

Community News

FREE!
PLEASE TAKE ONE!

The 'Get Out the Vote' Issue

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



You've got a right...

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

Our chance to actively practice local, grassroots democracy has finally arrived. During the whole month of March, the ballot for our Board of Directors' election will be available online or by mail with the paper ballot in this newsletter. We have four candidates for only two open seats on the Co-op board. If you are an eligible Co-op voter, please take the time – it won't take long – to exercise this most important right.

Last month, we printed pictures of the candidates with their candidate statements. This month, you can read even more from the candidates, who have kindly answered questions submitted to them by our members.

You can vote electronically, from the comfort of your home computer, by first going to the Co-op website (www.moscowfood.coop) and then following the link on the home page. Or you can use the computer terminal we set up at the Co-op. Please

note that if you prefer not to vote electronically, you can use the paper ballot inside this newsletter, with instructions included.

Only one vote is allowed per membership. Therefore, if you share a membership with another person, you'll have to decide between you who gets the honors. You will need to know your 12-digit Co-op membership number.

Voters will log in to the electronic ballot using the 12-digit member number as the username, and the first four (or fewer) letters of the last name as the password. More instructions will be available with the ballot, or at the voting terminal here in the store. And if you need more help,

just ask!

We'll post the election results in the store as soon as they're tallied on April 1. Let the election begin!



Illustration by Lucas Rate

www.moscowfood.coop

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Community News

The 'Get Out the Vote' Issue

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



My Co-op Really Does Rock!

By Kenna S. Eaton, General Manager

During the last cold months of winter, the Co-op conducted an Employee Opinion Survey. We had done this previously in 2000 and again in 2004, and found it to be an extremely powerful tool since it lets us know what is working and what isn't for our staff. Fortunately, as in previous years, we got a 100 percent written response from our staff, so we really feel like every voice was heard. After the surveys were sent to Carolee Coulter, a consultant, for inputting into her database, she came to our store to interview 17 of our staff — randomly chosen, naturally. Later that week, Carolee met with the staff to discuss the results of the survey firsthand. We wanted everyone to have a chance to hear from her about how she conducted the survey, what the results showed and what that might mean for our store. The good news was that almost all of our staff love working at

the Co-op (like me!) and would happily recommend working here to a friend. Wow, that was truly awesome to hear. We also heard that there are a few things we need to work on — like inter-departmental communication and all-store staff meetings. So to that end, we will be closing the store early one night in March (date to be determined still) so we can begin to improve communications by having that all-store staff meeting. Ah, the power of doing two things at once! There will be more articles about the survey, what it means and what we'll be doing to improve this workplace — after all, we truly do want to be the number one workplace in Moscow (one of our strategic directions). So if you agree with me that this Co-op rocks, why not join in the "My Co-op Rocks" Video Contest, a nationwide contest where you tell the world the ways your Co-op rocks, starting

March 1, 2009. Videos will earn votes from the viewing audience, people like you (people's choice) and a select set of judges (judges' choice), and there are some seriously awesome prizes at stake: two MacBooks (2.1 GHz), two \$500 Co-op Gift Cards and two Flip Mino HD mini digital camcorders.

So, just how creative can you get with your video? Depends on how big your imagination is. Unleash your sense of humor or desire to become the next Spike Jones or Wes Anderson. Share your up-to-two-minute masterpiece with the world for your chance to win cool prizes by creating your own Top 10. Choose from any of these humble suggestions below, or create your own non-Top 10 original idea:

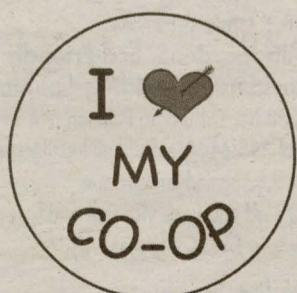
- ▶ Top 10 Reasons I Love My Co-op
- ▶ Top 10 Foods at the Co-op
- ▶ Top 10 Funniest Sightings at My Co-op
- ▶ Top 10 Ways to Get a Date at the Co-op
- ▶ Top 10 Reasons to Become a Co-op Member
- ▶ Top 10 Reasons Why Shopping at a Co-op is Just Better

Stay tuned and check back often at www.MyCoopRocks.coop for the latest news and updates!

MY CO-OP ROCKS

★ video contest ★

The new "I love my Co-op" buttons are back! Get one for FREE after voting for your board of directors - just ask a cashier. Or, buy one for \$1 at the checkout stand. We love our Co-op!



The next Board of Directors' meeting will be Tuesday, March 10, at 6 p.m., in the Fiske Room at the 1912 Center. The public is welcome to attend.

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

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

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



CO-OPERATIONS



The Front End News

by Annie Hubble, Co-op Front End Manager,
frontend@moscowfood.coop

I wish you all a happy Springtime. The temperatures are warming, and the days getting longer, and soon we will be thinking of our gardens again, which is always to me an exciting thought.

I would like to remind you all of our Vendor Booth. For a small fee, the Co-op will give you a space at the front of the store. This was originally designed so that local craftspeople could sell their wares without having to pay a "middleman." The person can pay for a half day (Co-op members \$5 and non-members \$8) or a whole day (Co-op members \$10 and non-members \$15). Vendors must provide their own table and chair and all cash needs, and must remain at the table during the duration of the session. It is also a great venue for the dissemination of information by non-profit groups. As long as no money is being made for an individual, there will be no charge. If you practice a heal-

ing art such as massage, you must have proof of insurance.

This is yet one more instance of the Co-op reaching out to the community, and we encourage all craftspeople and non-profit groups to take advantage of it. Talk to me or Kenna, or a cashier lead, and we can book a time slot for you.

Meanwhile, enjoy the weather and see you in the store!

Keith Smith Carpentry

Level, plumb, & square with the world

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Custom woodwork**

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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:
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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, 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

Donal Wilkinson, executive director

Adventure Learning Camps

PO Box 8245, Moscow
208-310-3010; AdventureLearningCamps@yahoo.com; www.adventurelearningcamps.org
10% off on trips

Ashley Fiedler

Shady Grove Farm

208-596-1031; ashley.fiedler@gmail.com
\$10 off initial English riding lesson or training session

Carol Spurling

Sixth Street Retreat

208-669-0763; www.SixthStreetRetreat.com
\$20 off advertised rate for one week's stay

Food and Beverage

Bryan K. Silva

Hawg's Grill

120 W. 6th St., Moscow
208-310-1934; hawgsgrill@juno.com; www.hawgsgrill.com
\$1 off

Professional Services

Erik Torok

LET's Coach

2310 Weymouth St., Moscow
208-301-8047; eric@letscoach.net; www.findacoach.com/Coach/9114/Eric-Torok/LET-s-Coach
20% off the first month of individual coaching

Retail

Inland Cellular

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

Joanne Westberg Milot

Marketime Drug Inc.

209 E Third St, Moscow
208-882-7541; joannemilot@hotmail.com
10% off all gift items

Hodgins Drug & Hobby

307 S. Main St, Moscow
208-882-5536; hodgins@turbonet.com
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208-883-1040; info@TheNaturalAbode.com; www.thenaturalabode.com
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10% off to Co-op members

House and Garden Services

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Spurling House & Garden
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Sara Foster

Body Song Studio

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208-301-0372; sarakate@bodysongstudio.com; www.bodysongstudio.com
\$10 off first massage or one free yoga class

Integrative Mindworks with April Rubino

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

Andrea Masom, Licensed Clinical Counselor

106 E. Third St, 2B, Moscow
208-882-1289
Free wellness evaluation

Patricia Rutter

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208-413-4773; 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; www.NaturalHealthTechniques.com
\$10 off initial telephone consult with mention of the Co-op Business Partner Program

Medical Services

Meggan Baumgartner, LAC

Laura McKean, LAC

Healing Point LLC Chinese Medicine Clinic

PO Box 9381, Moscow
208-669-2287; info@healingpt.com; www.healingpt.com
\$10 off initial and 2nd treatments

Hard to Categorize

Melissa Lines

SkyLines Farm Sheep & Wool

4551 Hwy 6, Harvard, ID, 83834
208-875-8747; melissa@skylinesfarm.com; www.skylinesfarm.com
10% off organically-raised lamb meat, spinning fleeces & prepared roving. Free farm tours.



Wages at the Co-op

By Steve Kobs, Store Manager, manager@moscowfood.coop

Our compensation system has been successful achieving its main goal, to attract and retain qualified people for positions at the Co-op. Like all employers, the Co-op aims to reach a balance of fairly paying employees while being fiscally responsible by not overpaying employees. Our employees think that Co-op wages and benefits work well for them.

The results of the employee survey show that 92 percent of employees agree that "I am fairly paid for the work I do relative to other opportunities in the local area." Responding to questions about benefits (like "The staff discount meets my needs."), positive responses range from 91 percent to 100 percent.

Inside and out, our wage structures are fairly traditional; taking into consideration wages paid in our labor market, experience, level of responsibility, seniority and the knowledge, skills and abilities needed in a position. Each job is placed in a "level" which has a minimum and maximum salary. Some examples: dishwasher at \$7.12 - \$9.16 per hour; cashier at \$8.63 - \$11.05; and buyer at \$9.63 - \$12.35.

The Co-op is in the middle of a 3-year plan to increase the levels of employees; we are increas-

ing the range of each level up a little bit each quarter. There are several reasons we began this approach. One was easy: we need to be in compliance with the changing federal minimum wage. We took the approach that shifting all wage ranges, rather than just pushing up the lowest wage earners, was the right thing to do. It was important to shift wage scales gradually because we did not want compensation expenses to suddenly be out of proportion to sales. We also wanted to adapt the Cooperative Grocer's Information Network (CGIN) formula for a "living wage" into our compensation practices.

In our system of policy governance, the Board of Directors oversees general pay policies and practices to assure they are fiscally responsible (approving the budget) and meet the employee treatment policies. A quick rule-of-thumb, in grocery cooperatives, is that the personnel budget should be around 20 percent of sales. The Board of Directors hires and supervises only one employee: the General Manager.

The General Manager is a unique position in the Co-op. The Board evaluates the performance of the General Manager, and determines her compensa-

tion and benefits. Although the supervision of the General Manager is different than other employees, this very visible job still fits logically within our wage and benefit scheme. Department Managers, for example, have an annual salary range between \$30 - \$50,000. The General Manager salary range is between \$50 - \$80,000.

At the Moscow Food Co-op, the Board of Directors is specifically entrusted with representing all members as it oversees the compensation of the General Manager. Even if the compensation of the General Manager were at the very top of the salary range (\$50 - \$80,000), her salary would not be excessive. Remember that the Co-op is a complex \$7 million per-year business that needs a talented and experienced General Manager. Also note that by national standards, the Co-op General Manager is not considered highly compensated. The Internal Revenue Service (IRS) has a rule for retirement plans that identifies people called "highly compensated employees," if they make over \$105,000 or own more than 5 percent of the company.

