

# Community News

**FREE!**  
PLEASE TAKE ONE!

*Good Value Issue*

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

## Learn something new every day with Essential classes

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



The Co-op has offered really great cooking classes — our What's Cookin' series — and free wellness classes for the past few years. Now we're excited to have expanded our class offerings to include our Essential Cookery series, and soon, Essential Living classes.

Essential Cookery focuses on basic home cooking techniques in combination with good value. Our first two classes, held last month, were Breads for Breakfast and The Whole Chicken.

We offer two classes in June. Both will be held from 10 a.m. until noon at the Hamilton Indoor Recreation Center and cost \$15. The class on Ethnic Cooking with Grains and Beans will be on Saturday, June 6. Just in time for the Eat Local challenge, our Preserving the Harvest class will be on Saturday, June 13.

We look forward to offering more food preservation classes in the

fall, and more comfort food classes in the winter such as Good Eggs; Pancakes, Waffles, and Crepes; Soups and Stews; and Beyond Tuna Noodle Casserole.

Feedback on the classes has been super. So far the only complaint is that attendees weren't informed in advance of how much food they'd get to eat during the class itself!

Essential Living classes will

encompass other topics of interest to our members and the community. Watch this newsletter and check The Scoop (our website calendar at [www.moscowfood.coop](http://www.moscowfood.coop)) to find out more.



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



Day-News  
HD  
3284  
N48

# Community News



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

Good Value Issue



## Downtown Changes:

By Kenna S. Eaton, General Manager

There's something happening in downtown Moscow, and it's good! Last month, the Co-op co-sponsored, along with Buy Local Moscow, a showing of the movie "Independent America" at the Kenworthy Performing Arts Center. The film, part of our Good Food Film series, follows a couple of journalists as they toured America, keeping only to the "blue" roads and making their purchases only with locally owned businesses. Along the way, they asked the people they met about the effects of Wal-Mart on their communities, and the resulting sad changes to their downtowns. While everyone I know has their opinion about Wal-Mart and other big box stores, it's shown that locally owned businesses help build a sustainable community. Quoting Louise Todd in an op-ed piece from the "Daily News," March 6, 2009, "Researchers have discovered that increasing sales at local business keeps more money circulating within the community, builds local charitable giving and increases the number of jobs available to local residents." I know that Moscow Food Co-op intentionally decided with each move to stay in downtown Moscow, partly in an effort to be the anchor store (that's what they call those big stores at the mall) and to help provide the energy and customers that would in turn encourage and support the successes of the other small businesses located near us. Recently, there has been a spate of vacant downtown storefronts

and word of area businesses closing. Not a very encouraging atmosphere for anyone, and yet, just this week, I heard some good news: several new businesses are opening and there's a new aura of hopefulness percolating thru our town. MaryJane Butters has opened "Sweet Dreams," an organic linens and lifestyle store on Jefferson Street, across from the Farmers' Market. On Main Street (so appropriately named!) will be a new lighting store, "Main St. Lighting," focusing on lamp repairs and sales, in the space recently occupied by Marco Polo Imports. Across from the Co-op on 5th Street, in the space previously occupied by Howard Hughes Video store, will be Greg Kimberling Insurance, with additional space for two more small businesses. Further north on Main Street where Wild Women Traders used to be is the newly relocated fly-tying shop with an art co-op in front. As part of a University of Idaho project, designed to help potential owners build their own small businesses, regional artists will sell their own works and at the same time learn the ins and outs of running their own business. Again, to quote Louise Todd, "In a recent study from Maine (<http://newrules.org/retail/midcoaststudy.pdf>), researchers found that three times as many dollars spent in locally owned businesses were circulated within the community in comparison with dollars spent at corporate retailers. Local businesses relied primarily on local suppliers and local services use

banks, attorneys, architects and Internet providers." Thus, when downtowns are thriving, the ripple effect is felt thru the whole community. In fact, I've had several people tell me that while their spouse was interviewing for a position at the university, they were checking out the rest of the community — they were looking for a good place to live.

**"I heard some good news: several new businesses are opening and there's a new aura of hopefulness percolating thru our town."**

The Co-op and other downtown stores played a large part in their decision-making process. I think living in a community that supports the arts and small businesses as we do goes a long way towards folks viewing Moscow as desirable. One of the things I appreciate about Americans is their eternal optimism and hopefulness. I know I am a glass-half-full kind of person, and yet even I can be brought down by the economic and political news. So when I hear about someone deciding that now is the time to open or move their business and that they have decided to do this in downtown Moscow, I am even more excited and pleased than I might normally be. Sounds like local business provides good value for our communities. What do you think?

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

Opinions expressed in the newsletter are the writers' own, and do not necessarily reflect Co-op policy or good consumer practice. The Co-op does not endorse the service or products of any paid advertiser within this issue. All contents copyright by the Moscow Food Co-op. Contact the editor to secure reprint rights.

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

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

Printed on Recycled Paper

Deadline for Articles, Ads, and Photos: 20th of each month

Editor  
Bill London  
[editors@moscowfood.coop](mailto:editors@moscowfood.coop)

Issue Editors  
Marcia Hill Gossard  
Carol Hill

Graphic Design  
Megan Prusynski  
[design@moscowfood.coop](mailto:design@moscowfood.coop)

Advertising Manager  
Jyotsna "Jo" Sreenivasan  
[ads@moscowfood.coop](mailto:ads@moscowfood.coop)

Illustrations  
Lucas Rate

Photographs  
David Hall

Distribution  
Donald Stanziano—Moscow  
Kurt Queller—Pullman  
Mary Zuber—Lewiston-Clarkson

Back Page Bulletin Board Editor  
Richard Elgar  
[events@moscowfood.coop](mailto:events@moscowfood.coop)

Webmaster  
[webmaster@moscowfood.coop](mailto:webmaster@moscowfood.coop)

General Manager  
Kenna Eaton (208) 882-8537  
(208) 882-8082 fax  
[kenna@moscowfood.coop](mailto:kenna@moscowfood.coop)

Board of Directors  
[boardmembers@moscowfood.coop](mailto:boardmembers@moscowfood.coop)  
Kimberly Vincent, President  
Bill Beck, Vice President  
Donal Wilkinson, Secretary  
Kathleen Ryan  
Joe Thompson  
Gary Macfarlane  
Chris Caudill

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



Pat Rutter, CMT  
(Since '89)

### A Choir of Angels Massage Center

[choiramc@clearwire.net](mailto:choiramc@clearwire.net)

106 E. Third, Rm. 1C  
Moscow (@ Main)

#### Weekend Appointments, Too!

1.5 hrs. Swedish	\$69
1.0 hr. Swedish	\$49
1.25 hrs Hot Stones	\$69

7 days • 11:00 a.m. – 8:00 p.m. • C. 208-413-4773 by Appt.

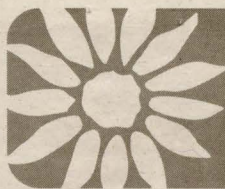


We are a landscaping company providing design ideas, installation and maintenance.

[www.greensideupmoscow.com](http://www.greensideupmoscow.com)  
208-883-3485

10% discount on Landscape design for Co-op Members





# CO-OPERATIONS



## The Front End News

By Annie Hubble, Front End Manager

If someone were to ask me to name the best deal in the Co-op, even after thinking of the wonderful fresh produce, the delectable deli items, freshly baked bread, incredible selection in the grocery department, the supplements and gifts, and health and beauty products, I would still have to reply membership itself. For a mere \$10 a year (we are, I think, still the cheapest co-op membership in the country), a member not only supports a wonderful and inspiring alternative, but also personally gains in many ways. Monthly sale items are kind to the wallet; free loaves of bread, 10% discount on special bulk orders, and discounts at participating local businesses are attractive membership benefits; and the Member Appreciation Days such as we just had in May are full of good deals. Members can vote at board elections, ensuring a voice in the running of the organisation, can attend board meetings, and even run for the board themselves. (Once a member has paid a total of

\$150 in membership dues, they become lifetime members with no further financial obligations.) \$10 a year is very little in today's world ... a couple of lattes for some! Support your local Co-op, and talk to a cashier about signing up. The process only takes a few minutes and you would be joining a unique group of people, vibrant and caring. I know because I see these people each day shopping at the Co-op! See you soon!

**MOSCOW  
YOGA CENTER**  
525 S. Main. 208.883.8315

**Summer Session  
begins May 18th**

Offering Beginning, Level 1, Level 2,  
Level 3&4 and Gentle yoga classes.

View our schedule on line at:  
[www.moscowyogacenter.com](http://www.moscowyogacenter.com)



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

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

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

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

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

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

#### Members Save:

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

Any cashier can help you join, just ask!

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

Open Daily 7:30 am - 9:00 pm

### Moscow Food Co-op Business Partners

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

#### Recreation and Lodging

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

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

Donal Wilkinson, executive director - **Adventure Learning Camps**  
PO Box 8245, Moscow; 208-310-3010; [AdventureLearningCamps@yahoo.com](mailto:AdventureLearningCamps@yahoo.com); [www.adventurelearningcamps.org](http://www.adventurelearningcamps.org); 10% off on trips

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

Carol Spurling - **Sixth Street Retreat**  
208-669-0763; [www.SixthStreetRetreat.com](http://www.SixthStreetRetreat.com); \$20 off advertised rate for one week's stay

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

#### Food and Beverage

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

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

#### Professional Services

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

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

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

#### Retail

**Inland Cellular**  
672 W. Pullman Rd, Moscow; 208-882-4994; [katie@inlandcellular.com](mailto:katie@inlandcellular.com); [inlandcellular.com](http://inlandcellular.com)  
10% off monthly calling plans

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

**The Natural Abode**  
517 S. Main St., Moscow; 208-883-1040; [Info@TheNaturalAbode.com](mailto:Info@TheNaturalAbode.com); [www.thenaturalabode.com](http://www.thenaturalabode.com); 10% off natural fertilizers

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

**The Natural Abode**  
517 W. Main St., Moscow; 208-883-1040; [Info@TheNaturalAbode.com](mailto:Info@TheNaturalAbode.com); [www.thenaturalabode.com](http://www.thenaturalabode.com); 10% off natural fertilizers

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

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

Rebekka Boysen-Taylor - **Bebe Bella**  
[www.bebebella.etsy.com](http://www.bebebella.etsy.com); [amamaswork@yahoo.com](mailto:amamaswork@yahoo.com); 208-882-1353; 10% off any baby sling

#### House and Garden Services

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

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

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

Michael Robison, consultant - **EcoWater Systems of Moscow**  
316 N. Main, Moscow; 208-669-0908; [michael@turbonet.com](mailto:michael@turbonet.com); [www.moscowecowater.com](http://www.moscowecowater.com); Free in-home water testing; \$50 off (each) RO drinking water systems, softeners, conditioners, or iron filters...includes free installation within 50 miles of Moscow; 20 gallons free water to new delivery customer w/annual contract  
Joseph "Shane" Brooks - **Eco-Friendly Carpet Care**  
[www.ecofriendlycarpetcare.com](http://www.ecofriendlycarpetcare.com); [ecofriendlyidaho@aol.com](mailto: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](mailto:sara-kate@bodysongstudio.com); [www.bodysongstudio.com](http://www.bodysongstudio.com); \$10 off first massage or one free yoga class

**Integrative Mindworks with April Rubino**  
3400 Robinson Park Rd, Moscow; 208-882-8159; [april@integrativemindworks.com](mailto:april@integrativemindworks.com); [www.integrativemindworks.com](http://www.integrativemindworks.com); Complementary 30 minute consultation for new private clients who are Co-op members

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

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

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

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

Jeri L. Hudak - **Moscow Yoga Center**  
525 S. Main St.; [stewartjeri@hotmail.com](mailto:stewartjeri@hotmail.com); [www.moscowyogacenter.com](http://www.moscowyogacenter.com); 10% discount for new students

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

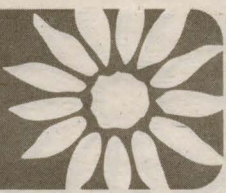
Elisabeth Berlinger/Tom Bode - **Moscow Felkendrais**  
112 W. 4th St., Moscow; [www.moveimprove.net](http://www.moveimprove.net); [moveimprove@yahoo.com](mailto:moveimprove@yahoo.com); 208-883-4395; 208-892-3400; \$10 off first individual lesson for new clients

#### Hard to Categorize

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







## Once Again

By Kenna S. Eaton, General Manager

The health inspector for Latah County came by the other day, which she does on a regular basis. And once again, we got a high rating for cleanliness, which didn't surprise me but is still good to know. However, this time her eye lit upon our glass recycling program. Not the new one, where you pay a deposit for a sterilized container that we fill with deli food for you to take home and enjoy. No, this time it was our old glass jar recycling program.

You may recall a year or so ago we were told we could no longer put out clean, recycled plastic containers for reuse. Thus we switched to glass. Now it turns out that won't work either. So what is the story?

Apparently, the code is pretty specific about what can and cannot be reused in a grocery

store, and it has to do with the manufacturers' intended use. If the container was intended to be used once, like pickle or salsa jars, then we cannot legally reuse that item at the Co-op. This list includes the following single-use items: aluminum food containers, jars, plastic buckets, barrels, cans, food wrappers, etc.

This is all about food safety and ensuring that your food is not contaminated, which is good. However, it is still frustrating to many of us that this code, designed to protect us, at the same time doesn't allow us to keep more containers out of the waste stream. You can still reuse your own containers. You can't, however, drop off your old containers anymore or pick up a clean jar to reuse here at the Co-op. Sorry, that's just the way it is.

## Doma Coffee's new donation program

By Joan McDougall Grocery Manager

DOMA Coffee Roasting Company is once again supporting a Moscow-based non-profit by donating a portion of its Moscow Food Co-op coffee sales. Last year, the Village Bicycle Project benefited from DOMA's desire to give back. This year the beneficiary will be Backyard Harvest.

Since 2006, Backyard Harvest has collected over 37,000 lbs of locally grown food — mostly gathered from small garden patches and residential fruit trees — and delivered it to food banks and meal programs across the Palouse and LC Valley. In addition, to these gathering and gleaning activities, this season they have launched a new initiative — the Palouse Garden Collaborative — which creates new gardens growing food for donation at local food banks, schools, churches and private residences. Backyard Harvest is

also partnering with the City of Moscow and the Moscow Food Co-op to allow federal food assistance benefits to be used at the Moscow Farmers Market and the Tuesday Growers' Market.

With the help of DOMA and you, Backyard Harvest hopes to extend the reach of these new programs and collect and distribute even more fresh fruit and vegetables to area seniors and families in need. Just purchase a bag of Ürth blend coffee and DOMA will donate 10% of the proceeds to Backyard Harvest's growing, gleaning, and gathering programs.

Look for the new Backyard Harvest coffee bag on shelves soon. In the meantime, check out these websites for more information.

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

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

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

*We're looking to make the deli seating area more kid friendly. Do you have a kids Brio train set you'd like to donate? Please contact Kenna @ the Co-op*

## Mistake in May Issue

by Bill London, newsletter volunteer

Kelly Kingsland of Affinity Farm is the most experienced and authoritative voice for growing locally and eating locally in Moscow, so we were very pleased that she agreed to write a series of how-to articles on that subject for our newsletter. The first of those articles appeared in the May issue, on page 16, complete with a chart listing all the food she and her partner Russell grow and preserve for their own consumption.

The article was great, but the

byline was wrong.

We made a mistake and listed Amy Newsome as the author. Sorry.

Amy Newsome did write the profile of Alex Gordon on page 14, and somehow the byline migrated on to page 16.

Our apologies.

Bill London edits this newsletter and enjoys watching the activity at Affinity Farm from the comfort of his back deck.

## Is C.O.O.L. cool for reducing carbon footprints?

By Seth Magnuson, Bulk Buyer, [bulk@moscowfood.coop](mailto:bulk@moscowfood.coop)

You may have noticed the labels being applied to the bulk bins that list the country that the product is coming from. It was mentioned to me that this would help people watch their carbon footprints. While that is a good goal, it is not the reason for the labels.

The Country of Origin Labeling (C.O.O.L.) act requires the United States Department of Agriculture to require suppliers and retailers to label the origins of products, specifically meats, seafood, and unbranded bulk commodities.

The C.O.O.L. act was embedded in the 2002 and 2008 Farm Bills to amend the Agricultural Marketing Act of 1946. Congress did this to force mainly the industrial meat industry to tell consumers where the food was coming from. Since the amendment was passed and the U.S.D.A. began enforcing the law, many commodities have been added, like unbranded bulk foods.

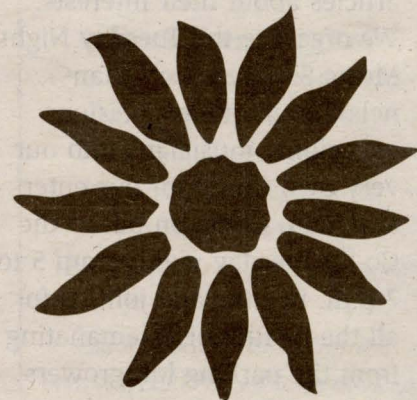
Thanks to this act, carbon-concerned shoppers of the Moscow Food Co-op can attempt to reduce their carbon footprint when shopping bulk commodities. However, there are some interesting twists when a consumer starts to do this. The C.O.O.L. labeling act only requires the country to be identified, not the specific geographic locality. So, if you bought a product that was labeled as coming from China, for example, it would depend on where it was grown and how it was packaged

and then shipped to determine the carbon produced from the product.

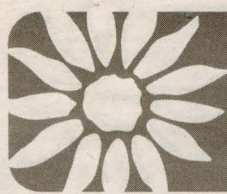
If the product was grown in Xinjiang province in the northwest corner of China, that product would have to be trucked to the coast put on a ship, sailed to Seattle, trucked to Auburn, WA, and then trucked to us at the Co-op. This produces a lot more carbon than a product grown in Guangdong province that is right on the coast of China and eliminates some of the trucking.

Conversely, if you were to buy a product grown in the southeastern United States and then trucked across the country to Auburn, WA, and then trucked back to us at the Co-op, this product would use much more carbon than a similar product grown in Guangdong province and shipped across the Pacific Ocean. This is because ships are very efficient and trucks are not.

All that being said, I believe the C.O.O.L. labels are too vague to be of good use for a carbon footprint monitor. If you are concerned with your carbon footprint, I recommend that you buy local and walk or ride your bike.







## Art Walk 2009

By Annie Hubble, Co-op Art Coordinator

The Co-op is proud to participate once again in Moscow's Art Walk. Businesses all over town will be hosting local artists. The opening night reception at the Co-op is from 5 p.m. to 7 p.m. on Friday, June 12.

The show continues all summer, but that opening night is a wonderful one, with art lovers wandering around visiting show after show ... a community evening for sure, during which you will probably meet all your friends and acquaintances!

We are lucky in being able to offer the work of two talented artists and craftsmen: Tim Nowell Smith, (June 12 through July 29), and Robert Long, (July 31 through September 9).

I will allow Tim to speak in his own words, but would like to say that talking with him about his work is an all-absorbing, most entertaining process. You will love his very concrete ideas of shape and design while being fascinated by the abstract beauty. I very much want to live in one of his triangular house designs!

Robert Long is an experienced

photographer whose works range from landscape to macro studies. He loves the relatively new digital cameras, and says that his work "focuses on form and tends to be slightly abstract." I will report more on his show in the July newsletter.

Meanwhile, back to Tim Nowell Smith and his own words on his unique visually beautiful yet ever so practical art form. I know once you have read the following words, you will be inspired to meet the artist at the Co-op from 5 p.m.-7 p.m. on Friday, June 12!

As Tim Nowell Smith explains:

"Wheels are not usually square. What is square are boxes, cars and houses, yet all of these depend on the benefit of triangles, without which they collapse.

Working from the point of view that the Earth is not a cube, it is also therefore not square, and this being not so, I believe we should buck up our ideas about cool shapes and what they can do for us. A cube has six sides and contains volume, whereas a circle



Some of the children of Co-op employees and volunteers who are displaying their work in the Co-op's deli gallery. The children's art show features a wide variety of artwork created by talented young artists of all ages. Photo by David Hall.

or a square define area but do not contain volume, although they are in a plane. The same is true for a triangle. Strangely, a square is weak without corner to corner bracing, which forms triangles, and thus squares owe it to triangles, big time.

