

Community News

FREE!
PLEASE TAKE ONE!

Summer Camp Issue

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

How Are We Doing?

By Bill London, Co-op newsletter editor

This is your chance to talk back to this newsletter. We are asking all Co-op members and Co-op newsletter readers to take a quick survey about this newsletter.

We hope you will tell us what you like and what you don't like. We want your ideas, suggestions, reactions, opinions, and grumblings.

We would have done a survey years ago, but the idea of reading and tabulating hundreds of comments was daunting. Now, however, new Survey Monkey technology has made it possible to create a survey easily and then immediately get the results.

To fill out your survey, go to the Co-op website (www.moscowfood.coop) and look in the upper right column of the main page for the "newsletter survey" box. Click that link and you will open the survey. Complete the simple 3 page survey and submit it. That's all.

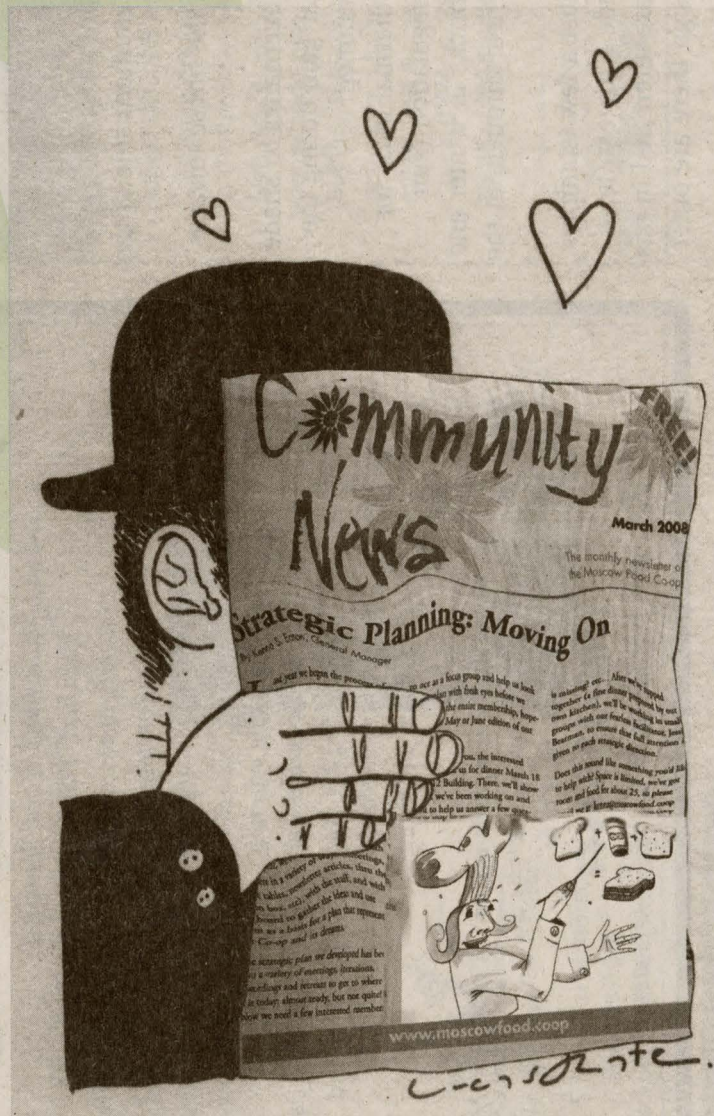
For those of you without computer skills, Co-op Membership Co-ordinator Carol Spurling will get your survey online. Just contact her

at 208-669-0763 or at outreach@moscowfood.coop

Your responses are anonymous.

Be sure to complete your survey during the month of July. We shut it down August 1 and will report the results in a future newsletter.

So tell us - how are we doing?



www.moscowfood.coop

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Community News

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Summer Camp Issue



Co-Opportunities for Members

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

A Bag in Time

The Co-op would like to make it easier for forgetful people to still use re-usable shopping bags (and donate their dimes), by keeping a stash of re-usable bags at the store available for general use. The program will operate on the "got a bag? - need a bag?" honor system, just like those little penny cups at cash registers everywhere.

Do you have re-usable canvas totes or bags that you'd be willing to donate to our bag stash? Do you love to sew and want to donate some canvas bags to our collection?

Donated bags should be sturdy and preferably, recently washed. They can be dropped off in the bin at the front of the store near the check stands, where glass jars used to go.

Our *A Dime in Time* donations from re-used bags has leveled off around \$450/month, and we'd like to get it up to \$500/month starting in July. Thanks for all your help to make this happen.

Participating Member Program (formerly known as the Volunteer Program)

We need about four participating members to take turns assist-

ing with prep and clean-up work before and after each of our cooking classes for the Essential Cookery series and the What's Cookin' series. Essential Cookery classes are held in the fall, winter, and spring, and What's Cookin' classes are in the fall and spring.

Cooking class participating members will be given free admission to the class as a thank-you for their help.

Interested? Email or call Carol, at outreach@moscowfood.coop, 208-669-0763.

Eat Local America!: The Eat Local Challenge up close and personal

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

What will my Eat Local Challenge look like? Well, my family's goal from July 1 onwards is to obtain 40 percent of our diet from local sources (within 200 miles or so), with another 40 percent coming from regional sources (within Idaho, Washington, and Oregon).

Whether or not we can accomplish this without feeling extremely deprived and cranky remains to be seen. We were unable to start a garden on time this spring due to construction work in our yard. We're doing some late planting, but will be relying on the Co-op, and direct sales from local farmers to fulfill most of our food needs.

I will report in regularly on my blog, www.palouselocavore.blogspot.com, on how we're doing and what we've found to eat, and on steps we're taking to supply ourselves with food, like starting two beehives and raising our own laying hens in the backyard. The Co-op will help by putting "Local" stickers and signage on items that are local; even the deli will feature something local!

Check out the Eat Local link at www.MoscowFood.Coop to find farmer profiles, sources of local food, and info about local food

JOIN US!

Are you taking the Eat Local Challenge too? Let us know! Sign up by sending Carol an email at outreach@moscowfood.coop, writing on my Facebook wall, following the link on our website, or calling me at 208-669-0763. Briefly describe your goals, and let us know if it's okay to include your name in a list of Locavores that we'll post on the Co-op website.

available at the Co-op. Content will be added regularly so bookmark it and visit often. We're also part of a national Eat Local, America! campaign sponsored by the National Co-operative Grocers' Association. Visit their website at www.eatlocalamerica.coop to see all the Co-ops that are taking the challenge.



Buyer's Briefs: What's New for You

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

Bueno blue corn tortillas
French Meadow hemp tortillas
Turtle Mountain coconut almond bar
Turtle Mountain strawberry fruit bar
Turtle Mountain mini coconut sandwich
Turtle Mountain orange passionfruit bar

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

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

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

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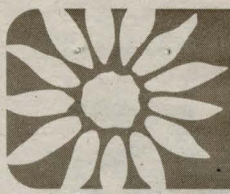
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The Co-op Board of Directors monthly meetings are open to members.



CO-OPERATIONS



Hot Bar Changes in the Deli

by Melissa Culton, Co-op Deli Production Manager

As many of you have already noticed, the Co-op Deli no longer has the planned-out monthly menu as we did in the past.

Although it's nice to be able to give everyone a heads up on what we'll be offering for the month, we decided it would be more economical for us to be more open with our menu. By this I mean we can buy items from our vendors that are on sale and use those ingredients in our hot Deli meals. When we are stuck to a certain menu for an

entire month, it's not as easy to use produce and other items that are on sale.

We will still have a few items that we will always offer on specific days. We'll still have pizzas Monday for lunch and Friday for dinner. On Tuesday evenings we will still have hamburgers and vegan burgers and on Thursdays we'll still have burritos for lunch.

Thank you for your patience and understanding as we try our best to give you the tastiest food at the best price.

Moscow Food Co-op Business Partners

Welcome to the new Moscow Food Co-op business partner listings. We've divided them into a directory to make it easy to find what you're looking for. Let us know if a business you like might make a good partner - we'll send them an application! Applications for the business partner program are available on our website, www.moscowfood.coop, or in the front of the store near the suggestion boxes. New business partners are welcome to join at any time; listings in the newsletter and on the website will be updated once a month.

Recreation and Lodging

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

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

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

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

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

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

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

Food and Beverage

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

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

Professional Services

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

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

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

Retail

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

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

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

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

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

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

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

House and Garden Services

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

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

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

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

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

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

Wellness Services

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

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

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

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

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

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

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

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

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

Farms

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

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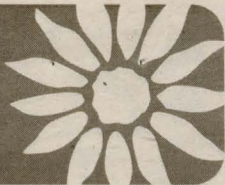
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From the Land of Polders Comes Graskaas

by Brent Steward, Co-op cheese buyer, cheesebuyer@moscowfood.coop

I know you're thinking "What the heck does that mean?" Let me explain and it'll make perfect sense.

First, a *polder* is a tract of low-lying land reclaimed from a lake or the sea, and surrounded by dikes. Much of Netherlands is farmed or pastured in this fashion.

"A-ha, the Netherlands are involved," I hear you saying, "the land of polders." Well, one of the oldest, largest, and argu-

ably most famous, polders is the Beemster Polder, which was built between 1607-1612, and whose rich farmland lies 20 feet below sea level.

But, you ask, what is *graskaas* and what does it have to do with polders?

Every spring, after the long winter, the dairy farmers of Beemster literally open the barn doors for their cows and let them graze on the lush, pesticide-free polder grasses for nourishment.

Many say the cows actually dance and frolic in anticipation. The cheesemakers took note that the milk from these first few weeks of grazing on the polder grass was the creamiest of the entire year.

Enter "graskaas" (or "grass cheese") and Beemster Farms, one of the Netherlands smallest cheese co-ops (and named for the nation's oldest polder). They make just 2,000 wheels of graskaas each year. It's made

in April, released in June, and about half of their production makes its way to the United States in late June or early July.

We were lucky enough to get one 28-pound wheel of this delicious Gouda style cheese. Look for the graskaas in the cheese case. Pair it with summer greens, fresh fruit, and your favorite wine.

Prost!

Co-op Board of Directors Report

by Dena Neese, Co-op board member

I left our annual Board retreat last weekend invigorated and excited to be on the Board at this particular time. Why?

First, as a new Board member, it was the perfect opportunity to get to know the other Board members a little bit better. As the weekend progressed, it became apparent that we all shared passion and enthusiasm for making the Co-op and our local community a better place. Importantly, everyone brought different, creative ideas to the table—and we all learned from each other.

Second, with the Co-op's strategic plan in place, the Board can now rethink and rework our

policy governance "Ends" statements to align with the strategic plan and long term goals of the Co-op. "Ends" is simply a way of defining the Co-op's long-term vision. The process of reworking the Ends allowed us dedicated time to think about the lofty ideals we want our Co-op to embody, going forward. While the new Ends are not yet finalized, some of the ideas we came up with included (1) the Co-op is a democratically controlled business; (2) the Co-op fosters a robust and sustainable local economy; (3) the Co-op models environmentally sustainable systems; and (4) Co-op members buy and eat local and organic

foods and understand the importance of supporting sustainable agriculture. Why is all of this important? Once the new Ends are in place, they will drive our organization – all of our strategic planning should relate back to these Ends.

Third, now that the Board has implemented and is familiar with Policy Governance (the Board's governing tool), we can finally make it work for us. At the retreat, we learned how to better use Policy Governance at our monthly meetings to fairly and efficiently complete our business. We are all committed to spend more time reading, thinking and talking about themes

important to the future success of our Co-op—and completing our monthly business more quickly will allow time for this. To this end, we have created a Board committee to compile articles, books and other readings for us to discuss as a group at each monthly meeting. The first article is about the failure of the Berkeley co-op —important and timely, given the current economic downturn.

So, be on the lookout for future articles about finalizing our Ends statement and about some of the topics and readings we will discuss each month. I am really looking forward to the coming year on the Board!

Our Newsletter Schedule

by Bill London, Co-op newsletter editor

This is one of those "perfect storm" situations. Everything went wrong in the timing of the August issue of the Co-op newsletter.

First, our designer and editor were expecting to be on vacation.

Second, the Co-op Annual Report needed to be included in the newsletter so it would be available for members at the Co-op Annual Meeting. However, the annual meeting is scheduled for August 30, a few days before the September issue was expected to arrive at the store and too long after the August issue was printed.

Sigh....

We resolved all our dilemmas with a combined August/September issue. That combo issue will arrive at the Co-op about August 20. There will be no September issue.

The October issue, and the others to follow, will arrive on schedule.

You will be able to pick up your August/September issue at the Co-op as usual, or at the Co-op Annual Meeting. That meeting will be on Sunday, August 30, from 5pm to 8pm, at the 1912 Center in Moscow. The Co-op will provide a taco bar meal, at no charge to members. One World Cafe will offer beer and wine for sale. After pro-

longed mingling and munching, expect a year-in-review discussion and slide show.

If you wonder how the Co-op is surviving the global financial meltdown, or if you just like free tacos, this party is for you.

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Art at the Co-op

by Annie Hubble, Art at the Co-op coordinator

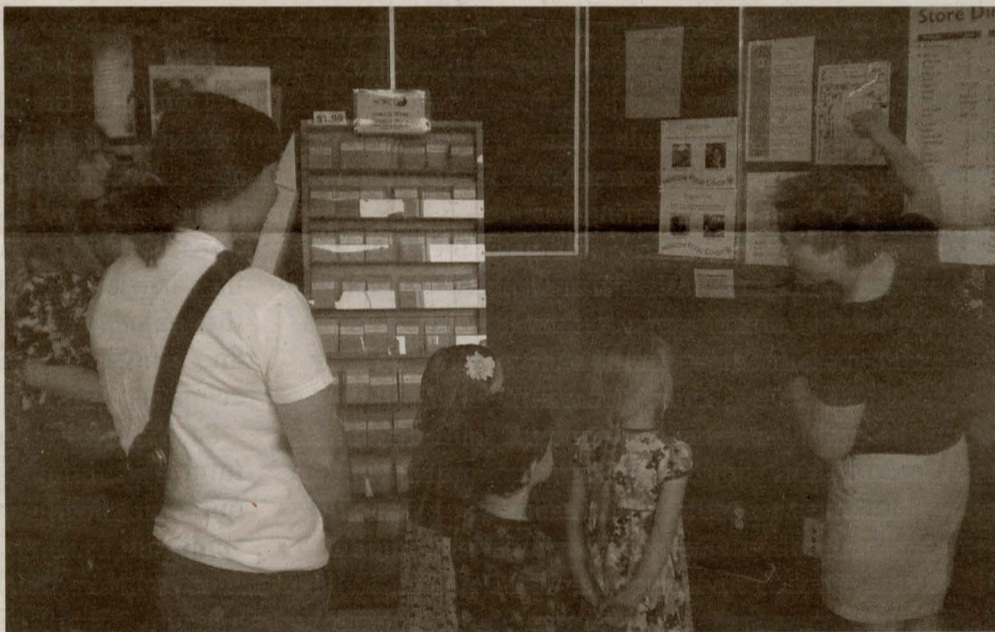
The Co-op's participation in the City's Art Walk Summer event will continue with an opening on Friday, July 31, featuring the art of Robert Long.

Robert Long is a photographer. He is a native North Westerner, and has lived in the Palouse area for over twenty years. He is Washington State University graduate, with academic degrees rooted in research and natural sciences.

He explains his passion for photography in the following words, "My passion is pure observation, particularly of spaces and processes 'hidden' by familiarity. To this end I have found photography to be a powerful medium of revelation and interpretation. I work wholly and unapologetically in the digital format, from capture to print. I strictly adhere to an artistic axiom that views photography as a form of abstraction,

thus my personal interpretation of the images I capture is guided via subtraction of elements, and never through addition. I am drawn to simple, bold expressions of tension and balance, particularly involving boundaries, gradations and interfaces. My work is an attempt to reveal the subtle power inherent in these places and things, which often exist unnoticed in the mundane spaces of everyday life."

I think you will really enjoy these photographic images, so striking in their simplicity. You can meet the artist from 5:30 - 7 p.m. on Friday July 31. The show will continue through Wednesday September 9.



Left: Last month's Co-op Tour with Carol Spurling was a huge hit!

Celebrating Summer in Moscow

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

Co-op Kids! is a twice monthly activity for families in the Moscow-Pullman area. Our activities are free and all ages are welcome. This month we will meet at Friendship Square and the Co-op Cafe, so please stop by and introduce yourself.