Perhaps the best measure of managerial salaries is the range

of compensation within the organization. What does the highest paid worker earn in relation to the lowest paid worker? Using that comparison, the Co-op pay range is from \$15,600 annually (lowest paid worker, full time) to the General Manager salary of \$50,000 - \$80,000. The average hourly worker at the Co-op is paid about \$22,000 annually.

That means that, if the Co-op General Manager was compensated at the top of the scale, the CEO of the Co-op is paid about five times as much as the lowest-paid worker and four times as much as the average worker.

Compare that to the executive salaries typical in American corporations. In 1976, the average CEO was paid 36 times as much as the average worker. By 1993, the average CEO was paid 131 times as much. Now, the average CEO makes about 369 times as much as the average worker.

Our compensation system, including wage privacy, is fair and reasonable. Our overall wage and benefit expenses for the entire store are in an appropriate range compared with other co-ops and businesses. And perhaps most important of all, Co-op employees express high levels of satisfaction with their pay at the Co-op.



Adventurous Eating, Part 1: Quorn

By Peg Kingery, Chill and Frozen Buyer

For someone new to natural foods eating, some of the products on the Co-op's shelves could be, well, scary. When I had my food epiphany 10 years ago and tossed out all chemicalized food in my kitchen, it took a bit of courage for me to cook with odd-sounding ingredients like tempeh and quinoa. While perusing the freezer and coolers the other day, I realized that a few of the products living there - no matter how nutritious they are - might be a little too scary for some people to try. One of those products is Quorn.

Quorn is a meat-, soy- and wheat-free product made from mycoprotein. Mycoprotein is

a member of the fungi family (along with mushrooms, morels and truffles). It comes from a fungus called *Fusarium venenatum*, which was originally discovered in Buckinghamshire, England, in the late 1960s. It contains all nine essential amino acids, has 11-15 g protein in 100 g, is low in fat and calories, contains dietary fiber and has no cholesterol.

Mycoprotein is ideal as a meat alternative product because the shape and size of the hyphae are similar to those of animal muscle cells. This fact enables manufacturers to mimic the texture of meat. Most meat alternative products are made from soy

and/or wheat. Because Quorn is made from mycoprotein, it is perfect for those with these food allergies.

Quorn was first sold in the U.K. in 1985. It crossed the Atlantic to the U.S. in 2002 and sales have annually increased since that time. The Co-op carries several varieties: Chicken-Style Nuggets, Patties and Tenders; Beef-Style Grounds and Meatballs; Turkey-Style Roast; and my personal favorite, Naked Cutlets.

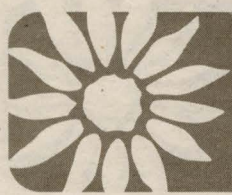
If you are looking for a yummy source of high-quality protein that is significantly lower in fat, saturated fat and calories than many other protein foods, I

encourage you to give Quorn a try. Trust me - it's really not that scary!

SPURLING HOUSE & GARDEN

It's time for dormant pruning of your shrubs and fruit trees!

Walter Spurling
(208) 669-0764



From the Outreach and Membership Desk

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

My work hours have been consumed by several exciting projects lately: the Board of Directors election, launching the Good Food Film Series, planning our upcoming series of Essential Cookery and Wellness classes, finding a new webmaster, planning for Earth Month activities, and working with the new Dime in Time committee, for starters.

I'm lucky to have such an interesting job at the Co-op and one that puts me in contact with so many of our members and

staff. If you want to find me, I'm generally around the Co-op during mid-day on Mondays, Wednesdays and Fridays. Call me or have a cashier page me.

We want to welcome the 150 new members who joined in January, just in time to become eligible voters in our board election that is happening right now. I can't emphasize enough how important it is for all our members to take five minutes this month to vote. We've made it as easy as possible for everyone, so

we expect a great turnout this year.

A few notes of interest:

I get a lot of e-newsletters and publications as part of my job, and I wanted to pass on a URL to one of the best of them: www.organicconsumers.org. It's succinct, well written, timely and really useful for people who care about organic food.

All of our members should be receiving their coupon books soon. These coupons, if used, result in savings far beyond

the cost of the yearly membership investment, as one grateful member recently pointed out to me. So enjoy!

Reserve April 18 and April 25 on your calendars for the Co-op's fabulous bicycle event (yet to be named at press time), bike swap and dedication of our new bike racks, and for the Paradise Creek Clean-up. The Co-op has its own section of creek to care for, and whoever helps us out gets free pizza afterwards.

Food Faves Contest

Congrats to this month's Food Faves winner, member MaryAnn R. Boehmke. Another member recently raved about them to me in person, so MaryAnn's not the only one who loves them!

Tell us about your food faves!

The rules: Contest entrants must be Co-op members. Pick one thing from the grocery department (grocery, chill, frozen, beer and wine, but NOT bulk), write around 100 words

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

My Food Fave: Taj Ethnic Gourmet Simmer Sauces, 16 fl. oz jars

By MaryAnn R. Boehmke

Delhi Korma, Calcutta Masala, Punjab Saag and Bombay Curry are four flavorful, versatile simmer sauces that I always keep on hand. Take a jar of sauce, add cooked veggies, cooked meat or fish or extra firm tofu, heat, and serve over rice, noodles or mashed potatoes. Voila, you have a quick, exotic, gourmet dinner. Ethnic simmer sauces are also wonderful over pork chops, salmon fillets or scrambled eggs. Add a little sauce to spice up a soup or mix a little with cream cheese or sour cream and you have a veggie/chip dip with zip. Found in aisle one at the Co-op, cost \$3.55 a jar. There's a delicious chicken recipe on the back of each jar.

Your Dollars at Work

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

Our Dime in Time committee formed in late January and now meets once a month to choose who the monthly recipient of Dime in Time donations will be. January's recipient, Rural Roots, received \$442. That's 4,420 bag and cup refunds!

March's Dime in Time recipient is McDonald Elementary School and the University of Idaho Conservation Social Sciences Dept., to develop a school garden for the 2nd and 6th grades at McDonald School.

Thanks to everyone who brings their cloth/permanent bags and non-disposable coffee cups and donates their dimes! We're really pleased with how the program is going, but there is a lot of room for improvement, as a majority of shoppers still use paper or plastic bags.

And, here are some thank you notes from the community to all of us:

► From: Gretchen Nwoke, Adopt a Grandparent Program

To: Moscow Food Co-op
Dear Kenna,

Thank you for your generous participation with us in the Adopt a Grandparent Program this past Christmas.

We were able to distribute 34 gift baskets to residents at Aspen Park and Clark House.

Thank you again for helping bring joy to special people in our community.

► From: Doma Coffee Roasting Company

To: Moscow Food Co-op
January 28, 2009

Dear Joan,

We have thoroughly enjoyed partnering with Moscow Food

Co-op in support of the Village Bike Project.

Thank you for the opportunity, the great ideas and your support. We are excited to report that throughout the course of this year-long partnership, we have been able to donate a total of \$1,225.24 to this great program through Co-op customer purchases of Doma coffee.

While this project has come to a close, we are anxious to launch another grassroots program in which local communities benefit. We are very proud to be involved with these activities, and could not do it without your help.

Once the details of our next venture are secured, we will send you a letter to recap it, and will keep you posted along the way.

Best regards,
Terry & Rebecca Patano

► From: Kenworthy Performing Arts Centre

To: Moscow Food Co-op
Dear Kenna,

The members of the board and staff of the Kenworthy Performing Arts Centre gratefully acknowledge receipt of \$250 for your sponsorship of the Presidential Inaugural broadcast. I have received many appreciative comments from people who attended the event. It's a good day when members of the community can come together in historic downtown Moscow to celebrate together.

Thank you for supporting the Kenworthy. It's friends like you that help make Moscow the "Heart of the Arts."

Best regards,
Julie L.F. Ketchum, Executive Director



Art at the Co-op

By Annie Hubble, Art at the Co-op
Coordinator, frontend@moscowfood.coop

The Moscow Food Co-op is proud to be hosting the annual display of the Moscow Renaissance Fair posters. There will be an opening celebration on Friday, March 27, from 5.30-7 p.m., during which this year's winning entries (one to be used as the Fair's poster and one to be used as the cover of the program) will be unveiled. All the posters will remain on view until Wednesday, May 6.

This show will be a fascinating look at local history, as it includes all the posters from the first fair in 1974 all the way

through 2009. I am, myself, a huge fan of the yearly event. It is put on entirely by volunteers, and includes music, arts and crafts, food, children's events, our own local monarchy, all kinds of wondrous beings in costume, a fine and unique Saturday afternoon parade, and more. Go to www.moscowrenfair.org for more information. And come and see the posters.

The first few weeks of March, you can continue to enjoy the beautiful quilts of Kristin Jones and Alicia Cunningham.

Tuesday Night Music Series: C'mon Spring!

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

Could it be a red-winged blackbird I hear singing today? Are those daffodil leaves poking through the mud? A worm wriggling on the sidewalk? Can spring really be around the corner? Bring it on! We need some renewal around here and the time is ripe. In that vein, we plan to infuse some new life into the Co-op music scene this month with some new bands and, like the red-winged blackbirds, a few old favorites. Come check it out!

First up this month is **John Craigie on March 3**. Before open mics, before showcase slots, and before the hype, there was the traveling folk singer. Woody Guthrie, Ramblin Jack, Leadbelly, and others traveled the country armed with nothing but a guitar and a head full of songs. And while the tradition has long been shadowed by the ever-growing music industry, the folk singer is still out there. John Craigie is one. Doing his best to keep the tradition alive, he travels from town to town, telling stories and singing songs. Some nights he plays to a crowded house, some nights for two people. His songs and stories cover the spectrum of human emotion. Some funny, some sad, some bitter and

some sweet. With his roots style, Craigie has been gaining a cult following throughout the country. Despite the lack of any of the tools of the modern aggressively popular musician, his music continues to spread. Catch him at the Co-op on the first Tuesday in March.

The harmonious duo from Deary, **Beargrass, will entertain the Co-op crowd on March 10**. With versatility, vocals and wit, partners Shayne and Alane Watkins bring country, folk and bluegrass to life. Alane is influenced by artists such as Nancy Griffith, Patty Loveless, John Prine and Ian Tyson. Shayne's major influences are Marty Robbins, Merle Haggard and Buck Owens. They have shared the stage with such talents as Joni Harms and Wiley and the Wild West Show and have provided backup for traveling headliners and performed on numerous live radio shows. Their original tunes reflect humor and passion for everyday events, and their cover of diverse artists will make you smile with recognition and pleasure. Shayne's mandolin and flat-pickin' blend with Alane's unique vocals. Whether you like to tap your toes, two-step around the room or reminisce to an old-time bal-

Co-op Kids! Goes Green in March

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 the Co-op Cafe, so please stop by and introduce yourself. Last month we had a ball making Valentines for our families and several customers eating in the Cafe! As you can see from the pictures, the highlight of the morning was using glitter on everything.