For example, you don't peel an orange sphere and eat a cuboid orange segment; you remove a phenomenally shaped segment consisting of perhaps one sixteenth of a sphere (22.5 degrees) which, allowing for the rounded innermost edge, is a two-sided object containing volume, or three when the innermost edge is defined

— when you don't count the inside as a side. The sphere itself is the one-sided object containing volume, not counting the inside as a side. The orange segment meets at the poles, but the cross section at the meridian is essentially a triangle.

So the question is, can we make better stuff with fewer parts and less material at lower cost? Do we have a choice?"

You will form your own opinions once you've seen the various models, graphics and wild printed claims on display, and visited Pihouse.org.

## Tuesday Night Music Series: Joyful Noise in June

By Ashley Martens and Noel Palmer

Longer days, more sunshine, blooms and birdsong — all reasons to celebrate the innate joy of summer. So make a joyful noise! Express yourself! One reason we love the Moscow Food Co-op is the opportunity for each member to express herself (or himself) in a unique way that will better the community. Some members hold creative space for kids, some members teach about medicinal plants, some write newsletter articles about their interests. We organize the Tuesday Night Music Series, which channels the unique expressions of regional musicians into our very own Co-op for our entertainment. Come on out to the Co-op Tuesday nights from 5 to 7 p.m. in June and join us for all the joyful noises emanating from the parking lot: growers'

marketeers relishing fresh veggies, bbq sizzling on the grill, and MUSIC!

On **June 2, Playin' Dead** will reconnect us with the joyful noises of the music of the Grateful Dead. This time the trio—Arlene Falcon, Sam Lyman, and Dean Pittenger—will be joined by Arlene's brother from California. Playin' Dead features the vocals and mandolin, djembe, and rhythm guitar. They offer acoustic interpretations of tunes by Grateful Dead and Dylan, as well as traditional and original songs and instrumentals.

On **June 9, Ian Skavdahl**, singer/songwriter from Pullman, will play for us his songs of faith, love, and transformation. Ian, a Pullman native, picked up a guitar in midway through high school

### June Tuesday Night Music

June 2: Playin' Dead

June 9: Ian Skavdahl

June 16: community drum circle

On June 23: Chubbs Toga

June 30: Daniel Mark Faller

and hasn't looked back since. You can find him strumming on street corners in Europe, busting a groove in bustling coffee shops, singing as a music student at WSU, or playing drums and singing at church.

On **June 16**, we are planning a **community drum circle!** So come on out with your drums and your dancin' feet to celebrate the joy of community as we near the summer solstice.

On **June 23**, local favorites **Chubbs Toga** will band together again for an evening of bluegrass, rock, and folk blended in their own unique and joyful style. Travelin' Troy Robey thumps the base, Doctor Noel Palmer shreds guitar, Sam Schumacher picks the banjo, and John Brunfeld masters

the mandolin. These guys are always a good time!

On **June 30**, Co-op regular **Daniel Mark Faller** will play his favorite original tunes and covers. Daniel lives in Lewiston, but plays all over the Inland Northwest. Daniel may also bring along some special guests.

Noel loves the mini drum kit that now inhabits their yard and is played often by their small children. Ashley is warming up to it.





## From the Board of Directors: Participate in our Co-op

By Bill Beck, Vice President, Co-op Board of Directors

What should happen to the Co-op's volunteer program? After months of study and discussion about volunteers and volunteer discounts by the Co-op Board's Volunteer Ad Hoc Working Group, that committee presented its recommendations to the board. In our last meeting, we decided to act on some of these recommendations.

We decided to continue and strengthen the volunteer program. First, we renamed it the Participating Member Program. We think that the idea of participating is clearer than volunteering because Participating Members receive a discount on purchases at the Co-op. We directed Co-op management to unfreeze the program, opening the door for increased participation in the program.

We also asked management to provide more oversight of the

program. Maybe a Participating Member position will be created to help with this task, or a staff member will do so. We would like to more thoroughly integrate the Participating Members into our Co-op family.

In response to that directive, Co-op management is putting together a master list of positions. Part of that evaluation will be to determine what discounts are allotted according to hours worked for a particular job. Participating Members will receive between an 8% and 18% discount, depending on hours worked or tasks completed. The Board would like to see a more rigid adherence to this system. There is a possibility that more participation will be encouraged in helping with one-time events like tabling at community events or at other special Co-op events. Management may find the need

### Board Events

The Board of Directors' monthly board meeting in June will be held at the beginning of its annual retreat, rather than on its usual 2nd Tuesday of the month. Therefore, the public is not invited to the June board meeting and there will not be a public comment period.

The Board will return to its regular meeting schedule in July. Thank you!

### Breakfast with the Board:

11 a.m., Saturday, June 20, in the deli area

Opinion question of the month:

What should/could the Co-op do to weather the economic downturn?

for more help with administrative tasks. Management will also evaluate the possibility of Co-op participating members working outside the Co-op to assist other community organizations.

We look forward to creating new ways to participate in the program as management evaluates our needs. Participating

members have provided support for many aspects of our Co-op since its inception. As our Co-op has grown, it has changing needs. Watch for new and changing opportunities to participate directly in your Co-op.

## Food Faves

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

Congratulations to this month's Food Faves winner, Karen Schmidt. In May, we celebrated all our gluten-free offerings, and Karen was happy to find a new gluten-free flour that she adores.

I'm not gluten-intolerant, but I like to try these flours sometimes just to feed myself something besides wheat. So next time, it'll be Gluten-Free Mama, which has the added attraction of being a small company from nearby Polson, Montana.

Keep the Food Faves entries coming in—every month we

give the lucky winner up to five of his or her absolutely favorite food from the grocery department, for FREE. Why couldn't it be you?

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

## Fave Food: Gluten-Free Mama's Coconut Blend Flour

By Karen Schmidt

I found out in October that I'm gluten-intolerant. One of your staff members, who's also gluten-intolerant, told me that this is her favorite flour. It is now mine as well! It's GREAT for pancakes, waffles (our favorites are pumpkin and blueberry), sweet breads and cakes. I just made my son a SpongeBob cake for his 5th birthday and made it gluten-free so I could have a piece. It was DELICIOUS! As good, if not better, than last year's gluten-full cake. The texture was soft and moist, and the flavor was that of any typical vanilla cake. Other adults couldn't believe that it was gluten-free, and the kids devoured it. YUM!!! (Thank you, Elisha!)

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

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

Chilled and frozen groceries: Peg Kingery, buyer, chill@moscowfood.coop

Good Belly Probiotic Juice (non-dairy) in black currant and mango

Mountain High non-fat and whole milk yogurt in 64 oz containers

Henry & Lisa's Alaskan salmon burgers

Henry & Lisa's GF fish nuggets

World Catch salmon burgers

World Catch Ahi tuna steak

World Catch BBQ salmon fillet

Alexia spicy sweet potato fries

Gluten Free Cafe lemon basil chicken

Gluten Free Cafe fettuccini alfredo

Gluten Free Cafe Asian noodles

Gluten Free Cafe pasta primavera

## Healing Point LLC

Chinese Medicine Clinic

Lauri McKean, LAc & Meggan Baumgartner, LAc

Holistic health care featuring acupuncture, Chinese herbs and therapeutic bodywork

Call 208-669-2287 or visit [www.healingpt.com](http://www.healingpt.com) for more information

Discounts for Co-op members



### Short-Term Rental

One bedroom upstairs apartment

Near downtown Moscow

Fully furnished & equipped

High-speed wireless internet

Cable television

Daily, weekly, and monthly rates

Carol Spurling (208) 669-0763

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





## Membership Desk: Patronage refunds will make Co-op membership an even better value

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

**“Everyone can shop at the Moscow Food Co-op, and anyone can join.”** You’ve seen that on our window and maybe you don’t think about it anymore, but some of us think about it all the time.

You know those little thought bubbles above cartoon characters’ heads? Well, the one above my head says, “How we can make *joining* the Co-op the better deal? What makes membership a good value? And what does membership even mean??”

Some members value the intangibles more than anything: belonging to a community of people who share some of their values; seeing their friends whenever they’re in the store; helping keep good food available in the community; not only supporting but also owning a business that is completely local, democratically organized, and based on other principles besides profit.

Other people prefer more tangible benefits: monthly sale prices, MAD days, discounts on case orders, coupon books, the right to vote for our board of directors, discounts on classes and movies, exclusive members-only classes, and the chance to volunteer for the Co-op are at the top of the list. We’ll be having a members-only “case sale” this fall, too.

For most members, the value of these more than pays for the \$10 annual membership investment.

But there is another tangible we’re planning on offering in the future that will outshine all

the rest: a patronage refund.

Patronage refunds occur when a portion of profits are returned to members based on the value of their purchases. The distribution, determined by the Board of Directors, can be in cash, coupons or equity.

Co-op members who are also members of cooperatives like REI, who have long offered patronage refunds, might wonder why the Co-op hasn’t issued them before. For the past few years, any Co-op profits have been reinvested in the store. There has not been anything left over for a patronage refund.

But despite the economic challenges we’re experiencing now, the Co-op is poised to become profitable enough to consider a patronage refund, thanks to efficient management and the continuing support of our customers and members.

So throughout the rest of 2009 the employees of the Co-op will be working hard to keep the store running as tightly as possible, and to set up the patronage refund guidelines, so that we can begin to offer them as soon

as possible after the end of this fiscal year, pending the Board’s approval. The Board, in turn, will consider the merits of the patronage refund, and decide if the Co-op is ready to take that step. Those are our assignments.

As members, you also have an assignment. Give your membership number to the cashier every time you make a purchase. Your member number is the way we can accurately track your purchases for a possible patronage refund.

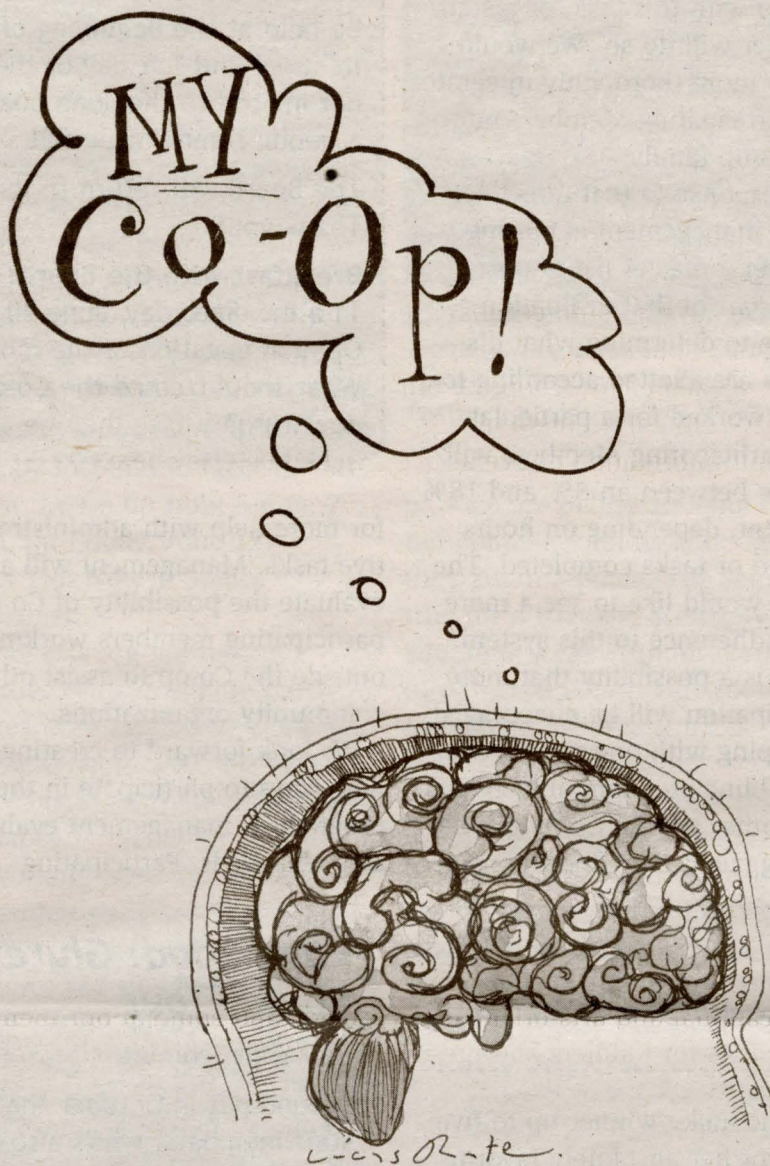
Participation will be completely optional, of course. If you don’t wish to receive a patronage refund for whatever reason, you don’t need to have your membership number associated with your purchases. But to receive any of the other benefits of membership, such as sale prices, volunteer discounts, or case discounts, you’ll still need to show your membership card.

Back when the Co-op only had a few hundred members, membership cards and numbers weren’t necessary. But now, with transactions numbering 1,200 per day, and a membership base of over 5,000, we just can’t expect anyone to keep track of our current members without those cards.

Showing your membership card, no matter who you are, how long you’ve been a member, or how often you’re in the store, makes it easier on the cashiers, and fairer for everyone. It really is in the co-operative spirit, and we know that once it becomes a habit it won’t be a big deal.

We’ll keep everyone informed about the status of the patronage refund program throughout the year, through articles in the newsletter and signage in the store.

*Schedule note:* During the summer, my availability in the store will be much less predictable than it was through the winter and spring, but aside from a few weeks of vacation, I will almost always be available via e-mail or on the phone. Please contact me anytime to discuss your ideas, concerns, and suggestions that have to do with outreach and membership.





**Howard Hughes**  
**VIDEO**

The most diverse movie store on the Palouse. Over 30,000 movie titles!

Previously viewed DVDs \$6.98.

2 Day New Releases are now 3 Day New Releases! Still \$3.48 but keep it for an extra day.

**Specials:** Sunday-Thursday: All (5 day) \$2.50 rentals are \$1.50, or rent 5 movies for 5 dollars.

Friday and Saturday: Rent two (5 day) \$2.50 titles, get one free.

1 and 3 day New Releases are \$3.48 each.

**520 S. Main St. | 208-882-3456 (FILM)**





## Outreach Desk: Your Dollars at Work

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

Our Dime in Time recipient for April, Buy Local Moscow, received \$440.60, thanks to all the people who used their reusable shopping bags last month. Keep up the good work!

I'd like to challenge our members and customers to get our Dime in Time monthly total up past \$450 during June. Have I told you before about the grocery stores in Ireland where they charge you 25 cents per shopping bag? Or about the ones in France that simply don't provide bags at all? Nada, rien, zip? Just pretend we're one of those stores, and see if that helps you remember those bags.

The Dime in Time recipient in May was Rendezvous in Moscow Kids Art Program, and our June recipient is the Palouse Land Trust. Read about their plans for the funds elsewhere in this newsletter.

\*\*\*\*\*

What kinds of things has the Co-op been doing lately to strengthen the Co-op community and to reach out to those who haven't yet joined us?

- We now cooperate with Backyard Harvest to make it possible for people to use food stamps at the Tuesday Growers' Market, every Tuesday from 4:30-6:30 p.m.
- We recently debuted our new Essential Cookery and Essential

Living classes, offered through the City of Moscow Parks and Rec Department, featuring teachers from the Co-op.

- We celebrated BikeFest in April and gave our members free bike maintenance classes.
- We set up a booth at the KLEW Inland Northwest Green Fair in Pullman in May.
- We have a volunteer that maintains our excellent community calendar, The Scoop, on our website. To contribute a listing, submit information to events@moscowfood.coop.
- We will be sponsoring another Inland Northwest Blood Center blood drive on June 24.
- Our free Tuesday Night Music program continues through the summer, moving outdoors when the weather warms up (hopefully in June!)
- Our Deli Gallery will be part of Moscow's ArtWalk this summer.
- Co-op Kids! continues through the summer with free educational and arts-oriented activities for toddlers and preschoolers taught by teacher extraordinaire Rebekka Boysen-Taylor.
- We recently joined Rural Roots as an organization, in order to support their important work (see [www.ruralroots.org](http://www.ruralroots.org) for more info).
- We co-sponsored the Empty Bowls fundraiser in April, along

with the Palouse Potters Guild and Heart of the Arts. This event raised \$1,700 for local and international hunger relief, and we're proud to have provided much of the publicity, the soup, and the bread.

- The Good Food Film Series continues every month (see the schedule elsewhere in the newsletter, or check the calendar on our website, [www.moscowfood.coop](http://www.moscowfood.coop)).
- We worked with the Palouse Earth Day Association to help produce their new guide and directory for "Living Sustainably on the Palouse." When it comes out in August, check out the articles contributed by our staff, volunteers, and some of our members! Look for the link to the electronic copy on our website this fall.
- We joined the Palouse-Clearwater Environmental Institute as an organization, to help support their essential work in our community.



**Just Trade**  
Fairly traded crafts from around the world inside Brused Books  
235 E. Main St.  
Pullman WA  
509-334-7898  
Mon-Fri 11-6, Sat 10-6  
Sundays 12-5

**Dear Moscow Food Co-op:**

On behalf of the Latah Trail Foundation, I would like to say thank you for inviting us to participate in your Dime at a Time program. We appreciate the support you and your members provide for local community organizations. Thanks!  
—Nora Locken

To: Dr. Candis Donicht and Moscow School Board  
Cc: Moscow Food Co-op  
From: Laurie K. Austin, A.B. McDonald Elementary  
Re: Donation

Moscow Food Co-op has generously donated \$449.10 to McDonald School from the March "Dime in Time" program. This donation is targeted for Mrs. Bell's McDonald School Garden project. Thank you so

much for providing the funds to allow this great learning opportunity!

**Dear Moscow Food Co-op:**

Thank you so much for your donation of a purse and a journal to the Moscow Parent-Toddler Co-op. Our fundraiser was a big success, enabling us to keep offering quality play and social time for young children and their caregivers at a very low monthly cost.

We appreciate all you do for us and our community!  
Regards,  
Alice Swan

**Dear Moscow Food Co-op:**

Thanks for rallying the troops to help with PCEI's 19th annual Paradise Creek Clean Up!!! We had nearly 200 volunteers and

collected 50 bags of trash and recycling. You are the best.

—Aly Lamar

**Dear Moscow Food Co-op:**

Thank you for your membership gift of \$75 in April. On behalf of the PCEI staff and Board of Directors, I would like to sincerely thank you for your membership since November 1993....It is because of your gifts that we can continue to work with volunteers in the community to provide resources they need to clean up our waterways, care for our community gardens, restore our watersheds and wildlife habitats, and educate our children.

Yours in stewardship,  
Aly Lamar

**Dear Moscow Food Co-op:**

I want to thank you for the generous support the Moscow Food Co-op gave the Auditorium Chamber Music Series this season...About 1500 people attended our concerts this year.

Our successes also extend into the greater community: 1487 students of all ages met, talked with, and heard informal performances by the musicians of all the groups who visited Moscow for the Series this year. Imagine the impact of these experiences on students, some of whom are encountering live performances of music by professional artists for the first time...

Again, thank you!  
Mary DuPree





## Produce Ponderings: Finding Value in Local and Organic Agriculture

By Scott Metzger, Produce Manager, Produce@moscowfood.coop

I hear it almost daily...“Oh Scott, why is the organic produce so expensive,” or, “Why is local produce so expensive?” Well, there are a lot of reasons why the price of food goes up and down, or goes up and stays up, but whether or not something is too expensive or not, is a matter of personal perception, and is shaped by our values. So how do I feel?

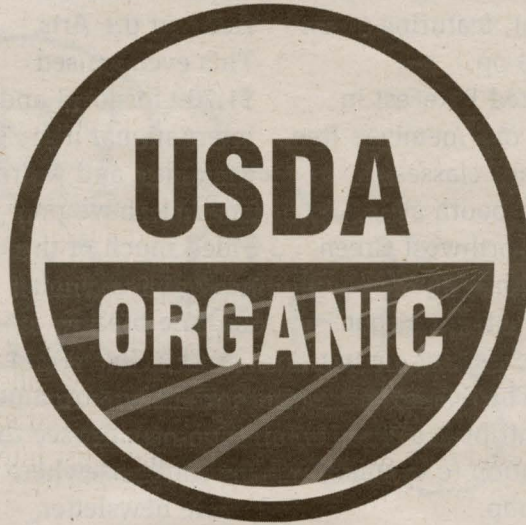
I don't consider it an option to buy commercially grown produce, when organics are available. I don't consider it a burden, and I plan my food budget accordingly, with quality food taking precedence over things like videos and junk food. I place value on feeding myself healthy, delicious, fresh, and nutritious vegetables daily. I place value on supporting the farmers who make a living raising crops and tending the soil, both locally and afar. I value the fact that organic farming practices do less harm to the environment than commercial chemical farming practices. I value the fact that organic farming practices, when done with a holistic approach, contribute to the nebulous goal of having a sustainable food supply system in the United States. For me, these are some of the things I value and which influence my food purchasing decisions.