A Morning at Friendship Square on July 7

On Tuesday, July 7 from 9 - 10 a.m. meet us at Friendship Square to play! The kids can play, parents and caregivers can visit and we can all enjoy Moscow's fabulous downtown.

I hear there are lots of new businesses popping up downtown so you can window-shop your way home if you like. I will have snacks and water from the Co-op, feel free to stop by the Co-op

Cafe on your way over to grab a latte or tea.

Explore Fresh Organic Produce with Scott on July 21

Scott will share his corner of the store with us on Tuesday, July 21 from 9 - 10 a.m. (we will meet in the Co-op Cafe and go over to produce together). Be prepared to try some new things, what a great way to introduce your kids to new healthy foods with a focus on what is fresh locally.

Last month Carol Spurling shared the Co-op with us and fun was had by all, the employees and volunteers were happy to take a minute to show the kids something cool in their area and we learned so much. Thank you Carol—you are a great tour guide and everyone enjoyed all the generous samples you shared. As we were going through the store, somewhere around the Deep Freeze, I realized that the kids could have stayed for much longer in a few areas...so we will try to do just that in the months to come.

Tuesday Night Music Series: Take it Outside!

by Ashley Martens and Noel Palmer, Co-op music volunteers. If you are interested in playing at the Co-op, please contact us at music@moscowfood.coop.

Tuesday in July will be full of good tunes and good times from 5 to 7 p.m. in the Co-op parking lot. There's lots of room to listen, eat, and dance!

On July 7 the Deary duo Beargrass will play bluegrass in their own style, this time accompanied by bass player Doug Park (so now they're a trio!). Beargrass has been entertaining regional audiences for years with pleasing vocals and pretty pickin'.

July 14 brings back one of

Moscow's jazz favorites Natalie Rose. Natalie's sultry voice will slip through town as she sings from the patio, enticing you to come on down and sit a spell.

Raise a glass to the voice we know so well, Dan Maher, on July 21. Dan will have you singing along with more than one of his diverse repertoire of folk tunes and ballads. Come early and grab a seat!

Finally, making their debut appearance at the Co-op on July 28, Matti Sand will play original songs and guitar

Co-op Music in July

July 7: Beargrass of Deary, Idaho. Bluegrass.

July 14: Natalie Rose of Moscow, Idaho. Jazz vocals.

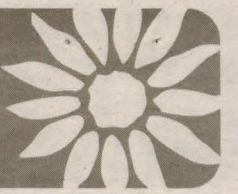
July 21: Dan Maher of Pullman, Wash. Folk music.

July 28: Matti Sand and John Fershee of Kooskia, Idaho. Folk music.

accompanied by her partner John Fershee on lead guitar and vocals. Matti's love of writing and listening to music turned into a love of writing songs and singing. John's guitar playing style adds another dimension to any song and offers the listener a vehicle on which to journey deeper into the music. John and Matti began playing music together for personal enjoyment 10 years ago. Recently they've begun sharing their music with a wider audience.

Together their acoustic sound is rooted in traditional folk music, approached with a free form attitude more Rocky Mountain than Appalachian.

.....
Ashley and Noel love watching their strawberry-blond baby gobble strawberries in the berry patch!

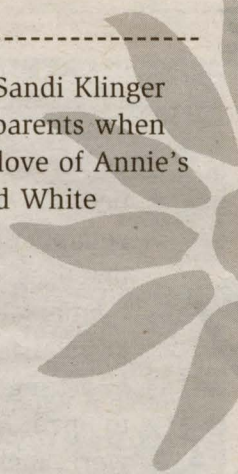


Food Faves

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

Co-op members, want to win five (up to a \$50 value) of your favorite food item from the Co-op's grocery shelves? Send us your Food Fave entry, to outreach@moscowfood.coop. 100 words or so on something you love from the frozen, refrigerated, or packaged grocery department. Include your name and contact info, and we'll do the rest!

Co-op member Sandi Klinger speaks for many parents when she writes of her love of Annie's Organic Shells and White Cheddar.



My favorite food: Annie's Organic Shells and White Cheddar

by Sandi Klinger, July Food Faves winner

My favorite food is Annie's organic shells and white cheddar. My 4 year old, Molly, started eating this as a baby when she only had two teeth. It's easy and very yummy. Whenever I ask Molly what she wants for dinner, she yells MACARONI AND CHEESE and does a special little dance of happiness. Although there are weeks when it seems like we eat it every single day, it's not actually that often (don't ask Molly, she's been bribed into silence). But it sure is nice to come home after a long day of work and know that we have a fallback meal if I don't have the creativity or energy to cook anything too demanding. It's a great meal with some frozen veggies and fruit to round it out, and we usually have some leftovers for lunch the next day. We buy it by the case and couldn't live without it!

Breakfast with the Board: Packaging at the Co-op—Is there too little, too much, or is it just right?

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

Members had the opportunity on Saturday, May 30 to talk informally with board member Bill Beck about packaging at the Co-op, while enjoying free breakfast goodies and hot coffee with cream.

Watch for signs on the Co-op bulletin boards about our next Breakfast with the Board, later this summer. If you have suggestions for future topics, please email boardmembers@moscowfood.coop.

We hear about packaging from time to time in the comment box, and frequently wrestle with the issue when trying to decide whether to carry a particular item, so were not surprised to find that opinions were almost evenly split between the packaging at the Co-op being "just right" and "too much." Just slightly more thought it was "just right."

Nobody thought there was

"too little" packaging, which just goes to show how enlightened our members and customers are.

Here is a sampling of the comments:

"Too much packaging but this is the responsibility of manufacturers, not the Co-op"

"I think there could be more bulk foods offered and a little less packaged food, that way people could choose how much they wanted of an item rather than getting a prescribed amount..."

"Too much packaging but still better than other stores"

"Packaging protects food and helps preserve it"

"Can we have an influence on manufacturers? Why do cosmetics come in a jar inside a box?"

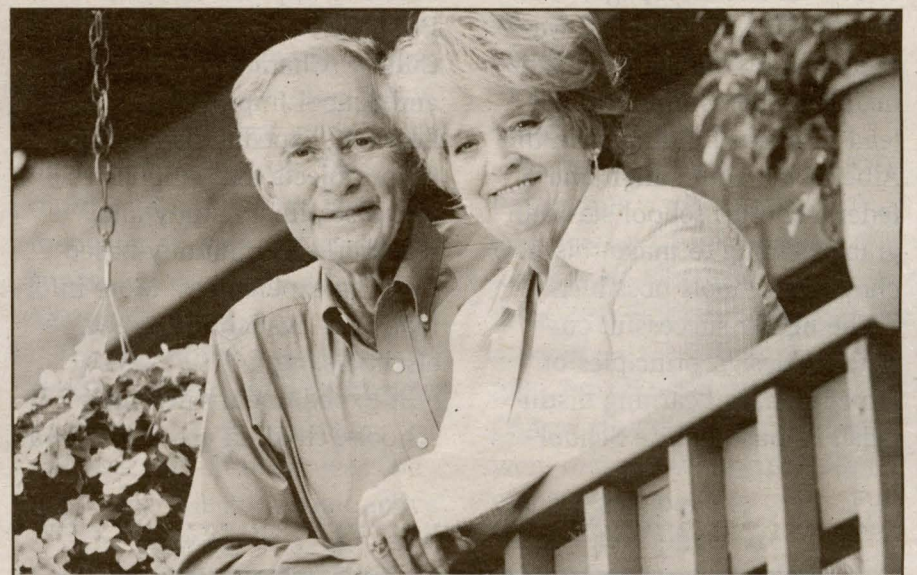
"Just the right mix; I feel okay about buying packaged food at the Co-op because I feel like we have paid attention to products without harmful ingredients"

"Packaged food is good to stock...try to serve all members and customer needs"

"Packaged food is not to be pushed, but customers like, use and buy packaged food. So don't focus on the negative... but promote bulk foods"

"I would like to see more bulk

foods and attention to educating unaware consumers of the value of little packaging; encourage people to bring their own jars... Less or no plastic bags would be nice. As long as we have them people won't have their own cloth bags."



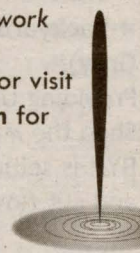
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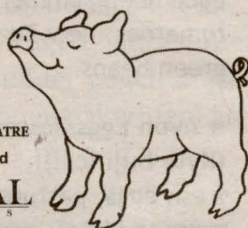
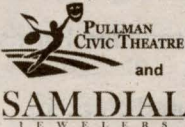
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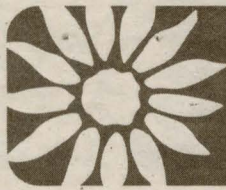
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A Dime in Time Program: Palouse Prairie School of Expeditionary Learning

by Mark Dybdahl, Palouse Prairie School

A new public charter school is opening this fall in Moscow. The Palouse Prairie School offers a unique choice in education for Moscow-area parents and children. The mission of Palouse Prairie School is to provide an inspiring and collaborative education of the highest standards by following the educational design principles of Expeditionary Learning.

The opening of the new school will be the culmination a long and sustained effort of many community members. A group of parents and teachers have been working to open an Expeditionary Learning school since early 2005. They formed a non-profit corporation, The Palouse Prairie Educational Organization, Inc., in 2006 to operate a new charter school. They wrote a "charter" of several hundred pages that, after rounds of revisions, was approved by the State of Idaho in June 2008. Grant writing lead to major funding from the Albertson's Foundation and a federal charter school start-up grant, helping to make this new choice in schools possible.

The highly successful curriculum design principles of Expeditionary Learning distinguish Palouse Prairie School



from other schools currently operating in Moscow and the Palouse region. Academic achievement will be promoted through the Expeditionary Learning's core practices: Learning Expeditions, Active Pedagogy, an emphasis on Culture, Character, Leadership and School Improvement. Learning expeditions are long-term projects that emphasize interdisciplinary study and real-world, community-based learning experiences. More information is available at www.elschools.org/

In Expeditionary Learning schools, children are envisioned

as "Crew, not Passengers" because of the active and collaborative learning practices. Following that theme, families are taking an increasingly active role in getting the school ready to open. Reports of this work, including committees working on School Lunch and Wellness, Recycling and Waste, After-School Programs, and Facilities, can be found on our website, palouseprairieschool.org.

One of the core values that guide the Palouse Prairie School is that "ethical and sustainable practices are essential to long-term success." To that end, our new school strives to be as green as we can be! Palouse Prairie School is leasing a building at 105 Lauder Ave in Moscow, and renovations are currently underway. We are minimizing demolition and maximizing demolition waste recycling, and incorporating water and energy conservation measures (low water use toilets and waterless urinals, improved heating and ventilation, and local and sustainably harvested fencing). The ultimate goal is a school that is certified by the U.S. Green Building Council.

Following our core value of sustainability, we have been seeking funds to promote green

"The opening of the new school will be the culmination a long and sustained effort of many community members."

transportation to our school. As part of this effort, the school will participate in the "Safe Routes to School" program, and facilitate the efforts of our students and staff to bike to school. Safari Pearl donated four "U" bike racks to the school, but we still need a bike rack that also serves as a railing for bike parking area. The school will use the Dime in Time grant to complete our bike racks.

As a public school, the Palouse Prairie School is open to Idaho residents and there is no tuition. Enrollment applications are currently being accepted for the fall 2009 opening for K-5 classes.

Thanks to the Moscow Food Co-op and Co-op shoppers for contributing to the success of the new Expeditionary Learning school.

For more information, contact Nils Peterson, board chair (nilspeterson@palouseprairieschool.org), or Lahde Forbes (882-3002, lf@palouseprairieschool.org) or visit palouseprairieschool.org

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Tuesday Growers' Market – Growers and July Produce List

- Affinity Farm (Russell Poe and Kelly Kingsland): salad mix, spinach, carrots, beets, chard, lettuce, green onion, radish, broccoli, kale, parsley, cilantro, peas, onion, cucumber, summer squash, basil, tomatoes, new Zealand spinach, green beans.
- Avon Eggs/Tourmaline Farms (Kyle Bujnicki): fresh eggs, pastured chicken, grass-fed beef; pre-orders recommended for chickens and beef.
- Debbie's Flowers (Debbie and

George Durrin):

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

➤ RavenCroft Farm (Dave and Debi Smith): Herbs, salad greens, onions, snow peas, beans strawberries.

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

➤ Backyard Harvest (Amy Grey): Providing USDA Food Stamps to Shop the Market! In addition, BYH is selling raspberries, basil, and cut flowers.



Tuesday Growers' Market: Ravencroft

by Jeanne Leffingwell, newsletter volunteer

Who: Your Local Area Farmer Neighbors

What: Tuesday Growers Market

Where: West End of the Co-op Parking Lot

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

Croft: [noun] an enclosed field used for tillage or pasture, typically attached to a house and worked by the occupier.

Many of us deeply admire people like Debi and Dave Smith and their 31-year old son and partner Tony, who are the Ravencroft farmers. Like all the other Tuesday growers I've met, they've made thoughtful and considered choices at every step along their intriguingly different paths. And I admire how lightly they tread, attempting to do no harm to the planet or other species.

Debi is an artist and crafter as well as a farmer. She worked for many years for the YWCA at Washington State University and before that directed the Palouse Regional Crisis Line. She has been a private practice counselor and still holds a fulltime job at the WSU Women's Resource Center, but that's ending in September. It's a transition Debi is very much ready for. As a painter, ceramic, and fiber artist, she is very active with the local Palouse Chapter of the Women's Art Caucus, and her work is currently in two separate Moscow Art Walk venues: at Two Degrees Northwest, and also in the "Madam Chair" show at the Third Street Gallery.

After many years at the University of Idaho Research Dairy, Dave is now "retired"—Ha! Actually, he's into his fifth year of full-time farming and homesteading. Dave likes to read history. Both are fans of jazz and blues, and for years Dave hosted KUOI's Sunday morning program of the same name. Though they may borrow or rent a movie once or twice a week, neither watches TV other than that.

On the day I visited, I did not meet the third partner, Tony. This guy travels a lot because he is a professional bicyclist. (In fact, he won the International 24-hour Single Speed mountain



Debi and Dave Smith, Ravencroft Farm.



“The Smiths have been tending the soil and gardening here, closely watching how all the flora and fauna interact on this land for the past 22 years.”

bike championship in Whistler Canada a couple years ago.) It seems Tony decided to “come home” awhile back, after too much world travel and, “He ended up helping us. Now he's enjoying it.” Tony still travels a lot, as an Ironman Course Organizer, but is based in Moscow, and is usually at the farm 2-3 days a week. As bike guy, yoga practitioner, and strapping vegan, his folks say, “We save the heavy stuff for him.” Word on the street is Tony is also setting up a shop on the Ravencroft property to build custom bikes. A fourth “quiet” partner is Tony's sister who lives in Salt Lake City; she created and maintains the Ravencroft website.

So what is this property like? It's not like any other working farm I've visited. Individual beds sprout up all over nine acres of land, but most of them are visible from the house. The total cultivated footprint is about 1/2 acre. All are raised beds—some waist high and on legs—or in frames of salvaged lumber, tires, or old logs, under which frogs and other beneficial critters are welcome to come and stay.

On my tour, we said hello to the snake that's been living in the chive and herb bed for a couple seasons. I get the feeling he or she is another “companion animal” at the croft, along with the coven* [group] of ravens

that still periodically harasses the dogs, and the full orchestra of birds, who gobble up mosquitoes from a beautiful 1/2-acre pond.

There are two permanent greenhouses now, made for the most part of recycled windows and other materials. And when the handles of their store bought rakes and hoes break, Dave refurbishes them with new, aesthetically as well as structurally superior ones made of boughs he has whittled.

The rest of the property (located a little north of Moscow on Hwy 95) contains many tall pine and spruce trees. The whole place is an ‘owner active’ system, between keeping predators at bay (the worst of which are hungry moose), irrigating by hand, and moving portable shades structures around to extend the season for early salad greens, etc.

“I'm big on companion planting.” Nasturtiums are stuck in many a corner, to attract flea beetles, while catnip grows elsewhere to repel the same insect, and to attract cats who help out with rodents. Zinnias and marigolds function as other bright lures, and inhabitants of the bat boxes next door at the Phillips Farm certainly help out too.

They have crop rotation down here too. So while beans and squash are always planted together, “We never plant the

same thing in the same place from year to year. Different plants take and leave different nutrients in the soil.”