On Tuesday, March 3, from 9 - 10 a.m., meet us in the Co-op Cafe to start seedlings. We will plant fast-growing seeds that are sure to encourage your

child's green thumb, and digging in dirt is always a HUGE hit.

On Tuesday, March 17, we will meet in the Co-op Cafe from 9 -10 a.m. to celebrate all things green. We will try out some healthy green snacks and learn a bit about Ireland and the Shamrock.

I am eager to introduce the kids to some spring animals in April and May....chicks, bunnies, lambs, what have you. If you are willing to bring your animal to meet us, please e-mail me at amamaswork@yahoo.com.



lad, Beargrass will charm and please you.

Moscow's newest alt-country band, **Lady Cannon and the Foddermen, will refresh the Co-op music scene on March 17**. The multi-talented Martha Slaybaugh sings and plays guitar and banjo. She is joined by Caleb Murdock (drums), Bart Budwig (bass) and Ben Walden (guitar). They liken themselves to exact change: a nice alternative to the plastic in life. Their sound is humble and often purposefully unpolished, and like exact change, it requires you to count out and pay attention to the pennies and dimes of value that this band brings to the counter. Look forward to smart lyrics, references to local places and people, storytelling in-between songs and pleasant melodies.

Daniel Mark Faller from the L-C Valley will play songs from his newly-released CD, "Natural Causes," on March 24.

Expect to hear new songs in the Americana and Roots

Country genre from this local music regular. Daniel brings a unique musical experience with vocals and guitar work that can appeal to a diverse audience. We appreciate his dedication to the Tuesday Night Music Series!

There will be Irish tunes aplenty at the Co-op on **Tuesday, March 31, when David Roon** hits the Deli stage. A multi-talented musician, David sings and plays guitar, flute and bouzouki. He writes a number of his own songs, which reflect his major influences: Bruce Cockburn, Luka Bloom, Steve Earle and Billy Bragg. A few weeks shy of Saint Patrick's Day, this show will keep the lucky Irish theme going for a few weeks in March.

Ashley wants to dance the night away to any kind of rhythm this month!



Employee Opinion Survey Results

By Theresa Nuhn, Human Resources Coordinator, hr@moscowfood.coop

During the week of February 9, independent consultant Carolee Colter came to discuss the results of the Employee Opinion Survey taken by our employees during the month of January. The survey serves as a monitoring tool for policy governance, which is the model used by the Board of Directors in their relationship with the General Manager. The survey helps to illustrate the strengths and weaknesses of the Moscow Food Co-op as an employer, and is used as a benchmark for future improvement. It also serves as an action plan for management. And because we had 100 percent employee participation with this survey, we can be assured that the results accurately portray employee morale and their opinions about the Co-op as a workplace.

The survey used a scale of 1 (strongly disagree) to 5 (strongly agree) for 66 questions in nine major categories. The categories are: the Co-op overall, overall

management, communication, compensation, store operations, department operations, human resources practices, supervision and job satisfaction. On 87 percent of the questions asked, employees expressed high or relatively high satisfaction with the Co-op. No questions received a score indicating dissatisfaction.

We compared our scores with 72 other co-ops that had taken a similar survey. On 49 similar questions, 35 questions scored above or significantly above the median. A whopping 92 percent of employees agreed or strongly agreed that they are proud to work for the Moscow Food Co-op. Among the questions that scored higher than the 72 other Co-ops are: management is sincerely interested in the needs and welfare of employees; employees are treated fairly regardless of age, sex, race, disability, religion or sexual orientation; I get the cooperation I need from the people in my department; the personnel

policies (in the employee handbook) are applied fairly and consistently; I am fairly paid for the work I do relative to other opportunities in the local area; the wage scale is applied fairly and consistently; and I would recommend the Co-op as a good place to work.

In the survey, we also look for areas of improvement. The lower-scoring questions in this survey do not indicate employee dissatisfaction, but are areas in which we can explore ways to improve. Some of the questions are: everyone at the Co-op is working towards the same organizational goals; communication between departments is adequate; the work of my department is well-coordinated with other departments; I know what to do if I have a grievance or claim of harassment or discrimination; and I have been given information so that I can talk knowledgeably about co-ops with customers.

Using these results, we can

assist employees to formulate, recognize and identify the Co-op's goals by facilitating discussion through the Worker's Council, additional staff training and all staff meetings. We can further interdepartmental communication by developing internal systems that address communication gaps. And we can continue to listen to our employees' suggestions and concerns and make appropriate changes that reflect these concerns.

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

The Price Shopper: Living a Liquid Life

By Joe Pallen and Amy Richard, Newsletter Volunteers

On a recent trip to the grocery store, I realized that our family buys tons of liquids. We do buy other things, of course, but I was surprised by the number of drinks sitting in my grocery cart. My teenage son gets a certain amount of money each week that he gets to spend

on any grocery item he wants, and 90 percent of what he chooses is drinks. I imagine this is probably because I am such a super cook that he is happy with all the food we provide. Well, I realize there may be other explanations, but I don't know what they are so I will

choose to believe this one. So for this month's price comparison, I chose all liquids. Just go with the flow!

Below is a chart of price comparisons between Safeway and the Co-op. They are all regular price and no discounts are applied. And no, I don't let my son buy wine and beer but I do. I chose randomly out of the items that both stores carry.

As you can see, if you are thirsty, then the Co-op is the place to shop. You would save \$15.84 by buying these items at the Co-op. The best deals look like wine and tea. Drink up!

Item	Co-op	Safeway	Savings
Organic Valley 1/2 gallon milk	\$4.15	\$4.19	-\$0.04
Silk 1/2 gallon soymilk	\$3.65	\$3.99	-\$0.34
Rice Dream, original rice milk	\$2.89	\$2.49	\$0.40
Westsoy org. unsweetend soymilk	\$2.55	\$2.55	\$0.00
Sodas:			
San Pellegrino 6 pack	\$5.29	\$4.99	\$0.30
Izze 4 pack sodas	\$6.75	\$5.49	\$1.26
Wines:			
Bogle Petite Sirah	\$11.50	\$12.99	-\$1.49
Mountain Dome sparkling Brut	\$11.99	\$14.49	-\$2.50
Firefly Ridge Merlot	\$8.49	\$14.99	-\$6.50
Smoking Loon Syrah	\$9.75	\$12.99	-\$3.24
Beers:			
Black Butte Porter 6 pk	\$8.40	\$7.99	\$0.41
Alaskan Winter Ale 6 pk	\$7.50	\$7.99	-\$0.49
New Belgium 1554 6 pk	\$8.40	\$8.49	-\$0.09
Boxed Teas:			
Tazo Awake (& all flavors)	\$4.49	\$5.35	-\$0.86
Celestial Seasonings all flavors	\$3.09	\$3.89	-\$0.80
Yogi Tea Simply Green	\$4.39	\$4.89	-\$0.50
Yogi Tea Bedtime	\$4.39	\$5.75	-\$1.36
Total:			-\$15.84

Heather Alexander LMP, NCTMB

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Working Glass Brings Back Recycling

By Marie Sita, Deli Service Manager, coffee@moscowfood.coop

I am sure that you were all as sad as I was to see our Deli's "recycled container" program go. The reason had to do with the sanitizing of plastic containers and whether the plastic was too porous to be completely sanitized. So, sadly, we had to stop that program.

Since then, we have been looking into other options to

offer our customers. After a lot of looking around, we finally found some really nice, sturdy glass containers called "working glass." They come in two sizes, 14 ounces and 21 ounces. So here is how it all works: When you order your Deli food to go, your server will ask you if you would like to pay a \$4 deposit and use a reusable glass con-

tainer. The server will then fill the container with super yummy food and print a tag for you just as usual. When you get up to the register to pay, the cashier will push a button at the register to charge you for your deposit. In order to get your deposit back, all you have to do is bring the clean container to any register and they will get you all

taken care of. You do not need a receipt to get your deposit back, just the container itself.

I am so pleased to be able to once again provide our customers with a sustainable option. So come on by the Deli and get some great food in a container that you can feel genuinely good about. See you soon!



Produce Ponderings

By Scott L. Metzger, Produce Manager

Seasonal Produce Update:

This time of year, eating seasonally means enjoying the last of the storage apples and pears from central Washington, and the fresh harvested citrus from Florida, Texas and California.

Many of our storage crops, such as onions and potatoes, are still from the northwest, but all of the leafy greens, cucurbits, brassica and root crops are coming from California or Mexico.

For those individuals still looking to eat locally grown produce, all we still have to offer are potatoes and beets from David Ronniger's farm in North Idaho, and a few winter squash from Lucy Mendenhall's farm in Moscow. For the hardcore localvores out there, it's venison and home-canned goods for the rest of the winter!

2008 Local Produce Summary:

We purchased produce from 20 local farms during the last growing season. We had what I consider a very successful year and I am thankful that these farmers put the time and energy into growing so much food for the Co-op and the community. According to the 2007 Co-op Customer Survey (Coombs, Gross, et al, 2007), the #2 reason people shopped at the Co-op was for locally grown foods. Without these local farmers, we could not provide this opportunity at the Co-op.

Our sales of local produce from the Co-op were strong once again in 2008, but the overall

dollar amount was slightly less than in 2007. Our local produce sales for 2007 were around \$49,000 and in 2008 they were around \$47,000.

I was predicting that after seeing a pattern of growing local sales in the years following the move into the new store, that we would see a stabilizing of this number. I suspect that with the number of local growers staying pretty much the same and the volume of crops staying the same, local produce sales for this upcoming year will also be much the same.

Our top-10 selling local produce crops for 2008 were:

- 1) George's Organic Carrots, 4,200 lbs
- 2) Ronniger's & Ed Steele's Organic Yellow Potatoes, 3,300 lbs
- 3) Ronniger's & Ed Steele's Organic Red Potatoes, 1,400 lbs
- 4) Gresham Bouma's, WSU, and Kate Jaeckel's Tomatoes, 1,400 lbs
- 5) Ronniger's Organic Green Cabbage, 1,200 lbs
- 6) Ed Steele's & Ronniger's Beets, 1,000 lbs
- 7) George's, Ed's, and Ronniger's Organic Yellow Onions, 1,000 lbs
- 8) Ed Steele's Organic Russet Potatoes, 700 lbs
- 9) Ronniger's Organic Red Cabbage, 650 lbs
- 10) Lucy Mendenhall's Organic Winter Squash, 550 lbs

New for 2009:

I would like to introduce this year our new Kitchen Manager,

Annie Pollard. Annie is excited about the position and is interested in working with local farmers to develop reliable systems for increasing the amount of local produce purchased by the Deli and used in the Kitchen. For some reason, it has never come together quite as smoothly for the Kitchen as it has for the Produce Department, and we should all be interested in finding ways to increase local food use in the Kitchen.