As for the nuts and bolts of understanding the costs of organic produce, it is fairly straightforward. First of all there is a huge demand for organic produce, and a limited, but steadily growing supply. The rate at which farmland is being transitioned into organic production has not been keeping up with the demand. Even the super Walmart stores are carrying organic produce these days! So, if you're a medium sized, certified organic farmer in the Skagit Valley, maybe it is easier, cheaper, and more profitable to sell your fall lettuce harvest to the urban areas of Seattle, therefore reducing availability and increasing the price for getting that same lettuce delivered to Moscow.

The limited seasonal availability of certain crops and the cost of storage and shipping contrib-

ute to the high cost of organics. This is especially true in the Northwest, and the United States as a whole, where we only have a few regions where produce can be grown on a commercial scale year round. Organic pears grown in Washington are a good example. Usually the highest quality fruit is reserved for export to countries willing to pay a premium price to the grower/shipper. The rest of the crop is stored in refrigerated warehouses (think Tri-Cities, WA), and shipped out on trucks as the winter progresses. Both the storage and shipping of fresh product costs money, which gets reflected in the cost of the fruit as sold to the distributor. That cost gets raised and passed onto the produce department when I order a case of pears in February, and that wholesale price is then used to determine a retail price that is both profitable to the Co-op and fair to the consumer.

As if the limited seasonal availability isn't challenging enough, consider the exponential increase in costs associated with shipping freshly harvested apples from Argentina, or blueberries from New Zealand, or peppers from Mexico during the seasons when these crops are not available in North America, which is at least a quarter of the year. Now the true costs of eating are starting to add up! In my opinion, food is truly, largely undervalued ... partially because of farm subsidies, which artificially control the price of agricultural commodities; partly because of farm labor practices; and partly due to a cultural expectation that food should be cheap, no matter the cost. Even though a farm is organic, doesn't mean the immigrants working the fields are making a living wage. But that's a whole different discussion entirely.



And finally, you must consider the costs of running the produce department. We have competition from other stores, competition with the farmers' markets,

costs of labor, waste, theft, and supplies, which all must be considered when establishing a pricing structure that will make the department profitable at the end of the day. Unfortunately, as nice a ring as “sustainable business” has, the fact is that this department, and this store, has to be continuously profitable to keep up with inflation, rising costs of goods, maintenance, and other unforeseeable expenses, such as cooler failures. So...why is organic produce so expensive? Well, there's lots of reasons ...

But let's set aside the costs and consider the benefits, or non-monetary value, of eating locally grown as well as organically grown produce.

By eating locally, we are supporting our friends and neighbors, creating farm jobs, circulating our money locally, growing our local food movement,

strengthening the Co-op and the community, reducing the carbon footprint of our diet, and contributing to the health and well-being of our bodies.

By eating organically, we are contributing to the sustainability of our national food supply system, reducing the use of pesticides and herbicides globally, reducing our physical intake of chemical residues on the food we eat, contributing to ecological biodiversity by supporting well-run organic farming systems, contributing to soil and water conservation, and often supporting smaller farms while raising the awareness of where our food comes from.

So, consider these two scenarios the next time you are bemoaning the price of organic produce: In Japan, it is customary to pay upwards of \$200 for a single perfect cantaloupe as a gift, and they have sold for as much as \$26,000 each in years past. And finally, if you took all the money you spend every week on beer, chocolate, soda, and chips, and instead spent it solely on organic produce, I think you could have enough fruits and veggies for a week worth of meals for yourself, and it might not seem like such an outrageous expense. Then again, we all have different values, and I could be totally wrong.



## Kenworthy Performing Arts Centre

Your Downtown, Community Theater

<b>The Soloist (PG-13)</b>	<b>June 5-7</b>
<b>Artwalk Opening</b> <i>Featuring favorites from the Kenworthy Film Festival</i>	<b>June 12</b>
<b>X-Men Origins: Wolverine (PG-13)</b>	<b>June 12-14</b>
<i>Moscow Food Co-op Good Food Film Series:</i> <b>Homegrown</b>	<b>June 18</b>
<b>Angels &amp; Demons (PG-13)</b>	<b>June 19-21</b>
<b>Earth (G)</b>	<b>June 24-28</b>

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

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





## Tuesday Growers' Market News: Meet Thorn Creek Native Seed Farm

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

**forb** *n.* any broad-leaved herbaceous plant that is not a grass, especially one that grows in a prairie or meadow (Encarta® World English Dictionary)

In other words, a forb is a wildflower! And you can find some, ready to plant, at the Tuesday Growers' Market from our new vendor, Thorn Creek Native Seed Farm. You'll find not only native plants starts, but also an encyclopedia of information about our region's native grasses and wildflowers, in the person of owner Jacie Jensen. Whether you are considering plants for a large swath of ground, or for a pot or two on your patio, there are more benefits to planting "natives" than you may at first realize.

For example: "A lot of times, people are feeding birds and butterflies," Jacie explains, "but not 'sustaining' them." Which would mean providing the right plants for the eggs, the larvae, and the whole life cycle. Sometimes only one plant will do. And chances are, Jacie knows what plant that is.

But there is a lot more to this lady than simply a love of wildflowers. After earning an undergraduate degree in personal finance from University of Wisconsin Stout, a job in banking brought her to Boise. She was later transferred to Moscow, where she met her future husband, Wayne, a '79 UI graduate in agriculture business. Later, she pursued a graduate degree from WSU, and became a Certified Financial Planner. Jacie has worked as an advocate and "resource manager" for elderly clients, and also has traveled all around Idaho with the UI College of Ag, training faculty, extension agents, and food producers to computerize their personal and business finances. This was a time (not really that long ago!) when hardly any farmers even owned computers.

Marriage and motherhood followed. The combination of a wife with this background, a



husband who could take an old piece of farm equipment and somehow jerry-rig a needed new one, and an over-riding interest in the sustainability of their own land combined pretty fortuitously for this couple. They now steward several thousand acres of farmland near Genesee.

JenCrops, their main farming operation, has been rotating wheat, lentils, peas and garbanzos, using no-till farming methods for quite a while now. Regarding his transition from "conventional" farming to no-till, Wayne says, "One of my neighbors told me I would go broke when I sold my last plow, and told him I would no longer be plowing any of my land 12 years ago. This year, he bought a no-till drill like the one I use."

They are members of Shepherds Grain, an inland northwest alliance of progressive family farms dedicated to practicing "sustainable" agriculture. For a good definition of that, visit [www.shepherdsgrain.com](http://www.shepherdsgrain.com).

But what has caused them to now devote upwards of 200 acres to wildflowers and native grasses? Don't they have enough to do?

The biggest reason is soil health. "Taking care of the land, soil and animal life that exists on the land that is entrusted to us" is one very basic goal. It is also the mission of Food Alliance, a non-profit organization that certifies farms, ranches and food handlers for sustainable agricultural and facility management practices.

Thorn Creek Native Seed Farm is Food Alliance Certified. Their operation is inspected regularly by the Idaho Crop Improvement Association. The seed is both "Blue Tag" and "Yellow Tag Certified" the second of which means "source identified." This is a very important distinction.

"We do not collect anything from public lands," Jacie emphasizes. It turns out many seed companies do, and their unsustainable practices are harming both our public lands and our biodiversity.

"We're very careful how we collect." Seed is entirely collected from their 'seed expansion

plots.' The most intensely planted one is a full acre, row on row, containing 25 different species. Single species are also grown in 'production fields' to make many more individual plants. Occasionally, seed is carefully collected from their own spot of remaining native prairie. "We're extremely mindful of how we do it. We need to sustain our own land."

I hadn't really thought much about how this whole process works, but it is very labor intensive. Jacie and Wayne employ one full-time person and additional seasonal help for the seed business. A huge amount of time is spent "rouging," or walking the fields to spot spray or pull weeds. Another big investment of labor is in the harvesting of the seeds, which is different for each species. One plant may require cutting the stems when the seeds are still inside the pods, followed by careful thrashing of the stalks. Lighter, fluffier seeds are literally vacuumed off the plants in the fields.

Along with three other families, the Jensens have formed Clearwater Seed, a farmer-owned native seed warehouse and blending facility. This allows tighter control over the cleaning and packing processes. This, in turn, insures a lower contaminant level, and a higher quality seed. It's no wonder to me that Jacie recently received the National Women's History Month Award for Community Leadership and Public Service through WSU. (Although she didn't tell me this, I had to sniff it out.)

Custom grass and wildflower mixes are available. And Thorn Creek mixes to specifications for government and non-profit agencies working to re-establish or restore land damaged from fires, roadwork or invasive species infestation.

Transplants are available at the Tuesday market, and seeds can also be purchased inside the Co-op, at Natural Abode, Prairie Bloom, and online. Their website is [www.nativeseedfarm.com/index.php](http://www.nativeseedfarm.com/index.php).

Thorn Creek Native Seed Farm can be reached at 208-596-9122. Or email [jacie@nativeseedfarm.com](mailto:jacie@nativeseedfarm.com)

Other resources:  
[www.shepherdsgrain.com](http://www.shepherdsgrain.com)  
[www.foodalliance.org](http://www.foodalliance.org)

Jeanne Leffingwell, a local artist, and her dog Pinta, are enjoying planting seeds now, smelling the flowers, and DIGGING!

### Tuesday Growers' Market June Produce List

➔ **Affinity Farm (Russell Poe and Kelly Kingsland):** salad mix, spinach, carrots, beets, chard, bok choy, lettuce, green onion, radish, green garlic, broccoli, kale, cauliflower, cabbage, parsley, cilantro, peas.

➔ **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, garden and herb starts, fresh-cut bouquets and hanging baskets.

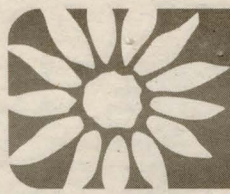
➔ **RavenCroft Farm (Dave and Debi Smith):** asian greens, baby

bok choy, arugula, spinach, lettuce, mache, onions, radishes, snow peas, strawberries (limited amount), kale, chard, collard greens.

➔ **Thorn Creek Native Seed Farm (Jacie Jensen):** native wildflowers and grasses such as: clarkia, Missouri goldenrod, blanketflower, penstemon, western yarrow, wild hollyhock, wild baby's breath, western aster, grand collomia, prairie smoke, Oregon sunshine, cinquefoil, showy phlox, Idaho fescue, blue-bunch wheatgrass, blue wild rye.

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





## Editorial Rambling

By Bill London, Co-op Newsletter Volunteer

In the April issue of this newsletter, in the Suggestion Box (page 14), an anonymous Co-op member wrote: "I'd like to see the Co-op stay true to its roots as an organization based on ideals, not just the bottom line."

To that anonymous complaint, I offer this suggestion: open your eyes.

Your accusation that the Co-op only cares about profit, money, and the famous bottom line is bogus. The Co-op has created plenty of programs that both support our ideals and cut significantly into the bottom line. How many examples do you want? Here's a few:

First, the Tuesday Growers'

Market costs the Co-op thousands of dollars annually in lost produce sales. The Growers' Market allows local vendors to sell directly to the public, robbing the Co-op of customers. However, the Co-op created the Growers' Market to support, showcase, and promote local producers - an ideal deserving of our support.

Second, the Co-op donates hundreds of dollars monthly to a wide range of charitable events and organizations. That includes the Dime in Time donation program that gives about \$450 every month to a deserving local non-profit. Supporting local charities is just one way the Co-op is

building this community. Sure, it costs money and lowers the bottom line - but donating in this manner is an ideal we should support.

Third, the Co-op has created a wide spectrum of educational programs for this community, from cooking classes to movies with a message, and from bicycle promotions to the composting tub. All those activities cost money, for staffing and planning and expenses. However, we support those outreach programs to further our ideals of a "green" society.

Fourth, the Co-op has created an excellent working environment, with good pay and bene-

fits for the employees. Sure, that costs money, but we support that effort because our employees deserve it.

To summarize, remember that if the Co-op ignores the bottom line, the Co-op goes out of business and we all lose. The Co-op staff and board have done a great job of balancing the needs of the bottom line with the idealistic goals of enhancing this community.

Bill London edits this newsletter and invites any responses for print in future issues.

## JUNE SUGGESTION BOX

**Carolyn is such a polite, helpful and kind person. In today's society that's so full of rushing and busyness, it's wonderful to run into someone who likes to converse.**

**She is very thorough in bagging and conscientious. Please give her a raise.** -Ema  
Thank you so much for your comments. We love Carolyn too and know ourselves to be fortunate to have her as part of the front end crew. -Annie H, Front End Manager

**Consider selling maltodextrin (Maltrin MSSO) - it is a great bicycle fuel and very inexpensive. I'll bet it would be popular.**  
Thanks, Bob

The Co-op does not have a source for maltodextrin. -Seth, Bulk Buyer

**A woman asked me if there was any way to track the amount of money we spend on the debit and credit fees. If we can, she suggested publishing it so people can get an idea of how much it cost us.**  
-Beth, Cashier

Thank you for your inquiry. There is an article on page 10 of the April newsletter about this. In 2008 debit and credit card fees cost us over \$90,000. -Annie H

**Could you find powdered peanut butter - I found it thru the Hungrygirl.com website - its very low fat and very low calorie - if you do get it can you let me know. Thanks**

Our distributors do not carry this product. -Julie

**Where are your bulk ginger chews? I miss them.** -Jeanie

The bulk candy has been moved to the front endcap of the bulk section. You will find your ginger chews there. -Seth

**You never have unfrosted toaster pastries please change that.**

We have carried unfrosted toaster pastries, but they did not sell well enough to keep them on the shelf. The majority of

our shoppers appear to prefer frosted. We would be glad to order a case of unfrosted pastries for you. -Joan, Grocery Manager

**I can't believe you guys quit carrying 'hint' water - light flavored water, and expanded your sugary chemical-laden sports drink selection - guess I'll get it at Rosauer's!** -Deana

As I write, our distributor continues to be out of stock on Hint water, which leaves an ever-widening empty space in our cooler. We exchanged what remained of the Hint waters with the Raza drinks from WSU that were on the top shelf. We continue to order the Hint water 3 times a week, waiting for it to come back into the warehouse. -Julie, Grocery Buyer

**Please Please Please carry bulk chocolate - not carob-covered raisins!** -Jabus

Chocolate covered raisins should be in the bulk bin when you read this. We decided to change the chocolate covered apricots for chocolate covered raisins. It's been in process. -Seth

**I'm hoping you can come up with a way to separate the utensils used for bulk nuts in the cooler from the ones used for parmesan cheese, lecithin etc. (currently they're all in a basket together) since some people can have life-threatening reactions to nuts. Thanks, concerned mom**

Thank you for the suggestion about the scoops in the bulk department. Unfortunately there is no way to guarantee that a scoop set aside for nuts or non-nuts would be used as intended. If you are suffering from a serious food allergy, the only safe way to shop is packaged grocery and not the bulk department. -Seth

**Please stock Annie Chun's soup bowls and noodle bowl.** -Bruce

We did carry those products and they did not sell well enough to earn their place

on the shelf. We do carry similar products from Thai Kitchen. If you desire the Annie Chun brand we will gladly special order a case for you. -Julie

**A couple of friends and I met for lunch at the Co-op last week; we always enjoy the lunch offerings and the good coffee. As we were enjoying our food and conversation there were these frequent loudspeaker announcements. That was something I hadn't noticed before and it is VERY annoying!**

We disconnected the offending speaker until we can move it to a better location facing the sales floor, away from seating. -Steve, Store Manager

**(In response to last month's answer about students studying at a deli table.) Your stand in favor of deadbeats occupying tables while hungry paying customers stand around. Where is the business sense in alienating many people for the sake of a few who, after obviously finishing their meal ages ago, assume they are entitled to use the dining area as their own private study hall. You should bend over backwards to ensure things are flowing smoothly; people are happy and want to return. This is not about sharing a table with others. It is about others hogging space selfishly.** -Tracy

I hear you saying that customers who have recently purchased food should have priority for table seating over other customers. I wonder if you know of a coffee shop or restaurant that proactively requires devalued customers to leave to make room for new customers. I do not.

The seating area has more benefits than selling food and processing the maximum number of customers. Not everyone uses or values the space in the same way. I am much more comfortable with occasionally  
*Continued on next page...*





## JUNE SUGGESTION BOX *cont'd*

upsetting a customer because of limited seating during our busiest times than I am with making and enforcing rules about who can sit where, how much they have to buy, how long they can sit, and what they can do when sitting at a table.

We have plans this summer to eliminate the raised deck in the seating area so that we can increase our seating capacity. This should decrease waiting times for tables while respecting everyone's reasonable use of the tables. —Steve

*Can you put an oven mitt by the toaster oven?* —Alyssa

Done. —Steve

*Please reconsider the placement of candy and other sweets by the Deli counter where kids will see and want them. Aren't we supposed to be modeling healthy eating for our kids?* —Ashley

I looked at all the products on that display and, except for shortbread cookies, all are natural, organic, gluten free, fair trade, vegan or local. The majority of the items are nuts, fruit and chips, not candy. I am comfortable with the display and do not think it is exploiting children. I appreciate that your

opinion is different. —Steve

*I was disappointed to find that the butcher is closed in the evening. Please bring it back. I do not want to purchase my meat from another store.* — Jason

While the full service meat department has many devoted customer like you, the sales we have had over the past few years simply did not justify the late hours. We decided to reduce our hours and package all of our best selling products so they are available at all hours. The butcher is still available during the day and we can

prepare meat to your order. I appreciate your understanding. —Steve

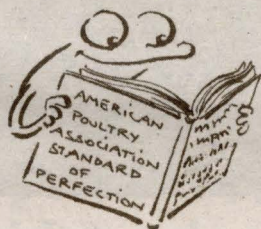
*I really like the new bike racks and how the east side of the parking lot looks now. I love the "Co-op" bike rack on the corner.* —Cathy

Thank you. The Sustainability Committee and our maintenance guru Geoff worked hard to finish the project. We are going to be moving some of the racks around a bit more. I hope you like the new locations too. —Steve

## PALOUSE REPORT: Friendly Fowl

**EAT LOCAL  
RAISE CHICKENS**

FIRST CHOOSE YOUR BREED.



THERE ARE CHICKENS BRED FOR EGGS



White Leghorn

OR FOR MEAT

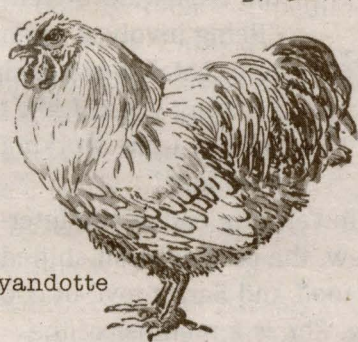


Cornish

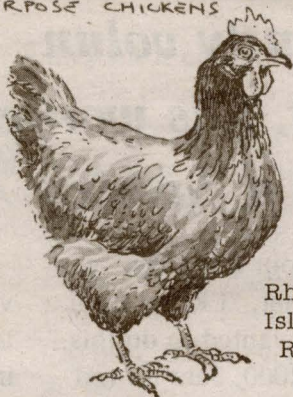
AND THERE ARE DUAL PURPOSE CHICKENS FOR A BIT OF BOTH.