The Smiths have been tending the soil and gardening here, closely watching how all the flora and fauna interact on this land for the past 22 years. Herbs make up the largest portion of gross sales, about 25 percent. Debi says, “I'm an herb junkie. I love reading about them, growing them, using them, experimenting with them...” Her art studio turns into an herb processing building at this time of the year, with cloth covered

screens stacked up high, air-drying. There are other specialties too, like mache, a tender and early salad green that does especially well for them, arugula and other greens, some of which they supply to area restaurants such as Nectar, and Red Door.

If you miss Ravencroft's produce at the Tuesday Market, and you're north of town, you will also find them Saturday mornings at the Potlatch Farmers Market, which runs 8 a.m.-noon, and where Debi also brings her crafts.

For the first time, this year Ravencroft is offering “mini” CSA shares. Geared for one or two people who love salads, they seem to have happily struck another niche market among folks for whom a ‘family sized’ CSA might be too large. There were one or two openings left when I last spoke to Debi, The subscription prices are:

\$100/season, for pick up at Tuesday Market

\$125/season, delivered, elsewhere in Moscow

\$150/season, delivered, in Pullman

The season, which began the second week of June, will extend through the second week of October.

Contact Debi or Dave at 208-882-3616 or by email: <debi-smith@moscow.com >

Their website is www.ravencroftfarms.com

Jeanne Leffingwell, a local artist, is going to stop feeling guilty about her huge brush pile and leave it alone - for the snakes and critters!



JULY SUGGESTION BOX

Would it be possible to give students and low income customers the prices that members receive? —James

The foundation of your question seems to be that ability-to-pay should be considered as criteria for discounts. Our mission focuses on all members and does not differentiate customers based upon ability-to-pay (some co-ops do). From a charity perspective, our Co-op has chosen other avenues for giving and charitable donations. Membership is affordable (\$10 per year). I do not think a student or low income discount is likely. —Steve, Store Manager

If our member purchases are tracked, wouldn't it be possible to issue a reward (like a discount, \$ off, free coffee) for a certain amount of transactions or dollar value of purchases? Safeway does something like that. —Brenda

We have "old school" punch cards for bread, coffee and walking or biking to the Co-op. When you fill the card, there is an immediate reward for completing the card. We do keep track of member purchases, but the potential reward is more complicated.

We think there is a good chance that this year we will distribute something called a "patronage refund." It is like a rebate back to members based on their purchases for the year. The key ingredients for a patronage refund are making a good profit, members having their member cards scanned with every purchase so we have a total of their purchases for the year and the Board looking at all of our demands for money to determine if, and how much, of a patronage refund could be paid at the end of the year. My fingers are crossed. —Steve

Would you put more Member Appreciation Day sale publicity in the store before the sale day? —Sue

Yes. We added a MAD sale this year, but evidently did not have enough signage in the store this time around. We missed a step and should do better with this awareness. —Steve

The Co-op has the only decent meat in town. I rely on the cuts and paper packaging. Couldn't you compromise and reduce counter hours rather than close it completely. —Unsigned

That's what we did. The meat counter is open during the day beginning at 9 a.m. and is closed in the evening. Sometimes staff are away from the counter during the day to get orders or take a break. —Steve

I really appreciate the monthly Community Newsletter. It is one of my favorite reads front to back. —Laura

Thanks. —Kenna, General Manager

I was glad to see Chris Sokol's "New at the Library" back in the Community News. I would love to read him every month.

The newsletter would be even easier for me to use if it had a table of contents. There is always something for everyone, but I wish I did not have to always thumb through the entire issue to find a specific article of interest to me. —Thad

We appreciate Chris Sokol's "New at the Library" column as well. Given her tight

schedule, she is not always able to provide the column every month, and some months we just do not have the space to run it, but we are glad to share it with our readers when we can.

Secondly, your suggestion for adding a table of contents to the newsletter is one we tried for a few issues several years ago. For our volunteer designer, the table of contents was just too time-consuming, so we dropped it. —Bill London, newsletter editor

Would it be possible to put another soap dispenser in the rest room? My daughter is 4 and loves being independent. She uses the step stool to wash her hands (thanks for that), but cannot reach the soap dispenser. —Unsigned

I see what you mean. As soon as I track down a couple of dispensers, I will get them in. —Steve

It seems most delis have pre-sliced meat available for customers to purchase. Would it be possible for the Co-op to have it in their glass deli cabinet? This would greatly be appreciated.

Do you think we could bring back cut turkey in the grab-n-go? Also, it use to be that the deli / sandwich bar could weigh out some and sell it that way. Does the Co-op not do this anymore? Why not if that is the case. Thank you.

We have experienced some glitches keeping the grab-n-go stocked with sliced meats. Fortunately, our systems are running smoothly now and sliced ham, turkey, and roast beef should be available daily. If the grab-n-go is out of the variety that you like, you can still ask the sandwich maker to weigh some for you and most of the time they can do that. Sometimes, though, they will only have enough sliced meat for their sandwich bar production, or we may have completely run out of a product and be unable to provide it to you. —Annie Pollard, kitchen manager

Cooked oatmeal w/ walnuts, raisins, and brown sugar would be a great breakfast item. Love the Co-op.

Thank you for the suggestion. We are in the midst of re-doing our hot bar production system, which will include a greater selection of menu items. Look for oatmeal and the like later in July. —Annie P.

We love the turkey meat loaf! Unexpectedly delicious—good enough to serve company!

Wonderful, thanks for your positive feedback! —Annie P.

I was wondering if you might be able to make the almond "thumbprint" cookies with spelt or gluten free flour. I have trouble with wheat but I love those cookies! Thanks!

The apricot thumbprints are my favorite, so I can understand your request. We will give it a try with spelt. —Annie P.

I just had a turnover and at the price of \$3.95 I was disappointed. There was very little filling and it was mostly dough. I have never felt I have overpaid for your wonderful deli items in the past. But this one deserves a reassessment. Thank you.

Your constructive criticism is appreciated. We have pulled the savory turnovers off the production schedule for the time being and when they return, they will be a worthwhile purchase. —Annie P.

Consider providing nutritional info @ deli for bakery items. (Gritman has tags at their cafeteria so you can see what the nutritional info is.)

I would love to provide the nutritional information for the foods that we make. Like many things, it relies on time and money. The software is on the wish-list, so hopefully within the next year! —Annie P.

Do you allow promotional articles for all area business for free each month, or just MaryJanesFarm? Every month it seems there is an article promoting, or about, MJF but not the Natural Abode, Orchard Farm Soap, TriState or any other. These too are good local businesses that do good work. Let's be fair. —A concerned lifetime member

One of the goals of the Co-op's newsletter is to share information about community events open to the public, like classes, concerts, and festivals. We print several articles about those kinds of activities in every issue, submitted by Co-op readers representing various groups. We are especially interested in printing announcements from individuals or groups with long-standing ties to the Co-op or whose goals are in sync with the Co-op's.

MaryJanesFarm sponsors a range of public activities. During the last few months we have published articles about several of those, including the PayDirt Farm School classes, the Farm Fair activities, and the free tour of the Oakesdale flour mill on July 4. Not only did those announcement articles focus on interesting opportunities open to the public, but also the articles were about a business that has been supportive of the Co-op for years. In addition, MaryJane herself has been a Co-op member, employee, and volunteer for two decades (she was the volunteer ad manager for this newsletter in the early 1990's).

So, those MaryJanesFarm articles meet all of our criteria: ties to the Co-op and announcing public events.

If the Natural Abode or Orchard Farm (or any other local business or organization) offered classes or sponsored concerts or bought a historic flour mill and opened it to public tours—and if they provided us with an appropriate article -- of course, we would print it. —Bill London, newsletter editor

Why are the Fish Folks in the parking lot again? They are using valuable parking places. —a member

The city has two different regulations for reserving street parking spaces. One applies to construction permits (like dumpsters), the blood mobile, and non-commercial entities. This permit is easy to get. The Fish Folks had that permit and moved to the street parking places until the city told us the first kind of permit did not apply. The other permit applies to commercial uses like peddlers, ready-to-eat food vendors and the Fish Folks. That kind of permit is hard to get. They are working on getting this other permit. —Steve



Staff Profile: William Langlois

by Amy Newsome, newsletter volunteer

Two significant changes occurred in William Langlois' life about a year and a half ago. He moved from the Seattle area to the Genesee Valley Daoist Hermitage and he began working at the Moscow Food Co-op as a cashier. A long-time friend from Pullman told William that the hermitage was looking to take on a new resident student and William jumped at the opportunity.

"Moving to the hermitage would be a perfect starting place for the direction I wanted my life to go."

The Genesee Valley Daoist Hermitage was founded in 1994 by Da-Jing and Charlotte Sun. Students at the hermitage have the opportunity to study and practice such things as sustainable farming, qigong breathing and movement exercise, chang ming nutrition, meditation and daoist healing practices. Students can stay anywhere from one day to several years. Daoism is not a religion as many people might believe, but rather a lifestyle based on traditional Chinese wellness practices. William elaborates,

"How Da-Jing and Charlotte have explained it to me, most Chinese people are Daoist in life, Buddhist in religion and Confucian in morality."

William helps grow the 41 different vegetables and herbs that the hermitage produces in their half-acre garden. Much of the Co-op's produce and deli ingredients come from the garden. William likes the connection created by working both at the hermitage and the Co-op.

"It gives me an opportunity to see the people we are feeding."

Da-Jing and Charlotte also sell the hermitage's vegetables, herbs and seeds at the Moscow Saturday Market.

William was raised for the most part in Renton, Washington with his mom and step-father.



William helps grow the 41 different vegetables and herbs that the hermitage produces in their half-acre garden. Much of the Co-op's produce and deli ingredients come from the garden.

When he was a junior in high school he moved to Cle Elum to live with his father and step-mom. He has fond memories shrimping with his mom on the inlets of Puget Sound and with his father cutting cords of firewood for their remote home in the Teanaway River Valley. William also remembers attending summer camp, Camp Casey, at a former army barracks on Whidbey Island. He loved the field games, studying tidal pool creatures, and walking through the pitch black bunker maze while camp counselors told scary stories.

After graduating from high

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school, William moved to Seattle and worked several different jobs, most of them very physically demanding.

"I've enjoyed working hard my entire life."

He worked at UPS load-

ing packages, as a housekeeper for private residences, as a computer networking technician for an accounting firm, and lastly for Les Schwab working on car alignments.

William said that family is the most important thing to him. His mom, step-father, two brothers and a sister all live in the Issaquah area and his father, step-mom, brother, sister, two nephews and a niece all live in the Cle Elum area.

"My family is my rock. They have always been there for me. One thing I have really learned over the last year or so is to really appreciate and honor my parents."

Amy Newsome attended summer camp at Lake McCumber in Northern California. She fondly remembers the woman from a

local tribe who demonstrated how to make beautiful baskets out of soaked pine needles and less fondly the time all campers had to get a shot when the cook came down with Hepatitis A.



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Volunteer Profile: Aimee Shipman

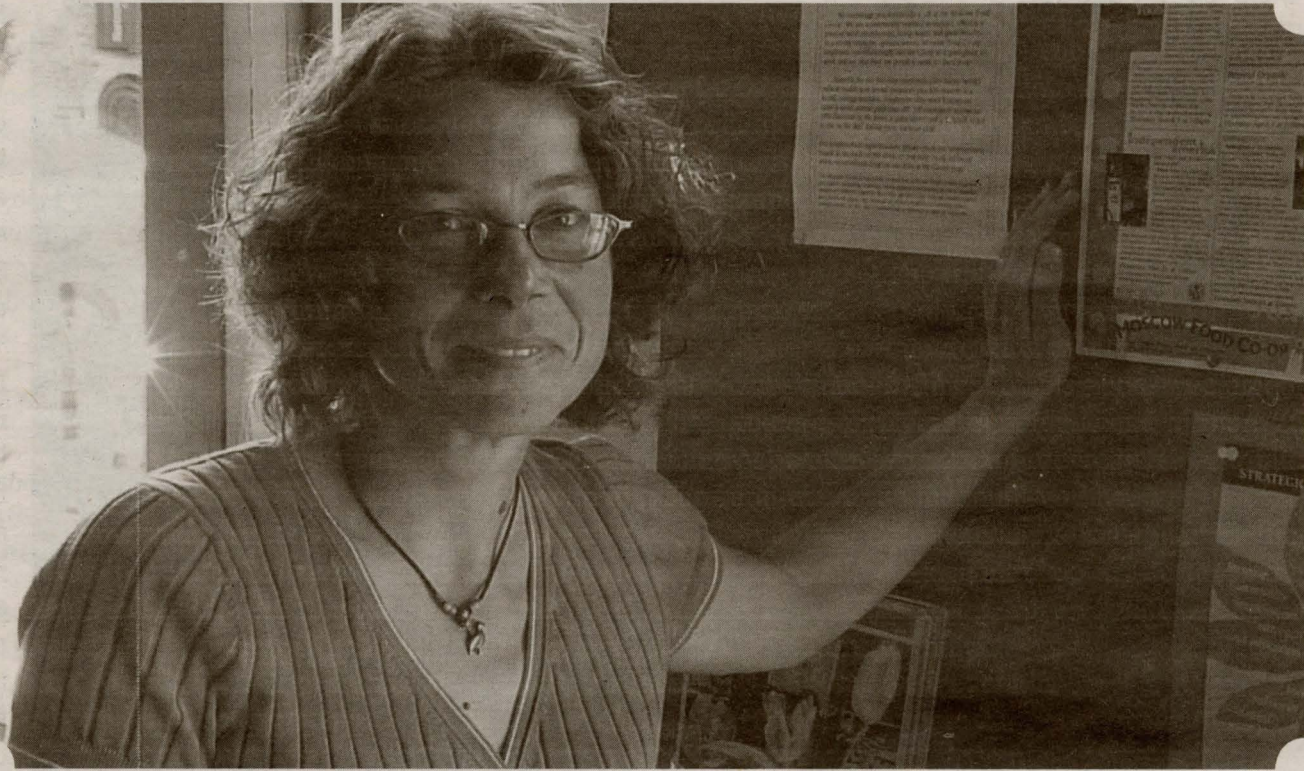
by Todd J. Broadman, newsletter volunteer

The more volunteer profiles I do, the more I learn about what is really important to dynamic persons who choose to live in a small, humble town in northern Idaho. Again and again, volunteers talk about community and the environment. And that's much of what I heard from Aimee Shipman. As we got into our conversation one recent afternoon, it all started to add up.

Before moving to Moscow, Aimee and her husband Kevin Gergely lived on a small farm thirty minutes outside of Portland. "The farm had hazelnuts and walnuts, and we added some goats and chickens." In 1999, when the Kevin took a position with the USGS based in Moscow, they sold the farm. "The transition to living here though was fairly smooth—we got a house with six acres and arrived with two horses and seven chickens in tow." Aimee was animated as she talked about the friendships and roots she has planted here.

"After we settled in, I began taking classes at the University of Idaho in Geography." Those classes eventually led Aimee to a Ph.D. in the field of Human Geography, which is the study of human life in the context of space, place, and environment. I knew to brace myself when I asked her the subject of her dissertation. She prefaced her answer by explaining that it was a long road to completion (in 2008) and then unveiled the title: "The Susceptibility to HIV in Sub-Saharan Populations." Aimee then took me on a fascinating narrative of her work in Botswana where she studied the non-biological influences to HIV and the great range of people she came to know.

Aimee grew up an only child in Oakland and did her undergrad work at Berkeley. "The school had started a new



"Aimee is volunteering her research skills and interest in the environment to help the Co-op plan the food-film festival."

major—International Political Economy. I loved it. I guess others did too because it's still there." From that point it was onto University of Washington and a Master's degree in Public Administration. "I wanted to work in environmental policy, in Washington D. C., make a difference; I felt and still feel that public sector work is important." Those desires were met with a post as Programming Analyst at the Department of the Interior (which led to her initial discovery of Botswana and work there on a park conservation plan.)

I asked her about the circumstances which led to Portland and her farm there. "This great position opened up with the Fish & Wildlife Service when I got back from Botswana, so I applied. My territory was the six-state northwest region based out of Portland and my work centered on endangered species and habitat conservation."

Aimee is volunteering her research skills and interest in the environment to help the Co-op plan the food-film festival. "When I saw the film 'Broken Limbs' it was so riveting and it sparked an idea to have it shown locally." The film sheds light on the global issues effecting small farmers and highlights the situation of apple farmers in Wenatchee, Washington. After learning of Aimee's background,

it was easy to understand the film's allure.