If you are interested in growing crops specifically for use in the Co-op Deli in addition to crops already being grown for the produce department, we encourage you to call Annie Pollard and schedule a meeting to discuss your ideas.

As always, the Co-op is committed to buying as much local produce as possible, taking into consideration pricing, availability, quality and our ability to sell the produce.

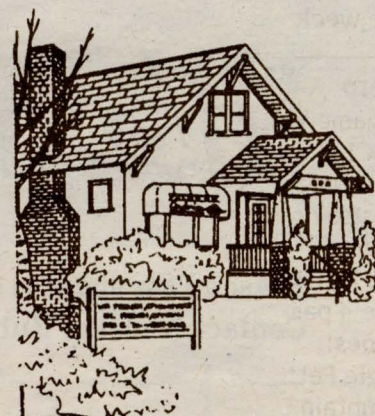
I am hoping this year, as always, to be able to buy more produce than in years past, and with the changing economic reality and increased interest in local produce, it seems imperative that

we really try as hard as possible to support local farmers.

If you are a new farmer interested in figuring out what crops to grow, please call me to schedule a brainstorming session.

Thank you to all the local growers and producers for your continued commitment to growing and supporting the local food economy of the Palouse. I think we have a great thing going here, perhaps the best in Idaho and the Inland Northwest. I also believe we have a lot of potential for growth into the future.

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Awareness Through Movement with Feldenkrais: Free Wellness Class in March

By: Amy Lucker, Wellness Manager

The March Wellness class will be more of an interactive approach to learning with audience participation, as we will take the class out of the classroom and into the Feldenkrais Center here in Moscow. The Center is located on the first floor of the Moscow Hotel at 112 W. 4th Street and will accommodate 15 people.

Tom Bode and Elizabeth Berlinger practice two forms of the Feldenkrais Method: Functional Integration, which

is the individual hands-on application of the Method, and Awareness Through Movement, which is the group application. The Awareness Through Movement Method will be the focus of this free class and will introduce the participants to a series of movements that can help improve physical activity on all levels.

The founder of these techniques, Dr. Feldenkrais, developed over 1,000 movement lessons which put constraints on

movement so that the student learns to move differently than their habits would normally allow. The Feldenkrais Method endeavors to help people organize their skeletons in movement so that gravity and internally generated muscular force goes through the bones, minimizing shearing forces that injure joints. To learn more about Feldenkrais, go to moveimprove.net.

A sign-up sheet for the class will be posted next to the Meat Department on the counter

underneath our information board. You can also e-mail classes@moscowfood.coop or call the MFC at 208-882-8537 ext .19 to sign up. Please make sure you leave your name and a phone-number where you can be reached. The class will be held from 7-8 p.m. at the Feldenkrais Center, and loose, comfortable clothing is recommended for the class. See you there!



From the Cheese Case: Rockhill Creamery

By Brent Steward, Cheese Buyer, cheesebuyer@moscowfood.coop

Throughout the month of March, I will be introducing our Co-op community to Rockhill Creamery and some of their truly unique products. I received such a nice letter from Jennifer Hines, one of the creamery owners, that I thought I would share some of it with you:

"We are Pete Schropp and Jennifer Hines, farmers and cheese makers in Richmond, a small town about 100 miles north of Salt Lake City. We began our cheese making operation, Rockhill Creamery, in



2005 and are producing whole, raw cow's milk cheeses.

Our cheeses are made from milk produced by our five Brown Swiss

cows—yes, only five cows. We are a farmstead operation; from the caring for and milking of our animals to the handcrafting of our cheeses, our personal attention to every detail ensures that you are getting a high quality product that is not only local and unique, but sustainable. We are committed to the health and happiness of our animals and the well-being of our land.

By using raw milk, we are able to produce a cheese that celebrates the seasons. As our pastures change from spring to summer to fall, so do our cheeses. Our cheeses vary in nuanced ways throughout the year."

Here at the Co-op, we will be showcasing four Rockhill cheeses.

► Dark Canyon Edam—rich and creamy with subtle flavors reminiscent of vanilla bean.

► Wasatch Mountain Gruyere—more flavor with an extremely inviting nutty character.

► Switzer—meaning "Swiss" in Dutch, this cheese reminds

me of a nicely aged Gouda. It is tangy and bursting with a spectrum of flavors and aromas.

► Desert Feta—its unique golden color is mingled with lines of red salt from southern Utah, which is rubbed on the cheese when made. Crumble over pasta or mixed greens.

You can visit www.rockhillcheese.com to learn more about their farm and see photos of "the girls" (Ingrid, Iggy, Heide, Chloe and Greta). I hope you have an opportunity to try these cheeses and that you enjoy them as much as I do.

See ya at the cheese case!

WANTED:

Growers for the Co-op's Tuesday Growers Market

Season Pass space is still available

Contact Andrika Kuhle at growersmarket@moscowfood.coop for more info

We are seeking growers who want to sell their locally-grown produce, meat, herbs, flowers, and plants. Food should be organically grown, but does not need to be certified organic. The market runs May through October, every Tuesday 4:30 to 6:30pm in the Co-op parking lot. Have fun and sell your produce at the same time!

Volunteer needed: The Moscow Food Co-op Good Food Film Series is in need of a volunteer administrative assistant. The responsibilities will involve helping with publicity, arranging volunteer ticket sellers and takers, setting up the potluck tables before the movies, helping clean up afterward, and researching possible movies for screening. Probably will require 6 hours per month, but may vary. Interested? Contact Carol, Outreach and Membership Coordinator, outreach@moscowfood.coop.



Meats

By Brennus Moody, Meat Department Manager

I have been asked some specific questions about the meat that is sold in my department. While I do have some knowledge of the product and the companies who sell it to me, I decided to get a better working knowledge of some of the products and producers. To this end, I made a trip to Oregon to visit some of these producers, one being Anderson Ranch, our grass-fed lamb source, and Country Natural Beef, one of our beef suppliers. I will do a write-up on Anderson Ranch for the April newsletter.

I visited the Triangle Ranches in Heppner, Oregon. Mark and Tami Rietmann invited me to come and to tour the place. It was nice to see the source of the beef in my case. I saw one of the herds that will eventually come to your and my tables. I also learned some the history surrounding this ranching family.

Tami's great-grandfather, Anson Wright, and his wife, Ida Jane, homesteaded this place in 1881. They have had a lease for Federal forest lands since the late 1800s. The picture is of the homestead circa 1884.



Mark and Tami run the Triangle Ranches with her brother, Brad Anderson. Mark and Tami's two daughters also come and to help during the drives and over the Christmas and summer breaks. Both Shelley and Shanna attend college at Pacific University in Forest Grove. Shelley is engaged to a University of Idaho graduate, Adam McCabe.

The cattle are raised on vari-



ous pastures throughout the year and free-ranged on the federally leased land south of the ranch in the summer when the weather permits. This means that there is a roundup and two-day trek up the valley and through the stock routes to the summer grounds, something which at this time in my life doesn't sound all that fun. After two days riding a horse, I am not sure I would be able to walk.

These cattle are grass-fed most of the year until the last part, when the Rietmanns are slot-

days and the corn and wheat diet for the standard cow in the U.S., and you can see the difference.

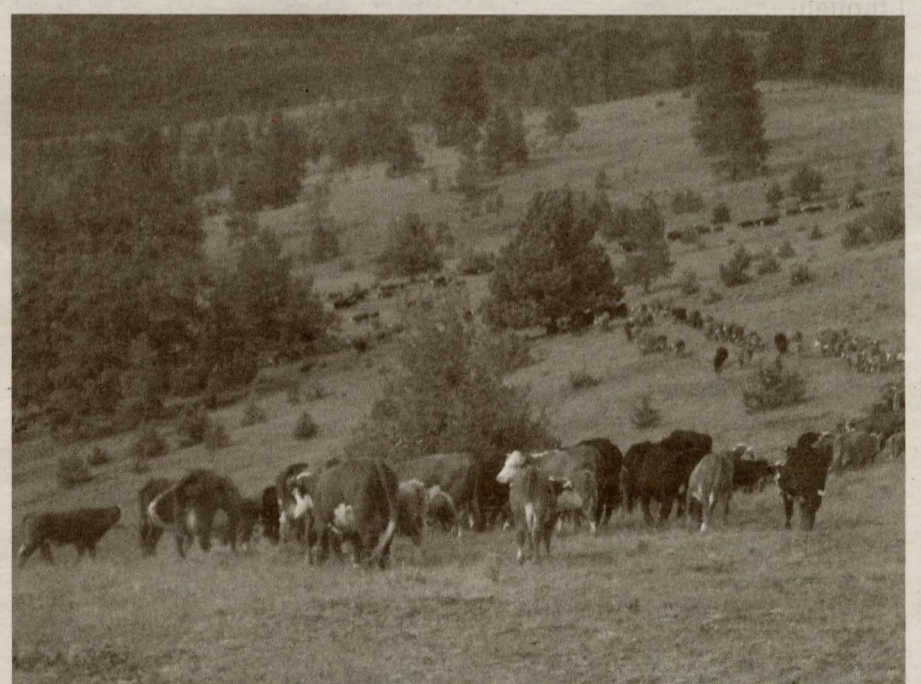
The goal is to have each yearling reach 1,100 lbs for a standard prior to processing. Each ranch in the Country Natural Beef co-op is responsible for delivering cattle at a certain time of the year; this way CNB can provide us with a continuous supply throughout the year. There are guidelines every ranch must follow, those being no growth hormones, antibiotics or

"I made a trip to Oregon to visit some of these producers, one being Anderson Ranch, our grass-fed lamb source, and Country Natural Beef, one of our beef suppliers"

the like.

Mark and Tami are wonderful people who I learned from and laughed with. While looking out their dining room window into the pasture where all the first-year heifers were with their new calves, I remembered what it is like to be on a ranch. Mark stays up long hours when its calving season comes around. This is the view out of the dining room.

This is also the same view I had when Tami fed us a wonderful pot of chili. Thank you, Mark and Tami, for a good tour and a great day. These are the people who grow your beef.



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Buyers' Briefs

Our buyers and managers are always bringing in or preparing new products for you to try. Here is the department roundup from February:

► Café:

By Marie Sita, Service Manager, coffee@moscowfood.coop

Swing by the coffee bar and get in the spirit of St. Patrick's Day with a "green mint latte," "green mint mocha," or a "green mint steamer." Yum!

