys are now back in force. And we had stuffing with Bell's seasoning (comes in a little yellow cardboard box), which I have never found anywhere else but the Northeast, and a (big blue) Hubbard squash, which I never knew was regional until I started reading gardening catalogs from other areas. Mashed potatoes, not always our own, but in later years my father proudly grew a large crop, including the regional Kennebecs. At Thanksgiving, we had pumpkin pie from New England pie pumpkin, and at Christmas we had squash pie and mince pie from my mother's own green tomato mincemeat (as well as a suet pudding, doused in brandy and brought flaming to the table).

And come to think of it, New England was once a salmon nation too, before the mills of the nineteenth century dammed up the rivers. And now the salmon are coming back. And my other grandmother, in Western

"I am an unapologetic foodie, and I like food of many regions, but I particularly like connecting what I eat with the ecology and culture of the region I am living in."

Massachusetts, used to serve a summer holiday luncheon for guests of a whole poached Atlantic salmon on a bed of Boston lettuce and new green peas.

I am an unapologetic foodie, and I like food of many regions, but I particularly like connecting what I eat with the ecology and culture of the region I am living in. I remember I came back from a year in Indiana with two recipes for persimmon pudding (from local wild persimmons) and one for summer squash pie. Eat. Learn. Enjoy.

Suvia Judd gardens, cooks, eats and thinks about food from her home in Moscow.

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Around Town with the Bicycle Brothers: Have a Studly Winter

by Isaak Julye and Emmett Breedlovestrout, Newsletter Volunteers

“And remember, no matter how studly your winter bike tires are, it takes some getting used to riding in icy conditions. Have fun, and don’t hit the streets until you feel confident!”

There are two distinctly different ways to commute around town by bicycle during the snowy and icy winter months on the Palouse. One technique involves uncontrolled sliding, typically performed lying on your side, while your bike executes cartwheels beside you. The other method more closely resembles summer bike commuting — effortless pedaling, confident cornering and braking and enough style to toss your friends a sophisticated “ciao” as you depart the Co-op, latte in hand. The key difference between the two winter riding styles? Studded snow tires.

In a previous article, we asked readers to submit their best human-powered winter commuting tips that help keep the car locked in the garage. Our favorite came from a community member named Jon: “Put a bunch of screws through an old pair of tires,” he wrote, “to make studded tires that are great on ice and snow.” It’s not much more complicated than that. Get ready, you DIY people — here comes a winter project. (If your handiness quotient is a 0, don’t worry — all bike shops sell commercially made studded bike tires too).

Supplies:

- ✓ 2 knobby tires that fit your bike (old ones work, but not too worn out).
- ✓ 2 boxes (or about 200) 3/8” inch pan-head sheet metal screws (use 3/4” inch screws if you want tires that frighten children).
- ✓ 2 old inner tubes OR 2 puncture-resistant bike tire liners OR 1 roll of duct tape
- ✓ Electric drill

✓ 1/16” inch drill bit.

✓ A positive attitude.

Method:

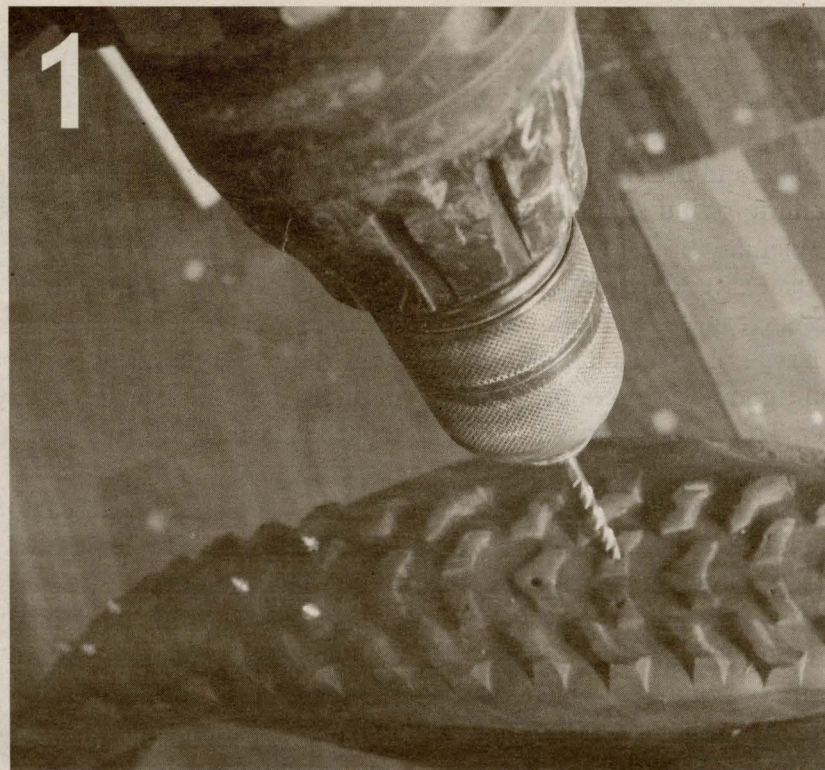
➤ **Determine a screw pattern:** Take a look at the pattern of knobs on the your tires. Not every single knob is going to need a screw. Too many and the tires will weigh as much as you and make you sound like a helicopter on dry pavement, not enough and you’ll slide out on corners. Try an alternating pattern like a screw in every other outside knob and every other center knob.

➤ **Insert screws:** The goal is to have your screws protrude through the centers of the knobs by about 1/8”. Start by pre-drilling each screw hole with the 1/16” drill bit from the outside of the tire on each knob that needs a screw. Then find the hole you made through to the inside of the tire and thread a screw into it (Pointy end goes out!). Repeat following the pattern you devised.