Since 2006, Aimee has been

a Land Use Planner with Latah County and says she is here to stay—with Kevin, their four dogs and two cats.

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

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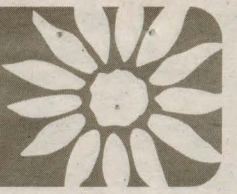
Thanks to the Community

We're a year old and would like to thank the people of the Palouse for supporting us and for welcoming us into the community.

Thanks to Twin Mountain Organics (Moscow) for the Garlic, to Avon Eggs (Deary) for the eggs, to Ronniger's Potato Farm (Moyie Springs) for the Yukon Gold, to Shepherd's Grain (Columbia Plateau) for the Flour, to Dominique (Moscow) for the Rosemary and Cuisine, to Master's Touch Woodworking (Moscow) for the Bakery Equipment, to Copy Court (Moscow) for the office supplies, to Fork Refrigeration (Moscow) for more Bakery equipment, to WSU Dairy (Pullman) for the Milk, to Rob Bjerke (Moscow) for the Baking, to The Red Hen Baking Co. (Duxbury, Vt) for the craft, to Gloria, Bob, and Erik for the love and support, and thanks to the countless other hands that have helped to shape this beautiful loaf.

Panhandle Artisan Bread Company

630 N. Almon #110, Moscow, Idaho, 83843, 208-882-5999



Omnivoria: Natural Pork=Healthier People, Healthier Environment

by Alice Swan, newsletter volunteer

Many of us were probably at least a tiny bit relieved, in the midst of the recent swine flu scare, that we live in a relatively small, rural community. I was pondering how I might react to it next year when flu season returns and I'm living in the Chicago area. One of my friends in Chicago, for example, kept her kids home from school just because she heard the word "pandemic" being tossed around.

By now the outbreak is losing steam, and the media is losing interest in it, but the problem that gave rise to the swine flu, CAFOs (concentrated animal feeding operations) is alive and well. The recent H1N1 outbreak was traced to a CAFO owned by Granjas Carroll, a subsidiary of the U.S. pork giant Smithfield Foods. Whether or not you are concerned about this particular flu outbreak, you should be concerned by the potential for ever more deadly diseases to develop in CAFOs all over the world.

Animals live by the hundreds and thousands in extremely small cages. Pigs usually don't have room to turn around, and in the name of efficiency a waste lagoon is directly under the barn, covered by a slatted floor through which excrement falls. The fumes from the waste damage the lungs of the pigs, which, in addition to their proximity to so many other animals and their genetic similarity, makes them extremely susceptible to disease.

The animals are given continuous low doses of antibiotics in their feed, both to help keep disease at bay, and to make them grow faster. The close quarters of so many animals, plus the continual antibiotic use, makes the perfect breeding ground for viruses and bacteria (which cross-breed with each other). The result is increasingly drug-resistant and virulent strains that develop faster than modern science can produce antidotes. Dr. Michael Greger, of the Humane Society of the U.S. puts it succinctly: "If you wanted to create global pandemics, you'd build as many of these factory farms as possible. That's why the development of swine flu isn't a surprise to those in the public health community.

In 2003, the American Public Health Association—the oldest and largest in world—called for a moratorium of factory farming because they saw something like this would happen. It may take something as serious as a pandemic to make us realize the real cost of factory farming."

The American Public Health Association is joined in its concern about over-use of antibiotics by over 350 other professional organizations in the U.S., including the American Medical Association, that would like to see greater regulation of antibiotic use in factory farms. According to the Union of Concerned Scientists, around 70 percent of antibiotics used in the U.S. are used in "non-therapeutic animal agriculture" (that is, those given to healthy animals as a preventative measure, or to increase growth). Some countries, including Sweden and Denmark, have outlawed this practice.

CAFOs are also environmental hazards. The waste from such a large number of animals in a small space becomes more like toxic waste (both because of its sheer volume and because of the residue of drugs and chemicals the animals are fed or otherwise exposed to) that leaches into ground water and pollutes the air for miles around. And working conditions, both at the farms and at associated meat processing facilities, are abysmal. Add to all that the fact that pork from pigs in CAFOs doesn't taste good—the pigs have been bred to be so lean that the meat is routinely injected with saline before it's packaged to keep it tender, and the stressful living conditions of the pigs cause a build-up of lactic acid in their muscles that breaks down the structure of the meat, making it mushy and causing it to spoil quickly.

I prefer to pay a little more for meat from pigs that have been raised in a more responsible manner and that tastes good. The Co-op carries Beeler's Natural Pork, which is raised on small-scale family farms in Iowa, according to their trademarked "Heluka" system (which means "full of sun" in a Native

Ginger-brined Pork Loin

I may never go back to cooking roasting meat without brining it first, since it is so simple, and adds so much flavor! This is a brine variation that combines two of my favorite foods—pork and ginger

- ▶ 2 cups warm water
- ▶ 1/2 cup plus 1 tablespoon Ginger People ginger preserves
- ▶ 1 cup plus 1 teaspoon chopped fresh thyme
- ▶ 3 tablespoons coarse sea salt
- ▶ 1 1/2-2 pounds boneless pork loin
- ▶ freshly ground black pepper

Mix water, 1/2 cup ginger preserves, 1 cup thyme and salt in a bowl. Stir until the salt and preserves are dissolved. Put the pork in a large bag, pour the brine over it, and refrigerate for a day or two.

Preheat the oven to 425 degrees. Take the pork out of the marinade, pat it dry, and rub with pepper. Place the pork on a rack in a roasting pan and bake at 425 degrees for 25 minutes. Turn the heat down to 325 degrees and bake an additional 30 minutes, or until the meat is 155 degrees. While the pork is cooking, mix the remaining ginger preserves and thyme in a small bowl. Near the end of the cooking time (5-10 minutes before the meat is done), brush the preserves mixture over the pork. Let the pork stand 15 minutes before slicing.

American language.) Pigs live in open barns with plenty of fresh air and sunshine, access to the outdoors, and have lots of room to root, nest, socialize and do all their normal piggy things. They are not fed hormones, antibiotics or animal by-products, and the meat tastes really good. Compared to the public health and environmental costs that aren't reflected in the supermarket price of conventional pork, Beeler's is an excellent value.

For more information, see:

"Swine of the times: the making of the modern pig," by Nathanael Johnson, *Harper's Magazine*, May, 2006.

"The hidden link between factory farms and human illness," by Laura Sayre, *Mother Earth*

News, Feb/Mar 2009.

Organic Consumers Association Swine & Bird Flu Resource Center, <http://www.organicconsumers.org/flu.cfm>

<http://beelerspurepork.com>

Alice bids a fond farewell to many good friends, a wonderful community and the Moscow Food Co-op, and invites anyone traveling to Chicago after mid-July to pay her a visit.



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Into the Cupboard: The Essence of Summer

by Ivy Dickinson, newsletter volunteer

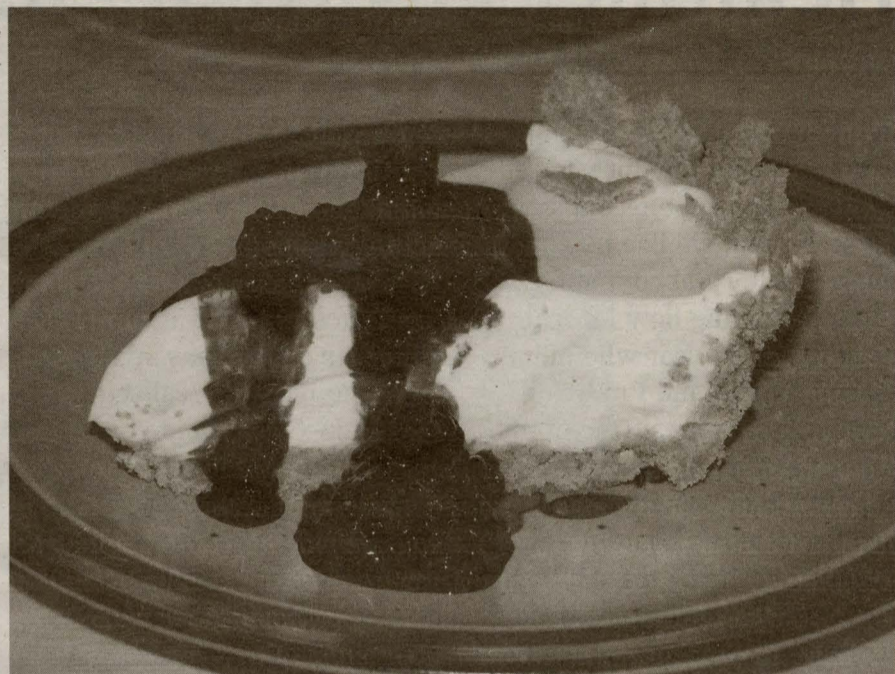
Nothing quite says summer to me like the flavor of lemon; it can be added to almost anything sweet or savory to add complexity and that fresh summery quality. I find that for me it is often my go-to seasoning for meats, a variety of salads, and a common component of some of my very favorite desserts. I always keep one or two lemons in the kitchen, and they never let me down.

Citrus fruits have a very long and rich history having originated in southern China, northern India, and Southeast Asia then spreading throughout the sub-tropic regions of the world by 500BCE. Lemons are not one of the original citrus fruits, but actually are thought to be a two-step hybrid that originated as a result of first crossing citron with lime and then crossing that product with the pummelo. There

are many varieties of true lemons, but the ones we are most familiar with today are actually two varieties that are further hybrids; the Ponderosa (most likely a lemon crossed back with a Citron) and the Meyer (a cross between a lemon and a mandarin or an orange).

For my first recipe, I made a watermelon salsa that has a bright citrus component as a result of fresh lemon juice, but still packs some punch from the jalapenos. This salsa is very colorful and incredibly tasty. I'd recommend it as both a side dish that is scooped up with plain tortilla chips or as a topping for grilled meat (such as chicken or pork). If you're in a hurry, just chop the watermelon coarsely, however, you'll get a more elegant look if you use a melon baller.

For my second recipe I used



the Co-op's key lime pie recipe, but substituted fresh lemon juice for the lime juice and topped the slices with a blackberry cabernet sauce. This dessert was to die for; the combination of blackberry, cabernet, and creamy lemon was absolutely perfect. I wouldn't change anything, and my friends who I served it too, raved about it as well. I have also made this recipe using an almond crust to serve to a friend with a gluten allergy. This recipe

is only one of many favorites I've gotten from the Co-op cookbook; a purchase that is well worth the \$10 investment.

Sources:

London, Bill. ed. *The Co-op Cookbook*. Moscow, ID: Moscow Food Co-op, 2005.

Ivy is thinking tonight she'll dream of lemons...lemon sorbet, lemon pie, lemon salmon, lemon curd... Email her about your lemon dreams at ivyrose7@hotmail.com.

Herbed Watermelon and Lemon Salsa

- ▶ 1/4 cup fresh lemon juice
- ▶ 2 tablespoons brown sugar
- ▶ 3 cups chopped seeded watermelon
- ▶ 1 cup chopped seeded honeydew melon or cantaloupe
- ▶ 1 medium cucumber, peeled, seeded, chopped
- ▶ 1/2 cup chopped red onion
- ▶ 1/4 cup chopped fresh mint
- ▶ 2 tablespoons finely chopped crystallized ginger
- ▶ 2-3 minced seeded jalapeño chilies

Whisk lemon juice and sugar in large bowl until sugar dissolves. Add watermelon and all remaining ingredients; toss gently. Salt and pepper to taste, cover, and chill.

Lemon Pie with Blackberry Cabernet Sauce

- ▶ 10-15 graham crackers
- ▶ 6-8 tablespoons unsalted butter, melted
- ▶ 1/2 pound cream cheese
- ▶ 1/2 cup lemon juice
- ▶ 1 can sweetened condensed milk
- ▶ 3/4 cup whipping cream
- ▶ 1/2 cup cabernet or cabernet blend
- ▶ 1 cup fresh or frozen blackberries
- ▶ 1 tablespoon sugar

Preheat oven to 325 degrees. Crush graham crackers into fine crumbs. In a mixing bowl combine the melted butter and the graham cracker crumbs. Pour the graham crackers into a 10 inch pie pan and press the crust down well, compacting it as much as you can. Bake the crust for 8 minutes.

In a food processor combine the cream cheese and the sweetened condensed milk until smooth and creamy. Add the lemon juice and process for a few more minutes. Add the whipping cream. And process until the filling is starting to stiffen. Pour the filling over the cooled crust and smooth with the back of a spatula. Refrigerate overnight or at least 12 hours.

Combine the cabernet, blackberries, and sugar in a small saucepan. Bring the mixture to a boil, then reduce heat and simmer until sauce has cooked down and is becoming syrupy (will yield approximately 1/2 cup). Chill and then drizzle over individual slices of lemon pie right before serving.

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In The Garden: Lovely Lavender

by Holly Barnes, newsletter volunteer

“If you want to feel rich, just count all the things you have that money can't buy” —Anonymous

Lavender is at its loveliest in the Palouse in the month of July. The plants have been sprouting new growth for a month or more and are finally ready to burst into bloom perfuming the air with a sweet scent favored by the perfume industry.

One of my favorite flowers in the garden, they do it all. They provide three season interest, wonderful flowers, great scents and even when out of bloom the foliage is strongly scented. If happily situated they need little care, an occasional trimming is all, not much water and no fertilizer. They thrive in the hot sun.

The varieties in our zone 5 gardens are mostly *Lavandula angustifolia*, the English lavender. It is the hardiest and most widely planted species. Hardy as well is *Lavandula x intermedia*, also called Lavandin, and the most commonly used in the per-

fume industry. These plants are taller than their English lavender cousins.

Although most lavender plants produce purple colored flowers there are a few white and pink varieties as well. Versatile lavender can be used as a low hedge or walkway edging, a single accent plant or in rows. Although an herb, it mixes well in the garden with perennials and other herbs that originated in the Mediterranean region: rosemary, artemesia, helianthemum, nepeta (another favorite!), salvia and stachys.

Lavender plants do very well in the Palouse as long as the soil is prepared to their liking. Our heavy clay soils must be amended with sand and compost to provide the drainage lavender roots need. More cold-hardy lavenders succumb in winter to wet feet than to freezing. Lavender is deer resistant.

Last summer I planted the last remaining portion of lawn in my backyard to lavender. I bought many different varieties, always noting the zones and choosing



A lovely lavender garden in Canada.

Lavender Sugar Cookies

Preheat oven to 375 degrees

Cream together:

- 1/2 cup shortening
- 1/2 cup butter
- 1/2 cup granulated sugar
- 1/2 cup powdered sugar
- 1 egg
- 1 teaspoon vanilla or lemon flavoring
- 2 to 4 heaping teaspoons of lavender buds, crushed

Combine:

- 2 1/2 cups flour
- 1/2 teaspoon salt
- 1/2 teaspoon baking soda
- 1/2 teaspoon cream of tartar, add to creamed ingredients.

Make into balls and press flat with a glass dipped in granulated sugar.

Bake on an ungreased cookie sheet for 10-11 minutes.

only those that are appropriate for at least zone 5. I amended the soil for each plant, surrounded them with weed cloth, and covered the cloth with straw. There were some losses over the harsh winter, which I replaced this spring, and all are looking very healthy and strong as we head into summer, the season in which they shine.

Lavender is also beloved in the garden because of its ability to attract birds, butterflies and bees. English lavenders produce seed that attracts some varieties of birds, a good reason not to deadhead the flowers when bloom time is over. Butterflies and bees visit during the long blooming season.

Lavender flowers can be used in the kitchen. I use them year round in my salad dressing. Here's a great recipe for delicious cookies:

Holly Barnes begins each day in her garden with a cup of coffee and her journal. The birds wait for the fountains to be turned on and as the sun comes up it feels that all is harmonious in her corner of the world.

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OBSTETRICS

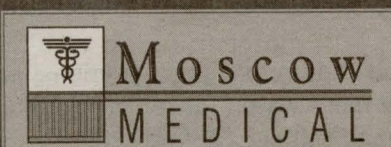
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Allergy and Gluten Free: Camping with Food Restrictions

by Terri Schmidt, newsletter volunteer, illustration also by Terri

Every summer we go the Sawtooth Mountains of central Idaho and have a weeklong camp out with several couples we went to college with many moons ago. We play cards and games, relax and read, go fishing, swim in icy river water, soak in hot springs, visit around the campfire, and eat a lot. There is an amazing amount of food brought to share and enjoy.