► Kitchen:

By Annie Pollard, kitchen manager, kitchen@moscowfood.coop

Dessert Bakery:

Cream Puffs
Mint Brownies
Mint Ganache
Shamrock Butter Cookies
Mint Chocolate Shamrock Cookies
Banana Bread

Bread Bakery:

Irish Soda Bread

Deli:

Here are some of the more unique items from our March hotbar menu: Beef or Vegetable Guinness Pie
Corned Beef and Cabbage
Rumbledethumps
Irish Stew: Lamb or Veggie

► Wellness:

By Amy Lucker, Wellness Manager, haba@moscowfood.coop

Nordic Naturals Ultimate Omega with CoQ10 60 softgels
New Chapter Every Man 90 tablets
New Chapter Every Woman 90 tablets
New Chapter Maitake 60 vegicap-sules
New Chapter Cordyceps 60 vegicap-sules
New Chapter Reishi 60 vegicap-sules
Omega Nutrition Chili-Garlic
Organic Flaxseed Oil 12 oz
Omega Nutrition Hi-Lignan Organic Flaxseed Oil 16 oz
Jarrow Fem Dophilus Probiotic 30 ct
Jarrow-Dophilus + FOS 100 capsules
Jarrow Yum Yum Dophilus Chewable Probiotics 60 ct
Bio K available as singles and a 6-pack
Bio K Dairy Free available as singles and a 6-pack
Kal D-Mannose Powder 2.5 oz 1600mg
Kal Reacta-C Vitamin C 500 mg
Solaray D-Mannose with CranActin 60 ct 1000mg
Solaray Reacta-C Vitamin C 1000 mg
Oregon's Wild Harvest Bulk Organic Mullein Leaf Cut & Sifted
Wild Carrot Herbals Facial and Bodycare:
Borage Buttercream 2 oz
Cardomom Cleanser 4 oz
Essential Mist Facial Toner 4 oz
Rose Eye Cream 15 ml
Vanilla Bean Cream 2 oz

► Bulk and Coffee:

By Seth Magnuson, Bulk Buyer, bulk@moscowfood.coop

In the bulk spice jars - smoked peppercorns
Organic whole peas, in the dried fruit and vegetable section

Organic Great Northern Beans, in bulk

Landgrove Brazilian Sunrise Sumatran coffee in the bulk bins

We recently had a new Doma Coffee (of Post Falls, ID) station installed in the coffee area next to the bulk spices...which, I might add, was hand-crafted by the owner of the company since she works with metal. We needed more coffee to fill up the station, so here are some of the newbie flavors:

Organic Mexican Decaf

Colombia Fondo Paez

Moscow Co-op Blend (cool huh?)

Ruby Espresso

Urth Blend

► Frozen and Chill:

By Peg Kingery, Chill Buyer, chill@moscowfood.coop

Frozen farro (spelt) pizza shell from Berlin Baking Company
Meyenberg goat milk butter
I brought back two flavors of Boca Burger: vegan and chick'n patty. I also added three new Organic Valley cheeses: Vermont medium, sharp, and extra sharp.
Ryza brown rice milk -- it's gluten free!

► Produce Department:

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

Seasonal tropical produce available through March (Conventionally grown):

Young coconut
Meridol papaya
Horned melons (WA)
Starfruit or Carambola
Cactus pear, or prickly pear fruit
Tamarind beans
Pepino melons
Guava
Aloe Vera leaves

► Grocery:

By Joan McDougal, Grocery Manager, grocerymgr@moscowfood.coop and Julie Gardner, Wine Buyer, winebuyer@moscowfood.coop

Boulder Canyon Rice and Adzuki Bean Snack Chips Natural Salt Flavor- gluten free 5 oz bags
Boulder Canyon Rice and Adzuki Bean Snack Chips Chipotle Cheese Flavor - gluten free 5 oz bags (chip area)
Boulder Chipotle Ranch Chips, 10 oz, aisle 3 with chips, kosher
Kettle Sweet Onion Chips, 9oz, found in aisle 3 with chips
Kettle Bakes Sea Salt and Vineager, 4 oz, aisle 3 - you really cannot tell they're baked!
Glutino Pretzel snack size bags, 2.6oz, found on the spinner racks by the Deli, Gluten Free
Ians Mega Mix Lightly Salted Veggie Puffs Snacks
Ians Mega Mix White Cheddar Veggie Puff Snacks
Both are 4 oz and found in Aisle 3 with the chips
Guiltless Gourmet Baked Yellow Tortilla Chips, 7oz, Dairy Free, Gluten Free, Kosher, found in aisle 3 with the chips
Kettle Buffalo Bleu Chips, 2 oz snack bags, on spinner racks by the Deli

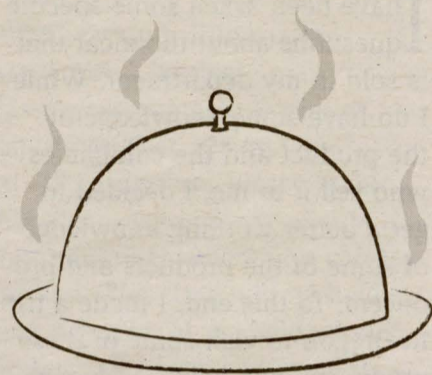
Breads Are What's Cookin'!, So Far

By Jennifer Whitney, Series Director

After the various requests we have received for future classes, we're trying out a new topic this series. So in addition to one or two ethnic classes, to be announced in April's newsletter, we will be offering two classic bread-making classes, Bread Making Basics and Artisan Bread Making, on April 1 and 8, respectively.

These Wednesday classes will start at 5:30 p.m. and last until 7 p.m., but the information and hands-on knowledge will teach you to fish the recipe ocean for delicious and unique breads you can feel confident baking every time. Each class will include a demonstration with sampling and discussion and will be held in the basement kitchen area of the Unitarian Universalist Church of the Palouse, 420 E. 2nd St., Moscow. Enrollment is limited to 20 participants per class and reservations are required. The cost is \$24 per class. Although we raised the price of each class, I'm happy to announce we are now offering a Co-op member discount, where you can receive all the quick cooking tips and tasty samples with your member benefits for the same great \$21 price.

We were fortunate enough to catch the attention of our Co-op's Bread Bakery Manager, Hunt Paddison, and he enthusiastically delved into his volumes of Bible-thick cookbooks to tempt us with a variety of flavors and preparation processes to teach us about the "breadth" of baking interesting and stomach-satisfying breads. Hunt views each loaf as a grand experiment in the chemistry of yeast baking and thoroughly enjoys the adventure every dough entails.



In our first class, he'll share his very own creation he dubbed Pretzel Bread; when cooked, it has a harder, crunchier crust much like a German pretzel. We'll also cover basics like weather conditions, ingredients and room temperature, letting the dough rest and rise, folding and kneading to build the gluten networks, shaping and scoring techniques, and baking tricks to use for the desired results.

Our second class will build on those techniques with artisan breads and specialty skills. Hunt's mother's favorite bread, Toasted Cranberry Pecan, will be our highlighted demo bread because of its unique blend of ingredients, Pate Fermente starter and "lighter" whole-wheat characteristics. We'll finish this class by molding Epi baguettes into gorgeous wheat stocks, expanding our shaping skills. See our ad elsewhere in this newsletter for complete class descriptions and details.

You can register for one or both classes with any Co-op cashier. Remember to check out April's newsletter for our complete class schedule or see our in-store brochures in mid-March. For more questions, contact Jennifer Whitney, Series Director, at jenwhitney@gmail.com or 882-1942.

The What's Cookin'! series and the Moscow Food Co-op want to extend a special thank-you to Diane Walker for donating a new hot plate for our cooking class use! Diane, Professor Emerita of Dance at the University of Idaho, has been attending our cooking classes from their inception, providing valuable insight and suggestions along the way. Our first and highly successful Nepali/Indian chef, Navin Chettri, was recommended by Diane, and her key observation that India's prime recipes require the use of a large, high temperature burner was instrumental in our decision to seek a new unit. Diane's contributions of time, input and equipment epitomize the community service and involvement our Co-op stands for, so Thank You, Diane!



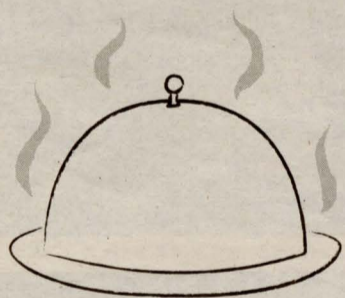
Buyers' Briefs (cont.)

Roland Maki Rice Crackers, 3.5oz
 Roland Dried Edamame Snacks, 4.4oz
 Roland Wasabi Pea Snacks, 4.4oz
 Roland Wasabi Rice Cracker Snacks, 3.5oz
 Roland Seaweed Cracker Snacks, 3.5oz
 All are found on the spinner racks by the Deli, and I believe they are all gluten free
 Sesmark Ancient Grains Sea Salt Crackers
 Sesmark Ancient Grains Parmesan Herb Crackers
 Sesmark Ancient Grains Garlic Hummus Crackers
 All are 3.5 oz boxes, in aisle 3 with crackers, kosher
 Miltons Everything bite size crackers, 7oz
 Miltons Everything Round Crackers, 10 oz
 Both are in aisle 3 with the crackers
 My Family Farm Cheddar Cheese Crackers
 My Family Farm Pizza Flavored Crackers
 Both are 7 oz, found in aisle 3 with the crackers
 Koyo Organic Brown Rice Crackers
 Sweet Chili Soy Gluten Free 3.7 oz
 Koyo Organic Brown Rice Crackers
 Tamari Gluten Free 3.7 oz
 Koyo Organic Brown Rice Crackers
 Garlic Gluten Free 3.7 oz
 Annie's Homegrown Friends Bunny Crackers in a smaller box (the larger 10oz box is still available) 7oz box
 Annie's Homegrown Bunny Snack Mix - 9oz box
 (all found in the cracker section)
 Republic of Tea Fair Trade Tangerine Orange Green Tea 50 Bags
 Republic of Tea Be Well Red Teas
 "Get Relief" Herb Tea for Digestion 36 Bags - Caffeine Free
 Republic of Tea Fair Trade Wild Blueberry Black Tea 50 Bags
 Eco Teas Yerba Mate Organic Unsmoked Loose Leaf 8.8 oz
 Eco Teas Holy Mate! Unsmoked Yerba Mate with Tulsi - Organic 24 Bags (tea area)