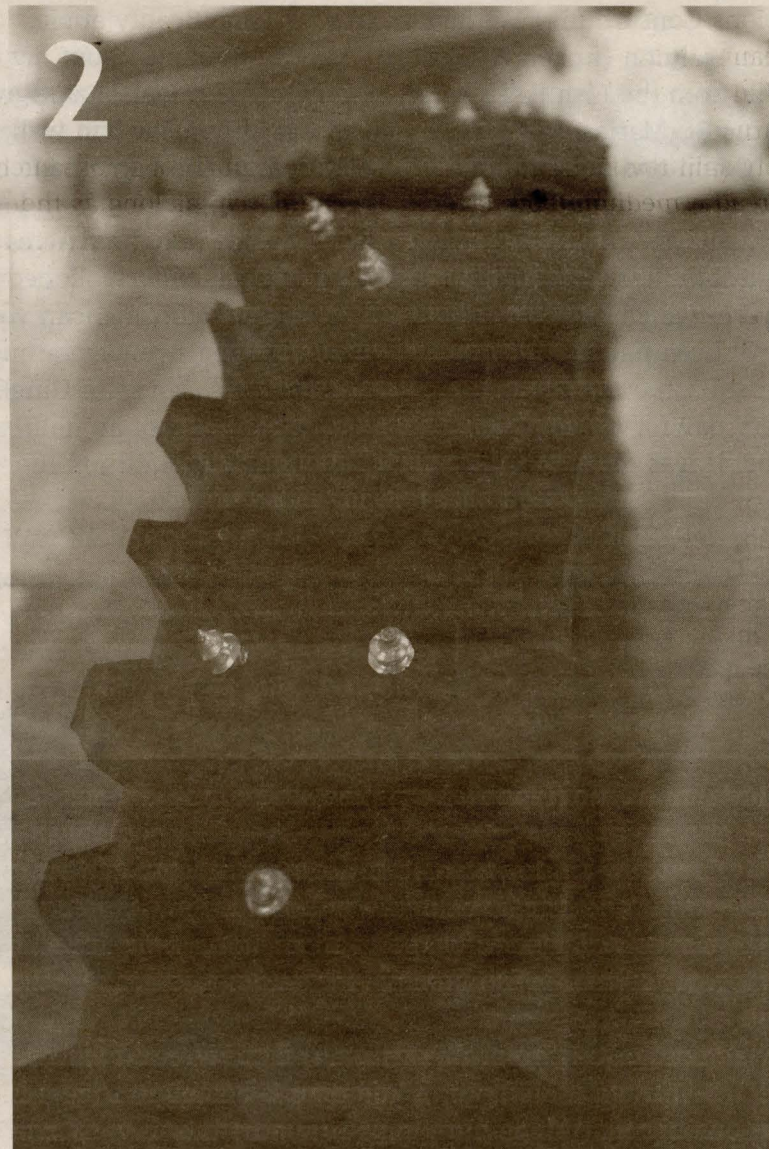
➤ **Protect inner tube:** By now, the insides of your tires are full of small metal objects—not a desirable situation for you inner tubes. You will have to separate the screw heads from the inner tube with some protective layer. A few layers of duct tape on the inside of each tire will work. Lining the inside of the tires with old inner tubes (with valve stem removed) will work as well. Or you can use the puncture-resistant tire liners sold in bike shops for the same purpose. Install on bike, and hope for snow!

If you happen to have two pairs of wheels for your bike, it works well to mount your studded tires on their own wheelset. That way if there is going to be a week of 50-degree days in the middle of January, you can quickly swap out your studs for your regular tires. Convenience is the key.

And remember, no matter how studly your winter bike tires are, it takes some getting used to riding in icy conditions. Our advice: Find a deserted, iced-up parking lot and spend some quality time practicing starting, stopping, cornering and skidding. Have fun, and don’t hit the streets until you feel confident!



Pre-drilling screw holes in tire.



Where's the ice? This tire is ready

In the interest of winter riding comfort, the Bike Brothers are currently conducting research for their study: “Thermodynamic Properties of Hand Coverings: Three-fingered, five-fingered and the mitten.”



Mama Can We Make... Bagel Bird Feeder

by Nancy Wilder, Newsletter Volunteer

The long cold winter has set in. We can bundle up to go outside and play, then return to our warm homes to make hot food and drinks. Not so for our wildlife friends. When it is especially snowy and cold, the animals and birds must work extra hard to find shelter and food, using their precious energy reserves to keep them from freezing or starving. We can do our part to help the birds that haven't gone elsewhere for the winter. This fun and easy project can be made by all family members. Even the youngest children can feel the joy of creating something from start to finish that can help feed our wild winged friends. And these are simple and quick enough to create that you can make these several times throughout the winter.

You will need:

- ✓ 4-6 whole grain bagels
- ✓ Peanut butter
- ✓ Wild bird food
- ✓ Yarn

Simply split the bagels in two and spread a medium-thick layer

of peanut butter on each half. Using a small cup, sprinkle a layer of the wild bird seed over each bagel half, then gently press the seeds into the peanut butter so it will stick when tipped upright. Very young children may need help pressing very gently and evenly with their whole hand.

Now you are ready to thread the yarn through the center holes of the bagels and hang them from several branches in your yard or on outdoor hooks such as on a porch, as long as the



bird has something to perch on as it eats. Children and adults alike can now joyfully watch as a variety of birds arrive in the yard to find a delightfully unexpected source of sustenance through even the snowiest of

cold winters.

Nancy's family plans to sit by the front window often to watch the birds and the snow fly this winter.

Co-op Crossword Puzzle

by Craig Joyner

ACROSS

- 1 MFC grocery manager _____ McDougall
- 3 Endangered Species Chocolate's Supreme Dark Chocolate bar has this animal on it
- 6 Last month's profiled volunteer, 1st name, 2nd is 54 across
- 9 MFC's mercantile buyer Kelly _____
- 12 300 Hz to 3GHz, abbreviation
- 14 Netherlands or baseball abbreviation
- 15 Tin or seminal 70's West German prog rock-band
- 16 How fast something turns, abbreviation
- 18 Last month's profiled musician 1st name, 2nd is 41 across
- 20 America
- 22 Loan
- 23 The A-Team rode in _____
- 25 MFC's new charitable program 1st half, 2nd is 26 down
- 27 Periodic table designation for lead
- 28 Nixon signed law that mandates environmental impact statements, abbreviation
- 29 _____ Hawk Farm, local producer of elk sausage
- 30 Tax preparer
- 31 Brother or sister
- 32 This month's _____ at the Co-op represents MFC's staff and volunteers
- 34 Texting for your
- 36 Contest to promote your cher-

- ished product 1st word, 2nd is 13 down
- 37 Iraq's contentious neighbor
- 40 Add a 7 for the world's most famous super spy
- 41 See 18 across
- 43 Abbreviated fourth month
- 45 MFC bakery's seasonal loaf with a romantic pedigree
- 47 Tenth month of the Hebrew calendar
- 49 Television
- 50 Female sheep
- 53 Author _____ Wells
- 54 See 6 across
- 55 Creamy French cheese mentioned on last month's front page

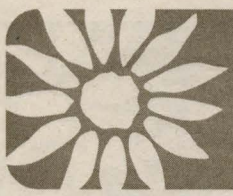
DOWN

- 1 Last month's profiled staff, 1st name, last is 35 down
- 2 Cloistered sister
- 3 Standard simile word
- 4 Bullfighter
- 5 Predicting when one appears, abbreviation
- 6 A convenient Gore
- 7 Creator of MFC sculpture Eartha, _____ Hay
- 8 Seattle distributor of artisan crafted sake sets and tea tins new to MFC
- 10 Curved culinary knife for chopping herbs
- 11 Cowboy Be-bop or Astroboy
- 13 See 36 across
- 17 Tiny seeds you can find in muf-

1			2		3	4	5		6	7		8
			9	10				11				
12	13		14			15				16	17	
18		19		20	21					22		
23			24		25		26				27	
28					29					30		
	31				32				33		34	
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			40				41				42	
43	44			45								46
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49					50		51		52		53	
54							55					