Unfortunately, due to my food reactions, I can no longer eat the huckleberry pancakes, homemade pies, spaghetti with tomato sauce, and many other things including the nightly s'mores. While those of us with food allergies would love to be able to eat everything, having a restricted diet doesn't have to put a damper on camping, and in fact camping may be one of the best choices for a summer getaway. While other vacation travel likely involves eating in restaurants, camping provides control over the ingredients used when preparing meals. This can be especially attractive for parents of allergic children.

Many of the foods we prepare at home can be prepared at a campsite. Foods can also be prepared at home ahead of time and frozen or sealed before putting them in the cooler. Packages of veggies and meat wrapped in

foil can be slow roasted in the hot coals of a campfire. You can also stock up on your favorite Co-op canned or boxed foods to make life more convenient in the woods. Homemade trail mix with safe ingredients is a handy snack. I make a gluten free trail mix with Nutty Flax cereal, pumpkin seeds, almonds, sunflower seeds, and hemp seeds. Enjoy Life gluten-free chocolate chips and dried fruit would make a tasty addition if those are on your safe list.

As for s'mores, check this site to find a good recipe for gluten free graham crackers <http://glutenagogo.blogspot.com/2008/04/graham-crackers-smores.html> The Co-op sells two brands of

gluten free chocolate bars you can make your s'mores with: Tropical Source and Dagoba. Enjoy Life chocolate chip, gluten and nut free, can be melted down to make your own chocolate bars.

If you are lucky enough to camp near a river or lake where there are fish, you may be able to catch your dinner. I have yet to figure out the intricacies of fishing in a river. I invariably end up losing my lures and getting tangled in every nook and cranny. Fortunately, I camp with others who are adept at river

fishing and who lovingly provide me with a delicious pan fried fresh trout dinner.

In addition to family camping, there are also summer camps that cater to children with food allergies and gluten intolerance. Living Without magazine has an online article listing several camps especially created for children with food restrictions: <http://www.living-without.com/2009/aprmay09-campers.html>. There is also a camp on Vashon Island near Seattle—Camp Sealth:

www.campfire-usa.org/rentals/sealthrental.htm

The recipes on this page can be enjoyed on your next camping trip. I experimented with creating a recipe for high fiber crackers. They are also high in protein, have a nice crunch and make a handy snack. If you are lucky enough to catch your dinner, the fish recipe is easy and tasty.

Terri is looking forward to hanging out in peaceful and rejuvenating forests this summer. (For comments or suggestions write Terri at allergypage@yahoo.com)

Pan Fried Trout

free of all top eight allergens

- ▶ fresh trout
- ▶ sea salt
- ▶ fresh parsley and thyme
- ▶ thin sliced red onion
- ▶ lemon slices
- ▶ rice flour
- ▶ 2 - 4 tablespoons butter or olive oil

Wash trout well and pat dry. Rub sea salt inside the cavity and fill with some parsley, thyme, onion and lemon slices. Dredge fish in rice flour. Heat butter or olive oil in a fry pan over your camp stove or campfire. Add the trout and fry for about 6-8 minutes on each side—longer for thick fish. If you prefer, eliminate the flour and place fish directly on a grill over a barbecue or campfire and cook. If you are cooking your trout at home, you can also bake it in the oven in an oiled pan at 350 degrees for 30-45 minutes.

Seeded Crackers

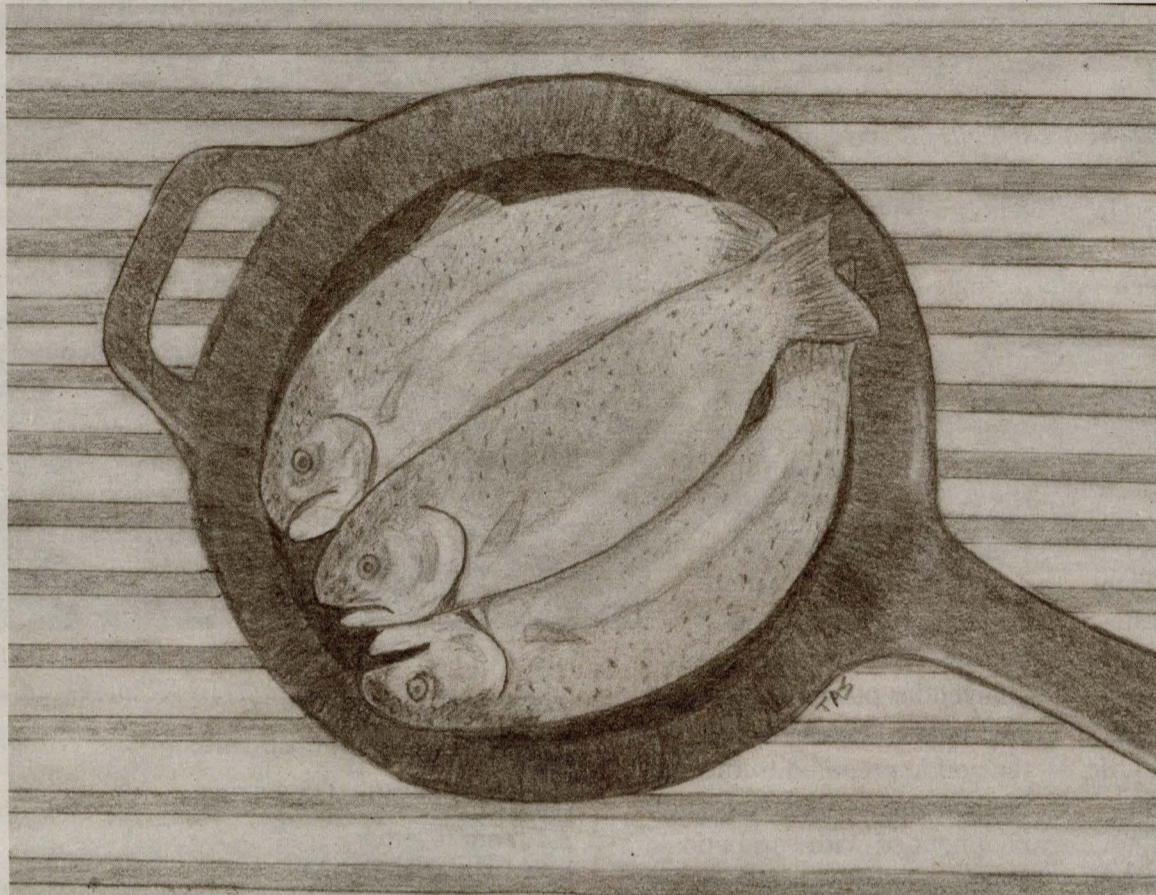
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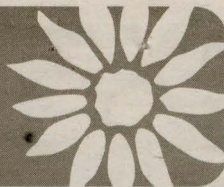
- ▶ 1/2 cup sorghum flour
- ▶ 1/4 cup rice flour
- ▶ 1/4 cup almond flour
- ▶ 1/4 cup flax seeds
- ▶ 1/4 cup sesame seeds
- ▶ 1/4 cup hemp seeds
- ▶ 1/4 cup sunflower seeds
- ▶ 1/2 teaspoon sea salt
- ▶ 2 teaspoons olive oil
- ▶ 2 tablespoons water
- ▶ 1 teaspoon apple cider vinegar
- ▶ 2 teaspoons favorite dry herb (basil, oregano, rosemary, etc)

Toast sesame seeds in oven 3 or 4 minutes. Soak flax seed in 1/4 cup warm water for 15 minutes.

In a bowl mix flours, seeds, and salt. Add remaining ingredients and mix until it forms a ball. If dry add more water. Place half the dough between two sheets of wax paper and roll out till fairly thin.

Turn upside down onto a cookie sheet and remove wax paper. Cut into 2 inch squares. Bake at 400 degrees for 10 minutes.





Veganesque: Born Again Vegetarian

by Caitlin Cole, newsletter volunteer

My family's health has been on my mind lately as the one year anniversary of the discovery of my gluten intolerance passed. The research, the cookbooks, the giving up of many food favorites, the label reading...it was very much like when I first became vegetarian 22 years ago, with one major difference. Eating meat by accident would gross me out; eating gluten by mistake would poison me.

I have celiac disease, one of the many diseases that undiagnosed gluten intolerance causes. Folks with celiac disease lack a digestive enzyme which breaks down gluten molecules from proteins into amino acids. The result is that the undigested gluten damages the small intestine and prevents the absorption of vitamins and minerals. In addition the body perceives the undigested food as a poison and activates an auto-immune response, which puts strain on all of the systems of the body. Celiac disease is a genetic, progressive disease whose symptoms lie dormant often for years.

When I first found out it was difficult to comprehend. I did not think it was possible to get sick from grains. I became vegetarian largely for health reasons. I found it ironic that it would have been healthier for me to have given up gluten than meat! Grain had replaced meat as a staple and I had eaten a lot of bread over the years, blissfully unaware of the damage I was doing. As with any sort of diet oddity the hardest thing is dealing with people's reactions. Lots of people feel sorry for me, but I am so happy I found out! Giving up bread and other gluten is a small price to pay to regain my health. I used to suffer with daily fever, muscle aches, water retention, and extreme exhaustion. One day at the Co-op I

"I am grateful for the blessings this journey has given me, such as my renewed commitment to the vegetarian lifestyle."

saw my friend Rachael C. in the freezer section and I told her about my diagnosis, and she said "I am so happy that you found out," and she hugged me. I hope I will always remember and be inspired by her kindness to me in that moment!

After totally eliminating gluten from my diet and my home, the next step was to figure out how to heal the damage that was done. A healthy vegetarian diet has little effect on a person whose intestinal villi have been damaged because nutrients cannot be absorbed. I wanted to learn what supplements to take to help the healing. There is a lot of pro-meat rhetoric in the celiac world. One common remedy is to boil chicken bones until they are gelatinous and then drink the broth several times daily, and while I knew I was not having any of that, (EVER!!) I began to consider eating meat again for the amino acids needed to rebuild my intestine. I thought about it a lot...what kind of meat could I possibly eat that would be completely repulsed? My most likely success would be turkey because it was not slimy and was pretty lean, and maybe I could pretend it was tempeh?

What I decided in the end is that it would not be healthy to force myself to eat something I did not want to. In partnership with the Co-op's Health and Beauty department I have found the supplements to help me and I have not had to leave my vegetarianism behind. I am grateful

for the blessings this journey has given me, such as my renewed commitment to the vegetarian lifestyle. I hope you will enjoy one of our new favorite salad

recipes below.

Caitlin Cole is happy that it is currently raining and watering her lawn for free!

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12 CHAPS 2:00 pm Hartung Indoors	13	14 Enchanted 7:30 pm Hartung Indoors	15 CHAPS 7:30 pm Hartung Indoors	16 FARCE 7:30 pm Hartung Indoors	17 CHAPS 7:30 pm Hartung Indoors	18 Enchanted 7:30 pm Hartung Indoors
19 FARCE 2:00 pm Hartung Indoors	20	21 H. S. MUSICAL 6:30 pm Hartung Indoors	22 Enchanted 7:30 pm Hartung Indoors	23 H. S. MUSICAL 6:30 pm Hartung Indoors	24 R & J 7:30 pm Hartung Outdoors	25 R & J 7:30 pm Hartung Outdoors
26 Enchanted 2:00 pm Hartung Indoors	27	28 FARCE 7:30 pm Hartung Indoors	29 SOLD OUT 7:30 pm Hartung Outdoors	30 H. S. MUSICAL 6:30 pm Hartung Indoors	31 R & J 7:30 pm Hartung Outdoors	1 AUG CHAPS 7:30 pm Hartung Indoors
2 H. S. MUSICAL 2:00 pm Hartung Indoors	3	4 CHAPS 7:30 pm Hartung Indoors	5 R & J 7:30 pm Hartung Outdoors	6 FARCE 7:30 pm Hartung Indoors	7 CHAPS 7:30 pm Hartung Indoors	8 R & J 7:30 pm Hartung INDOORS!

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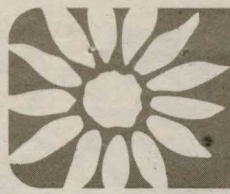
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Cucumber Tomato Salad

- 4 local roma tomatoes, diced
- 2 local cucumbers, diced
- 1 red onion, diced
- 2 tablespoons hemp oil (olive oil also works)
- 1/4 cup lemon juice
- 3 tablespoons local chopped fresh herb of choice
- 4 cloves of garlic minced
- 1 cup crumbled feta cheese (optional)
- salt and pepper to taste

Gently toss all ingredients except for optional cheese. Chill at least four hours. Add cheese just before serving.



Meals Kids Might Eat: Camping Food!

by Judy Sobeloff, newsletter volunteer

My memories of food at summer camp are mostly of foods I wanted to avoid. (Creamed chipped beef, served family-style, anyone?) But I loved all the food I had while camping (at least through the soft-focus lens of memory).

My family had a Coleman stove, and my favorite camping foods were those I learned from Girl Scouts: Camper's Stew (ground beef mixed with Campbell's alphabet soup); Dough Boys (biscuit dough coiled around a stick and browned over a fire); s'mores, of course; and, best of all, little cakes baked in oranges (see below).

Talking to parents about camping food was illuminating, with responses falling into the following categories: 1) those who camped before having kids but haven't ventured outside since; 2) those who grab something, anything, from a store on the way out of town; 3) those who plan but keep it simple; and 4) those who plan for days ahead of time and go all-out (some of whom rarely camp because it's so much work).

Though I wrote last summer about cooking super-tasty veggies and dessert wrapped in foil in a fire (July, 2008 newsletter), that was actually simulated by paid actors in a wooded corner of the Co-op's studio kitchen. In reality, my family cooks mostly instant stuff on our little backpacking stove; anything more glorious was probably made ahead of time by someone else.



Thanksgiving on the Salmon River.

(Yes, we are grabbers on the way out of town, and yes, we often forget the stove/pots/fuel/bowls/tent poles, etc.)

Quick and simple things we rely on are the Co-op's bulk split-pea soup mix; MaryJane's Farm organic bulk instant mixes (black bean flakes, chilimac, Southwestern Couscous, etc.); and Lundberg Farms butternut squash risotto or cheddar broccoli risotto (bring a small bottle of olive oil). We've also followed the suggestion of my friend Nancy to bring a little can of tomato paste to add to macaroni and cheese, though have never used this (having consistently forgotten the can opener).

Kristin, who also opts for ease, recommends the various

Indian foods made by Tasty Bites, heated in boiling water. Her kids share a package of the milder ones, such as Jaipur vegetables, while the adults like spinach paneer or spicier ones. Kristin also recommends a delicious, easy bacon breakfast (see below).

Suzi, who camps frequently, says her kids are "extremely picky so we don't get extravagant." However, her son, now 11, really likes smoked clams from a can on crackers with cheese. She also buys small quantities of several types of trail mix for lunch snacks, and for breakfast tends toward easy things like granola bars and muffins she pre-freezes. (We also bring cereal with the little non-refrigerated milk packages.)

For dinner, Suzi freezes chili in a Tupperware container ahead of time, and lets it thaw in the cooler so that it's ready to heat up by the 2nd or 3rd day. She also wraps hamburger patties in waxed paper and plastic wrap and freezes those ahead of time, and then those are ready to be cooked on the 2nd day. Her family brings a small table-top gas grill and a propane stove, both of which use the same little propane canisters from Tri-State.

Sometimes she uses the grill that's already there in the campground, but as this can be "really icky, and often has bird poop on it," she cleans both the grill and the picnic table with a big bucket of soapy water and a rough rag. (If you've ever found

one of these grills clean, Suzi was probably just there.)

In the final category, another friend "plans it out and makes a big deal out of it." She makes things like potato salad and green salad ahead of time and has all the components "separated in ziplock bags, all tidy, so everyone gets what they want." This works well, she says, except, "I don't like to go because it's so much work."

A pair of local families who revel in the finer points of outdoor cuisine went camping together last fall over Thanksgiving. Bringing a two-burner propane stove and a big gas grill that Jack "wheeled off the deck, strapped into the pickup, and wheeled onto the beach," they cooked turkey breast, mashed potatoes, stuffing, cranberry sauce, sweet potatoes (in foil in a fire), and even a wild turkey that Peter had shot and smoked ahead of time.

Judy Sobeloff hopes to return to favorite foods of Girl Scout splendor, maybe this summer.

Easy Campfire Treats

► 1. Kristin's Fried Eggs in a Bacony Boat

Line the bottom of a paper lunch sack with three strips of bacon so they completely cover the bottom, crack two eggs over this, and cook on a rack (high enough above the fire so the bag doesn't catch on fire).