Tazo Cucumber White Tea
 Tazo Spicy Ginger Tea
 Both 20Bag boxes, found in aisle 2 with the tea, kosher
 Kaboom Organic Orange Passion Juice Blend 15.25 oz (In juice cooler next to bulk)
 Kaboom Organic Pomegranate Berry Juice Blend 15.25 oz (In juice cooler next to bulk)
 Ooba Hibiscus and Orange Sparkling Beverage 16 oz
 Ooba Hibiscus and Lime Sparkling Beverage 16 oz (both in cooler next to bulk)
 Izze-esque Limon Sparkling Juice Bev Low Calorie 12 oz and 4 packs (in single bev area and by 4pack in soda aisle)
 Embodi Berry Renewal Drink
 Embodi Tropical Revival Drink
 Embodi Citrus Resurgence Drink
 All are 8oz, found in the drinks cooler, Vegan and Gluten Free
 Adina Caramel Kick Coffee Drink
 Adina Double XXpresso Coffee Drink
 Adina Mocha Madness Coffee Drink
 All are 8 oz, sold sep. in the drinks cooler, fair trade, wheat free
 Chukar Dave's All Natural Herbal Seasoning Salt Free - from Post Falls Idaho - in baking aisle
 Chukar Dave's All Natural Herbal Seasoning with Sea Salt
 Lucini - famous for their yummy Olive Oils have a new line of dressings...6 to be exact...
 Lucini Cherry Balsamic and Rosemary Vinaigrette 8.5 oz
 Lucini Delicate Cucumber and Shallot Vinaigrette
 Lucini Bold Parmesan and Garlic Vinaigrette
 Lucini Fig and Walnut Savory Balsamic Vinaigrette
 Lucini Tuscan Balsamic and Extra Virgin Vinaigrette
 Lucini Roasted Hazelnut and Extra Virgin Vinaigrette (Salad dressing area)
 The Lucinis are all Vegan except the Bold Parmesan and the Cucumber Shallot!
 Mayacamas Gluten Free Demi-Glace Sauce Mix .75 oz - (condiment area)

Green and Black Dark Mint Chocolate Bar
 Green and Black Milk Toffee Bar
 All are 3.5 oz bars, found in aisle 3 with the chocolate
 Divinely 18 Rabbits Cherry Chocolate Energy bar
 Divinely 18 Rabbits Haute Digity Date Energy Bar
 Divinely 18 Rabbits Nibble a Sultana Energy Bar
 Divinely 18 Rabbits Funky Figs and Cherry Energy Bar
 All are wheat free and Dairy free and found in aisle 3 by the power bars
 Theo Organic Jane Goodall Milk Choc 45% Cacao Bars Fair Trade 3oz
 Theo Organic Jane Goodall Dark Choc 70% Cacao Bars Fair Trade 3 oz
 Newman's Chocolate Bars in a 2.25 oz size in the following flavors:
 Dark Chocolate
 Super Dark Chocolate
 Espresso Dark Chocolate
 Orange Dark Chocolate
 Milk Chocolate
 Mocha Milk Chocolate
 All are certified organic and found in the candy section
 Rapunzel Chocolate bars in a 3 oz size in the following flavors:
 Dark Chocolate with Hazelnuts
 Dark Chocolate with Almonds
 Dark Chocolate 55% Cocoa
 Dark Chocolate 70% Cocoa
 Dark Chocolate Espresso 50% Cocoa
 All are certified organic and certified fair trade and found in the candy section
 Glee Bubblegum Flavored Gum 18pc (all three in the candy aisle)
 New Clif products:
 Luna White Chocolate Macadamia Bars- 1.69oz bars - in the candy section
 Clif Bar Macadamia Nut Bar - 2.4 oz bars - in the candy section
 Luna cakes are now Luna cookies and we have the following flavors:
 Peanut Butter Chocolate
 Berry Pomegranate
 Chocolate Mint
 All certified organic and 1.41 oz individual cookies - found in the

candy section
 Cascadian Farms Fiber Right Dark Chocolate Almond Cereal, 6.2oz, Aisle 2
 Cascadian Farms Cinnamon Crunch, 10.3oz, Aisle 2
 Cascadian Farms Fiber Right Honey Clusters 10.75oz, Aisle 2
 All are kosher
 Kashi Promise Island Vanilla Cereal, 17.5oz, found in aisle 2, Kosher
 Back to Nature Chocolate Chunk Cookies, 9.5oz, Kosher
 Back to Nature Chocolate Striped Shortbread Cookies, 8.5oz
 Back to Nature Fudge Dipped Mint Cookies, 6.4oz
 All found in aisle 2 with the cookies
 Ferrara Italian Lady Finger Cookies 7oz
 Namaste Chocolate Fudge Frosting Mix
 Namaste Toffee Vanilla Frosting Mix
 Both are Gluten Free, 1.75 oz, kosher, and Idaho products!
 Found in aisle 2 with the baking mixes
 Natural Sea Brisling Sardines in Soybean Oil
 Natural Sea Brisling Sardines in Water
 Natural Sea Brisling Sardines in Mustard Sauce
 3.75 oz cans, in aisle one with the canned seafood goods
 Alrighty, here are some returning products that have been missing due to various issues...
 Pomona's Universal Pectin- 1oz box - in the baking section
 Ryvita Fruit and Seed Crunch crackers - Vegan - 7 oz box- in the cracker section
 Back after a long absence:
 Earth's Best Organic Whole Grain Multi-Grain Baby Cereal 8 oz
 Earth's Best Organic Whole Grain Rice Baby Cereal 8 oz. (both in baby food area)



What's Cookin'!

Spring 2009 Cooking Classes

Bread Making Basics

Featured Recipes: Rustic, Salted French Kaiser Rolls and Pretzel Bread

There's nothing like bread fresh from the oven, but there's more to the desired loaf than meets the eye. Learn how to manage and adapt the key elements necessary to making fantastic breads in this introductory bread making class. We'll cover how ingredients interact with one another, necessary dough temperatures, cultivation of the yeast, and techniques that develop the bread's gluten network. Finally, we'll discuss tricks for baking, like scoring and steam, that ensure fully risen, thoroughly cooked, but moist, golden brown breads. Using touch and sight, you too, can develop your own intuition and style for making tasty breads in your own kitchen.

Instructor: Hunt Paddison is a long time recreational baker working as the Co-op's bread bakery manager. He finds yeast a marvelous little creature and is fascinated by the science, math and raw intuition required to make

great bread-qualities that have driven him to pursue baking as a career at this juncture in his life. He is a native of New Orleans, Louisiana.

Date: Wednesday, April 1st

Time: 5:30 pm-7pm

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

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

Artisan Bread Making

Featured Recipes: Whole Wheat Levain, Toasted Cranberry Pecan and Epi Baguettes

Build on your basic bread making skills in this exploratory and delicious artisan breads class. After sampling a whole wheat sourdough stuffed with a variety of nuts and grains, we'll learn about maintaining and using sourdough builds and starters, like Pate Fermente and Poolish, which give the bread a richer flavor. We'll cover adapting recipes for inspired ingredient additions and variations on standard loaves. Finally, we'll let our creativity flourish when molding our Epi Baguettes into decorative wheat stocks using specialty shaping techniques.

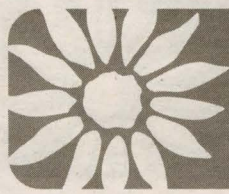
Instructor: Hunt Paddison

Date: Wednesday, April 8th

Time: 5:30 pm-7pm

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

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



Salad Daze Dazzles

By Bill London, photos by Kerri Fedale, Gina Gormley, and Mark Howell

What a great party. What a great community.

We filled the 1912 Center on February 7 for the Salad Daze fundraiser.

Every ticket was sold. Everyone had a chance to mingle and socialize, enjoy the gourmet lasagna feast, and toast the good times with wine or beer.

This party had a purpose: we gathered together to raise \$3,000 to pay for the installation of a salad bar at the Co-op. That goal was clearly reached, though an exact accounting was not complete in time for this March newsletter deadline.

With the \$3,000 in hand, the Co-op staff is going ahead with plans for the purchase and installation of the salad bar. Because it takes months to order and arrange delivery of a salad bar unit, and to minimize interference with shoppers, the plan now is to time the installation for July (after the students are gone on vacation).

None of this would have been possible without the help of the Table Hosts. Each host decorated their table and filled it with friends. The Co-op thanks each of them:

Marcia Gossard
Aly Lamar
Chris & Molly Pannkuk

Kim Vincent
Barbara Wells
Lois Blackburn
Kerri Fedale
Dena Neese
Kenton Bird & Gerri Saylor
Mark Lesko & Nancy Taylor
Holly Barnes
Nora Locken
Paige Buehler
Carol Spurling
Melissa Rockwood & John Larkin
Alice Swan
Gina Gormley

Bill London coordinated Salad Daze, and was again heartened by the generous, supportive and genuinely fun spirit of the Co-op community.



MY CO-OP ROCKS
★ video contest ★

SHARE YOUR TOP TEN LIST WITH THE WORLD.

HOW MUCH DOES YOUR CO-OP ROCK?
The My Co-op Rocks Video Contest, beginning March 1, 2009 is your chance to count down the top ten reasons your co-op rocks.

PREMIERE YOUR VIDEO TO THE WORLD ON MARCH 1, 2009

www.mycooprocks.coop



MARCH SUGGESTION BOX

Please provide non-dairy deli food options that ARE NOT vegan—pizza w/ goat cheese and sausage would be great. Also, a non-dairy breakfast option BESIDES tofu! Check your market—lots of non-dairy products that aren't vegan.

Thank you for your suggestion. We tend to make non-dairy foods also non-meat since in general, most customers who do not eat dairy, do not eat meat either. We strive to offer products that please our diverse customer base, while still maintaining an efficient and cost-effective production. We will keep your comment in mind when making the next menu. —Annie Pollard, Kitchen Manager

Could you make mini baguettes? It is hard to eat the large baguette before it goes stale and hard. —Nancy

Certainly! This has come up in the past and it is finally time we brought them into the bakery. You can expect to see mini baguettes on a daily basis starting in mid March. —Hunt Paddison, Bread Bakery

I checked the frozen edamame today and noticed that it comes from China! There is no way that it can be organic. China does not regulate their food industry and the U.S. does not regulate imports. Melamine was discovered in Chinese edamame. Japanese is regulated.