THERE ARE HARDY CHICKENS

IDEAL FOR PALOUSE WINTERS,



Wyandotte



Rhode Island Red



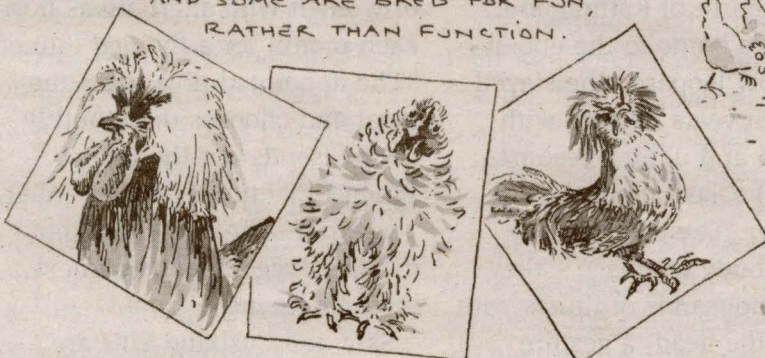
Cochin

WHILE OTHERS ARE REFINED COMPANION CHICKENS



Silkie

AND SOME ARE BRED FOR FUN, RATHER THAN FUNCTION.

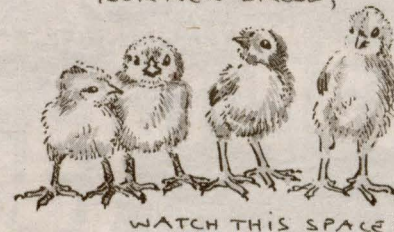


WHICHEVER YOU FANCY, ALMOST ANYONE CAN KEEP CHICKENS,



ALTHOUGH ROOSTERS MAY NOT BE WELCOME IN TOWN.

TO LEARN ABOUT ACQUIRING AND ACCOMMODATING YOUR NEW BROOD,



WATCH THIS SPACE!

WWW.FROGBLOG-A-CARTOON DIARY. BLOGSPOT.COM © ANNA BREWER JUNE 2009



**Animal Care Center P.A.**

328 N. Main, Moscow, Idaho 83843  
8:00 a.m. - 5:30 p.m. Mon.-Fri.  
(Tues. & Thurs. until 7 p.m.)  
(208) 883-4349

Certified Acupuncturist  
Nancy Maxeiner, D.V.M.

**Camas Prairie Winery**

Made in Moscow since 1983.

Grape wines, fruit wine,  
honey wine.

Try before you buy!

Mon-Sat 12-6:30

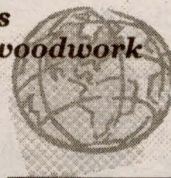
@ 110 S. Main St.

**Keith Smith Carpentry**

Level, plumb, & square with the world

**Timberframes  
Additions  
Remodels  
Custom woodwork**

882-4938



**SPURLING  
HOUSE & GARDEN**

Landscaping  
Pruning ~ Gardening  
Handyman Services

Walter Spurling  
(208) 669-0764





## Volunteer Profile: Sara Cucksey

By Todd J. Broadman, Newsletter Volunteer

There are some standard interview questions that I use, such as: why did you move to Moscow? Soon after my interview with Sara began, I realized I needed a new set of questions. For openers, her great grandparents had settled in Moscow. That qualifies her as a local. Her father, who is a dentist in Hayden Lake, met Sara's mother in Moscow. (And yes, she has great looking teeth.)

Like many locals, Sara has ventured far and wide and then came full circle back to Moscow. She spoke about her adventures while knitting a pair of slippers – the knitting is a relaxing hobby she shares with her mother and many friends.

She spoke about a pivotal time in her life while at the University of Montana where she majored in Biology and Natural History. It was there that she a

applied for the Peace Corps. "You have to live somewhere



turned into a job. She considers the Co-op her "third place," and though she currently volunteers in the spice department, has worked in Health and Beauty and as a cashier. She stressed the Co-op's importance in selling and promoting locally grown food, as well its role in building community. "You just don't go to the Co-op for a quick stop. You are bound to see someone you know."

Sara completed the University of Idaho's Master's program in Range Sciences and now applies that knowledge as project manager for PCEI's

watershed program – much of it focused on the Clearwater River. "Being involved in environmental stewardship is fulfilling work. I like the people. I like working outdoors."

***"Sara considers the Co-op her "third place," and though she currently volunteers in the spice department, has worked in Health and Beauty and as a cashier."***

else to open your horizons," she said, adding that, "I knew from the age of 7 I wanted to do this."

In the year 2000, Sara moved to the Rasuwa District of Nepal, 25 miles north of Kathmandu. The area is home to the endangered snow leopard. She stayed on for two years helping with education and natural resource projects. I asked about the culture there. "The people have amazing body language – they can say thousands of things with a nod of the head, a gesture of the hand. And then there is 'Nepal time,' which means they may show up within an hour or two of the appointed meeting time." Sara described the combination of Hindu and Buddhist belief systems there and some of the difficulties associated with the rigid caste-based social system. She shook her head, "the women do *all* the work."

Upon her return to Moscow from Nepal, Sara took up volunteering in the Co-op's produce section, which eventually

Toward the end of the interview, the conversation shifted to food and Sara's love of cooking. She is a member of the "Palouse Dining Divas," a group of women who alternate as host each month for a themed dinner. "The appointed diva hosts the meal and chooses the monthly theme, sends out the invites." When I mentioned my own diet, vegetarian, she quickly pointed out that 'vegetarian' was next month's theme.

Sara and husband Ellis are soon to be parents; she is due in July. Their child will no doubt understand the meaning of "Think globally, act locally." Join me in wishing Sara, Ellis (and family) well!

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



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](http://www.maryjanesfarm.org/FarmFair2009)







# Staff Profile: Melinda Schab

By Amy Newsome, Newsletter Volunteer

You may have seen Melinda with her great smile assisting customers in the Health and Beauty Department. She's one of those Co-op staff members whose friendly and sincere demeanor makes her easy to approach, even with potentially embarrassing health questions. You may also remember Melinda as a cashier from when she first started working at the Co-op in 2006. She's currently the Supplements Buyer, a position she's held for nearly a year. She said it is the perfect job for her; I asked her why.



"Buying supplements is fascinating, I learn something new every day. I also really enjoy talking to customers. Plus, the Co-op is like the center of the universe, I always know what's going on around Moscow just by virtue of being here."

Melinda was raised in Spokane, where her parents still live. Her mom is an elementary school teacher and her dad works for Alberto, the beef jerky company. Melinda has two younger sisters: one who is a teacher, soon to be a principal, in an Eskimo village in Alaska; and the other sister is the deputy prosecuting attorney for Bonner County, and lives in Sandpoint.

Melinda moved to Moscow upon graduating from high school and receiving a full ride scholarship for cello at the University of Idaho. After attending U of I for a couple of years, she needed a change of scenery so moved to Portland and worked at Powell's Books for a year and a half. She went to a friend's birthday party in Seattle and met her future husband, Aaron, there. Melinda and Aaron had actually both attended University of Idaho at the same time, had friends in common, but never met. At the party,

they hit it off and she moved to Seattle two weeks later.

Months later, Aaron took Melinda to a Bob Dylan concert in Las Vegas and proposed to her at the top of the Paris Hotel's Eiffel Tower. "Aaron says he had to marry me because I am the only girl to ever beat him at Scrabble."

Both lovers of the great outdoors, Melinda and Aaron took their honeymoon camping near Stanley, Idaho. Never having been to Stanley, I asked how long it takes to get there.

"You know I couldn't really tell you how long it takes to get there, because Aaron insisted on stopping and reading every single historical roadside sign". She explained, "His second Master's degree is in History."

Eventually, they moved back to Moscow to attend University of Idaho once more. Aaron started graduate school and Melinda began studying Community Health and Psychology with her interest in health education. The practice of reading research and statistics proves useful in the purchase of health supplements for the Co-op.

"When I read all of the research about the latest craze, I

can sort it out, and I am perfectly comfortable telling a customer if I think they've been misled."

Aaron is currently teaching English at the University of Idaho. They have three (adorable, I must add) children: Madeline, 5; Benjamin, 3 1/2; and Nathanael, 1 1/2. I had the pleasure of meeting them all when they made a quick visit to

their mom at work.

Melinda and her family like to hike, ride bikes and basically do anything outside. They love to garden and had 17 tomato plants last year. Melinda loves to cook and finds it stress-relieving. She's willing to cook just about anything, but isn't into baking.

Melinda explains what makes shopping at the Co-op such a great value.

"You get fantastic customer service at the Co-op. Since employees are genuinely interested in the products they sell, they go out of

their way to learn more about them and then they share their knowledge with the customers. Also, just by shopping at the Co-op, you feel con-

nected to the Moscow community, and I don't think you can put a price on that."

I couldn't agree more.

Amy Newsome remembers that the Moscow Food Co-op was one of the reasons her and her husband decided to move to Moscow back in 2001.

**"Melinda is currently the Supplements Buyer, a position she's held for nearly a year. She said it is the perfect job for her."**

## Mindgardens

Carpentry, Remodeling,  
Straw-Bale, Earthen and Frame-Fill  
Electrical, Plumbing,  
Natural Plasters and Stucco  
Eco-consultations,  
Garden and Landscaping

Solar enhancements!

Non-Toxic Painting!

Recycling materials  
Utilizing local resources  
Building WITH Nature  
Preserving our health,  
life force, and future.

Naturalscaping!

Free Estimates!

[www.buildmindgardens.com](http://www.buildmindgardens.com)  
Vision your surroundings evolving into  
who you want to be.

**(509) 595-4444**

10% discount for Moscow Food Co-Op members





## One Monkey Don't Stop the Show: Eating for Social Change

By Kelly Kingsland

Last summer, my friend and Co-op produce stocker Cass Davis decided to spend a month eating only local food. As with most things with Cass, his motivation had more to do with the greater political vision than his own personal gain. His articulation of the political implications of eating a local diet so inspired my partner and I, that a couple of days into Cass' locavore month, we joined him. What started out as a whimsical act of solidarity with a friend became a profound, complex and deeply meaningful experience.

Maybe I shouldn't have been surprised—while locavorism is a current national fad, its roots are set in meaningful action. Certainly many social movements have symbolic acts, and a following ground swell of solidarity. Jessica Prentice, the inventor of the word "locavore," says that "the more she learned, the more committed she became to the idea that strong local food systems are essential for environmental stability, food security, social equality, and the economic vitality of thriving communities." Eating a diet inspired by commitment to the environment and social and economic justice is

bound to have profound personal consequences.

For one thing, we felt great! Over the course of the month, we all felt stronger, thinner and cleaner from our diet of local vegetables, grains and meat. With every craving I had for packaged food, it dawned on me that so much of what we import from outside our region (at the peril of the planet and our own future) are non-essential items that don't even contribute to our health.

Another unexpected consequence is that we hardly produced any garbage. Aside from the carbon footprint of imported food, it seems that the act of transporting often requires packaging. So, not only does a local diet reduce your carbon footprint, it produces less waste and potentially improves your health.

And as we bought the local foods that we don't produce ourselves, we saw the economic vitality that Jessica Prentice is referring to. Local ranchers Joe and Nikki Eaton provided some of our meat, and it is hard to describe the pleasure I felt when I saw Nikki later spending the money I had given her at the Co-op, the Farmers' Market or another local business. We

bought St. Maries Wild Rice, wheat grown in Deary, local honey, cheese and wine. Every dollar we spent on food stayed in our community and contributed to our local economy.

There is so much to be gained from eating a local diet, and yet I often find that people's responses to it tend to be focused on all the things they would have to give up. We don't often weigh the greater consequences against our impulsive desires. As a culture, we aren't very good at it. Because we have been taught that we should be able to have anything we want, at any time or season, we don't acknowledge the consequences or true cost of our actions. In fact, our perceived need for foods produced outside our region, or even our hemisphere, are compromising our planet's future. We feed our kids bananas daily without ever facing the fact that we are trading their futures for it. At the same time, a local apple would probably make them just as happy. And therein lies the crux of the local diet: Yes, we did without some things, but the personal, environmental and economic benefits more than made up for it.

In the end, our month of loca-

vorism last summer had really changed us. Taking the time to look at our habits, impulsiveness and consequences of our dietary choices gave us perspective we had never had before. And given the opportunity to explore, we found that there is a lot of pleasure and sustenance to be found right here at home. We ate very well, and learned to do without some things.

When Scott Metzger proposed a Local Food Challenge this summer, we jumped right on board. For three months this summer, we will eat (with a few exceptions, which I'll write about next month) a solely local diet. We would like to encourage you to join us. As a group, obviously the political implications will be greater, and on a personal level, it will be fun to share insights and will. My hopes are that as a group we can recognize the bounty and deficits of our own regional food system, and work together to make it stronger.

"One Monkey Don't Stop the Show" is a reference to a Gillain Welch song about social change through group action. Get on Board

## In Defense of Cows

By Janice Willard DVM, MS, Newsletter Volunteer

I'll admit that I had a religious experience when I learned about the stomach of a cow. Not only cows, but any animal, be it goat, sheep, elephant, wildebeest or giraffe, who uses a specialized stomach called a rumen to digest its food. Ruminants do a feat that many of us wish we could do—they digest cellulose. But, in a magical twist of biology, the ruminants themselves don't do the digesting. It is actually a group of bacteria that live in the rumen, which is a fermentation vat really, that do the digesting. In a pure symbiosis, the ruminant provides the legs to get around, the right temperature, saliva that buffers to the optimal pH and teeth to bite off the grass to feed the fermentation vat of beneficial bacteria, who then break down the grass for the cow to use. This symbiosis of nature, this is a thing of beauty.

And another symbiosis has

been occurring as well. Grass species take solar rays and CO2 from the atmosphere and make energy in the form of starches and cellulose. But a community of grass can fix the greatest amount of carbon from the atmosphere when in their most active growth state. If un-grazed, grasses quickly go to seed and become dormant, their CO2 utilizing capabilities reduced. But with appropriate grazing, grasses stay their most active, continuing to soak up sunlight and CO2 and make energy. The grasses and grazers are another beautiful interactive symbiosis, each helping the other.

In places on this globe where people would starve if they had to live off the land and vegetables are unable to grow, ruminants can gather in poor quality vegetation and provide their herders with the necessities for survival. This too is a

*Perhaps instead, we should say, as did the great Pogo: "We have met the enemy and he is us." And leave the cows out of it.*

symbiosis that has been around for about 10,000 years—in return for fiber, milk and meat, we have provided the domesticated ruminants with food, protection from predators and sailing vessels that have carried them to places no cow or sheep has gone before. The symbiosis of domesticated ruminants with their people is another thing of beauty.

It has become trendy lately to bash cows (and other ruminants) as significant contributors to the greenhouse gases that cause global warming. While I realize that ruminants eructate (i.e., off gas) methane as a result of the cellulose digestion process, I think they are getting a bad rap. Ruminants were around here in high numbers long before than we started consuming fossil fuels. After all, there was a time when herds of bison so large that it took several days for them

to pass used to roam the prairies of the U.S. (and wildebeests did the same in Africa).

Huge feedlots are a recent aberration that do pollute, spew methane and utilize fossil fuels to feed high-grain diets that cows were never meant to eat in that quantity. But don't blame feedlot pollution on the cows—this is not how they would rather be living!

I guess it is easy for most Americans, when reading about the methane from cows on a computer screen powered by electricity from coal, after driving their gasoline powered car home to their house heated by natural gas and eating out of season food flown in from the southern hemisphere, to blame cows for our greenhouse woes. Perhaps instead, we should say, as did the great Pogo: "We have met the enemy and he is us." And leave the cows out of it.





## Omnivoria: Burgers on a Budget

By Alice Swan, Newsletter Volunteer

In the summer of 1998, I was on a road trip from Missoula to Baltimore with my husband (who at the time was just my boyfriend). When I was very young, my family had driven from California to Minnesota a couple times, but this was the first time I remember much of anything specific about the West. As we drove south on I-90 from Montana into Wyoming, we saw a sign that said “Eat Beef — You’re in Cow Country.”

At the time, the sign made quite an impression on me, because eating beef was something I rarely did. In fact, I hardly ever ate meat because I was in graduate school and didn’t have much money or time. My method of cooking was often to heat up pasta sauce from a jar, and the kind with the meat already in it kind of grossed me out. Actually, all the meat that was sold at the supermarket where I usually shopped in Baltimore kind of grossed me out, but I felt that I couldn’t afford to shop at Whole Foods, where the meat was much nicer.

Since I moved out West, I’ve eaten way more beef than I used to, because, well ... It’s Cow Country! That sign from 10 years ago may not have been put up by a localvore, but it was prescient of the currently growing popularity of eating locally.

In the late ’90s, my attitude towards beef was in part colored by the impression that it was unhealthy, left over from all the negative press about red meat’s effect on cholesterol and heart

disease in the ’80s. But I now know that grass-fed beef can be just as lean as chicken, and the fat it does contain is much healthier than the fat in conventional feed-lot beef. If you think you should be eating salmon three times a week to get plenty of Omega-3 fatty acids (I know, I know, why eat any specific meat that frequently? But I’m not making it up—my mother-in-law told me recently that she read a book on aging that recommended this), but are worried about the salmon industry’s effect on wild salmon populations, take heart—grass-fed beef contains lots of Omega-3s, and would be an excellent substitute.

My budgetary concerns about buying better-quality meat from Whole Foods seemed entirely legitimate to me when I was in graduate school. It’s not the case now that I no longer have to worry about my budget, but rather that my priorities have changed. Groceries now consume a higher percentage of my budget (since eating well is important to me), and going to bars and buying expensive art books have ceased to matter to me. But the Co-op also helps out in the budget department with the 78% lean ground beef from Country Natural Beef for an every day low price of \$2.49/pound. For comparison, at the Moscow Safeway, the regular price of 80% lean ground beef is \$3.29/pound. And think of the difference in quality!

On those rare occasions before I moved West when I used to

### Burgers with Grilled Green Chiles

6 servings

- 2 1/2 pounds ground beef
- 2 tablespoons minced garlic, plus 4 cloves, thinly sliced
- 2 tablespoons balsamic vinegar
- 1 teaspoon crushed red pepper
- 1 teaspoon chopped thyme
- salt and freshly ground pepper
- 5 large fresh peppers (bell peppers if you want sweet, Anaheim or similar if you want a little spice)
- 1 large chile pepper (again, variety depends on how much spice you want; poblanos are nice, but feel free to kick it up)
- 2 tablespoons olive oil
- 1/2 teaspoon chopped rosemary
- cheese, if you want cheeseburgers—Gruyere or Fontina are nice

Mix the ground beef, minced garlic, vinegar, red pepper, thyme, about 1 teaspoon of salt and 2 teaspoons of pepper, and make your burger patties. Smaller, thicker patties are easier to cook rare (and keep juicier) than larger, thinner patties. Refrigerate until you’re ready to cook them. Grill all the peppers over a hot fire, turning them frequently, until they’re charred all over. Put them in a plastic bag, or a bowl covered with plastic wrap for about 10 minutes, then peel, stem and seed them, and cut into strips. Mix the pepper slices with the olive oil, rosemary and sliced garlic and season with salt and pepper.

Grill the burgers 2-5 minutes on each side, depending on how well you want them done. If you want cheese, add it about 1 minute before you take the burgers off the grill. Serve the burgers on buns topped with marinated peppers. I also like to add tomato, arugula and mustard, but they’re also good with ketchup.

“Since I moved out West, I’ve eaten way more beef than I used to, because, well ... It’s Cow Country!”

buy ground beef, I always got the 95% lean variety, with the thought that leaner is healthier. But for making burgers, the quintessential summer grilling food, fat is important. It keeps the burger juicy. And with the good fats in grass-fed beef, there’s not so much cause for concern.

If you enjoy your burgers rare, the grass-fed beef is again a winner. Ground beef is typically the culprit in meat recalls, because grinding the meat gives it more surface area on which to harbor bacteria. But the deadly e-coli that develops in the stomachs of feedlot cows because they are eating a diet unnatural to them is not a problem in grass-fed beef, since the cows are eating as Mother Nature intended. And Country Natural Beef is processed with more care than the industry standard, which means less chance for contamination of the meat in the first place.

For more information on Country Natural Beef, visit [www.oregoncountrybeef.com](http://www.oregoncountrybeef.com), or see the article in the September 2007 Co-op Newsletter.

Alice just got back from a vacation in San Antonio, where she ate a lot of beef.

## Sharing Has Never Been Easier



Latah Federal  
CREDIT UNION

Latah Federal Credit Union’s Moscow and Commons Branches are two of nearly 3500 credit union branches in the U.S. that have joined together to provide Shared Branching transactions for each other.