- 56 _____ fins or on chicken
- 19 Turnip shaped
- 21 Upcoming February fund raiser to install the new 'bar'
- 24 Home planet of Princess Padme Amidala in Star Wars
- 26 See 25 across
- 33 Thailand monetary unit
- 35 See 1 down
- 38 Ripening early
- 39 Gassy sign
- 42 Hospital caretaker
- 44 The Peacock Constellation or a town in Georgia

- 45 Periodic symbol named after a planet that's no longer a planet
- 46 Donor to the Great Pumpkin Pie Sale, Wilcox _____
- 48 Advanced degree for painters, sculptors, etc.
- 51 Spanish the
- 52 Al Franken and Norm Coleman might still be fighting for this state's senate seat
- 53 Male



Meals Kids Might Eat: Secrets of Feeding a Healthy Family

by Judy Sobeloff, Newsletter Volunteer



Must-have Mostaccioli

Coming clean: Enough people expressed interest/amusement to me regarding last month's column on sneaking pureed veggies into other foods that I must now reveal that trying this only one more time led, in our house, to macaroni rebellion. (Older child: Mom, please don't do your invention because I'm having some too! Younger child: I'll only eat macaroni if Daddy does the cheese!)

And digging deeper: I recently stumbled upon Missy Chase Lapine's *The Sneaky Chef*, which seemed so similar to *Deceptively Delicious* that I did some further reading. Might I suggest ... those who'd like to give deception another whirl might like to check out *The Sneaky Chef* or Chris Fisk's *Sneaky Veggies*.

On a completely different note, our family recently read *Farmer Boy*, the story of Almanzo Wilder, who eventually married author Laura Ingalls, and we were impressed by what Almanzo's mother cooked. A sample supper: baked beans; salt pork; boiled potatoes with ham gravy; ham; bread and butter; mashed turnips; stewed pumpkin; plum preserves, strawberry jam, grape jelly, spiced watermelon-rind pickles; and pumpkin pie.

I was reminded of the Wilders' bountiful table upon reading Ellyn Satter's *Secrets of Feeding a Healthy Family*, because one of Satter's "secrets" is to provide a variety of appealing foods at every meal, with a focus on including enough of what people like and need to eat

rather than on restricting sugar, fat and salt.

The book's subtitle is "How to Eat, How to Raise Good Eaters, How to Cook," and Satter does indeed cover all of these topics, along with recipes and menu rotation and shopping tips. While these suggestions will probably work best for meat-eating families, others who don't mind being bossed around a bit will probably also find her ideas helpful.

Satter strives to promote "eating competence," the key components of which are "the permission to eat food you enjoy in amounts you find satisfying, and the discipline to feed yourself regularly and reliably and to pay attention while you eat."

For families, this translates into "division of responsibility": "Parents do the what, when, and where of feeding; children do the how much and whether of eating—from what parents offer."

Most counter-intuitive for me (though I came to see her logic) were Satter's suggestions to 1) always include bread, or some other appealing carbohydrate, to alleviate kids' anxiety about there not being anything that they might like, and 2) to put a serving of dessert at each place when setting the table (no seconds), which the child can eat before, during, or after the meal, to reduce the attraction of "forbidden foods."

Our first experiment with Satter's "dessert management" method had unintended consequences. (Younger child, after dinner: I want my dessert! Me:

Mostaccioli with Spinach and Feta

- 8 oz. mostaccioli or tube-shaped pasta
- 10 oz. frozen chopped spinach, thawed
- 3 medium fresh tomatoes or 6 Roma tomatoes
- 6-10 green onions
- 2 Tablespoons olive oil
- 8 oz. mild feta cheese, finely crumbled

Cook pasta in rapidly boiling, salted water until al dente. While the pasta cooks, pour thawed spinach into colander and squeeze out excess liquid. Chop tomatoes. Cut green onions crosswise into 1/4-inch or less slices (bulbs and most of the tops). Drain pasta and put it back in the pan, then add the spinach and olive oil. Add the tomatoes and onions and feta cheese and combine. Mix and warm gently in original cooking pan or in glass dish in microwave.

Zucchini and Carrot Patties

- 2 cups seasoned bread stuffing mix
- 4 eggs
- 1/4 cup milk
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 2 cups zucchini, coarsely grated
- 2 cups carrots, coarsely grated
- 2 teaspoons butter
- 2 teaspoons oil

Mix together first five ingredients and let stand to hydrate. Mix zucchini and carrots with hydrated stuffing mix. The mixture will be very loose, but it will become firmer with cooking. Heat a large frying pan over medium heat and melt butter and oil together in the pan. When the fat is hot but not smoking, lower the heat to medium-low and drop scoops of batter into the pan. Gently flatten into patties and fry in oil for 2-3 minutes per side.

Tuna Noodle Casserole

- 8 oz. mostaccioli or tube-shaped pasta
- 10 oz. frozen chopped spinach, thawed
- 3 medium fresh tomatoes or 6 Roma tomatoes
- 6-10 green onions
- 2 Tablespoons olive oil
- 8 oz. mild feta cheese, finely crumbled

Cook pasta in rapidly boiling, salted water until al dente. While the pasta cooks, pour thawed spinach into colander and squeeze out excess liquid. Chop tomatoes. Cut green onions crosswise into 1/4-inch or less slices (bulbs and most of the tops). Drain pasta and put it back in the pan, then add the spinach and olive oil. Add the tomatoes and onions and feta cheese and combine. Mix and warm gently in original cooking pan or in glass dish in microwave.

Panned Cabbage and Carrots

- 2-3 teaspoons butter or olive oil
- 8 oz. shredded cabbage, red or white
- 4 oz. shredded carrots
- A few drops vinegar (balsamic, wine or rice)
- 1/4 teaspoon each salt and pepper

Heat butter or oil in large pan with a lid over medium heat. Add cabbage, carrots and vinegar; sauté and toss for 3-4 minutes. Cover pan and cook for another 1-2 minutes until the vegetables are tender but still a little crisp. Add salt and pepper to taste.

You had dessert. Child: I ate it first so it doesn't count! If you eat it first, it doesn't count!)

Many of Satter's recipes were appealing, but they were so

clogged with helpful preparation tips that sometimes it was difficult to find the actual ingredients or actual steps.

Continued on next page...



Continued from previous page...

While the idea of providing several dishes appealed in theory, I found myself going for bread and pickles and veggies with dip rather than constructing more elaborate side dishes (Almanzo's mother's style). We tried three main dishes—mostaccioli with spinach and feta, zucchini-carrot patties, and tuna noodle casserole—and one side

dish, panned cabbage and carrots. Parents liked all of them, particularly the mostaccioli and the cabbage; the kids liked the first two, with only one liking the casserole and neither going for the cabbage.

The new edition of Satter's book is available at the Moscow Library. Those who'd like to learn more about her philosophy might also want to look at some

of her other books, such as *Child of Mine: Feeding with Love and Good Sense*, and *How to Get Your Child to Eat... But Not Too Much*.

As for resolutions, this month's newsletter theme: rather than offering anything pie-in-the-sky here (one slice, served at the start of the meal), I'll just say that I like the idea of planning ahead in order to relax about

what we're going to have, and relaxing rules to increase enjoyment, but I'm not keen on spending all day over a hot stove in a hoopskirt.