Could you get the Japanese? —Deb

Joan, Grocery Manager, sends this response from Laura Cross, President, Seapoint Farms:

In light of the recall issues in the recent past regarding products imported from China, I would like to address any concerns in regards to Seapoint Farms products. All of our products are imported from China and are clearly labeled "Product of China". Seapoint Farms has the strictest standards possible and has for the past 12 years in business. We go above and beyond the USDA and FDA requirements for food safety in all of our production processes. We have two of our own offices in Asia; one in Hong Kong and another in Hangzhou, China. The primary function of the offices is to oversee all of our QA & QC guidelines. Seapoint Farms does continuous, extensive testing on all of the soils, waters, farms and production in all of the factories where we grow and pack our products. We are under strict scrutiny by the USDA & FDA as well as CIQ in China, and work with some of the best labs in the U.S. to ensure food safety for our consumers. We do business with a lot of major U.S. corporations and manufacturers and have to follow all of the strict protocol and maintain in-depth records and testing for these corporations as well as for our own labels. We import over 300 containers annually of edamame and edamame-based

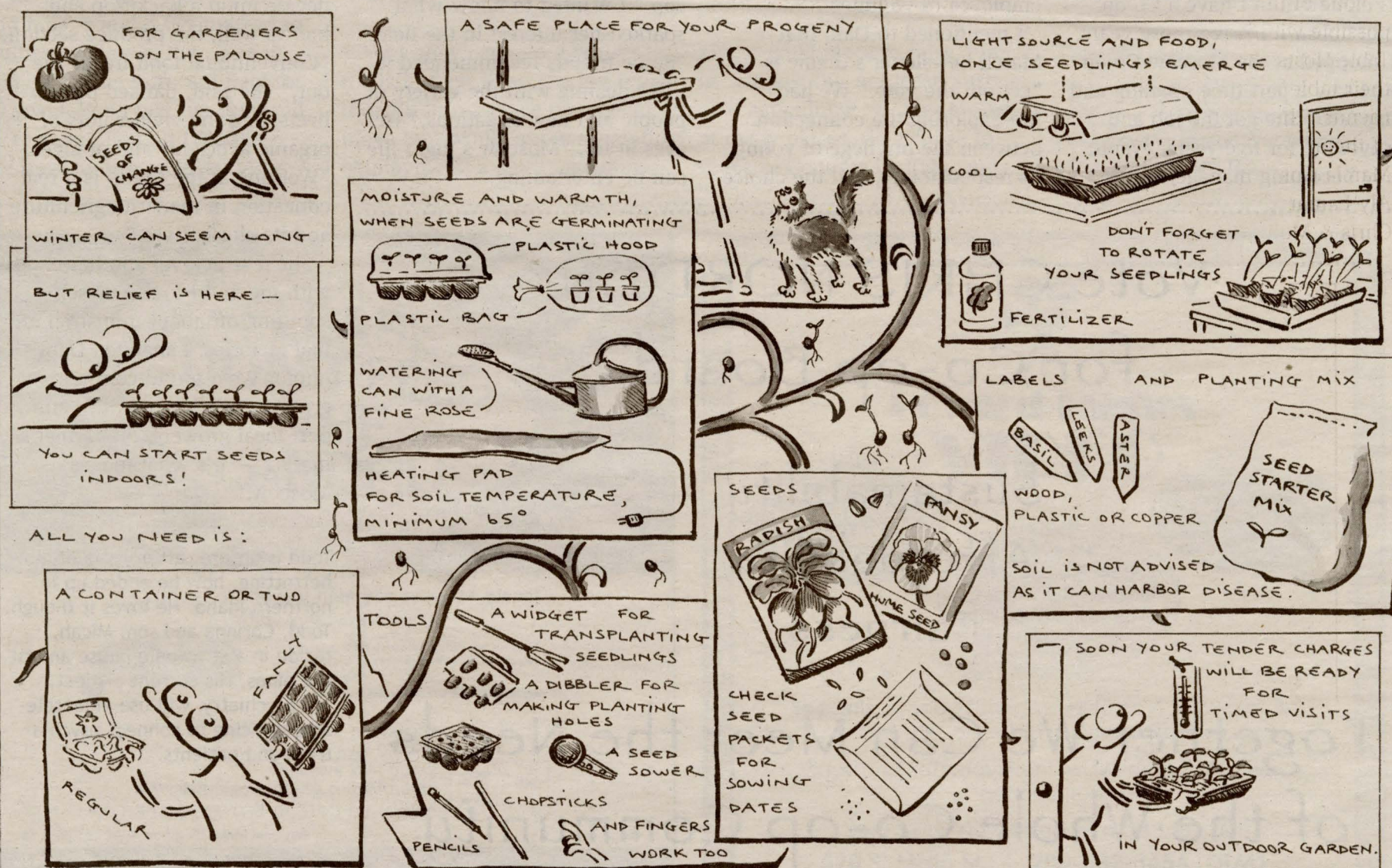
products and have never failed a single inspection in all of our years in business. All of our factories are strictly monitored by our own team and are all up to code; third party certified, HAACP, ISO, BRC, Kosher as well as OCIA and QAI certified for our organic products. In addition, we perform independent third party audits on all of our factories using the internationally renowned services of SGS, as an additional layer of audit checks.

A list of tests includes:

- ✓ Inspection report OV Farming Soil
- ✓ Inspection report OV Farming Water
- ✓ Test report OV Farming Soil
- ✓ Test report OV Farming Water
- ✓ Raw Material Field Management Documentation
- ✓ Edamame Farming Water & Soil Chemicals Test Report
- ✓ Water Standard Report
- ✓ Pesticide Record
- ✓ Pesticide Residue Control & Product Tracing System
- ✓ Edamame HAACP Quality Control Plan
- ✓ Processing Flow Chart of Edamame with CCP

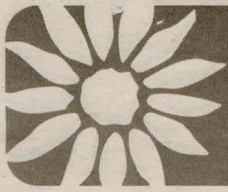
I support your concerns about product safety and can assure you that Seapoint Farms is dedicated to providing the best and safest products available for our customers.

PALOUSE REPORT: Seeding Time



MARCH 2009

THANKS TO THERESA GREINER OF FIDDLERS RIDGE FARM WWW.FROGBLOG-ACARTOONDIARY.BLOGSPOT.COM © ANNA BREWER



Volunteer Profile: Danette Vargas

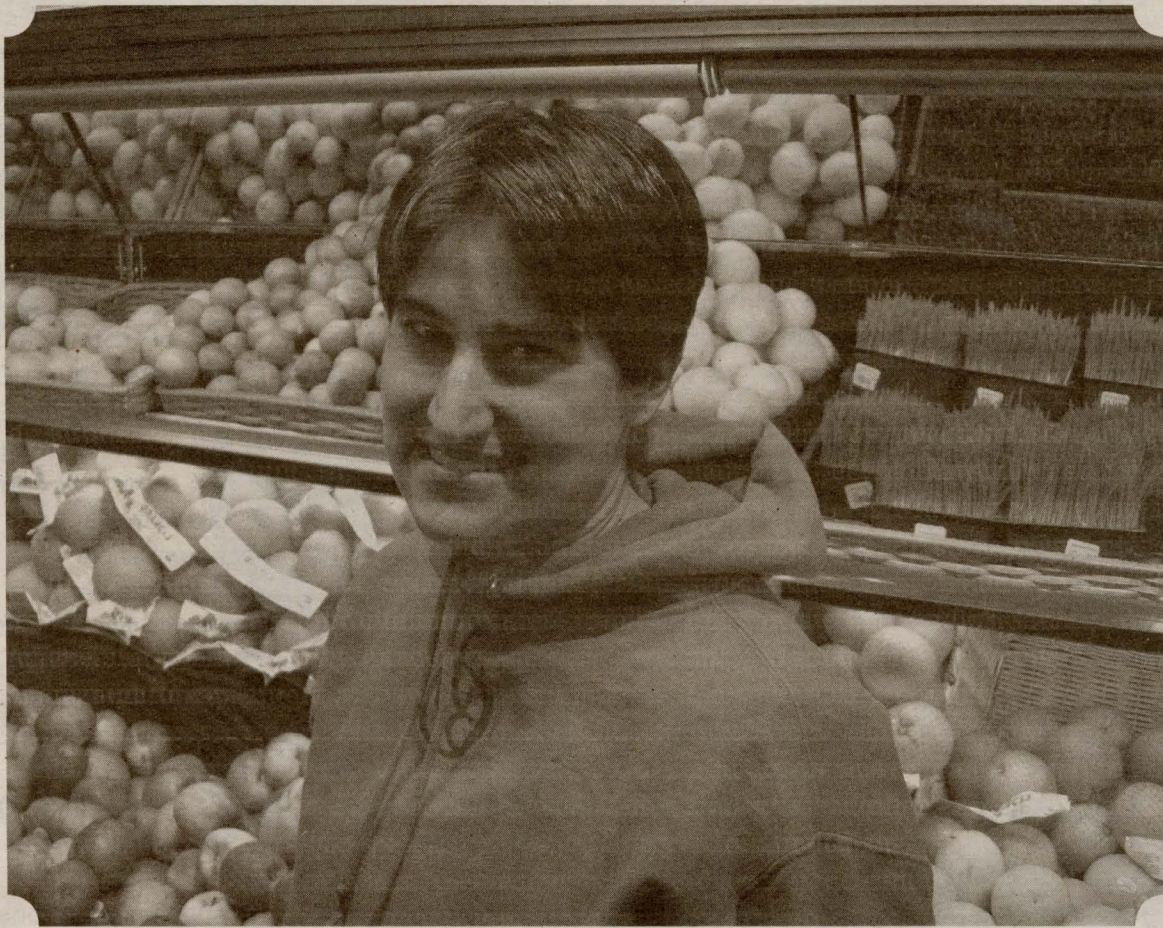
By Todd J. Broadman, Newsletter Volunteer

“The slowness of life.” What a perfect phrase, I thought. Dani used it to explain a primary reason for choosing to live in Moscow. Dani (pronounced danny) and her friend Alisa shared some time with me at the Co-op’s café to talk about volunteering and community life.

“After college, why didn’t you return to Seattle, where you grew up?” I asked.

“It’s too big. Moscow is great, you can walk everywhere, and besides - it’s important to stay in an area where you’ve got friends.”

Dani is a WSU graduate. She earned two degrees: one in Human Development and another in Recreation & Leisure. As she spoke about her college years in Pullman, and her athletics - rowing and track, she added, “Pullman didn’t have a Co-op. Still doesn’t. During those years, I shopped at the Moscow Co-op and saw a part-time opening and applied.” She got the job and stayed on for five years, eventually becoming manager of the



“Moscow is great, you can walk everywhere, and besides - it’s important to stay in an area where you’ve got friends.”

produce and beer-wine sections. And she made the transition that some many others have: from employee to volunteer.

I mentioned to Dani that March newsletter’s theme is “get out the vote.” We had fun exploring the connection between the privilege of voting, its responsibility, and the choice

she made to enter law enforcement. “Some say I dropped the ‘o’ from Co-op and became a cop.” I wanted to know what sparked her interest in the field. “Some friends recommended it. I like dealing with the variety of people and new situations.” Her eyes lit up, “Moscow’s night life can be entertaining.”