CREDIT UNION  
SERVICE CENTERS

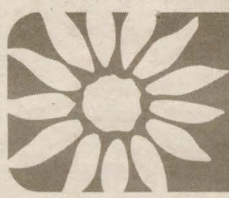
Locally Owned By Members Like You.

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

882-0232

Savings insured to at least \$250,000.00 by NCUA, an agency of the Federal Government.





## Allergy and Gluten Free: Dining Out Safely

By Terri Schmidt, Newsletter Volunteer, illustration also by Terri

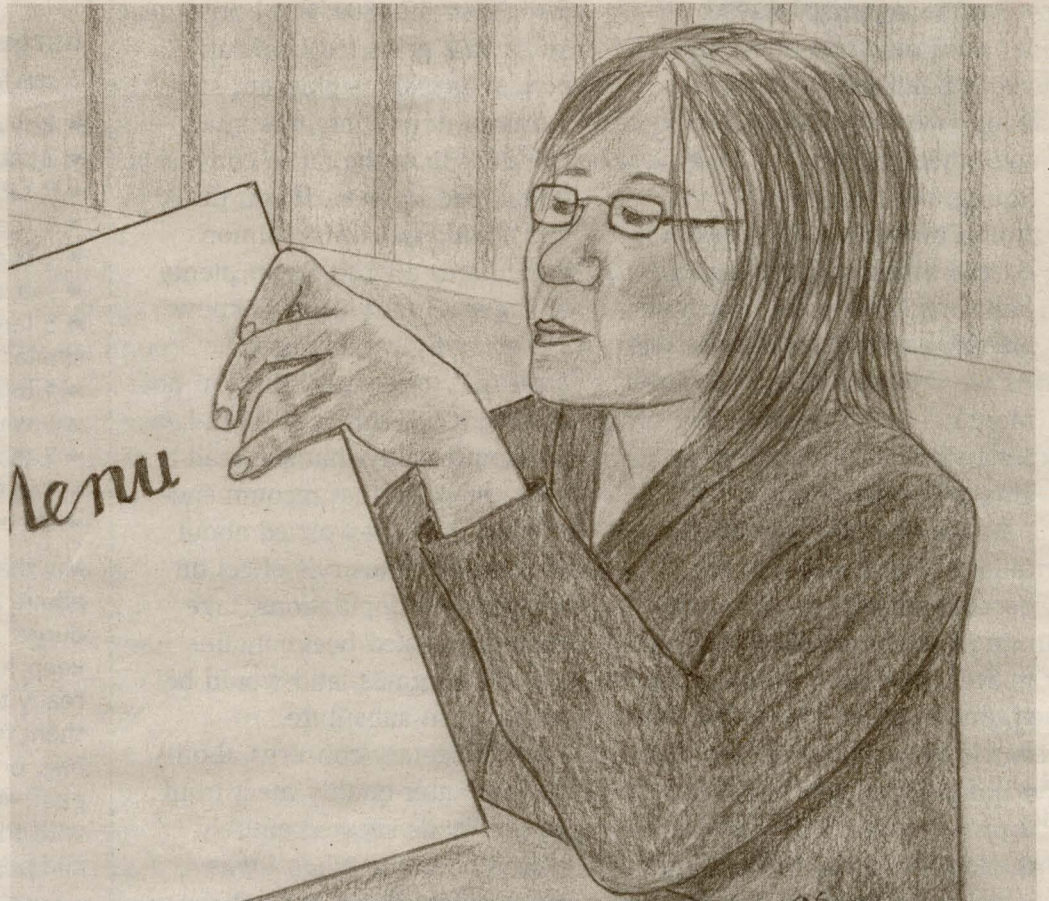
Dining out is a pleasant activity, but for those with allergic reactions to food it can be a stress-laden experience. I recently saw play in Spokane with friends. Afterwards, we went to the nearby Europa for dinner. I asked the waitress if they accommodated gluten-free diners. She left, and shortly the chef actually came out of the kitchen and personally assured me that he was well trained and would make anything I wanted gluten-free. I was able to enjoy a good meal without fear. It made my day.

Wanting to help you enjoy that same experience, I sent an inquiry to 40 restaurants in Moscow and Pullman, asking if they could accommodate people with allergies and gluten issues. Happily, there are several who do.

**The Moscow Food Co-op Deli** has many delicious organic

menu items made from top-quality ingredients. They make a notation on each deli food item to inform people if the food contains any of the top eight allergens so you can see at a glance what is safe. The Deli can also make special orders free of your specific allergen. The Co-op is a great community gathering space to enjoy a tasty meal with friends and family.

**Sangria** has a wide variety of items they can prepare for those with allergies and celiac disease. Their servers are trained to help guests with food issues navigate the menu. Their chefs are



willing to come out and reassure guests of a flavorful and safe meal. The restaurant makes their own sauces and chicken stock, and uses whole line-caught fish, free-range chicken, grass-fed beef that is antibiotic and hormone free, organic free-range eggs, and highest grade vegetables.

The chef at the **Hilltop** is more than willing to accommodate those with food allergies. Just inform your server of your specific needs and they will work around them. He suggested that people with special requests go out to eat on less busy days and at less busy times of the day so the chef will have more time to take care in preparing their food. That is good advice for any restaurant visit.

**The Red Door** maintains a specific menu that identifies to diners gluten- and dairy-free items. They are very concerned that all of their diners enjoy themselves without concerns about allergens.

**Nectar's** staff has a good understanding of food allergy and gluten intolerant needs and offers several items that would be appropriate including trout, forbidden rice, filet, mashed potatoes, green beans, salad greens, lamb chops, and broccolini.

**Swilly's** also works with people's special food requests and prepares their own sauces marinades, and dressings, which makes keeping track of ingredients possible. Some food items

you could enjoy there include chili, some soups, tacos with corn chips, steamed mussels, filet mignon (no sauce), salmon, ahi, Brazilian seafood stew, ribs, and pork tenderloin.

Diners at **Basillio's** can ask for the manager, who will accommodate any food allergies. They are also knowledgeable about ingredients. Some menu options include grilled chicken, broccoli, and salads.

**The Old European** is willing to work around people's food allergies and suggested the following as ideas when dining: omelets, fresh fruit, veggie browns, homemade soups and salads.

The recipes this month, for when you are staying home and cooking, are high in protein and free of all eight top allergens. Using the Co-op's chicken is a good value because you get flavorful and healthy free-range chicken. Cooking up the Co-op's lentils for the lentil burgers is also a good value, you get to enjoy a locally raised product at an inexpensive price.

Terri Schmidt is happily looking forward to the joys of Moscow in the summertime.

### Chicken Fillets

by permission: *The Super Allergy Girl Gluten-Free, Casein-Free, Nut-Free Allergy & Celiac Cookbook*

- 1/4 cup corn flour or other gluten-free flour
- 1/2 teaspoon onion salt
- 1/2 teaspoon garlic salt
- 1/2 teaspoon paprika
- 1 teaspoon dried parsley flakes (crush in your hand to powder-like consistency)
- 1 pound boneless chicken breast or chicken cut off the bone, cut into fillet pieces

Mix the dry ingredients together and set aside. Cut your chicken into fillet pieces. Fillet pieces can be very small or large depending upon your preference. Dip chicken fillets in water or milk substitute or other acceptable liquid, and then coat with fillet coating mix. Your chicken filets can then either be pan fried on top of the stove, or baked in the oven.

Stove top: Fry until brown and then reduce the heat, cooking until done (25 to 30 minutes depending on the size of the pieces. Smaller fillet pieces will cook very quickly (15 to 20 minutes) in oil on the stovetop.

Oven: Bake at 350 degrees for 30 to 40 minutes or until done.

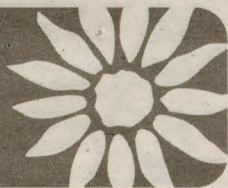
### Lentil Burgers

by permission: *The Super Allergy Girl Gluten-Free, Casein-Free, Nut-Free Allergy & Celiac Cookbook*

- 1 1/4 cups dry lentils (about 1/2 pound)
- 3 cups pure water
- 1 large onion, chopped finely (about 1 cup)
- 3 cups fresh gluten-free bread crumbs (about 6 slices)
- 1 tablespoon water mixed with 3 teaspoons of egg replacer (or 1 egg)
- 1 teaspoon garlic salt
- 1/2 teaspoon oregano
- 1/2 teaspoon salt
- 1/2 cup carrots, chopped finely
- 3 tablespoons acceptable oil or fat

Cook the lentils in the 3 cups of water for 15 minutes. Add carrots and onions to the lentils and cook 15 more minutes or until tender. Remove from heat and allow to cool slightly. Stir in bread crumbs, egg replacer, garlic salt, and oregano. Form into patties and fry oil or fat until lightly browned.





## Into the Cupboard: On a Scale of 0 to 100

By Ivy Dickinson, Newsletter Volunteer



Jen Russel and Bonnie Williams enjoy the pie directly out of the pie dish.

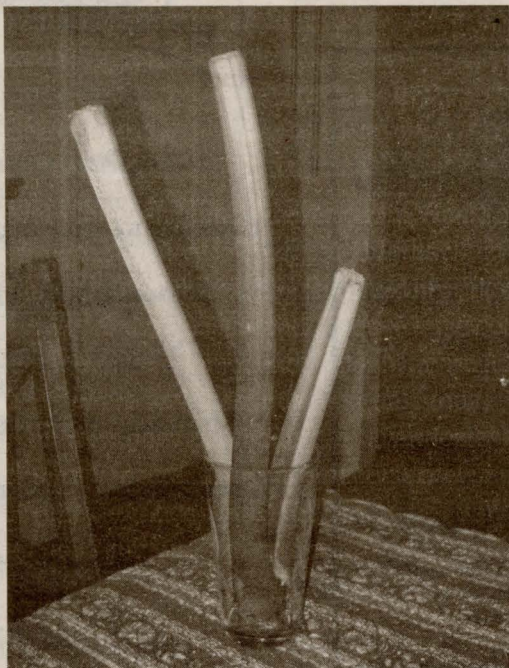
Last Sunday, I wandered the Laisles of the Co-op trying to decide on an ingredient to feature in this month's column that also had the added perk of being a "good value." While wandering and musing about my definition of a "good value," I realized that I am not completely sure that my definition would have any merit for other people. It all comes down to your principles, and the sacrifices you are willing to make for them. I don't think that the Co-op is overly expensive, and it certainly provides options that allow you to cut costs (i.e. buying in bulk). However, I manage to maintain control over my spending on food by planning my evening meals for the week, making a grocery list of the ingredients I'll need, and limiting my trips to the store so I can avoid impulse purchases. I keep certain breakfast, lunch and snack components on hand, and I stick to my budget. Sometimes I rearrange my menu to better suit my mood, but I rarely deviate to the point where I need to make more than one trip per week to the store (this would be my downfall).

Since my philosophical exploration into the meaning behind

a "good value" was getting me nowhere fast, I turned to my friends Joan and Julie in the grocery department to provide me with some assistance in identifying my ingredient (see what happens when I stray from my list). They came to the mutual conclusion that I should venture into the realm of alternative sweeteners in order to feature two new grocery department products. This brings me to the glycemic index, which will help me to explain why one might choose an alternative sweetener rather than the good old standby, sugar.

The Glycemic Index is based on a scale of 0 to 100 and assigns higher values to foods that cause the most rapid rise in blood sugar. The foods that rank high on the glycemic index scale are absorbed quickly, hence the rapid rise in blood sugar, and tend to provide only short-term satiation. Foods with a low glycemic index raise the blood sugar slowly and provide longer-term satisfaction.

On the glycemic index, pure glucose serves as a reference point, and is rated at 100. The alternative sugars we sampled are granulated palm sugar, which measures in at 35 versus 78 for refined gran-



My lovely arrangement of local rhubarb that I got from the co-op.

### Strawberry Rhubarb Pie

- 3 cups whole wheat pastry flour
- 1 cup vegetable shortening
- 1 teaspoon salt
- 4-6 tablespoons cold water
- 2 cups strawberries, diced
- 2 cups rhubarb, diced
- 2 tablespoons corn starch
- 1/4 cup apple juice
- 1 cup palm sugar
- 1 teaspoon lemon juice

Preheat oven to 450 degrees F. Combine flour and salt, then cut shortening into the mixture with a pastry cutter until the grain in the mixture is pea sized. Add water one tablespoon at a time until the mixture holds together when you gather it into a ball. Divide in half and roll half of the dough out on a floured surface. Use this crust to line the bottom of a 9" pie pan.

Combine cornstarch, apple juice and palm sugar and pour mixture over diced strawberries and rhubarb. Toss to coat and use the mixture to fill the pie pan. Sprinkle lemon juice over mixture, roll out the rest of the pie crust and cover the mixture with it. Pinch the edges of the crusts together and trim off any excess dough. Bake for 10 minutes at 450, and then reduce heat to 350 and bake for another 40-45 minutes. Allow the pie to rest for at least 30 minutes.

### Agave and Marjoram Glazed Carrots

- 3 large fresh marjoram sprigs
- 2 tablespoons (1/4 stick) unsalted butter
- 2 tablespoons extra-virgin olive oil
- 3 pounds medium carrots, peeled, halved lengthwise, cut crosswise into 1 1/2-inch lengths
- 1/2 cup orange juice
- 1/2 cup water
- 1/4 cup agave syrup
- 2 tablespoons chopped fresh Italian parsley

Chop the marjoram leaves. Melt the butter with the oil in large skillet over medium-high heat, then add carrots and season with salt and pepper. Toss until evenly coated and sizzling, approximately 4 minutes. Add orange juice, water and agave. Reduce heat to medium-low. Cover and simmer until carrots are almost tender, approximately 12 minutes. Uncover, increase heat to high and boil until juices are reduced to syrup and carrots are tender, approximately 5 minutes. Add parsley and marjoram and toss to coat. Season to taste with salt and pepper.

ulated sucrose (table sugar), and agave nectar, which measures 15 versus 89 for high fructose corn syrup or 55 for molasses. Something else to keep in mind when considering the glycemic index is that there are some starchy foods that also measure very high. For example, a medium baked potato is 85 and a slice of white bread is 70.

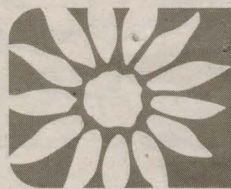
For my first recipe, I tried the palm sugar in a strawberry rhubarb pie, which is literally one of my favorite foods on the planet. I was a little skeptical, mainly because I feared that the pie wouldn't turn out and I would be left disappointed with nothing to show for my efforts. I had to fight back the impulse to ditch this sugar sampling effort in favor of focusing on rhubarb or strawberries and was pleasantly surprised. The palm sugar added

a mild maple flavor that went well with the strawberry rhubarb combo and adequately sweetened this tart dish. I divided the pie amongst eight of my closest friends, who devoured the pie so quickly that they left me with no doubts that this recipe was a complete success.

For my second recipe, I modified a simple glazed carrot recipe in order to use agave instead of molasses. This recipe turned out pleasantly and allowed the flavor of the herbs to be more prominent than they are when molasses is used.

Ivy was pleasantly surprised by these simple and healthy substitutions and is planning to try them in a few more recipes. You can e-mail her with your substitution suggestions or comments at [ivyrose7@hotmail.com](mailto:ivyrose7@hotmail.com).





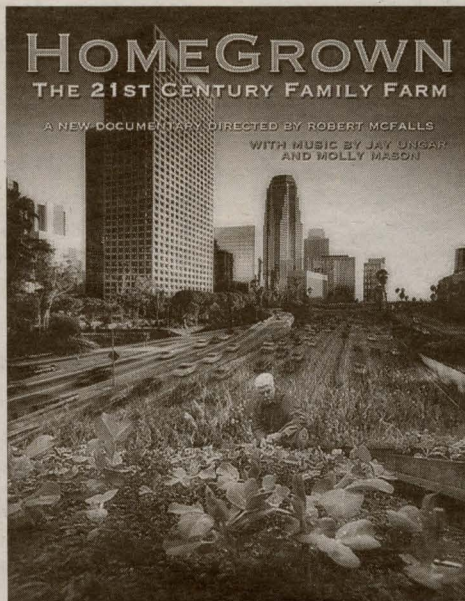
## Good Food Film Series Sneak Preview

Aimee Shipman, Good Food Film Series Volunteer

June marks the fourth month of The Good Food Film Series. On Thursday, June 18, at 7 p.m., the Co-op will sponsor the film "HomeGrown" at the Kenworthy Performing Arts Center in downtown Moscow.

This film follows the Dervaes family, who run a small organic farm in the heart of urban Pasadena, California. While "living off the grid," they harvest over 6,000 pounds of produce on less than a quarter of an acre, make their own biodiesel, power their computers with the help of solar panels, and maintain a website that gets 4,000 hits a day. The Dervaes' self-sufficient lifestyle is described as an "intimate human portrait of a Little

House on the Prairie in the 21st Century". HomeGrown's Director, Robert McFalls, was inspired to make a movie about the Dervaes family by the potential to focus on a human story behind the headlines of global warming or buying organic produce. In McFalls own words, "I wanted to find out what it takes to live



the life of an environmental pioneer. I don't wish to simply glorify or romanticize their way of life, however. I want to show that along with the positive benefits there are also sacrifices. Truly living by your ideals can have costs. I believe that recognizing the hardships the Dervaes have faced makes their work all the more inspir-

ing." HomeGrown offers a stirring vision of a sustainable lifestyle and its accompanying challenges. The GFFS will continue with an exciting lineup through the summer, fall and winter. In July we have "Mad City Chickens" focusing on the backyard chicken movement, and in August "King Corn," which follows the story of an acre of corn from the seed to the dinner plate. 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.

## Co-op Crossword Puzzle

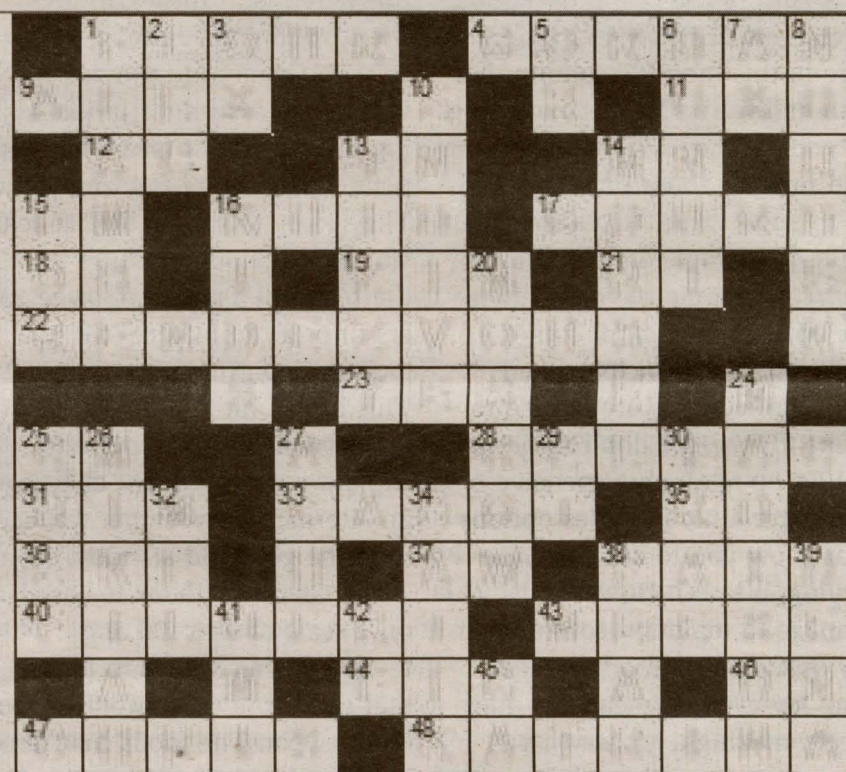
By Craig Joyner, Newsletter Volunteer

### ACROSS

- 1 Bakery essential
- 4 May's profiled employee, last name, 1st is 9 across
- 9 See 4 across
- 11 Maker of kitchen gadgets
- 12 Legal eagle
- 13 In Cherokee it is Tanasi, abbreviation
- 14 State with only one current senator, abbreviatin
- 15 KUOI or KRFP
- 16 Local PBS affiliate
- 17 Squash
- 18 The other half of GYN
- 19 The alien from Irk, Invader \_\_\_\_
- 21 35 across abbreviated again
- 22 May's Dime at a Time recipient, 1st word, 2nd is 15 down, 3rd is 16 down
- 23 Uplifting community empowerment magazine
- 25 Inches nemesis, abbreviated
- 28 Gluten allergy
- 31 Personal pronoun
- 33 Vermont's \_\_\_\_ Cheddar
- 35 Street, abbreviated
- 36 Supplement
- 37 Disbelief interjection
- 38 Bought
- 40 Hazelnut
- 43 Congratulations to new MFC board member, last name, 1st is 39 down
- 44 One of the first fruits cultivated by humans
- 46 Atop
- 47 Congratulations to new MFC board member, 1st name, last is 8 down
- 48 May's profiled volunteer, 1st name, last is 26 down

- 3 Draft animal
- 5 Portland's state, abbreviated
- 6 Homer's desire
- 7 Hatchet
- 8 See 47 across
- 10 Frisée
- 13 Snit
- 14 Bite or bonne bouche
- 15 See 22 across
- 16 See 22 across
- 20 You are here
- 24 Federalist President or advert avenue
- 25 Cook
- 26 See 48 across
- 27 Pain
- 29 Alien
- 30 Mozart's Dies \_\_\_\_
- 32 Bugs Bunny creator \_\_\_\_ Blanc
- 34 Indonesian printed fabric
- 38 Bosc or Anjou
- 39 See 43 across
- 41 Dieter's concern, abbreviation
- 42 FM or AM
- 45 The state the Devil went down to, abbreviation

Craig's favorite color is purple.