(Recipes condensed from *Secrets of Feeding a Healthy Family*)

Judy Sobeloff wishes everyone a fabulous new year, eating dessert first.

Martin Luther King, Jr./Human Rights Community Breakfast

by Joann Muneta

The 16th annual Martin Luther King Jr./ Human Rights Community Breakfast will be held Saturday, January 17, from 9-11:30 a.m. at Moscow Jr. High School. The cost of admission is \$8 general/ \$ 4 students, and attendees are requested to bring non-perishable items for MLK Food Drive.

The Latah County Task Force sponsors this annual event, which includes breakfast, entertainment, presentation of Rosa Parks Human Rights Achievement Awards; announce-

ment of winners of Martin Luther King Jr. Art & Essay Contest, and guest speaker, Tod Ewing, who will speak on "After the Election: Where Do We Go From Here?" Mr. Ewing is a magna cum laude graduate of the University of St. Cloud, Minnesota, with over 25 years experience in diversity, race relations, conflict resolution and communication skill training. He is a national speaker on race relations and building models of cultural and racial unity and is a certified mediator.

Tickets are on sale at BookPeople of Moscow. Please buy in advance, as breakfast sells out each year.

In addition, the Latah County Human Rights Task Force is sponsoring a Martin Luther King Jr. Art & Essay Contest open to all Latah County K-12 students. Contest entries are due by January 9. Contact Walter Hesford (hesford@uidaho.edu; 882-4599) to arrange to have them picked up, or send them to the Latah County Human Rights Task Force, P.O. Box 8613,

Moscow, Idaho 83843.

Contest winners will be notified by January 12 and recognized at the Martin Luther King, Jr. Day Breakfast, January 17. They will receive a certificate of achievement and, through the generosity of the Idaho AARP, a \$25 gift certificate for a book from BookPeople of Moscow. Junior and senior high contest winners will also be invited to attend a January 16 workshop given by Tod Ewing, this year's Martin Luther King Jr. Human Rights Breakfast speaker.

Rural Roots Receives "Dime in Time" Grant

by Kelly Kingsland, Secretary, Rural Roots

This month's recipient for the "Dime in Time" program is Rural Roots. Rural Roots is a member-driven non profit whose mission is to "support and enhance sustainable and organic agriculture and community-based food systems in the Inland Northwest." Based in Moscow for 11 years now, Rural Roots has been supporting small local farms and ranches, and through our collaboration in the Cultivating Success program, growing new ones.

Though our membership has traditionally been made up of producers, more and more consumers who want to deepen their commitment to local food production are joining. I revel in the idea that "eaters" are seeking ways to support and invest in our local food systems and farms. And it is true that that while buying locally produced products is an essential piece of the puzzle, offering existing farms support and working

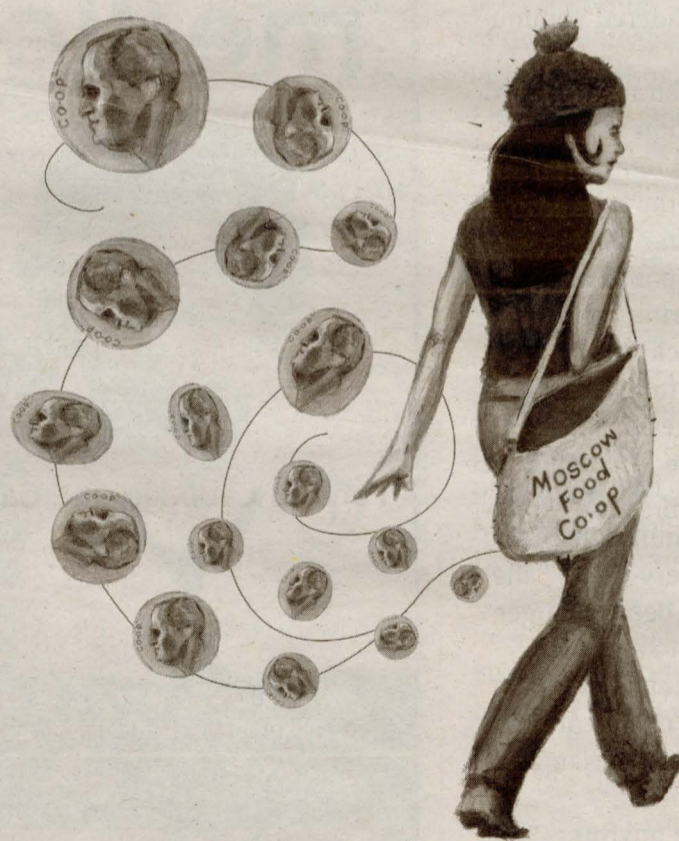


Illustration by Lucas Rate.

to facilitate the growth of new farms are also integral pieces of the same puzzle.

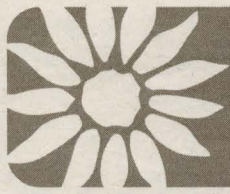
As a consumer, joining Rural

Roots is a tangible way to deepen your commitment and involvement in local food. For producers, Rural Roots offers networking and links to other producers throughout our region, and for the aspiring farmer/rancher, RR offers inspiring educational and hands-on opportunities.

In truth, Rural Roots' dream is both visionary and grounded in realistic necessity. Whether

you are a farmer, rancher or consumer, RR offers us all a vehicle to move our local food systems forward. Visit www.ruralroots.org to find out more or to join our membership. The money from the Moscow Food Co-op's "Dime in Time" program will be spent on board of director development and consultation culminating at our annual retreat. We are exceedingly grateful to the Moscow Food Co-op for its support of local food systems in general, and the "Dime in Time" program specifically.

Kelly Kingsland, Affinity farmer, looking out the window at December fog, feels grateful to live in a climate that has four seasons.



Inland Oasis: Activism and Community in the Palouse

by Sean M. Quinlan, Newsletter Volunteer

In this month's feature on community organizations, we turn our focus on a group that combines community spirit and social activism: the Inland Oasis.

According to its mission statement, Inland Oasis offers a community center that "supports educational, social and health programming for the lesbian, gay, bisexual, transgendered and allied communities on the Palouse, Southeastern Washington and North Central Idaho."

Inland Oasis serves these needs by organizing community events such as the yearly Pride Festival (the second weekend of August) and National Coming Out Day (October 11). Significantly, it also provides an active program for HIV screening, and helps coordinate local events for World AIDS day.

Formed over seven years ago, Inland Oasis boasts about 60 members, recruited from a broad spectrum in the local population. It has an active and motivated 12-person board of directors. The current elected executive team includes President James Logan and Vice-President Elizabeth King.

A strong sense of community responsibility motivates the active members.