► 2. Dough Boys

Bring pre-mixed biscuit dough in a ziplock, add water at campground, then roll into snake shape and coil around the end of a long green stick (first peel bark away from the three or so inches of the stick that the dough will cover). Brown over campfire, until dough is cooked through.

► 3. Cakes Baked in Orange Rinds

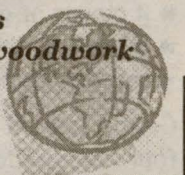
(Bring pre-mixed cake or muffin mix and add water or milk at the campground. If not using a packaged mix, consider using the Co-op's powdered Ener-G Egg Replacer, powdered milk, and/or a small, packaged non-refrigerated milk.) For each person, slice an orange into two parts: a "lid" (top third of the orange), and a bowl (lower two-thirds of the orange). Hollow out the bowl and the lid, pour cake batter into the bowl, top with lid, wrap in foil, and bake in coals of fire for 10-15 minutes.

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Buy Local Moscow Mixer

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

Please plan to join the fun at Buy Local Moscow's back-to-school party planned for Thursday, August 20, 7:30 p.m. at the 1912 Center. For your enjoyment, we will have live music (the glorious guitar of Henry C. Willard and the provocative piano of Jeanne McHale) along with drinks from the Mix.

Because we are supporting our local businesses and celebrating our local community, we're calling this party the Local Moscow Mixer. We hope you are able to join us.

And remember that our party has a purpose. Our goal is to strengthen the social and economic framework of Moscow by supporting and promoting the community's locally-owned independent businesses and by educating the community about the

vital role of locally-owned businesses. For more information, see our website: www.buylocalmoscow.com.

Recent research shows that locally-owned independent businesses form the core of a sustainable community. Increasing sales at local businesses keeps more money circulating within the community (the money does not flow to corporate administrators and stockholders, but instead is spent for local products and services),



Celebrate Moscow!

www.buylocalmoscow.com

and increases the number of jobs available to local residents.

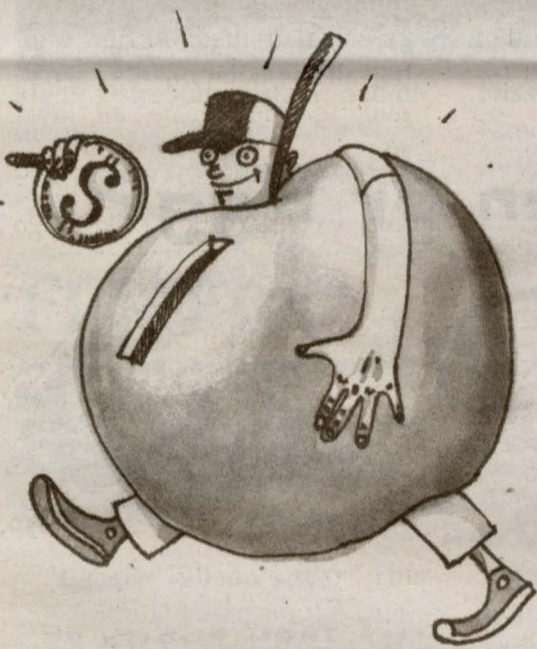
Here are just two examples of that research. In a 2008 study of the Grand Rapids, Michigan, area, (<http://www.civiceconomics.com/local-works/>), researchers discovered that if just 10 percent of the purchases by the 600,000 local residents shifted from corporate or franchise retailers to independent businesses that 1,614 new jobs would be created. In a

2003 study from Maine (<http://newrules.org/retail/midcoast-study.pdf>), researchers found that three times as many dollars spent in locally-owned businesses circulated within the community in comparison with dollars spent at corporate retailers. The same study showed that local businesses donated four times as much to local charities as corporate retailers. Many other similar studies, as well as books and magazine articles on this topic, are available through the American Independent Business Alliance (<http://www.amibane.net/>).

We look forward to partying with you on August 20 while we all support Buy Local Moscow.

Price Shopper: Back to the kitchen

by Amy Richard and Joe Pallen, newsletter volunteer



foods at home from scratch. At our house, we both like to cook and bake. It is easy to think up a million excuses about how we are too busy and it is so convenient to buy packaged items like breads, tortillas, and canned refried beans at the grocery store. But this month we have given in to our frugal, kitchen-loving natures and started making more things from scratch.

We bought a simple tortilla press for under \$20 and we have started making our own flour tortillas. For those of you who've read the children's book "If You Give a Mouse a Cookie" you'll under-

stand that if you make a homemade tortilla you'll need some homemade black beans to go with it. And while you're cooking those beans your kitchen will become all hot and steamy and you'll remember you need a refreshing fruit smoothie for dessert. And on and on it goes.

This month we have had a good time in the kitchen. Next month our tomatoes should be ready so we can make our own salsa and a friend of ours is

going to show us how to make yogurt. Our family is saving money and we are embracing our once lost, but now found, kitchen skills.

In this price comparison chart we didn't include bulk black beans or much organic produce because Rosauers doesn't sell them. All prices are regular price, no sales or discounts applied. On this trip we saved \$2.88 shopping at the Co-op.

Lean times. The only good thing about this downward turn in the economy is that it forces us, or gives us an excuse to make more of our favorite

Item	Co-op	Rosauers	Difference
King Arthur Flour, 5 #	\$7.15	\$6.99	\$0.16
Spectrum Organic Canola Oil	\$10.15	\$11.49	-\$1.34
Westbrae black beans	\$1.69	\$1.69	\$0.00
Organic Vidalia Onion, per lb	\$1.59	\$1.49	\$0.10
Natural Value Green Chiles, diced	\$1.09	\$1.29	-\$0.20
Emerald Valley Salsa	\$3.39	\$3.99	-\$0.60
Organic Valley Sour Cream	\$3.25	\$3.49	-\$0.24
<i>For Smoothies:</i>			
RW Knudsen Morning Blend Juice 32oz	\$3.65	\$3.79	-\$0.14
RW Knudsen Apple Juice 64oz	\$6.45	\$6.79	-\$0.34
Brown Cow Vanilla Yogurt 32oz	\$3.75	\$3.79	-\$0.04
Cascadian Farms Organic Frozen Fruit	\$4.55	\$4.69	-\$0.14
Stahlbush Farms Organic Frozen Fruit	\$3.79	\$3.89	-\$0.10
			\$0.00
			-\$2.88

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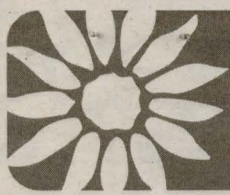
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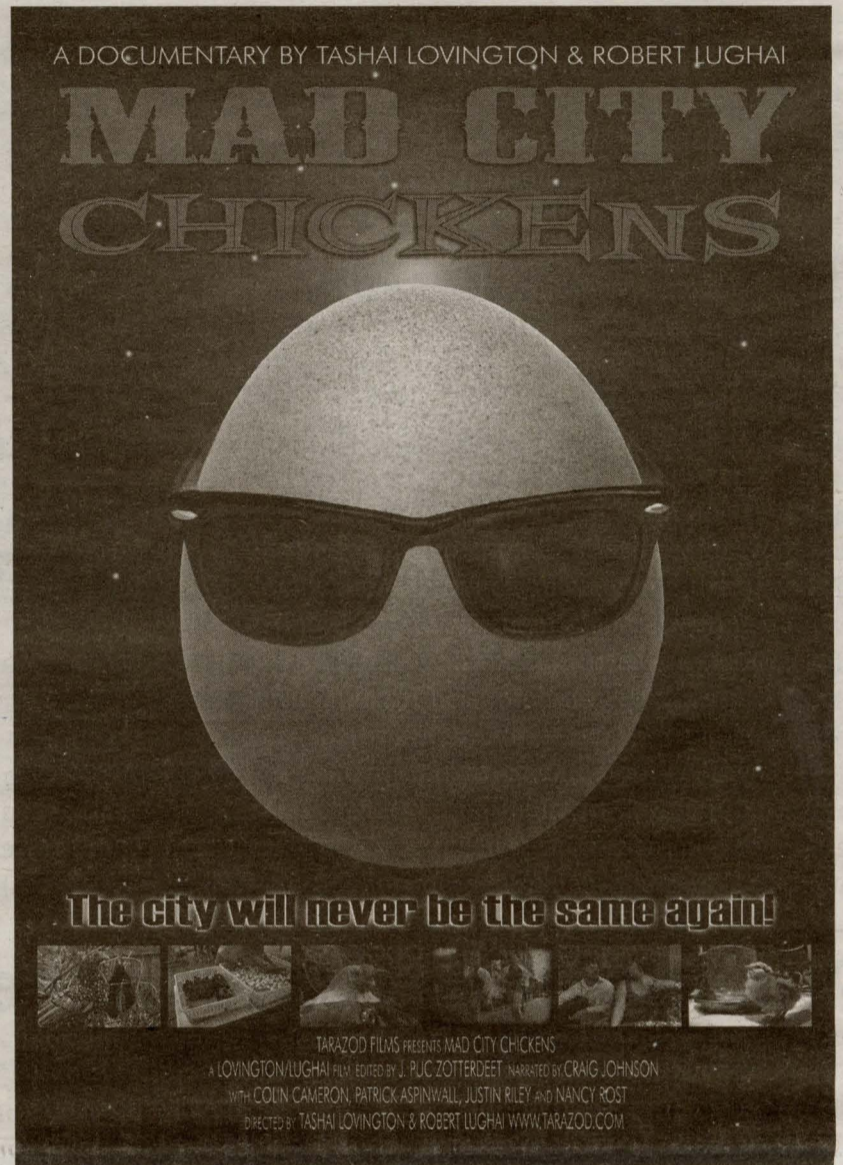
Co-op's Good Food Film Series Sneak Preview

by Aimee Shipman, Good Food Film Series Volunteer

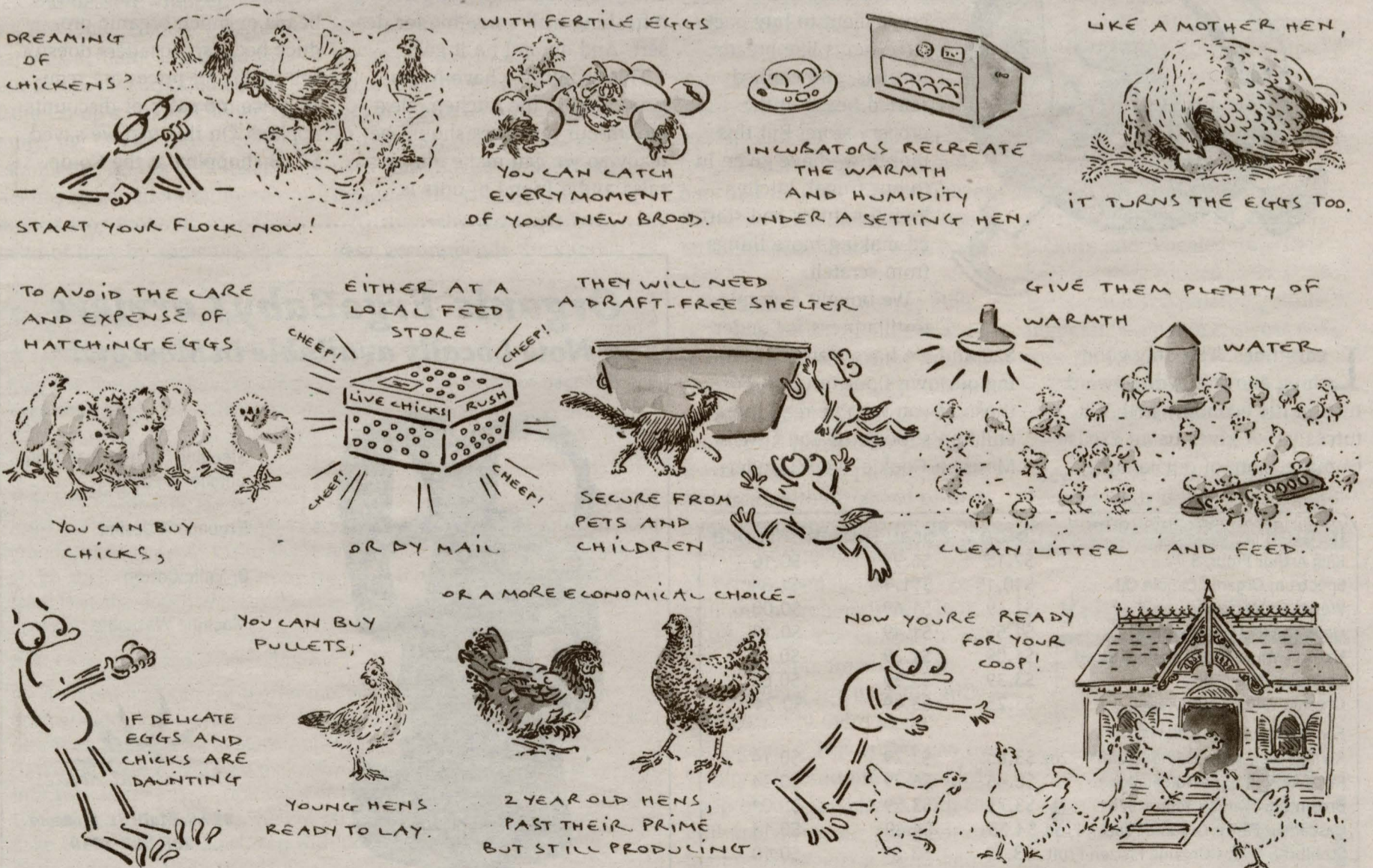
The Good Food Film Series, sponsored by the Co-op, celebrates its fifth month with "Mad City Chickens" on Thursday, July 16 at 7 p.m. This film had its debut before a sold out crowd at the Wisconsin 2008 Film Festival which is fitting as the film focuses on the growing popularity of the urban chicken movement in Madison. The filmmakers Tashai Lovington and Robert Lughai spent more than two years researching the backyard chicken phenomenon in the United States and the film highlights the movement to legalize chickens in Madison and other cities. As "Mad City Chickens" reveals, the underground chicken movement was a powerful driver in changing Madison's laws to allow chicken coops. The film also explores the growing desire urban dwellers have to keep chickens for eggs and how they grow to love the creatures. Eager to make "Mad City Chickens" as entertaining as it is informative, Lovington and Lughai also weave in heart-warming stories,

such as the nearly dead chicken found on the road and rescued by Nutzy Mutz and Crazy Catz owner Liz Perry and the piano-playing chicken named Beanie. The filmmakers attribute the idea for the movie to sharing that chickens can "be more than food items".

The GFFS's exciting lineup continues through the summer, fall and winter. In August we have "King Corn" which follows the story of an acre of corn from the seed to the dinner plate. Additional upcoming films include "The Future of Food" in September; "Broken Limbs" in October; and "Food Inc." in November. We invite everyone to join us for films, food, inspiration and conversation at the Kenworthy. Members of the Co-op and co-sponsoring organizations get in for \$4 and admission for non-members is \$6.



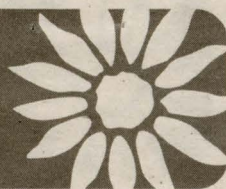
PALOUSE REPORT: Chicken or Egg?



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JULY 2009



New at the Library

by Chris Sokol, Latah County Library District

Bodily offspring I do not leave, but mental offspring I do. Well, my books do not have to be sent to school and college, and then insist on going into the church, or take to drinking, or marry their mother's maid.

—*Samuel Butler (1835-1902), British author*

FICTION:

The Adventures of Blanche by Rick Geary. Cartoonist Geary chronicles the life of an extraordinary fictitious woman of the early twentieth century in this graphic novel.

The Stalin Epigram by Robert Littell. A fictional account of the life of Osip Mandelstam, one of the greatest Russian poets of the 20th century, who defied Joseph Stalin.

NONFICTION:

The Big Book of Juices by Natalie Savona. Recipes for more than 400 natural blends, alongside mouth-watering photographs.

The End of Overeating by David A. Kessler. The former FDA commissioner advises on taking control of the insatiable American appetite.

The Environmental Justice by Adam M. Sowards. UI history professor Sowards explores how Supreme Court Justice William O. Douglas helped shape conservation politics from the 1940s to mid-1970s, inspired by his youthful experiences hiking in the Pacific Northwest.

Froth! The Science of Beer by Mark Denny. A scientific, witty investigation of the physics and chemistry of beer.