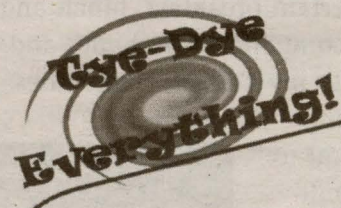
**INTEGRATIVE MINDWORKS**  
INQUIRY INVITED

**April Rubino, CHT, RYT, EFT-ADV**  
**(208) 882-8159**

Clinical Hypnotherapy  
Emotional Freedom Techniques  
Yoga & Somatic Therapy  
Reiki & other Energy Therapies

Offering private sessions, onsite or by phone,  
group classes and workshops  
and audio recordings

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



Most Colorful  
Little Shop Downtown!  
Check out our bigger store!  
Behind Mikeys Gyros,  
527 S. Main  
Monday-Sat 11:00-5:30  
\*Don't forget - co-op members  
get 10% off!  
208-883-4779  
[www.tyedye-everything.com](http://www.tyedye-everything.com)





## In The Garden: Worm Bin

By Holly Barnes, Newsletter Volunteer

“Oh, by the way,” I said as I headed out the door for quilt camp in early April, “I’m expecting something to come in the mail while I’m gone and I’d like you to open it and see what needs to be done with it.” My husband, the sailing guy, barely rolled his eyes as he said, “Let me guess, worms.” So began the experiment of the care and feeding of *Eisenia foetida*, commonly called redworms.

I picked up a worm bin last fall after answering a classified ad. I hauled it to the back yard and forgot about it until late winter when I began my research. The book, *Worms Eat My Garbage*, by Mary Appelhof, is considered the vermicomposter’s bible. I had picked up a copy of the book in the past, so I must have had worms on my mind for quite some time.

Worm bins can be set up inside or out. Appelhof claims that bins inside the house have no odors if properly taken care of. An indoor bin used in the winter solves the problem we in the Palouse have of freezing temperatures. I plan to bury my worms next winter in a pit and cover them with manure, straw and leaves. I’ll dispose of kitchen waste in a conventional compost bin during those months.

Setting up a worm bin takes some calculations. Appelhof suggests that you weigh your kitchen waste for a week to determine the size of your home vermicomposting unit, AKA, bin. Use that weight also to determine the number of worms to buy. Since I had recently pulled out our juicer and am juicing vegetables daily, our organic kitchen waste is high for two adults.

The process of using earthworms and microorganisms to convert organic waste into black, earthy-smelling, nutrient-rich humus is known as vermicomposting. The worms eat our organic waste, as well as the bedding we shred for them, and the worm castings are said to be extremely beneficial for the garden.

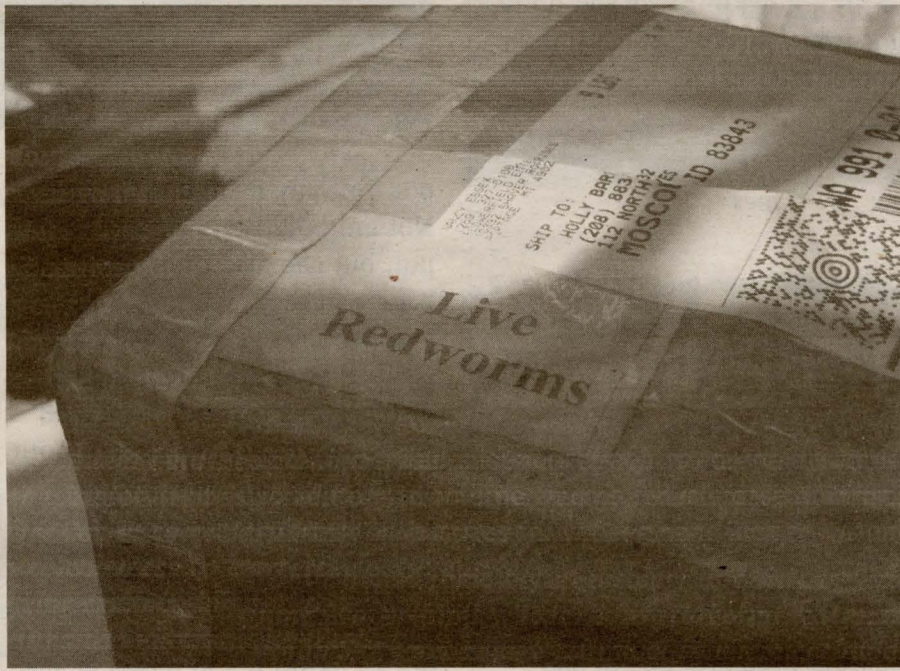
Why use worms bins instead of conventional composting bins? The worm process is supposed to be faster than the latter.

My experiment has been going for about 2 months. I peek at the worms underneath my dis-

carded kitchen waste and they seem very happy because their numbers have increased. I have yet to see any worm castings to put on my garden, but Appelhof says it will take four months of composting before results will be seen.

It’s June and Backyard Harvest is gearing up for the summer harvest season. Check out their website to contact them to

“The process of using earthworms and microorganisms to convert organic waste into black, earthy-smelling, nutrient-rich humus is known as vermicomposting. The worms eat our organic waste, as well as the bedding we shred for them, and the worm castings are said to be extremely beneficial for the garden.”



Two pounds of redworms delivered to my door.

donate your excess fruits and produce.

Potlatch Growers Group, continues to provide regular seminars on topics of interest to gardeners and small farmers in the area.

I want to expand on where my reading has taken me since

the review I did last month on Barbara Kingsolver’s *Animal, Vegetable, Miracle*. I have been immersed in journalist Michael Pollan’s two fascinating books on the food we eat: *The Omnivore’s Dilemma* traces our food from the farmer’s field to our plate. *In Defense of Food* suggests some rules to use if we are confused

by what to eat. The second book is Pollan’s answer to readers of the first who no longer know what to eat. Both books are great extensions to Kingsolver’s and have had a profound effect on my eating habits. I no longer feel that organic is the epitome of healthy food. The large organic producers are abusing the organic concept, if not by law, then certainly by intent. And they are successfully getting the laws watered down. Members of my family suffer from heart disease, pre-diabetes and digestive problems. I believe our Western diet has caused these conditions. We are going to great lengths to find healthy food produced locally. We feel so fortunate to have the Moscow Food Co-op as our partner in this search.

## PEARL finish Now Available

Also available in Flat, Eggshell & Semi-Gloss

AFM Safecoat Paints are Zero VOC and have no hazardous ingredients.

We can match **ANY** other brand’s paint color!

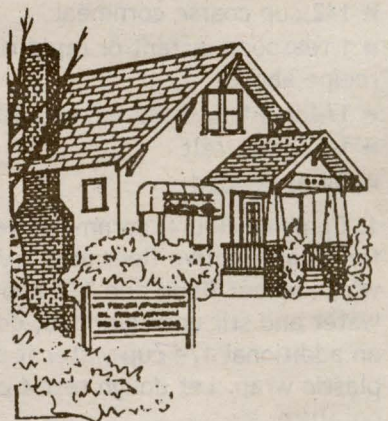


The Natural Abode

517 S. Main Street Moscow  
208-883-1040  
www.TheNaturalAbode.com



PALOUSE  
Ocularium  
VISION CENTER

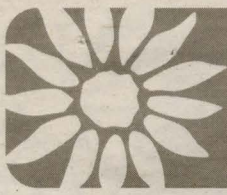


Thorough, Personal Eyecare  
High-Tech, Quality Materials  
Down-to-Earth Atmosphere  
Your Best Value

Dr. William R. French, Optometrist  
Dianne French, Optician

202 E 7<sup>th</sup> St, Moscow  
883-EYES (3937)  
dfrench@moscow.com





## Meals Kids Might Eat: No-Knead Bread!

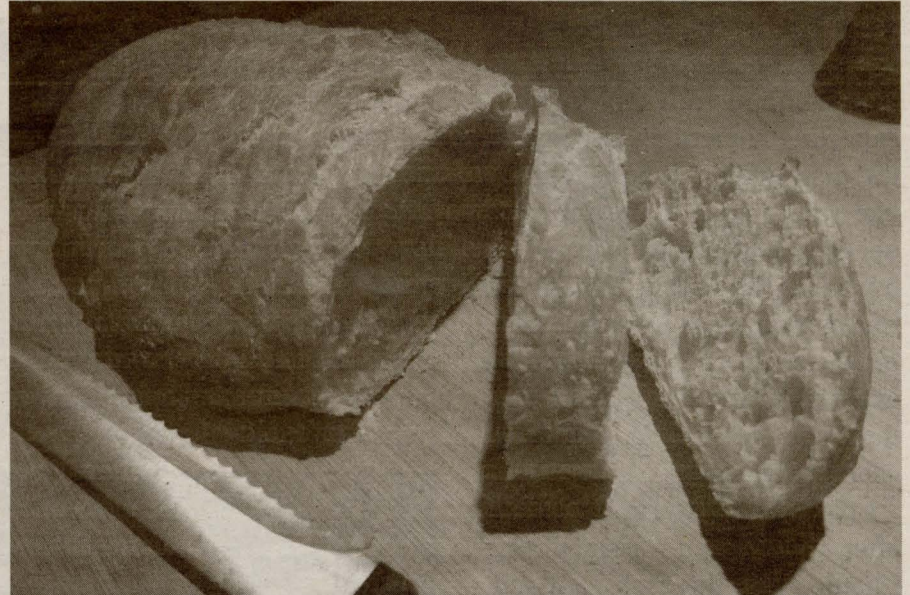
By Judy Sobeloff, Newsletter Volunteer

Best family-oriented tip for good value I've come across in my years as a Co-op member: my friend who hires a babysitter and shops alone. I think of her strategy often as I fend off my children's barrage of requests with varying degrees of success, though I have to admit that some of our best meals, such as the shared baby artichokes pleaded for by my 5-year-old, have been the ones I never would have initiated myself.

This month, in our own quest

for good value, my family made no-knead bread. (As the name implies, no-knead bread is easy-to-make bread, which requires no kneading.) Initially developed by baker Jim Lahey, no-knead bread apparently rocketed to "immediate and wild popularity" back in 2006 when Mark Bittman wrote about it in *The New York Times*.

Personally, I'd never heard of it until now, but I sensed nothing amiss when I asked to borrow the necessary enamelware



### Speedy No-Knead Bread

adapted from Mark Bittman, *The New York Times*

- 3 cups bread flour
- 1 packet (1/4 oz.) instant or rapid-rise yeast (see note below)
- 1-1/2 teaspoon salt (or an extra 1/2 teaspoon to taste)
- 1-1/2 cups filtered water (not tap, for better flavor)
- Oil as needed

1. Combine flour, yeast, and salt in a large bowl. (Note: while unfortunately the Co-op's distributors do not carry instant or rapid-rise yeast, it is available locally at other grocery stores or can be mail-ordered from King Arthur Flour.) Add 1-1/2 cups water and stir until blended; dough will be shaggy. Cover bowl with plastic wrap. Let dough rest about 4 hours at warm room temperature, about 70 degrees.
2. Lightly oil a work surface (can oil plastic-wrap over board) and place dough on it; fold it over on itself once or twice. Cover loosely with plastic wrap and let rest 30 minutes more.
3. At least 30 minutes before dough is ready, heat oven to 450 degrees F. Put a 6-8-quart heavy covered pot (cast iron, enamel, Pyrex, or ceramic) in oven as it heats. When dough is ready, carefully remove pot from oven. Slide your hand under dough and put it into pot, seam-side up. Shake pan once or twice if dough is unevenly distributed; it will straighten out as it bakes. (Optional: sprinkle a little salt on top to approximate Co-op's salted French.)
4. Cover with lid and bake 30 minutes, then remove lid and bake another 10 to 30 minutes, until loaf is beautifully browned. Cool on a rack.

### Fast No-Knead Whole Wheat Bread

adapted from Mark Bittman, *The New York Times*

- 2 cups whole wheat flour
- 1/2 cup whole rye flour
- 1/2 cup coarse cornmeal
- 1 teaspoon instant or rapid-rise yeast (see note about yeast in recipe above)
- 1/4-3/4 tsp. dried Italian herbs (Optional)
- 1-1/2 tsp. salt
- Oil as needed

1. Combine flours, cornmeal, yeast, and salt in a large bowl. [Note: for an alternative flour mix, try 1-1/4 cups bread flour, 1-1/4 cups whole wheat flour, and 1/2 cup cornmeal.] Add 1-1/2 cups filtered water and stir until blended; dough will be shaggy. (Can add up to an additional 1/4 cup water if dough seems dry.) Cover bowl with plastic wrap. Let dough rest 4 or more hours at warm room temperature.
2. Oil a standard loaf pan (8 or 9 inches by 4 inches; nonstick works well). Lightly oil your hands and shape dough into a rough rectangle. Put it in pan, pressing it out to the edges. Brush top with a little more oil. Cover with plastic wrap and let rest 1 hour more.
3. Preheat oven to 350 degrees. (Optional: sprinkle a little salt on top to approximate Co-op's salted French.) If not using a baking stone, place a cookie sheet under baking pan to evenly distribute heat. Bake bread about 45 minutes, or until loaf reaches an internal temperature of 210 degrees. Remove bread from pan and cool on a rack.

pot from my neighbor, Betsy. Not only did Betsy have the pot, but she also brought me a baggie of the necessary instant yeast (boosting my good value score even more!) and copies of Bittman's revised-as-of-2008 faster and easier recipes for both white bread and whole wheat, full of her own annotations and innovations.

Only later, after she invited me into her kitchen and revealed to me an entire file of pages about no-knead bread, did I suspect something was up. Suddenly I was reminded of the movie *The Truman Show*, where the protagonist discovers his whole life is a reality T.V. show. Clearly everyone around me did know all about no-knead bread, and I resolved then and there not to expose my ignorance by asking any other neighbors (paid professional actors, all) to borrow any other key ingredients.

Still reeling from the shock of discovering the limits of our knowledge, my family closed the blinds and retired to the kitchen to make our first secret loaf. Even after being left alone to rise, the white-bread dough was so gloopy I wasn't sure we'd be able to coax it from the bowl, and I watched in amazement as it shrank and morphed like cornstarch-and-water Oobleck.

Though our no-knead loaves didn't seem practical for sandwiches, the kids loved the white bread plain and also as part of Fred's famous dropped eggs on toast. As Fred said of the first loaf, "The texture is very good. The taste is not that complicated, but it's very light and good. It's perfect for when you have people over. It's pretty, and it will make great toast."

The whole-wheat version was

even easier to make than the white, because the dough was drier, meaning less inherent slithering in the transferring process to its cooking container. (Not to mention that, in one of those bargains understood only by the parties involved, Fred made the dough this time while I went on a bike ride.) Unfortunately, though, it turned out like a brick.

The flavor was improved in a second attempt, perhaps due to a longer rising time. Betsy explained in a bread post-mortem that bread simply tastes better the longer you let the dough rest. She recommends refrigerating the dough overnight and then letting it return to room temperature for a couple of hours before baking.

Let's face it: the white bread was better, though our 7-year-old gamely said she liked the whole wheat, too, despite the first loaf's squat bricklike qualities. The 5-year-old initially refused to try it, though later, when he better understood the sanctity of the journalistic process, he relented, and said he liked it. (Except for the crust, which he peeled away bit by bit, eating only the small island that remained in the middle.) It bears mentioning here that these kids have been engaged in a long-standing rebellion against the Co-op's Daily Wheat—basically, once they've tasted the Co-op's Salted French, it's too hard to keep them down on the farm.

Judy Sobeloff is pleased to report that seedlings have appeared in many of the same places where her family's pre-frost-date seeds were heedlessly sown.





## June Co-op Kids!

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

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

### Sunflower Party

On Tuesday, June 9, from 9 a.m.- 10 a.m. we will meet in the Co-op Cafe (or out front in the beautiful new seating area if weather allows) to celebrate sunflowers. We will talk about things we see growing around

town, snack on sunflower seeds and bring home a little packet of seeds to plant in your summer garden.

### Friendship Square

On Tuesday, June 23, from 9 a.m.- 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 center. 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.



## Dime in Time Program: Idler's Rest Nature Preserve

By Charles Burke

Those who manage and visit Idler's Rest Nature Preserve are grateful to be included in the Moscow Food Co-op's Dime in Time program.

The Idler's Rest Nature Preserve is a 35-acre tract of relatively pristine woodland located at the foot of Moscow Mountain near the end of Idler's Rest road outside of Moscow. One of its main attractions is the cool, shaded 100+ year old stand of Western Red Cedar, a forest type untypical this close to the Palouse Prairie. In addition, 145 plant species, 35 species of birds and 10 mammal species have been recorded in the preserve. The area has been a haven for summer visitors for over a century.

In 2005, Idler's Rest Nature Preserve management and ownership was transferred to the Palouse Land Trust. The Palouse Land Trust is a non-profit organization run entirely by volunteers. Our mission is to conserve the open space, wildlife habitat, water quality, and scenery of the Palouse. We partner with individuals, industry and government to establish and protect easements and monitor local lands that fit within our mission. Visit



our website for additional information: [www.palouselandtrust.org](http://www.palouselandtrust.org). Our mission for Idler's Rest Nature Preserve is to manage the land, to the fullest extent possible, in its natural state while providing public access and educational opportunities. As you can

imagine, keeping land in a natural state while providing public access can be a challenge; however, I think that most visitors to the Idler's Rest Nature Preserve would agree that the combination has worked well. Our success is due to the thoughtfulness of the visitors, the participation of the neighbors that border the Preserve, and through efforts from volunteers that work directly and indirectly with the Palouse Land Trust and the stewardship organizations that preceded us.

Recently, we have been seeking funds to survey and mark the Preserve's boundaries. Strangely enough, there is no recorded survey, and some of the boundary lines are poorly defined. Through the generous donations from Avista Corporation, Latah Community Foundation and individual donors, we have generated enough funds to hire

a survey, but are still short funds to purchase suitable corner posts and boundary signs. The money generated by the Moscow Food Co-op's Dime in Time Program should cover these expenses. Once the property lines are clearly established and marked, we can work with volunteers and enact a management plan that satisfies our mission for the Preserve.

If you have not visited the Preserve, we encourage you to

do so. It is a beautiful and special tract of property. Keep in mind that the Idler's Rest Nature Preserve is maintained with no tax dollars and there is no paid staff, so monetary donations and volunteers are needed and put to good use. If you have any question regarding Idler's Rest Nature Preserve and/or The Palouse Land Trust please contact Charles Burke at [cburke@clearwire.net](mailto:cburke@clearwire.net).

## medical care for the whole family



FAMILY PRACTICE

OBSTETRICS

GERIATRICS

FAA PHYSICALS

WELLNESS VISITS

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

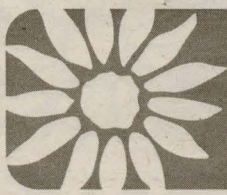
JOHN GRAUKE, M.D. | MAREE MCHUGH, F.N.P. | DEBORAH MEDEL, F.N.P.