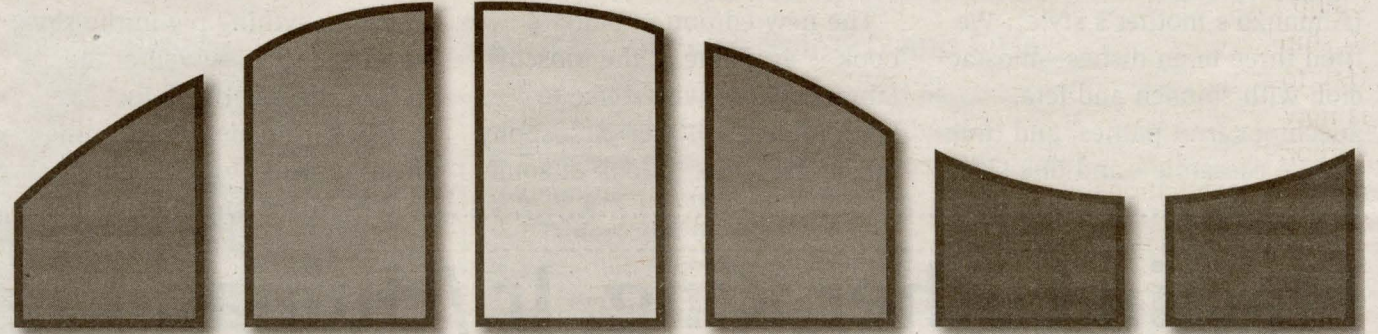
"I do it simply because it's the right thing to do," says Katherine Sprague, an appointed board member and chair of the Palouse Pride festival.

In key ways, Inland Oasis serves as an umbrella organization for the gay and transgendered community on the Palouse. It is networked with the Gay-Straight Alliance (GSA) at UI and the Gay Lesbian Bisexual Transgender and Allies (GLBTA) at WSU, and even works with student representatives from local high schools.

"We have a great relationship with the GSA," says Katherine proudly. "The university is key part of the community here."

In terms of programming, Inland Oasis offers an incredibly important service: its HIV project.

Here, the Inland Oasis is contracted with the state of Idaho to do pre-testing for HIV. The procedure is quite simple. One



Inland Oasis

simply swabs the mouth and tests for antibodies. If necessary, people are then referred to further blood work. Testing times and locations are listed on their website.

As part of the pre-screening process, Inland Oasis also provides important counseling services. There's a self-assessment survey and people are advised on key ways to reduce disease risk.

"The key point," says Katherine, "is to help people have healthier lives."

In its most recent project, the Inland Oasis is busy compiling a list of businesses and/or services on the Palouse that are friendly towards the gay, lesbian, bisexual, and transgendered community.

The agenda is straightforward. "The main question we ask is whether you will treat sexually diverse clientele the same way that you treat other clientele."

"So far, the response has been fantastic," Katherine reports. "We've heard back from a wide range of people, ranging from physicians to other businesses. We even have the Pullman Police Department filling out a survey."

"The gay community here is very tight-knit, very close," she continues. "I've been in larger cities and haven't seen such closeness. The university has a huge influence on the atmosphere. Idaho's libertarian attitude also plays into it."

"But more than anything," she says, "I think there's this Western empathy, a sense of moral decency that comes from being out on the frontier. You may not like your neighbor, but you help them out when their

barn is on fire — because you know you'd expect them to do the same for thing you."

The Inland Oasis engages in various fundraising activities, and is always looking for volunteers. There's a monthly raffle at the Tabikat show at the Moscow Moose Lodge, and in April 2009, the board has planned a martini-tasting party.

For those interested in joining or helping out, you may simply direct your browser to their website and register online as a supporter. There's a weekly potluck every Sunday at the 1912

Building. You don't even have to bring anything; you can simply show up and see if you're interested in sticking around. There's also no membership fee.

You can find out more about Inland Oasis at their website: www.inlandoasis.org.

Sean Quinlan is an historian of science and medicine at UI.

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Village Bicycle Project Incorporates

by Bill London, Newsletter Volunteer

The Village Bicycle Project (VBP), founded in 2000 by Co-op member David Peckham to ship used bicycles from the U.S. to impoverished Africans, is now registered as a non-profit corporation and is accepting tax-deductible donations of more bikes and funding support. Since sending their first cargo container from Seattle to Ghana nine years ago, VBP has delivered

83 containers holding a total of 36,000 used bicycles to the people of West Africa.

VBP grew as a project of the Palouse-Clearwater Environmental Institute (PCEI).

"We are pleased that PCEI has been able to serve as an incubator for the bicycle project," said Tom Lamar, executive director of the institute. "This is an excellent program that provides

affordable and environmentally-appropriate transportation for Africans."

In addition to shipping and distributing bicycles,

VBP provides bike tools and bike repair workshops in Africa, Peckham explained. The workshops have trained over 5,300 Africans in basic bike repair, so they can maintain their own bicycles or learn repair as a trade.

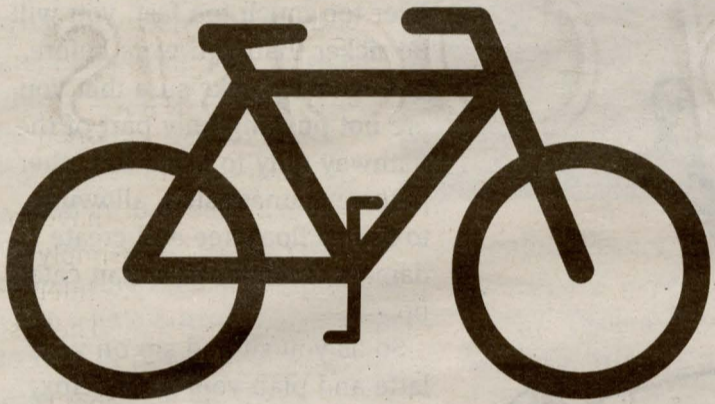
The founding board of directors of VBP include David Peckham of Moscow, board president; Meg Watson of Seattle, board secretary; Susan Worthy of Vancouver, Washington, board treasurer; David Vollmer of Moscow; Liz Bageant of Ithaca, New York; and David Moser of Seattle.

Donations to help pay for the transportation of containers of bicycles by ocean-going freighter to Africa are needed in order to continue the project. Donations can be made by mail to VBP at

"Since sending their first cargo container from Seattle to Ghana nine years ago, VBP has delivered 83 containers holding a total of 36,000 used bicycles to the people of West Africa."

Box 9407, Moscow ID 83843 or online at <http://villagebicycleproject.org>

Bill London edits this newsletter, has known Dave Peckham for two decades, and is proud that Dave's project is so successful.



Auditions for Moscow Community Theatre

by Roger Wallins, Moscow Community Theatre Publicity Coordinator

Moscow Community Theatre announces auditions and interviews for a musical version of Frances Hodgson Burnett's "The Secret Garden" (not the Broadway version). We will audition for acting roles and interview for assistant technical directors on Monday, January 26, 2009, Emmanuel Lutheran Church, 1036 West "A" Street in Moscow: 7 p.m., ages 10 to 18;

8 p.m., ages over 18. Auditions and callbacks for acting roles and interviews for assistant technical directors, Tuesday, January 27, 2009, Emmanuel Lutheran Church: 7 p.m., ages 10 and up. Some roles include solos, and everyone sings in ensemble. No experience necessary, and newcomers are always welcome. Performances are in the Kenworthy Performing Arts Centre, April 17, 18, 19, 24, 25, 26.