Impounded edited by Linda Gordon and Gary Y. Okihiro. Photographer Dorothea Lange and the censored images of Japanese American internment.

Kneadlessly Simple: Fabulous, Fuss-Free, No-Knead Breads by Nancy Baggett. Seventy-five tasty recipes for slow rise, easy bread.

The PETA Practical Guide

to Animal Rights by Ingrid Newkirk. Simple acts of kindness to help animals in trouble.

Plenty: Eating Locally on the 100 Mile Diet by Alisa Smith and J.B. MacKinnon. The authors challenged themselves to spending one year eating only food produced within 100 miles of their Vancouver, B.C. home.

Valkyrie by Philipp Freiherr von Boeselager. The story of one of the failed plots to assassinate Hitler, written by the last surviving member of the conspirators.

Wicked Plants by Amy Stewart. A readable illustrated list of over 200 plants that kill, maim, intoxicate, and otherwise offend.

Wood-Fired Cooking by Mary Karlin. Techniques and recipes for grill, fireplace, campfire, and backyard oven.

CD AUDIOLIBROS (TEXTO COMPLETO):

El Anatomista por Federico Andahazi.

Bendíceme, Última por Rudolfo Anaya.

Cielos de Barro por Dulce Chacón.

La Lágrima, la Gota y el Artificio por Malú Huacuja del

Toro.

El Oro de los Sueños por José María Merino.

La Traducción por Pablo De Santis.

DVD:

The Grocer's Son (France, 2007) A young man re-discovers life and love in the countryside of Provence.

Frost/Nixon (U.S., 2008) A retelling of the legendary battle of wits between disgraced former President Richard Nixon and celebrity TV host David Frost in 1977.

The Unforeseen (U.S., 2007) Andrew O'Hehir of Salon.com says this documentary is "a beautiful, soulful work about real estate development and sprawl... and if you think that's impossible you haven't seen it."

Valkyrie (U.S., 2008). Tom Cruise stars as Colonel Klaus von Stauffenberg, the mastermind of the actual "Valkyrie" plot that attempted to assassinate Hitler in 1944.

Chris Sokol spends money to buy good things for the adult collection of the Latah County Library District.

Fun Flix

by Bill London, newsletter volunteer

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

"Charlie Wilson's War" This 2007 film is based on the true story of the American government's decision to fund a covert war against the Soviets in the early 1980's. A poorly-armed resistance movement had slowed the Red Army's invasion of Afghanistan, and a trio of the strangest political bedfellows imaginable were able to fund and direct millions of dollars worth of modern weaponry to the Afghani insurgents. How this trio -- a rogue CIA agent named Gust Avrakotos, a right-wing socialite named Joanne Herring, and Texas Congressman Charlie Wilson -- changed the course of history is an astounding tale, told here through an excellent cast and a razor-sharp script. For all the usual reasons, this film is rated R, but it is thoughtful and clever and well worth seeing.

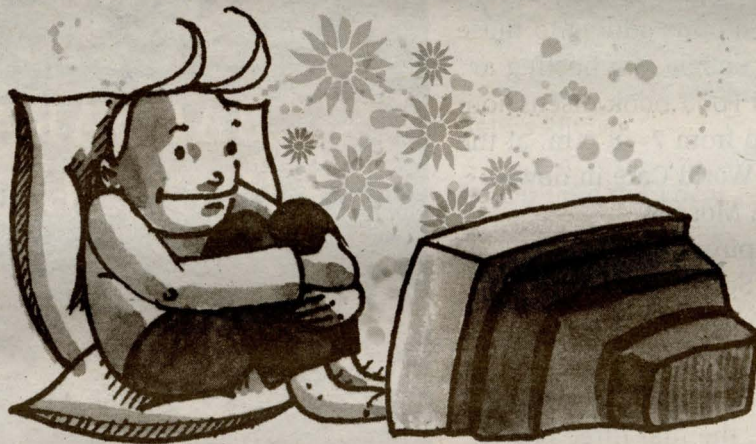
"Kenny" This 2006 low-budget Australian film focuses on a very likeable bloke (named Kenny, of course) whose job is delivering portable privies. Though the film feels like a documentary, in fact it's a realistic comedy created by the Jacobson brothers and their family and friends. That the storyline works so well is a testament to the incredible talent of Shane Jacobson who became Kenny. Be sure to watch the extra features on the DVD for more about the Jacobsons and the history of the film. Kenny is rated PG-13, but for no good reason.

"Outsourced" This 2006 independent film could have been a fluffy romantic lightweight, but writer/director John Jeffcoat chose instead to tell a more accurate and fuller tale of culture clash and cultural accommodation. The story is simple enough: an American businessman goes to India to train his replacement when his job managing a call

center is outsourced. The reality turns out to involve (surprise) a beautiful Indian woman. Just like so many other options in our complex world, the film's resolution is not clear, enduring, or rational. The film is rated PC-13, basically for sexual innuendos.

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

Bill London edits this newsletter, and is very thankful that the City of Moscow provides an aquatic center, free concerts in the park, a Farmers Market, and all the other activities that are keeping his daughter's growing family occupied and happy and extending their visit this summer.



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Dancin' to the Senders' Beat

by Mary Jo Hamilton, Heart of the Arts volunteer

Put your dancing shoes on and get ready for a premium Rock 'n' Roll dance concert from 7 p.m. until midnight on Friday, August 7. Moscow's own Senders are back for an

engagement at the 1912 Center, on Third Street in Moscow, for a dance sponsored by Heart of the Arts.

Dancing on the plaza on a hot summer night—what could be better?

The Senders originally formed in 1989 with Hal Logan on drums, Jim Roberts on guitar and Matt Cain on bass. Jon Anderson joined the band in 1993 playing keyboards and guitar. The group continued to play with various line-ups until 1997 when they officially disbanded. They were considered one of the best known cover bands in the

Inland Northwest throughout their time together.

The Senders specialize in 50's and 60's popular music that combines their love of surf music, the Beatles and classic rock. The main feature that sets the band apart from others is their desire to play the tunes as close to the originals as possible. Strong vocals and four part harmonies are an essential part of the sound in order to recreate the great vocal hits by the Beach Boys, Beatles and 50's Do-Wop groups.

Although there have been a few brief reunions, the band officially got back together in December 2008 and includes Hal Logan on drums, Jim Roberts on guitar, Jon Anderson on keyboards and guitar and Mark Snodgrass on bass. Doors open



at 7 PM and the band will play until midnight. A cash bar will be available. The cost is \$5.00 at the door.

This event is presented by Heart of the Arts, Inc., a non-profit

group that contracts with the city of Moscow to manage the 1912 Center, provide arts programming for the community and continue to develop the 1912 Center as a community center. Any profits from HAI-sponsored events will be used for restoration of the building

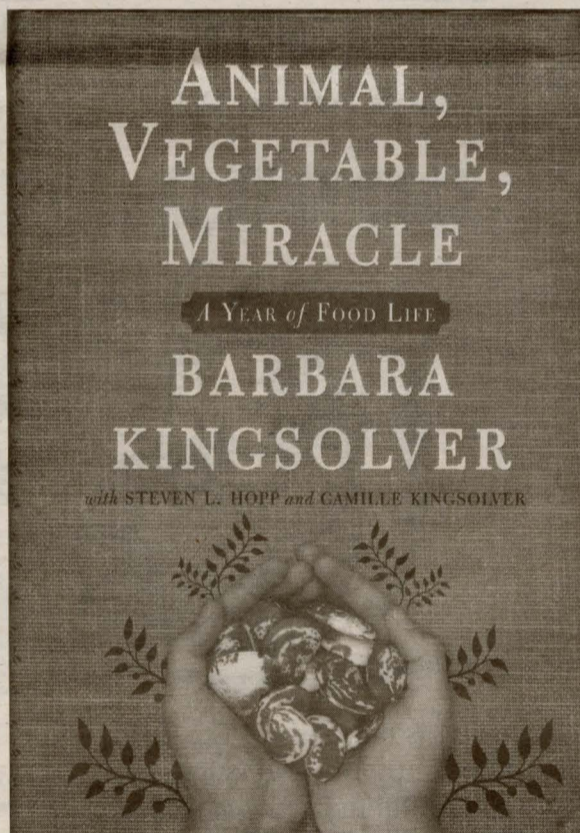
Good Food Book Club Debut

by Colette DePhelps, Good Food Book Club volunteer

July is a time of abundance here on the Palouse—beautiful weather, music, art, theatre, friends, family, community and fresh, local Good Food! And, beginning, July 23, the Co-op is adding to these local delights by hosting a Good Food book discussion group from 7 - 8 p.m. at the One World Café in downtown Moscow.

Inspired by the Good Food Film Series, the Eat Local Challenge and a passion for good food, lively conversation, and the written word, the first three books we'll discuss are all about the experience of local, seasonal eating. Filled with inspiration, humor, feasts, failures, and more than a few facts and history lessons, our first three reads will give us lots to chew on and talk about.

July 23, we'll discuss "Animal, Vegetable, Miracle: A Year of Food Life" by world renowned author Barbara Kingsolver with input from her husband, Steven L. Hopp and daughter, Camille Kingsolver. Moving from Arizona to Appalachia, Kingsolver and her family begin a life-changing journey into what it means to eat local—home grown or raised in their neighborhood (with a few exceptions). Eating locally



takes them into new territory and ends up being more than a call for a seasonal plate; it's a call to action, to conscious eating and to creating a food system that promotes health—individual and community, economic and ecologic.

A limited number of copies of "Animal, Vegetable, Miracle" are available at the Latah County Library in print or on CD. If you are interested in purchasing this book, or any in the club series, BookPeople of Moscow will offer a 20 percent club discount to Co-op members. Just mention

you're part of the Good Food Book Club. Most titles will also be available in the book section at the Co-op.

Mark your calendar for the fourth Thursday of each month and join us at the One World Café on the corner of 6th and Main streets in downtown Moscow. The Co-op will be supplying munchies, so, if you like to read, eat and talk, this Club's for you!

Future Good Food books:

August 27, "This Organic Life: Confessions of a Suburban Homesteader" by Joan Dye Gussow

September 24, "Plenty: One Man, One Woman and a Raucous Year of Eating Locally" by Alisa Smith and J.B. Mackinnon, creators of

The 100-Mile Diet.

Colette DePhelps is delighted to be spending her summer eating, reading, playing and gardening with her kids.

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Celebrate Solar Cooking

by Sharon Cousins

What simple, effective technology can keep your house cooler, save time and money, and make your food tastier and more nutritious? Here's a hint. It's the same technology with the power to send millions of girls to school; save developing-world women from injury, rape, and unnecessary arduous labor; save three million lives a year (80 percent of them under the age of 5); increase prosperity and possibilities for three billion earthlings who currently have no alternatives to solid-fuel cooking;

and give us all clearer skies and cleaner air.

This amazing technology can also do more to mitigate global warming and dimming than any other single technology, and for a very reasonable cost. A donation of one dollar can keep 144 pounds of carbon dioxide per year from entering the atmosphere, while a fifty dollar donation saves a whopping 3.6 tons, along with significant reductions in atmospheric black carbon (soot).

Come to Berman Creekside

Park (on Styner, in Moscow), Saturday, August 1, for the Second Annual International Smoke-Free Solar Cookout, noon until 7 p.m. Sample delicious suncooked foods, see cookers on display and (skies permitting) in action, and enjoy the potluck around 5 p.m. (if you don't know how to cook with sunshine, either go to solarcooking.org and learn or bring fruit or salad and meditate on what life would be like if all you had to eat were staples that you had no way to cook). Learn about

the difference solar cooking and water pasteurization can make and see how easy it is to cook your food with sunshine. Bring drums and instruments and we'll celebrate midsummer as the sun cooks our food.

For more event information or to volunteer help, phone (208) 882-9028 or email writers-guildgal@moscow.com To learn more about solar cooking go to: <http://solarcooking.org/>

Except This! Sustaining Locavorism

by Kelly Kingsland, newsletter volunteer

Last year when my partner Russell and I took a one month Local Food Challenge we made a number of exceptions to our local diet. While we might have liked to have gone hard-core and eaten 100 percent local food for the entire month, we also recognized that making exceptions would help us sustain our diet.

Really, the point to me is to increase my local food consumption and explore my local food landscape, not to deprive myself, or compromise my nutrition. And, while we certainly could have done without the exceptions, including them in our diet made us happier, more committed, and able to sustain our local diet.

Ultimately our list of exceptions became a combination of our dietary preferences, and a reflection of the health of our local food system. While there are some things that I like to eat that are just not producible in our area, there are others that could be that aren't. I learned as much from the exceptions we made as I did from the local foods we found and ate. To me the Local Food Challenge is about familiarizing yourself with your local foodshed, finding local alternatives to imported goods, and in the end recognizing gaps and working with the greater community to fill them.

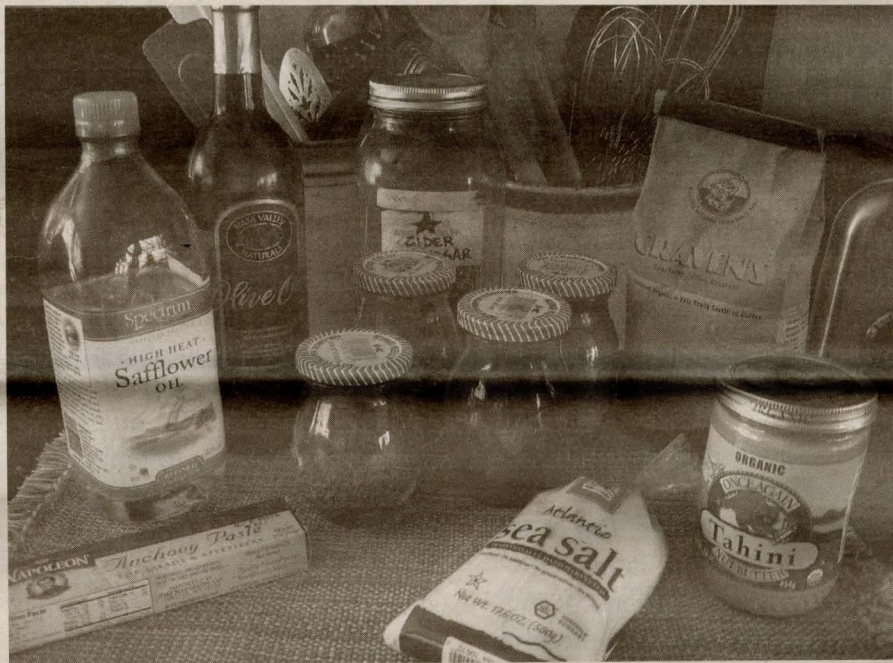
Before we even started the diet we made our list of exceptions, and once we made the list, we stuck to it. Not unlike Barbara Kingslover's family when they considered their local diet, we

each had a few things that we just couldn't imagine giving up.

Our alarm rings at 4:30 a.m. three days a week in the summer, and the lure of coffee on those mornings helps us roll out of bed. So coffee was the first thing on the list. I like maple syrup in my coffee, so that was included (just for coffee) as well. We also included oil, vinegar, lemon juice, and (oddly enough) anchovy paste so that we could cook and dress our local veggies. We eat a lot of Caesar salads in the summer; they are sometimes all I can think of making as I come in from the field hot, hungry, and tired.

We also included spices and seasonings, as these are things that bring us pleasure, and pound for pound constitute a very small portion of our total import. This year we plan on adding tahini to the list, as it provides a nutritional snack when added to hummus, and a quick breakfast when smeared on toast. Not unlike our winter storage list, our list of exceptions to our local diet is very specific to our family, the work we do, the time we have to cook, and the food we have access to.

It is important to design a diet plan for yourself and family that is achievable, and within that, choose a length of time for your diet that is sustainable. In my mind the goal of the Local Food Challenge is to increase your awareness and consumption of local foods. If you eat only 15 percent local food, then take the challenge to increase that number to 40 percent. If there are



List of exceptions in context in Kelly's kitchen

a few things that will make the experiment doable, then by all means, include them as exceptions.

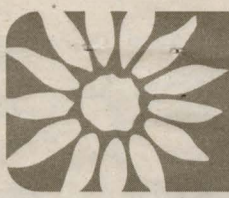
So often when I talk to people about eating a local diet, they name a thing or two that they can't live without as a reason to not attempt it. In my mind, this is throwing the baby out with the bathwater. Just try it! But don't come to the Challenge with a sense of deprivation. Name the things you feel you can't do without, add them to your list of exceptions, then give yourself the freedom to explore your local food landscape.