213 N. MAIN ST.  
208.882.7565

WWW.MOSCOWMEDICAL.COM





## UI Provides Bicyclists with Free Air

By Jeanne Matheison, UI Sustainability Center

A free air station, provided by the University of Idaho for bicyclists to use at no charge to pump up their tires, has been installed at the southeast corner of the UI Steam Plant. The Steam Plant is located on the corner of Sixth and Line streets.

The air station was installed to encourage people to leave their cars at home and bike to campus, since every five miles on ridden on bike instead of driven in a vehicle saves some 4.85 lbs of carbon dioxide, burns 235 calories, and saves gas money.

UI officials are planning to install another air station near the Commons this year.

"Since 93 percent of students and 72 percent of faculty and staff live in Moscow with an easy median commute of 1.6 miles to campus, there's real potential to reduce greenhouse gas emissions and alleviate crowded parking lots," said Darin Saul, University of Idaho Sustainability Center director. "The air station is a constructive



step in support of University of Idaho's efforts to promote alternative transportation, and reduce single-occupancy vehicle commuting."

There are two types of bike tire valves: Schraders look like a car tire valve, and Prestas have a skinny brass tip. The UI officials installed two hoses at the air station, so it is compatible with either type of valve.

As increasing environmental awareness drives interest in sustainable practices, the University of Idaho continues to seek sustainable initiatives to meet the current and future needs of society. For more information about the university's sustainability efforts, contact the University of Idaho Sustainability Center at [uisc@uidaho.edu](mailto:uisc@uidaho.edu) or visit [www.uisc.uidaho.edu](http://www.uisc.uidaho.edu).

## Our Point of Inspiration

By Beverley Wolff

The Northwest Inland Writing Project, based at the University of Idaho and part of the National Writing Project, invites writers to attend this year's Writing Retreat at the beautiful and serene Camp N-Sid-Sen on the banks of Lake Coeur d'Alene. (To view photos of the campus, check out [www.n-sid-sen.org](http://www.n-sid-sen.org).) This year, Bill Woolum will be our visiting writer. Bill, born and raised in Kellogg, Idaho, now teaches in the English department at Lane Community College in Eugene, Oregon. He writes a daily blog where you can "read how a whole range of poetry, book reviews, movie reviews, stories, brief essays, and reflections grow out of a life begun in Kellogg, Idaho, in the Silver Valley of North Idaho." To learn more about our writer visit his blog ([www.kelloggbloggin.blogspot.com](http://www.kelloggbloggin.blogspot.com)).

Cost for the full retreat, from dinner on Monday, July 13, through lunch on Friday, July 17, is \$425 for the general public. This covers lodging, all meals and break service, and workshops/conference time with our visiting writer. Participants may choose to receive University



of Idaho graduate credit or Washington clock hours for participation in this retreat. Registration is due by June 15. A one day mini-retreat, consisting of a workshop, lunch, time for writing, and a featured reading by Bill Woolum, is scheduled for Wednesday, July 15, at a cost of \$40.

For more information: Contact Christy Woolum ([christywoolum@yahoo.com](mailto:christywoolum@yahoo.com)) or Bev Wolff ([bev@roadrunner.net](mailto:bev@roadrunner.net)). Check out the NIWP website (<http://www.niwp.org>) for a downloadable registration form.

## Marimba Hat! What's that?

By Nancy Casey

There will be marimbas. There will be hats.

Friday, June 19, the beginning of the Summer Solstice weekend, get out and celebrate the wonderfulness of summer. At the 1912 Center from 6-9 p.m., enjoy the Sesitshaya Marimba band, drinks, snacks and glorious, hilarious hats. Wear a hat, buy a hat, make a hat.

A silent auction for a Good Cause will feature art, crafts, and everyday items from Haiti, and curious and original goods and services.

The Good Cause is a women's group in Haiti, Courageous Women. They have been working in rural communities to get people to sit down together and address the concerns of women. Birth control. Reproductive health. Family relations. Domestic violence. Economics. Health care. The law.

The Courageous Women are



trying to organize workshops and trainings about these matters, and help some of the most destitute children in their community. Learn more at [www.vpfoud.org/CourageousWomen](http://www.vpfoud.org/CourageousWomen).

Nancy Casey works for the Fish Folks in the Co-op parking lot on Fridays and helps Elizabeth Taylor sell her famous vegetables in the Farmers' Market on Saturdays.



Above the Rim  
Gallery  
*All Original Art  
Gifts*  
Up the Stairs in Paradise Creek Bikes  
513 S. Main St. • 208 882-3361

KONA GIANT RALEIGH HARO  
**PARADISE CREEK**  
BICYCLES  
SALES • REPAIRS • RENTALS  
**208.882.0703**  
513 S. Main  
Moscow 83843  
Open 7 Days a Week





## This Summer at Pay Dirt Farm School

By Brian Ogle, Farm School Coordinator

Howdy folks! Brian Ogle here writing from MaryJanesFarm to let ya'll know about the classes that are being offered this summer through our Pay Dirt Farm School.

June will be a very busy month for Pay Dirt. On June 4, we are offering a Laid Back Appliqué class at our retail store in Coeur d'Alene. The class is being held at 210 E. Sherman Ave. between 7 and 9 p.m. and will cost \$20 for the class and \$25 for a supply kit.

On June 20, we will be having a bird watching workshop taught by Ashley Martens. The class will be held here at

MaryJanesFarm, eight miles southeast of Moscow, and Ashley is planning a truly multi-sensory event. With our eyes, we will learn to classify and identify birds and their habitats. With our ears, we will learn to connect the sounds of birds with their identities and habits. With our hands, we will examine museum specimens of various local birds to learn about form and pattern. The class will start at 7:30 a.m. and will end around 10:30 a.m., class fee is \$25 and be sure to pack your own binoculars!

The final class scheduled for this summer is our famous one-

week intensive. Participants will spend seven days and nights out here on the farm taking part in a personalized course that is designed for each individual student. Choose your focus, whether it is Organic Gardening, Wood Chopping, Business Marketing, etc... The one-week intensive starts September 6 and lasts through September 13. Class fee

is \$3,240 and includes room and board in our spectacular canvas wall tents.

If anyone is interested, please do not hesitate to give me a phone call or e-mail. The phone number is 208-882-6819 and my e-mail address is [brianogle@maryjanesfarm.org](mailto:brianogle@maryjanesfarm.org).

## Fun Flix

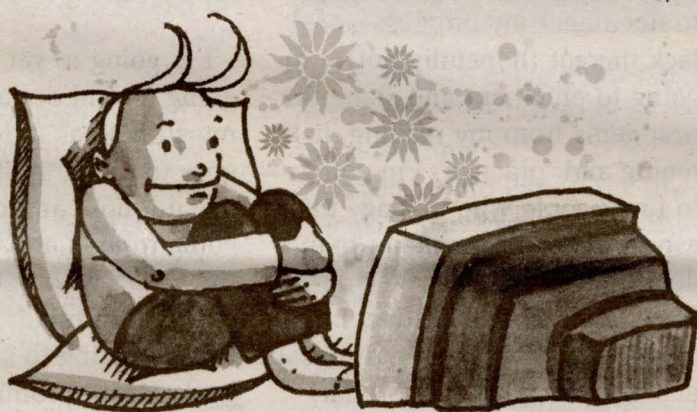
By Bill London, Newsletter Volunteer

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

Wallace & Gromit: The Curse of the Were-Rabbit.... This

2005 animated film is clever, cute, quirky and so essentially British. The animation technique, the repetitive photography of hand-molded plasticine characters, produces a delightfully engaging result. And in this case, the story line is enjoyable enough to render the film (appropriately rated G) a joy for children or adults. Be sure to watch the special features section of the DVD for a history of the project and a rundown on the developers.

Frost/Nixon.... This 2008 film re-enacts the 1977 four-part television interview of disgraced former President Nixon by English talk-show host David Frost. For Frost, this interview was the big score, a big money deal for a guy whose income had been based on tossing softball questions at low-rent celebrities. For Nixon, this was the chance to muscle his way back onto the political stage after Watergate and his resignation. The smart money was on Nixon, the street-fighter and skilled debater, not on high-living playboy Frost. However, the result hinged more on Frost's



back-to-the-wall determination and his understanding of the television medium. For political junkies and history addicts, this R-rated film (rated for the naughty language) is a requirement.

Secondhand Lions ..... This film from 2003 has a comfortable multi-generational appeal. Kids and parents and grandparents can all find something to enjoy in this funny and fun tale. The title refers to the two bachelor brothers who are given a new life with the arrival of their nephew, and to the actual lion they purchase for a backyard hunting safari that never happens. The only reason for the PG rating (instead of the G) is the minimal fighting scenes. This film is clever and creative.

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

Bill London edits this newsletter, and he was thrilled by the opportunity to be there, face to face with the eternal mystery of life, at the birth of his grandson, Lukas, on April 28.

## Idaho Repertory Theatre

July 1 - August 8

University of Idaho Hartung Theaters

### Unnecessary Farce

by Paul Slade Smith

This laugh-out-loud comedy throws a crazy cast of characters into two adjoining hotel rooms, with one hidden camera and eight slamming doors. "Farce" has so many twists and turns, audiences will shake their heads while holding their sides.

### CHAPS

by Jahna Beecham and Malcolm Hillgartner

Whoa, Britannia! When America's favorite singing cowboys are late for a special BBC WW II radio broadcast, the Brits jump in and try to fill their boots! This cross continent musical comedy is full of vintage western musical favorites.

### Some Enchanted Evening:

The Songs of Rodgers & Hammerstein

Music by Richard Rodgers.  
Lyrics by Oscar Hammerstein II.  
Concept by Jeffrey B. Moss.

An evening filled with unforgettable hits from the world's most beloved musicals written by two of Broadway's biggest icons.

### ROMEO & JULIET

by William Shakespeare

Swords and stars will cross as two young lovers defy their families, endanger their friends, and risk everything in this tale of passion, poison, street brawls and secrecy.

(Watch R & J under the stars or indoors for a special performance on Aug. 8!)

### IRT For Young Audiences

### DISNEY'S HIGH SCHOOL MUSICAL 1 ACT

Book by David Simpatico. Songs by Matthew Gerrard, Robbie Nevil, Ray Cham, Greg Cham, Andrew Seeley, Randy Petersen, Kevin Quinn, Andy Dodd, Adam Watts, Bryan Louiselle, David N. Lawrence, Faye Greenberg and Jamie Houston.

Music Adapted, Arranged and Produced by Bryan Louiselle. Based on a Disney Channel Original Movie written by Peter Barsocchini. Jocks, brainiacs, thespians and skater dudes all come together in this sweet and squeaky-clean musical, performed by local talent and IRT pros.

### Idaho Repertory Theatre Schedule 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Evening Performances 7:30 pm High School Musical Evenings 6:30 pm	Matinees at 2:00 pm	JULY FARCE 7:30 pm Hartung Indoors	1	FARCE 7:30 pm Hartung Indoors	2	Happy 4th of July!
5	6	7	8	9	10	11
CHAPS 2:00 pm Hartung Indoors	13	Enchanted 7:30 pm Hartung Indoors	14	CHAPS 7:30 pm Hartung Indoors	15	FARCE 7:30 pm Hartung Indoors
12	13	14	15	16	17	18
FARCE 2:00 pm Hartung Indoors	19	H. S. MUSICAL 6:30 pm Hartung Indoors	20	Enchanted 7:30 pm Hartung Indoors	21	H. S. MUSICAL 6:30 pm Hartung Indoors
19	20	21	22	23	24	25
Enchanted 2:00 pm Hartung Indoors	26	FARCE 7:30 pm Hartung Indoors	27	R & J 7:30 pm Hartung Outdoors	28	H. S. MUSICAL 6:30 pm Hartung Indoors
26	27	28	29	30	31	AUG 1
H. S. MUSICAL 2:00 pm Hartung Indoors	2	3	4	5	6	7
2	3	4	5	6	7	8
CHAPS 7:30 pm Hartung Indoors	CHAPS 7:30 pm Hartung Indoors	R & J 7:30 pm Hartung Outdoors	R & J 7:30 pm Hartung Outdoors	FARCE 7:30 pm Hartung Indoors	CHAPS 7:30 pm Hartung Indoors	R & J 7:30 pm Hartung INDOORS!

Season Subscriptions and Single Tickets at:  
UI Kibbie Dome Box Office (208) 885-7212  
and AT THE DOOR!

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





## Lightening Up: Getting Better Value from My Own Real Estate OR The Story of My Stuff and How I'm Getting Rid Of It!

By Jeanne Leffingwell, Newsletter Volunteer

Lessen my carbon footprint... Drive less... Eat naturally... Use less packaging... Simplify... Do less and enjoy more... Get better value for my time, my space, my life!

Many of us are trying to do most of these things. But in my case, I am stuck with one huge obstacle in my way: ALL MY STUFF. I've got too much of it, and I can't seem to get rid of any significant portion of it.

First you have to understand where I'm coming from: My husband and I have lived in this same town for 28 years, with 24 of them in the same house. We've raised 2 children, who are now technically fledged but are still in and out. (Some of you know how that goes?) We currently have three pets: two cats and a dog. I'm also an artist, which is a special challenge: I've been collecting cool stuff all these years (beads, fabrics, wood scraps, bones, corks, you name it) to make other cool things with. I work at home. Which makes some things even worse. Unfortunately, by now I realize I won't use up all my cool stuff in one lifetime, and I'm tired of feeling buried alive under it—it

and all the other stuff that just comes in to our home somehow, as part of Life.

I'm sick of having whole rooms that don't function. And most of all, I'm ashamed of spending my energy processing *stuff*, instead of creating, sharing time with friends, or otherwise enjoying life.

And I've had a revelation or two: I've lived for spans of time (weeks, even whole months) with very little stuff. And I like that better!

My mom says, "We spend the first half of our lives collecting, and the second half trying to get rid of it." Bless my mom ... she's worked hard to downsize, but there's still going to be some serious estate tonnage ... so hang around Mom, and please keep pluggin' away at it!

I've tried self-help reading; I have a whole shelf of organizing books. I've listened to recordings. For a time, I even hired a "chaos control" consultant. I remember when she arrived, she brought these three baskets, labeled "Trash" "Move" and "Give Away" or something like that. All I could think was: I don't need baskets; I need front-

end loaders! She helped me a bit. I know I can be an organized person...

But all told I'm still floundering. Sometimes it feels like I take one step forward and then three big huge ones backward. But I'm serious now. I'M GOING TO GET RID OF STUFF. And I'm doing it THIS COMING YEAR.

Admittedly, this is going to bring up some issues ... What about the husband's stuff? What about the kids' stuff that's still here? What about the kids?

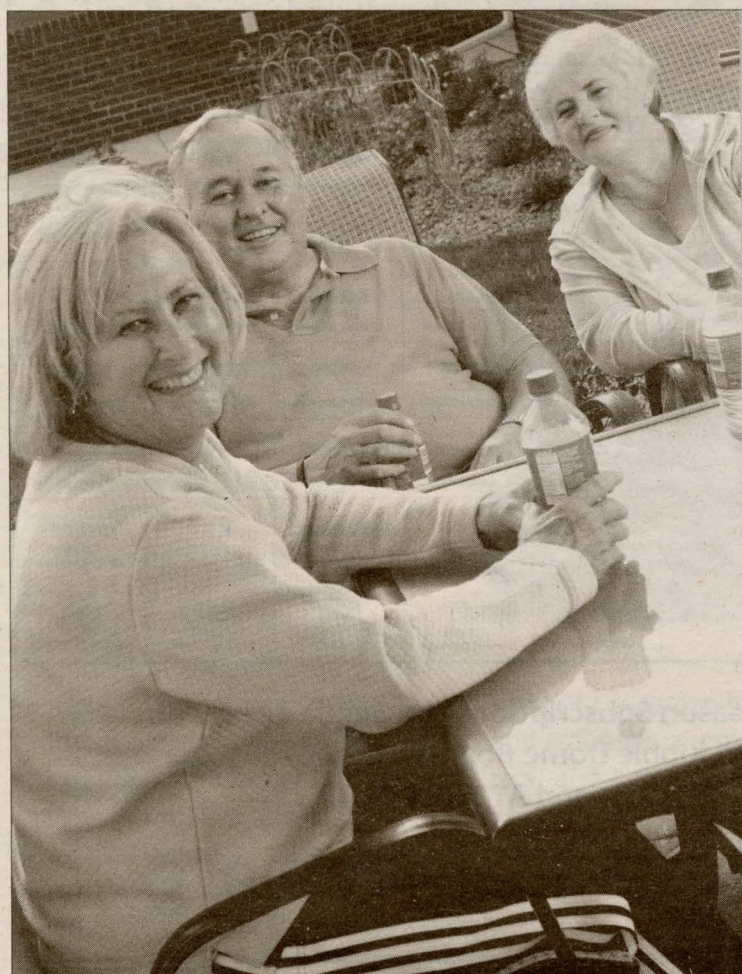
But I have a plan. And this is what I'm going to share with you in this column. I'm going to document my progress—or lack thereof (hopefully not). I'm going to pluck out and share the best gems from my reading, listening and 'practice'. I'm going to find people who manage this aspect of their lives better than I do, and find out how they do it. For a different perspective, I plan to shadow a local estate disposal manager, to learn about what happens to our stuff in the end if we won't or can't deal with it. And I plan to interview a friend who lost everything in a house fire, to ask her what's really important now about her stuff. I

*"We spend the first half of our lives collecting, and the second half trying to get rid of it."*

— E S Leffingwell

am also fascinated by stories of folks who have so much trouble getting rid of stuff (hoarding) that their homes become condemned. (I'm a little O-C; I can identify!) But, drawer by drawer, corner by corner, room by room ...

I'm going to get rid of it. I'm going to find out about recycling my stuff so as little as possible goes to the landfill. I'm going to use up more and buy less. I'm going to look at products from the Co-op with new eyes and one goal in mind: to Lighten Up! I'm going to set monthly goals. And I promise to share my successes or failures, and offer myself up as a subject for entertainment, ridicule, or even collaboration. Hmmm ... Would a "Lightening Up" support group help? Call me if you are interested in joining!



In celebration of Older Americans Month

*You're invited...*  
to a free senior BBQ

Moscow Village and Fairview Village Estates invites all area seniors to a free BBQ picnic, Friday, May 16, 11 a.m.–2 p.m.

403 Samaritan Lane  
Moscow, ID  
(208) 882-9809

Directions: East off Mountain View Road onto White Ave.; to new roundabout, turn on second road on right onto Robinson Park Road; then third left turn onto Fairview Drive. Follow to the end of the road.

[www.good-sam.com](http://www.good-sam.com)



MOSCOW VILLAGE  
FAIRVIEW VILLAGE ESTATES

All faiths or beliefs are welcome. 09-G0499

Jeanne Leffingwell, a local artist and teacher, is thoroughly sick of Too Much Stuff, and is throwing down the gauntlet. She can be reached at 208-882-7211.

**Unitarian Universalist Church of the Palouse**

*A welcoming congregation*

**Sunday Service 10:00 to 11:15 am**  
Coffee & Fellowship after service

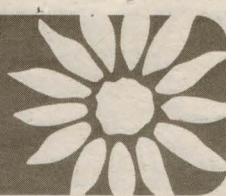
**Nursery & Religious Education**

420 E. 2nd St., Moscow  
208-882-4328

Rev. Kayle Rice, Minister  
[uuchurch@moscow.com](mailto:uuchurch@moscow.com)  
[www.palouseuu.org](http://www.palouseuu.org)







## The Sustainability Review: Kitchen Appliances, part 2

By Mike Forbes, Newsletter Volunteer

### Toast(er Ovens)

Last month, I left off with a preview of this month: toast. I should clarify that toaster oven would be a more accurate way to describe this article. Toast is only one element. The basic premise is let us eliminate the use of large appliances in favor of smaller ones ...

You may ask if this really matters in the scheme of things. Probably not, but in my quest to eek every bit of efficiency out of our house, I looked at it. I won't argue that changing your water heater temperature would do more, but as a combined effort with everything else (phantom loads, lighting, etc), you can make a significant impact in your home.