Fun Flix

by Bill London, Newsletter Volunteer

Here are the best videos **w**e've watched lately. **W**hat are your favorites?

The Bank Job ... This 2008 crime thriller adapts the true story of a 1971 bank robbery in London. The ragged bunch of thieves who pull off the huge heist find themselves in a maze of double dealings and divided loyalties. Though rated R, this film is pretty bland in the sex and violence department. Those who find English accents and dialects a challenge may want to switch on the DVD subtitles option.

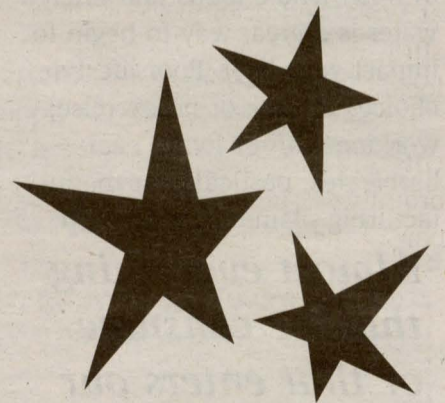
Talent for the Game ... The best part of this 1991 film about baseball is beautiful photography of the Palouse countryside. Much of the first half of the movie was shot in this region, especially in Genesee. The result is some glorious Palouse video. The story is very predictable: baseball scout stumbles onto incredibly talented baseball player in small-town Idaho, but can this player make it in the big league? The film is rated PG, so you can share this film with young ballplayers.

Spellbound ... This documentary, released in 2002, focuses on eight students as they prepare for, and compete in, the big contest - the National Spelling

Bee. The film is not boring or academic, since the students and their families are the subject. Their dreams, their hopes, their pushy parents, their dedicated study habits are all part of this story. Rated G, this is a film that should be seen by children and teens.

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

Bill London edits this newsletter and eagerly awaits the birth of his second grandchild. Willow says this one will be a boy, so we are looking for the perfect name: Sparky? Biff? Goober? Blinky? Abendando?



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Awareness through Touch



Choices in Wellness – Detoxification

by Dr. Angila Jaeggli, Newsletter Volunteer

You and your friend are having coffee — you, because you love the aroma and the nice little pick me up it gives you, and your friend, because she loves the taste, although it does nothing to boost her energy. In fact, she tells you she can have a cup and then head to bed for a good night's sleep. Why the difference?

Basically, it all comes down to your liver. This wonderful organ is responsible for cleaning up after our bad habits, removing wastes and toxins, breaking down hormones and playing a part in nearly every vital function in our body. It can heal itself and regenerate, and from the Chinese medicine perspective, help us balance our anger and volatility.

The liver's ability to detoxify is a result of hundreds of chemical pathways that take up chemicals (ie, coffee), break them down into intermediate metabolites (Phase I), and then render those metabolites safe for excretion (Phase II). It may be unusual to think of coffee as a chemical substance; however, our liver has a special pathway specifically for caffeine. If this pathway is functioning optimally, or is super-charged as in the friend above, the effects of caffeine are minimal; however, if it is functioning poorly or sluggishly, you end up with the jitters.

Almost everything that we consume or that enters our body in other ways is run through the liver. That includes food, beverages, medications, supplements, lotions, and chemical exposures through the air and water. Some of these things are helpful to our liver; others just work to slow it down. A diet heavy in fats, sugars, fast food, caffeine, refined carbohydrates and a lack of fresh whole foods and filtered water is a great way to begin to impact your liver. Poor lifestyle choices of little or no exercise; working with or living near herbicides, pesticides or manufacturing plants; lack of sleep;

“Almost everything that we consume or that enters our body in other ways is run through the liver.”

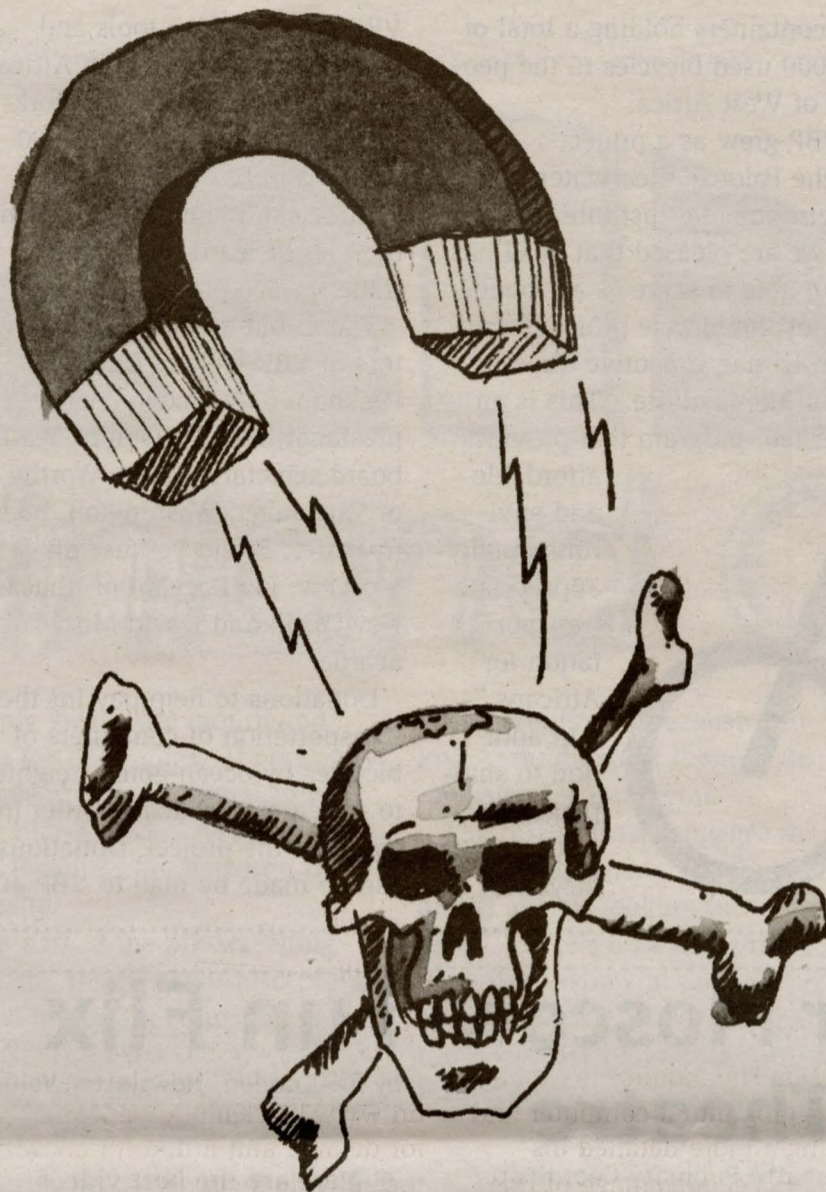


Illustration by Lucas Rate.

excess stress; and excessive or long-term medication use will impact it further. This results in symptoms of fatigue, gas, bloating, digestive upset, unexplained itching, irritability, headaches, eczema, muscle pain and spasm, chemical sensitivity and pms-like symptoms, to name a few. Diet and lifestyle changes are one of the first and most ideal ways to heal an ailing liver, but on occasion, specific diets, nutrients and additional medical interventions are needed.