When Michael Pollan aspired to eat just one entire meal of local foods that he had had a hand in producing, he set out on a path that likely changed his diet forever, not to mention many others when he wrote about his experience in "The Omnivore's Dilemma."

Whether you take the Local Food Challenge this summer for a day, a week or the entire three months, and whether you include exceptions in your diet or not, the experience is bound to be enlightening.

Russell and I will have started our local diet by the time this article is printed. Cass from the Co-op produce department, who originally inspired us, is planning to do July, August and October this year. Others, like Co-op outreach and membership coordinator Carol Spurling and general manager Kenna Eaton are also planning on taking the challenge. Join us!

Kelly Kingsland considers the Local Diet practice for the upcoming global food crisis that seems inevitable.



Lightening Up: Yes, You Can Buy a Little Happiness

by Jeanne Leffingwell, newsletter volunteer

Last month I introduced to you the saga of my stuff and how I'm getting rid of it.

Since then, I've been trying to figure out where to start! Well... since the whole place is bugging me, I decided to start at the front door—or more precisely to the right of the front door—with a little exterior storage room called *The Doghouse*.

It got that tag years ago, when someone thought that if someone was really mad at someone else, there would be enough room to sleep in there—theoretically.

Last winter, not even that. It was so jammed full of windows (I'll explain later), piles of soccer gear, goalie things, shovels, skis, tarps...it was unusable, hopeless. A cause waiting for a savior.

The problem started when *someone* got the skis and shovels down, and *someone else* put five windows in there. No, really it started when someone broke the number one rule of neatness: never, never leave it on the floor if it's supposed to be somewhere else.

So... scene change: I'm in the co-op checkout lane chatting with the best friend of my daughter, who's just home from college. I ask how things are going. "Oh great, great, except I can't find a job and it's beginning to *really* affect my relationship with my parents." Ding...



light bulb! Wheels are churning. I know no one at my house will offer to help me with the dang doghouse.

"So, Rachel, how about I hire you by the hour to help me with an itty bitty cleaning job?"

"Sure!"

"How about this weekend?"

I go home and inform the Coach that his contribution will be to empty the contents of the doghouse. Haul it out and spread it out on the deck. He questions why it is necessary to empty the room when a lot of stuff is just going back inside. I stop him.

"Look, it's an investment. You spend one half hour doing exactly what I want, and a few hours later you get a clean doghouse *and* a happy wife."

Bless his heart he saw the light. He also moved some of the soccer gear over to the field

house, or the back of his car, somewhere—I don't care where! I'm just deliriously happy those bags are gone now. Coach even swept the floor when the little room was empty.

For the next four or five hours Rachel and I put on dust masks, work gloves, got out the step stool, the 30+ year-old Eureka Mighty Mite vacuum, that still works (talk about unexpected value!) We vac'd off all the shelves, sorted through the sports gear. I made piles for each family member to cull "Before you eat your next meal here!"

We put up the skis, boots, and shovels, purged the plant pots, golf balls, consolidated the camping gear, and filled a couple trash cans. We even had

room left on a shelf (not the floor!) to set two full cartons ready for... the next rummage sale!

Which is one remaining problem: Now that we're off-loading one golf set, a trailer hitch/rack that's never been out of the carton, and five working windows (yes, guilty-as-charged-yours-truly thought they were too good to send to the dump; I still do) how do we actually get rid of it?

Ah... the subject of a future column: Please contact me with the dates of any annual rummage sales, etc., and I'll compile a

month-by-month list, suitable for clipping out and posting on the fridge. If there's a list out there already, someone forward it to me please!

But happily, I've paid a young person a decent wage to help me tackle a job from hell. It was money well spent.

Rachel has since found a full-time position. But this confirmed do-it-yourself frugal-meistress is saving up to buy some more grunging-out HELP! Yes, money can buy happiness!

Jeanne Leffingwell, a local artist and teacher, has begun the lightening up half of her life. She can be reached at (208) 882-7211 or jleffingwell4@gmail.com

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Save the Date! **July 4th Weekend**

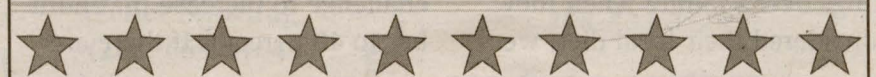
MARYJANE'S 4TH OF JULY

Farm Fair



Celebrate Independence Weekend (July 3-5) on a 184-mile designated route when step-back-in-time communities—Rockford, Fairfield, Latah, Tekoa, Oakesdale, and Palouse—welcome you with open arms, homemade pies, organic barbecues, "farm collectible" booths, serious antiques, museum tours, lawn games, pony and hay rides, live music, artisan demos, yard sales, and a spectacular fireworks display over Lake Coeur d'Alene. Ends with a Sunday organic dinner and stage entertainment in the shadow of a silo.

Find out more at www.maryjanesfarm.org/FarmFair2009





The Sustainability Review: My New Home Construction Priorities

by Mike Forbes, newsletter volunteer

About two months ago I was asked by the Co-op's own outreach coordinator, Carol Spurling, to provide a "top ten" list of various things you can do with your home whether you are remodeling or building new. This sparked some ideas in my head and challenged me to prioritize the things I feel most important about houses with regards to efficiency. Creating a list can be difficult without explanation and I thought it appropriate to go through this list with you all and elaborate on the items as needed. It may be more than this article can hold and if so, we'll continue over the next few months.

July's list:

- Build small houses with open floor plans
- Incorporate passive solar features

Small Houses: I can't say enough about the virtues of small houses. There is something beautiful about the simplicity and efficiency of design in putting together a family's needs in a footprint the fraction of many houses today. New homes in recent years have skyrocketed in size (since 1950 the average home size has gone from 1100 square feet to 2340 square feet in 2002). Homes that are larger in size take more resources to build and more resources to heat and cool. I found it interesting to note that a small house (1500 square feet) with low to average insulation will take less energy to heat/cool than a large house (3000 square feet) built with good insulation (we're assuming similar shape & design, just larger overall). So those old bungalow's in town that are 1000-1500 square feet will do well by size compared to newer larger homes as they are. Just imagine what they can do if you throw some money and sweat into insulation and other improvements.

The design of a small house can be tricky. To make a house not feel cramped and tiny employing certain design principles is essential. There are many good books out there (Sarah Susanka's books are excellent on this topic and our library has them) on design to help you as well as designers in this area. My

family (four of us) live in a 1350 square foot house with three bedrooms and two baths. Most people who visit estimate its size around 2000 square feet.

Passive Solar Features: Yes they do work here in Idaho, granted you need to be exposed to the sun for this to work. Through computer modeling I was able to estimate that our house is heated 23 percent by the sun throughout the year. Going purely by gut instinct I would say this statement is true. If the sun is out, even in the dead of winter, our house will be warm enough to many times not require a fire to heat it. What did we do? We followed some basic rules of passive solar design:

- 1) picked a site with good solar exposure
- 2) tried to put most of the windows on the southern side of the house
- 3) oriented the house towards true south
- 4) utilized overhangs to shade the block solar gain during the heat of the summer
- 5) utilized thermal mass for temperature regulation (sun warms tiles/bricks in winter and radiates that heat throughout the day).

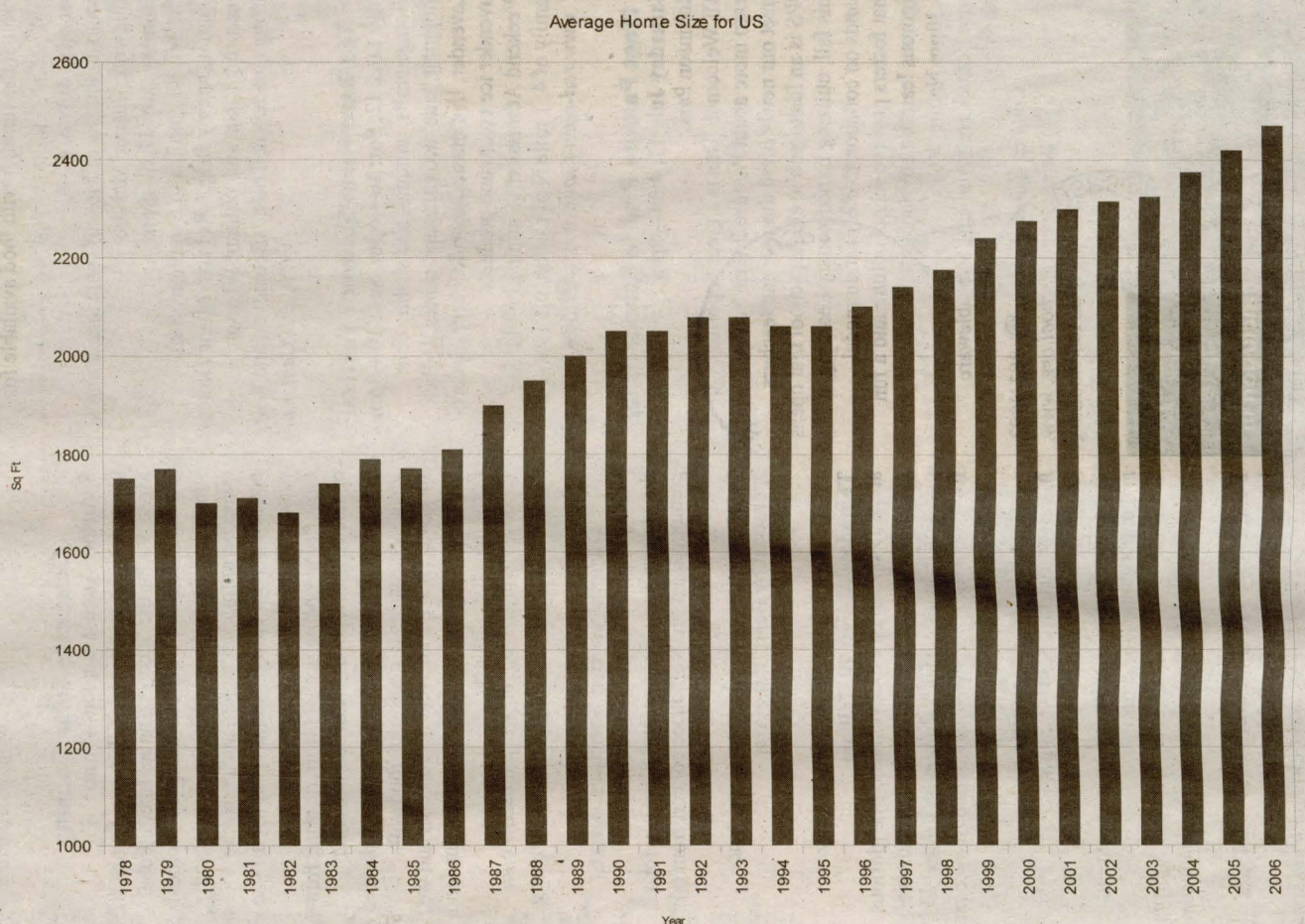
These are just a few examples that have made a huge difference. If you are interested in passive solar design there are other

key concepts you must follow to make it work well and I'll touch on those in future articles. In the mean time I would recommend the book "The Solar House," by Daniel Chiras as a good place to learn more. It is better than most of the other books out there and our library has it.

That is the start of the list, eight more to go. Over the next several months I'll touch on topics from heating to appliances to embodied energy... As always if

you wish to contact me send an email to biodieselmike@gmail.com and I'll do my best to respond.....

Mike is nearing completion of his new 13,500 gallon above-ground rainwater storage pond. Details to follow in a future article.



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MOSCOW FOOD CO-OP

Co-op Events

Art at the Co-op

Friday July 31, 5:30—7pm

Opening reception for the art of Robert Long, as the Co-op's participation in the City's Art Walk Summer event continues. Robert Long is a photographer and a native North Westerner who has lived in the Palouse area for over twenty years. He is WSU graduate, with academic degrees 'rooted in research and natural sciences'.

June Co-op Kids Meet at 9am

Tuesday July 7 meet us at Friendship Square to play! The kids can play, parents and caregivers can visit and we can all enjoy Moscow's fabulous downtown. Snacks and water from the Co-op provided—feel free to stop by the Co-op Cafe on your way over to grab a latte or tea.

Tuesday July 21 Explore Fresh Organic Produce—Scott will share his corner of the store with us (we will meet in the Co-op Cafe and go over to produce together). Be prepared to try some new things!

amamaswork@yahoo.com

Co-op Film Series

July 16, 7pm

Mad City Chickens at the Kenworthy. Admission \$6/ \$4 Co-op members.

Good Food Book Club

Thursday, July 23, 7—8pm

Book of the Month: Animal, Vegetable, Miracle, by Barbara Kingsolver
Come join us for a lively discussion about seasonal eating and creating a sustainable food system at the One World Café meeting room. **Free.** Munchies provided.

Co-op Tuesday Music

Tuesdays 5—7pm

July 7, the Deary duo Beargrass will play bluegrass in their own style, with bass player Doug Park (so now they're a trio!).

July 14 brings back one of Moscow's jazz favorites Natalie Rose.

July 21 Dan Maher.

July 28 Matti Sand will play original songs and guitar accompanied by her partner John Fershee.

Comm

Moscow Lib

Monday July 20, 6:
Dallas

Tuesday July 21, 1p
Benjamin Button by
Free and open to the

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Free concerts on the
through the summer v
sale.

Monday July 6, 6—8pm

Songs in the key of Moscow with singer and songwriter Jeanne McHale

Monday July 27, 6—8pm

The Washington Idaho Symphony String Quartet, Jeremy Briggs Roberts, Music Director
Featuring Linda and William Wharton
String Quartets & Trios... Beethoven and Peers.
www.1912Center.org

Red Barn Farm Summer Festival

July 11 & 12, Sat: 10—6pm, Sun: 10—5pm

Vintage crafts, antiques, and shabby chic shopping, kids' activities and games, U-Pick
live music, hay rides, beer garden,
cream and products.

Admission \$5 adult/\$3 child/ \$12
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Palouse Prairie School Party!

July 11, 4:30—8pm

Work
e! This is a great opportunity to
about Palouse Prairie School and
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llaborative education r
positive school culture
nning environment.

...nature Walk

6pm Potluck (refreshments and t
provided)

Contact: LaDe Forber
lff@palouseprairieschool.org

Moscow Food Co-op
121 East Fifth
Moscow ID 83843

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

Herbal First Aide

Saturday July 11, 10am—noon.

Identify and learn to use flowers for food and medicine. \$25.00. Moscow. ☎ 208-596-4353.

www.IdahoHerbs.com

Dahmen Barn Events

Sunday July 5, 10am—1pm

Opening reception for: "Between Places" by Lolly Owens, featuring brunch refreshments. Meet the artist at this free event. The exhibit will continue through July.

www.artisanbarn.org

Celebrate Solar Cooking

Saturday August 1, noon—7pm

Come to Berman Creekside Park (on Styner, in Moscow) for the Second Annual International Smoke-Free Solar Cookout. Sample delicious suncooked foods, see cookers on display and (skies permitting) in action, and enjoy the potluck around **5pm** (if you don't know how to cook with sunshine, either go to <http://solarcooking.org> and learn or bring fruit or salad). Learn about the difference solar cooking and water pasteurization can make and see how easy it is to cook your food with sunshine. Bring drums and instruments and we'll celebrate midsummer as the sun cooks our food. For info or to volunteer:

☎ 882-9028, writersguildgal@moscow.com
Solar cooking info: <http://solarcooking.org>

Dancin' to the Senders' Beat

Friday August 7, 7pm—midnight.

Put your dancing shoes on and get ready for a premium Rock 'n' Roll dance concert from on Moscow's own Senders are back for an engagement at the 1912 Center, for a dance sponsored by Heart of the Arts.

Buy Local Moscow - Party

Thursday, August 20, 7:30pm

at the 1912 Center with live music (the glorious guitar of Henry C. Willard and the provocative piano of Jeanne McHale) along with drinks from the Mix. www.buylocalmoscow.com

Vigil for Peace

Moscow: Fridays 5.30—6.30pm

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

Dean or Gretchen Stewart

☎ 882-7067, sperrine@potlatch.com

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

Under the clock by the Public Library.

☎ 334-4688, nancyew@pullman.com

We want to hear from you! Send us your community announcements by email to events@moscowfood.coop by 24th of the month.

If your event is at the beginning of the month, please send it for the previous month's newsletter! For more events & information, visit www.moscowfood.coop