What are some items we cook regularly that we don't need to use the range for? For my family it's quesadillas, toasted cheese sandwiches (grillers we call them), and reheating leftovers. Let's use quesadillas as a test case for this article. My guess would be that most folks make them using some sort of skillet on the stovetop. Into the test kitchen we go:

**Skillet:** In go two tortillas and cheese. Lid on. 5 minutes later emerges one quesadilla. Out went 672 btu of energy, which equates to 1 1/2 cents of propane.

**Toaster oven:** Same inputs, but surprisingly only 2 minutes later came the same quesadilla. We used 0.055 kwh of electricity, which equates to 188 btus of energy, 3 1/2 times less energy. In financial terms, it cost three



times more to make a quesadilla in the skillet and took more than twice the time.

(if you would like to see my calculations I used contact me via e-mail.)

What about reheating food? Your full-size range will take considerably longer and use more energy. Granted, it will hold more and heat your house, but my suspicion is that we don't usually fill our ovens and we have better ways to heat our houses.

What should you buy? My suggestion would be nothing new. I found a toaster oven on the freecycle and have seen several others there and at yard sales. I think the world has an excess of toaster ovens. An argument can

be made that the energy used to produce a new toaster oven will far exceed the savings seen by using it. This is probably true since you must take into account the entire lifecycle of the toaster oven (raw materials, transportation, and disposal costs). After all, we are talking about small savings here. In terms of models, I usually recommend one over the other. They all are basically the same, however, some newer ones employ fancy technology. Ours is a basic Black & Decker model. Stick with something simple without all the exotic features you never use. We use the toast button almost 99% of the time.

What do we do with this information? Do we ditch our stoves

for an army of small appliances littering our counters? No, but in my opinion we should look at the most frequently used device in our kitchen and see if there is a way to improve its energy impact. For our house, that means the toaster oven and hot water pot. Some it might be replacing your blender with a bike-powered one ...

Mike welcomes comments, questions, and criticisms and can be reached at [biodieselmike@gmail.com](mailto:biodieselmike@gmail.com).

## Celebrate July Fourth

By Bill London, Newsletter Volunteer

The Palouse provides plenty of free family fun to celebrate the Fourth of July. You can spend a long and exhausting day visiting all the nearby celebrations.

Start with the crazed parade at Johnson, Washington (five miles south of Pullman). By 10 a.m., this tiny hamlet bursts with parade watchers and parade entries. And everyone is invited to join in. And join in they do. Quirky, ridiculous, or traditional—parade participants come in all flavors. And when the parade folds back on itself and marches

back along the same narrow route, the line between audience and participant blurs. There is no organization to join, to signup fees, no nothing, just show up.

All day long, MaryJanesFarm is sponsoring their Farm Fair in six small Palouse communities. The primary focus is the Old Fashioned Fourth at Oakesdale with live music, antique and collectible vendors, food, and tours of MaryJane's Historic Flour Mill (the only original Palouse flour mill still preserved). A host of other Independence Day

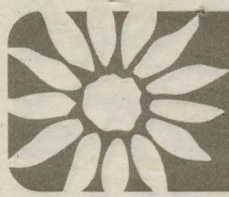
activities are planned in the neighboring communities of Rosalia, Palouse, Tekoa, Fairfield, and Rockford. For details, see [www.maryjanesfarm.com/FarmFair2009](http://www.maryjanesfarm.com/FarmFair2009).

While you are thinking of MaryJane Butters and what she offers this community, note that she has just opened a retail store in Moscow, at 425 South Jackson (opposite the Farmer's Market). The store, MaryJane's Sweet Dreams, sells organic linens and artisan chocolate. The phone there is 882-2333.

For a traditional finale to the Fourth of July, head to Sunnyside Park in Pullman for the community BBQ and fireworks. The BBQ begins at 5 p.m., followed by the community band concert and then Moscow's great R 'n' B band, the Kingpins, before the free fireworks show lights the night.

Bill London edits this newsletter and will likely enjoy the fireworks from his back deck.





## Moscow & the 3 R's: Good Value

By Andy Boyd: Coop Newsletter Volunteer, moscowrecycling@turbonet.com

This month's newsletter theme is "Good Value." When I initially think of this term, I associate it with saving money on a product or getting more for your money. However, I want to propose getting less for your money and having it still be a good value!

How does one do this, you may ask? The answer is in the first of the 3 R's: Reduce. When we consume less, we pay less for material goods, we pay less for garbage and recycling, and the environment benefits from less resource extraction.

So let's look at some examples of reducing and how it can save you money. How about the Co-op's 10 cent discount on reusable bags? If you purchase your own reusable bags, and let's say you buy very durable bags that cost \$10 each, and if you purchased two of these bags (\$20), and used them twice a week, you would save 40 cents per week. In one year you would

pay the bags off. Now this may not seem like a great deal, but consider that you did not use approximately 416 plastic bags, that's 8 bags per week since your reusable bags

carry twice as much as one plastic bag. Consider further that at best only 5% of plastic bags are recycled and that plastic bags never biodegrade into organic compounds. And let's not forget that your reusable bags could last as long as 20 years — now that's a good value while using less! Of course you could donate your bag discount to the Co-op's "A Dime in Time" program, created to support local, non-profit organizations.



Here are some other ideas that will prove to be a good value!

### Reduce packaging waste:

Packaging makes up 30% of municipal solid waste. You can

reduce the amount of packaging you throw in the garbage by purchasing concentrates and diluting them with water in reusable containers, avoid single-serving products in favor of larger servings or buying in bulk. Benefits: Because over-packaged products often cost more than less-packaged products you can save money when buying products with less packaging. When it is difficult to reduce packaging, buy packaging made from recycled materials with as much post-consumer content as possible. This also helps to create the markets for recycled materials. Further, buy packaging that is recyclable in your area and make sure it gets recycled.

### Reduce excess paper at home:

The average American household receives more than 500 pieces of advertising mail each year. If you want to get off most national marketing lists, you can register with the Direct Marketing Association's Mail

*"When we consume less, we pay less for material goods, we pay less for garbage and recycling, and the environment benefits from less resource extraction."*

Preference Service, PO Box 643, Carmel, NY 10512-0643. If you want to stop certain catalogs, contact individual mailers by phone, mail or e-mail and have them remove you from their mailing lists. Benefits: Recycling junk mail is okay, but reducing the flow of junk mail will conserve natural resources, save landfill space and save you time and money.

These are just a few ways to reduce your waste, often times referred to as thrifty or frugal. For more ideas, perform a Web search on 'Reduce Waste.'

Summer and time to get your preschoolers out of the house?

### Take them to Co-op Kids!

Toddle On Down....

**Tuesday, June 9**, from 9 a.m.- 10 a.m. at the Co-op Cafe (or Co-op outdoor patio if weather allows) to celebrate sunflowers.

**Tuesday, June 23**, from 9 a.m.- 10 a.m. at Friendship Square to play.

## Brused Books

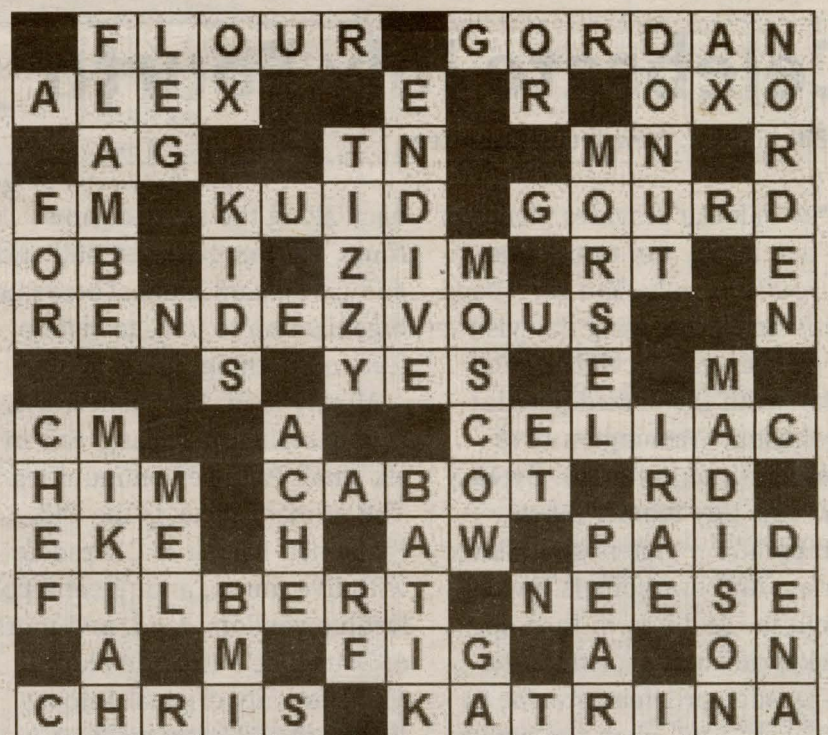


- buy • sell
- trade
- hardbacks - paperbacks
- science to science fiction
- literature to psychology

### Hours:

Sunday: 12-5  
Monday-Friday: 11-6  
Saturday: 10-6

509-334-7898  
235 E. Main  
Pullman, WA 99163







## New at the Library

By Chris Sokol

### FICTION:

**Blonde Roots** by Bernardine Evaristo. What if the history of the transatlantic slave trade had been reversed, and Africans had enslaved Europeans?

**From Hell to Breakfast** by Joan Opyr. A local author recounts the trials and tribulations of Wilhelmina "Bil" Hardy, who lives in the small college-town of Cowslip, Idaho.

**Pygmy** by Chuck Palahniuk. A satirical depiction of Midwestern life through the eyes of Pygmy, an exchange student sent from a totalitarian state to blend into American society while planning acts of terrorism against the U.S.

### REGIONAL NONFICTION:

**Birds and Birding Routes of the Idaho Panhandle** by Shirley Horning Sturts, with bird illustrations by Etta Wegner. Ten mapped routes for the birding enthusiast.

**Climber's Guide to North Idaho and the Cabinet Wilderness** by Thaddeus Laird. An illustrated, up-to-date guide to the region's top climbs, both popular and little-known.

**Future Visions of a Sustainable Palouse** by Gundars Rudzitis and others. The book asks the question, What kind of environment do we want to create for ourselves and future generations?

**Whales of the West Coast** by David A.E. Spalding. The whale shebang on observing and learning about whales and dolphins off the Pacific Northwest coast.

### GARDENING:

**Bringing Nature Home** by Douglas W. Tallamy. How to sustain wildlife with native plants in your garden.

**The Brother Gardeners: Botany, Empire, the Birth of an Obsession** by Andrea Wulf. The story of a small group of 18th-century naturalists whose passion for exotic plants made Britain a center of horticultural and botanical expertise.

**Greenhouses & Garden Sheds** by Pat Price with Nora Greer. Ideas, information, and step-by-step projects.

**The Solar Food Dryer** by Eben Fodor. How to make and use your own sun-powered dehydrator.

### NONFICTION:

**Better Birth** by Denise Spatafora. A new guide to child-birth from home births to hospitals.

**The Book of Dads** edited by Ben George. Twenty essays, including contributions from Brandon Schrand and Anthony Doerr, about "the job no man can ever be truly prepared for": fatherhood.

**Brewing Classic Styles: 80 Winning Recipes Anyone Can Brew** by Jamil Zainasheff and John J. Palmer. Award-winning home-brewed beers you can make yourself.

**Eating the Sun** by Oliver Morton. The power of photosynthesis throughout the history of the earth and amid today's climate crisis.

**Eco Craft** by Susan Wasinger. From totes made from coffee bags to babyfood-jar chandeliers, thirty eco-friendly projects for your home.

**Ecological Intelligence** by Daniel Goleman. Knowing the hidden consequences of what we buy can change everything.

**The Elements of Style, 50th Anniversary edition**, by William Strunk with contributions by E.B. White. The classic manual containing the basic principles of English style, updated with a self-history.

**Ivory's Ghosts** by John Frederick Walker. The fascinating and savage story of ivory's impact on human history and on its source: the African elephant.

**Living Off the Grid** by Dave Black. A simple guide to creating a self-reliant supply of energy, water and more.

**The Renewable Energy Handbook** by William H. Kemp. Sustainable rural energy independence off the grid.

**Volunteer Vacations** by Bill McMillon, Doug Cutchins, and Anne Geissinger. Short-term adventures that will benefit you and others.

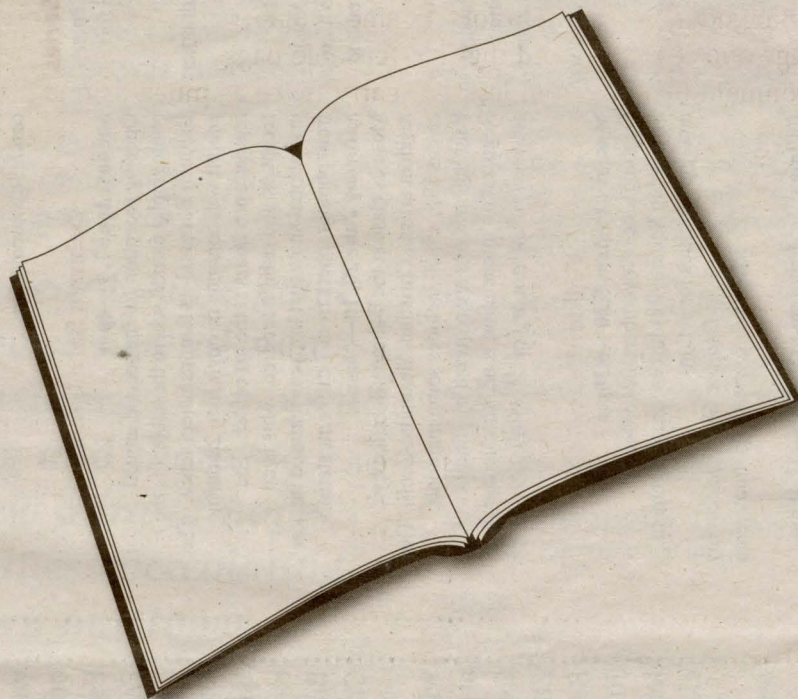
### DVD:

**The Battle in Seattle** (U.S., 2007) A peaceful protest against the 1999 World Trade Organization meeting in Seattle quickly escalates into a full-scale riot, with some Seattle residents caught in the crossfire between civil liberties and keeping the peace.

**The Pope's Toilet** (Uruguay,

*"If you have any young friends who aspire to become writers, the second greatest favor you can do them is to present them with copies of **The Elements of Style**. The first greatest, of course, is to shoot them now, while they're happy."*

*—Dorothy Parker, 1893-1967, American writer and poet*



2007) A poor Uruguayan village awaits the visit of Pope John Paul II and one local entrepreneur decides to get rich by building a WC in front of his house and charge for its use, but the results are unexpected.

**Sharkwater** (Canada, 2006) Biologist and filmmaker Rob Stewart risks his life to stop the

slaughter of sharks and save our oceans.

**Welding: Binding Ancient Technology to Modern Life** (U.S., 2007) A History Channel production about this half-science, half-art process.

## Organic ErgoBaby Carriers Now Locally available in Moscow!



Sleeping hood for carrying slumbering babies

Ergonomic design

Organic Cotton

Machine Washable



The Natural Abode.

517 S. Main St, Moscow  
208-883-1040

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





# Bulletin Board



MOSCOW FOOD CO-OP

## Co-op Events

### Co-op Board of Directors meet

The Board of Directors' monthly board meeting in June will be held at the beginning of its annual retreat, rather than on its usual 2nd Tuesday of the month. Therefore, the public is not invited to the June board meeting and there will not be a public comment period.

### Breakfast with the Board

**Saturday June 20, 11am**

Meet in the deli area. Opinion question of the month is "What should/could the Co-op do to weather the economic downturn?"

### Art at the Co-op

Tim Nowell Smith, (June 12th through July 29<sup>th</sup>) presents "Revenge of the Smith: wheels are not square" - a display of provocative triangulation ideas intended for all ages.

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

**Tuesday June 9:** Sunflower Party. Meet in the Co-op Cafe (or out front if weather allows) to celebrate sunflowers. We will talk about things we see growing around town, snack on sunflower seeds and bring home a little packet of seeds to plant in your summer garden.

**Tuesday June 23:** 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 center. There will be snacks and water from the Co-op, but feel free to stop by the Co-op Cafe on your way over to grab a latte or tea!

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

### Co-op Film Series

**Thursday June 18, 7pm**

Homegrown - showing at the Kenworthy. Admission \$6/ \$4 Co-op members.

### Essential Cookery Classes

**Saturday June 6, 10am—Noon** Ethnic Cooking with Grains and Beans class.

**Saturday June 13, 10am—Noon** Just in time for the Eat Local challenge is our Preserving the Harvest class. Both classes are at the Hamilton Indoor Recreation Center and cost \$15.



### Co-op Tuesday Music

**5-8pm**

Playin' Dead will reconnect us with the loud noises of the music of the Grateful

Dead. Skavdahl, singer/songwriter from the Grateful Dead will play for us his songs of faith, hope and transformation.

We are planning a community drum

session. Local favorites Chubbs Toga will be playing again for an evening of rock, and folk blends in a laid back and joyful style.

**June 30** Co-op regular Daniel M. will play his favorite original tunes and covers.

## Community Events

### Appaloosa Fest 20

**Saturday June 6, 11am—2pm**

At the Appaloosa Museum, with Appaloosa horses, history displays, stick horse art activities and Appaloosa horse show available.

[882 5578x279](tel:8825578x279) [museum@ap](mailto:museum@ap)

### HAI Summer Plaza Concerts

Free concerts on the Plaza at the 1912 Center through the summer with food available for sale.

**Monday June 8, 6—8pm**

Isaac Pastor-Chermak, Cellist, along with other young string players.

**Monday June 29, 6—8pm**

In cooperation with the Washington Idaho Symphony, Jeremy Briggs Roberts, Music Director, Linda and William Wharton Trio playing Beethoven and

### Annual Art Camp

Children aged 7—14. Drawing, sculpture, soapstone carving, two week sessions all summer long to 5pm.

[882 7804](tel:8827804) Linda Canary

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

Moscow Food Co-op  
121 East Fifth  
Moscow ID 83843

### Marimba Hat!

**Friday June 19, 6—10 pm**

At the 1912 Center. A Solstice party featuring the Setitshaya Marimba Band and your ridiculous glorious hats. Wear a hat, buy a hat, make a hat. Silent auction and hat raffle to will support women's rights in Haiti.

[www.matenwa.org/CourageousWomen](http://www.matenwa.org/CourageousWomen)

### Herbal Classes

**Saturday June 20, 10—Noon.**

Herbal First Aide—easy to grow flowers and herbs for first aide \$25.

**Saturday June 20, 2—5pm**

Herbal Medicine Making Class—make your own herbal medicines with organic plants from the wild and organic plants. \$35 plus \$25 supply fee.

**Saturday July 11, 10—Noon**

Edible and Medicinal Flowers—identify and learn to use flowers for food and medicine. \$25.

[208 596 4353](tel:2085964353) [www.IdahoHerbs.com](http://www.IdahoHerbs.com)

### Got Talent?

The Best Western University Inn will be offering local entertainment an opportunity to showcase their talents on Thursday and Friday nights from 5—8pm. If you are interested please call Beth Hull at [882 0550x322](tel:8820550x322) or [ules@moscow.com](mailto:ules@moscow.com).

### Dahmen Barn Events

**Sunday, June 7, 1—4pm**

Opening reception for the second annual photography exhibit where the subject is the Dahmen Barn and its famous wheel fence. The exhibit will continue through June 28 during regular open hours at the art center. The reception and exhibit are free. This is an invitational show that last year featured images from photographers from 7 different states.

**Saturday June 20, 10—Noon**

Mosaics class at the Dahmen Barn led by resident artisan Christine Alexandre-Zeoli. The cost is \$35, which includes some materials. Paid registrations are required by June 14. Registration information is on the calendar page at [www.artisanbarn.org](http://www.artisanbarn.org) or [509 229 3414](tel:5092293414).

### 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](tel:8827067), [sperrine@potlatch.com](mailto:sperrine@potlatch.com)

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

Under the clock by the Public Library.

[334-4688](tel:3344688), [nancycw@pullman.com](mailto:nancycw@pullman.com)

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

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

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