Detoxification can be simply thought of as a process in which you remove components from your diet and lifestyle which require increased metabolic processing, and add in others which help the pathways function more efficiently. Foods which assist Phase I of your liver are beets, broccoli, dark leafy greens, brown rice, carrots, garlic, and dark berries — all high in vitamin B and C, trace minerals, Beta-carotene, anti-oxidants and sulphur. Foods for Phase II include Cabbage, Eggs, Brazil Nuts, Onions, Garlic, Asparagus, Papaya, specific mushrooms (oyster, portabella, shiitake, maitake) and dark berries. Adequate

amounts of water, between 32-64 ounces per day, are also necessary. There are several modalities which assist in bringing the liver back to balance, including acupuncture, chiropractic, watsu, massage therapy and naturopathic medicine. There are also multiple supplements and herbs

which encourage the movement of the liver (we'll explore those at a later date).

Healing the liver can be a wonderful movement towards health and wellness. If you are very ill, been through a major trauma or illness, or have extreme chemical sensitivities, I caution you to seek the advice of a practitioner who is well-versed in detoxification. In some cases, if you push the liver too much too fast, you will be sicker than you were before. You have to make sure that you are not pushing only part of the pathway only to leave the other pathways unassisted, allowing toxins to float free and create damage until the liver can catch up.

So as you sit and sip on your latte and plan your next detox, give a little nod to your liver for making it all possible.

Dr. Jaeggli is a board-certified naturopathic physician who practices in Pullman, www.sagemedicineclinic.com

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The Sustainability Review – Energy Monitors

by Mike Forbes, Newsletter Volunteer

Do you ever wonder how much power you are using in your home? Do you know what your consumption is until the power bill arrives? Simple devices called home energy monitors can tell you these things.

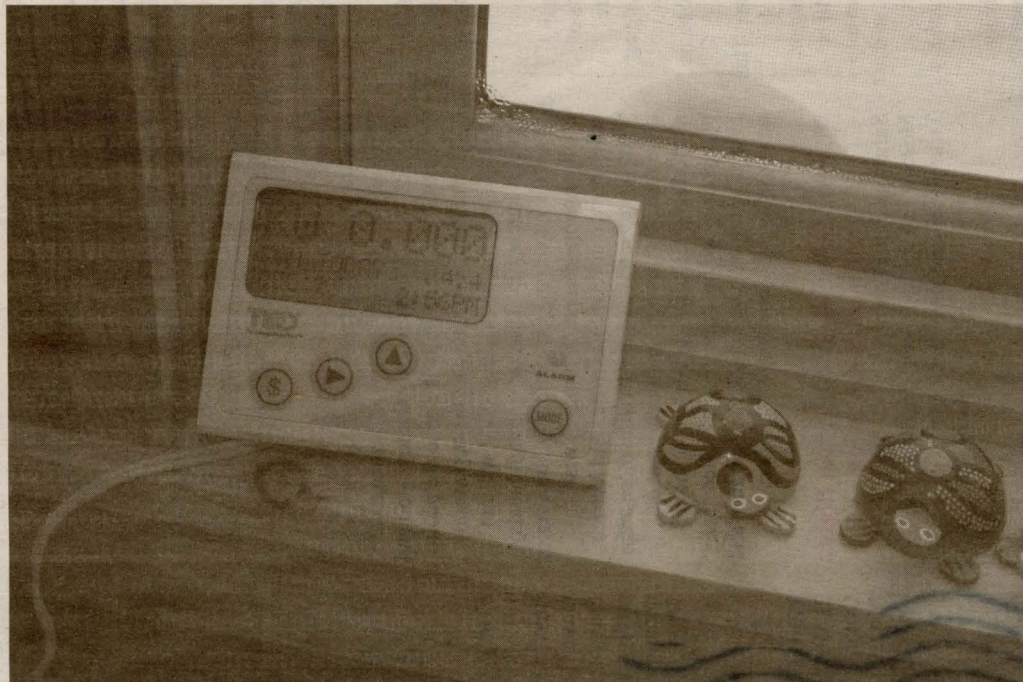
I've written about point-of-use power monitoring in the past with monitors like the Kill-A-Watt and Brand Power meter. They work great for what they were intended, i.e., monitoring your refrigerator or freezer for an extended period of time or checking the continuous draw of a smaller load such as your cordless phone. If we want to measure the consumption of your whole house, then we need to look at power meters specifically designed for that.

Until about year ago, meters were only available for industrial monitoring and not geared toward the homeowner. With increased energy awareness, companies started making home monitors the consumer can use and install themselves. Studies have shown that when people are aware of their energy consumption in a real-time, they are likely to conserve more, up to 20%. With this potential the payback for the monitor is rather quick if you see these savings.

There are several monitors available that offer different features but are all targeted at the homeowner. I'm going to cover the monitor that I use and a new, inexpensive monitor that I've heard about recently.

First, let's talk a bit about electricity and your home. We all know that the power comes into our houses at our main electrical panel, usually located near our utility meter. From that point, the power goes out to our house loads via different circuits. The idea with the meters is that we can monitor all these circuits or just one, depending upon our desire.

With the monitor I have, The EnergyDetective 1000 (TED for short) you install a small device in your panel that sends a signal out to the meter located anywhere in your house near an outlet. The meter actually plugs into the outlet and picks up this signal through the lines in the wall. The meter then displays your current usage, a



anyway with meters).

I believe that a monitoring system is an effective way to become aware of your energy consumption and help develop a strategy for conservation in the home. I look at our meter several times a day (it's located by the front door) and am able to notice changes in our use and am alerted when things aren't as they should be.

Mike is enjoying the cold, sunny days because solar panels operate great in these temperatures.

monthly history, and what the current and expected cost is to you. There is a bit of setup involved with my monitor, since it involves opening the electrical panel and installing the transmitter. This is either a job for an electrician, or if you are comfortable with wiring you can do it yourself. The monitor is capable of plugging into a computer and creating a more detailed history too. The advantage of this monitor is that you can install it on any circuit and measure the consumption. I frequently move it around to monitor loads that my plug-in meters can't — for example, my hot tub is currently being watched....Oh, the TED costs \$139 and is available at www.theenergydetective.com.

The other meter I mentioned is a bit simpler to install and will probably appeal to more people. It's called the Black & Decker EM100B Energy Saver Series Power Monitor and is available for \$99 at www.blackanddecker.com. This meter has a wireless transmitter that attaches to your utility meter on the side of your house. This transmitter picks up a signal and broadcasts it to the display in your house all without wires and no opening of your electrical panel. The meter

displays your current power use and cost plus a month-to-date bill and an estimate of what your bill will be. This meter seems to open doors to home energy monitoring for the non-electrician making it a good candidate for most people. The two downfalls that I see are that it isn't compatible with all utility meters (check on www.blackanddecker.com for details) and it doesn't allow for individual circuit monitoring (but most people don't do that

I believe that a monitoring system is an effective way to become aware of your energy consumption and help develop a strategy for conservation in the home.”

Letter to the Editor:

Thanks to our Co-op

Dear Ms. Eaton:

On behalf of all the patients in our region, thank you for hosting a blood drive with the Inland Northwest Blood Center (INBC). Let me introduce you to Chloe. At age three, Chloe was diagnosed with Atypical Hemolytic Uremic Syndrome, a rare disease where the red blood cell are destroyed, clogging the kidneys and causing them to fail. Chloe continues to receive kidney dialysis and plasma pheresis on a regular basis. Without the generosity of blood and plasma donors, Chloe would not be alive today. Her family is so thankful for everyone's continued support.

On November 19, 26 faithful blood donors from your organization were able to share the "gift of life" to patients in our region. Just one pint of blood can help save as many as three people's lives, and because of your 26 units collected, 78 patients and their families may be touched by these very special gifts.

Moscow Food Co-op plays an important role in helping maintain a safe and adequate blood supply for the patients in our region. Your partnership with INBC is especially valuable during the fall season when change is in the air, but also knowing that the blood donation could be the change in someone's life for all seasons.

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

Judi Young
Chief Executive Officer
Inland Northwest Blood Center

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Bulletin Board



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Co-op Events

Art at the Co-op

Friday Jan 9, 5:30—7pm

Opening reception for January's artist, Carolyn Doe. The show will continue through Wednesday February 6th.

Membership Appreciation Day,

Thursday Jan 22, All day long

Members will save on every single purchase. For purchases up to \$25 you'll save 5%. For purchases up to \$75 its 7.5% and for over \$75 its 10% savings all day long. MADay discounts will apply to everything BUT beer & wine and special orders.

January Co-op Kids! Tuesdays at 9am

Jan 13: Meet in the Co-op Cafe to try our hands at Fork Weaving- this is a great first fiber art, perfect for keeping little hands busy.

Jan 27: We will meet in the Co-op Cafe to makelocal legume mosaics. Impressionist, abstract, or modern your child is sure to enjoy making them.

Tuesday Night Music - January

Jan 6: Listen...to the harmonious vocals of Brian and Katrina. Brian and Katrina are Moscow sweethearts who will join us singing folk, popular, jazz and original songs on acoustic six and twelve string guitar and banjo.

Jan 13: Play...at a guided Bluegrass Jam. This is an experimental gathering of our Co-op community members interested in playing or listening. Starting at 6:00, the Co-op will be hosting a bluegrass jam. The jam is open to anyone (beginner or more experienced), so don't be shy! If anyone has questions, contact: npalmer@Uidaho.edu

Jan 20: Move...to the sounds of The Flying Lunchbox on . These Moscow guys haven't played the Tuesday night series in quite some time. Noel, John and Sam, members of the local act Chubbs Toga will be providing the music. We are not sure exactly what to expect, but from our past experience with these fellas we've learned that the music will be lively and fun – and danceable!

Co-op Salad Daze

Saturday Feb 7

The Salad Daze gourmet lasagna feast will be on, at the 1912 Center in Moscow. The goal is to raise \$3,000 to install the Co-op's new salad bar. Tickets are \$40 per person, available from any Co-op cashier. No tickets will be sold at the door.

Community Events

January Winter Market

Saturday Jan 10, 10am—2pm

At the 1912 Center. There will be many arts and crafts booths as well as food booths. Children's crafts activities offered. Sponsored by Heart of the Arts, Inc. ☎ 208-669-2249

Exhibit of new works by Guy Baldovi

Sunday Jan 11, 1—4pm

Opening reception at Artisans at the Dahmen Barn for "New Works by Guy Baldovi: Encaustics". The reception is free and includes refreshments and the opportunity to speak with the artist. The exhibit runs through January 25, Thursday through Sunday from 10 am to 4 pm. On exhibit will be a series of oil paintings entitled "Tropical Tropics" reflecting the difference in Africa and America when the artist traveled and lived in Africa more than 20 years ago, and the presentation of a series of encaustics (bee's wax pigment applied hot onto a board) called "The Dream". Baldovi was born in Paris, France and now resides in Uniontown, Washington.

Martin Luther King Jr. Human Rights Community Breakfast

Saturday Jan 17, 9am

Moscow Jr. High multi-purpose room. Tickets available at the BookPeople. www.humanrightslatah.org

Moscow's very own Inaugural Ball

Tuesday Jan 20, 6—11pm

At the 1912 Building for Barack Hussein Obama's First Inaugural Address featuring Marimba music, food, no-host wine bar by Nectar, dancing, and, of course, great company! There will be a nominal admission charge to cover expenses with any extra going to the Marimba Band's Scholarship Fund, Sojourner's Alliance and Moscow Food Bank.

Audition for Moscow Theatre

Moscow Community Theatre auditions and interviews for a production of Frances Hodgson Burnett's "The Secret Garden" (not the Broadway version) for audition for acting roles, and assistant technical directors, Monday, January 26, Emmanuel Lutheran Church, "A" Street in Moscow: 7:00 pm to 8:00 pm ages over 18.

Auditions and callbacks for a production of "The Secret Garden" interviews for assistant technical directors

Tuesday, January 27, Emmanuel Lutheran Church: 7:00 pm ages 10 and Up. Some roles include solos, and everyone sings in ensemble. No experience necessary, and newcomers are always welcome. Performances are in the Kenworthy Performing Arts Centre, April 17, 18, 19, 24, 25, 26.

Friends of the Clearwater Benefit Concert

Friday, January 30, 7pm—midnight

at the 1912 Center Great Room. A spirited, all-ages fundraiser full of great music featuring Finn Riggins and The Holiday Makers, dancing, potluck food, beer, wine, and prizes. Tickets are available for \$5 to \$20 at the FOC office or the door. ☎ 882-9755. foc@friendsoftheclearwater.org

Food Addicts in Recovery Anonymous

Wednesdays 7pm

1st Floor Board Room, Emmanuel Lutheran Hospital, 121 East 5th South Main Street, entrance nearest 7th St. Anna ☎ 882-2362. www.foodaddicts.org

Vigil for Peace

Moscow: Fridays 5.30—6.30pm

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

Deanna ☎ 882-7067. www.spendusa1.com

Pullman: Friday Jan 2, 12:15

Under the clock by the Public Library ☎ 334-4688. [nancy.com](http://www.nancy.com)



We want to hear from you! Send us your community announcements by email to events@moscowcoop.org 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!