Her personality is gentle, relaxed. She owns a home in Moscow and family members include Parker, a border collie cross, and four cats. I kept thinking to myself that she doesn’t fit the tough-cop stereotype. And, as she explained, it’s that typical profile she doesn’t like. “The way people characterize cops; as if cops are there to hassle people.”

I admire her dedication. Over and above weekly police duties: four 10-hour work days, she finds time to help in the Co-op’s dried fruit section. She described how the fruit comes packaged in bulk and must be placed in smaller containers and weighed. Dani also finds time for her love of sport and recreation: road and mountain biking, wakeboarding, snowboarding, and backpacking.

We walk together to find a suitable spot for a photo and decide upon a backdrop she knows well, the produce section. “Conventional food freaks me out,” she said, flanked by raw beets, and the vivid colors of organic avocados and oranges. “Working at the Co-op is a real education in modern agriculture and its alternatives.”

She’d struck yet another chord with me and I found myself spouting off about industrial animal factories. I snapped Dani’s photo. We’d found common ground. “It’s important to support local growers, the farmer’s market - it’s what makes Moscow.”

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.

**Vote CHRIS NORDEN
for Co-op Board**

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Affordability
Fairness**

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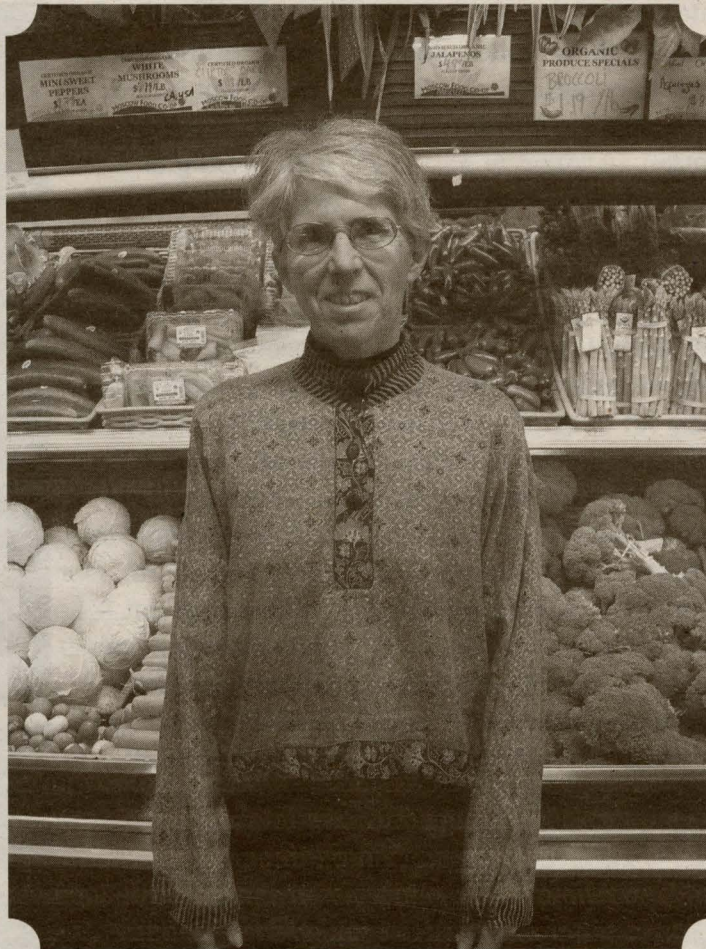


The People We Meet: Betta Bunzel

By William Langlois, Co-op Cashier

Hello everyone; my name is William Langlois. I work as a cashier here at the Co-op. I was thinking about the people I meet here and the community we serve. I thought, "Why don't we feature an article on our members and our customers — after all, they are who keep us going. So without further ado, may I introduce Betta Bunzel?"

I first met Betta at my home. She was the first Moscovite I met. During our interview, I realized Betta is most definitely a professional woman that puts a lot of thought into her words and how she wants to convey herself. Betta was born and raised in Chicago and has fond memories living on one side of Lake Michigan for half the year and spending the summer months at her grandfather's farm on the other side of the lake. This is where she learned about the major difference of farm-raised organic food and what the local grocery store had available. Her grandfather taught her that your money should be spent on high-quality fresh food instead of other lesser things, that is, if you cannot grow it yourself. This sort of living saves money in the long run due to fewer doctor visits and bills. She did her undergrad studies in Illinois, then was in and out of the nutrition field for 20 years. Betta met her husband of 13 years, Ken, at UCSC in the horticulture program. After



“Her grandfather taught her that your money should be spent on high-quality fresh food instead of other lesser things, that is, if you cannot grow it yourself.”

school, they came to a crossroads in their lives and put much thought into a place they could move that would support gainful employment, a spiritual commu-

nity, a good place to raise a family, and last but not least, sustainable agriculture. So after looking at many places, they chose to move to Genesee in 2000, and

then in 2007, they moved into Moscow.

I asked Betta, "What is it that you like about the Co-op?" She said, "One, we are a local Co-op produce provider and we love the Co-op because of its philosophy that mirrors my family values and my 20 years in nutrition." She also says that she loves how the Co-op serves the local community with good administrative knowledge of larger sustainable ecological values. I asked her what she was growing this year, and she told me she is cutting back since she wants to take her children, Owen and Anna, on some trips before they get too old for that sort of family thing. When we spoke of her hobbies, she had only a few to mention: Her family, above all else, followed by her spiritual practice, followed by others like gardening, of course, walking in nature, philosophy, music, and at times she dabbles with drawing.

Drawing to a close in our interview, I asked, "What would you like to change about the Co-op if you could?" She replied, "Nothing — I love it there! If there are ever any issues, the communication channels that are already established will address them as they occur." I think we can add this one the "Plum Tickled" category.

William is looking forward to the new growing season and hopes other growers are too.



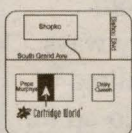
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Come in Tues. for the Trivia Challenge – a chance to win a \$20 Dinner and Movie coupon!

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

Congratulations to the 3 winners of the Valentine Day Raffle! We thank everyone for their participation and patronage.

Specials: Sunday-Thursday: All (5 day) \$2.50 rentals are \$1.50, or rent 5 movies for 5 dollars.
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Co-op Board Candidates — Questions and Answers

By Carol Spurling and Bill London

In February, Co-op members were invited to submit questions for the candidates to answer in the newsletter and at our Meet the Candidates forum. Every question that was submitted was given to the candidates. Space does not allow us to print all the questions and answers, so we selected a representative few for publication here. We did not edit the responses. A completely unabridged Question and Answer document is available on the website.

1. Do you approve of the range of products now available at the Co-op? If you do not approve, what do you want to get rid of? How will you do that?

Bennett Barr: I believe that the current buyer's decisions (based on member input) is adequate at this time.

Dena Neese: I approve of the range of products available at the Co-op for all of its diverse member and non-member shoppers. I would appreciate seeing more local and sustainable products, and understand that this is one of the Co-op's goals.

Chris Norden: As part of the strategic planning process, I suggested that we try to keep plastic doodads and novelties from China to an absolute minimum. I've been to China and have seen their petrochemical industries up close; certainly not something we want to support. Other than that, I'd favor affordable and locally grown or produced foods and products when possible, as versus expensive and imported or long-hauled foods and products. At the same time, if members want certain things that I would personally consider luxuries, I have no problem with that, provided these things do not involve gross ethical conflicts, as with Chinese plastics and other Walmart-style stuff. Another concern I raised during

the strategic planning process was the reduction of packaging when possible, particularly non-recyclable plastics, including for deli items.

Mark Jacobs: No. Reference answers to question one. I wish to bolster local product sales and lessen the packaging that moves thru the CoOp. I understand that these items are popular and generate a lot of revenue for the CoOp, so accomplishing these goals will take a lot of creative thinking and sacrifice.

2. Do you believe that the Co-op Board members should create a way to be directly involved in regular Co-op management decision-making?

Bennett Barr: I believe the Board should be involved with understanding the decisions made by Co-op management, but do not believe Board members are necessarily qualified to make management decisions.

Dena Neese: The current Moscow Food Co-op Governance Policies state, as follows: "(t)he board's job is generally confined to establishing topmost policies, leaving implementation, organizational performance and subsidiary policy development to the General Manager."

I agree with the current policy that the Board should set policies and provide oversight of the General Manager position, but that it should not be involved in regular Co-op management decision-making. Focusing on the details of regular management decision-making seems inefficient since the Board oversees the General Manager, who is tasked with handling these issues. Involvement with everyday management decisions would compromise the Board's mission to provide effective long-term vision and strategy for the Co-op because it would become bogged down with handling

specific issues and details of the store. I don't think this would be good for membership as a whole or the future of the Co-op.

This being said, if there is a systemic, reoccurring issue, the Board should certainly engage in dialogue with all relevant parties to attempt to come to some resolution.

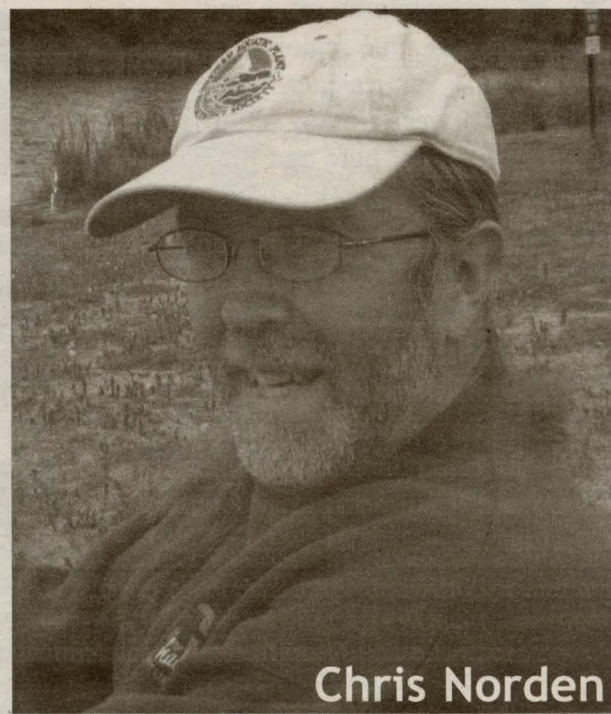
Chris Norden: Not sure what specifically is being asked here, but I would begin by consulting with fellow board members, and learn enough to develop a position on this question. I do not feel the Board should try to micro-manage paid management. At the same time, I do feel the elected Board of a member-owned co-op should play an active role in helping to foster a functional, healthy, and fair institutional culture for the entire Co-op community, to include both rank and file employees as well as senior managers.

Mark Jacobs: Not necessarily, See answer to Q 18.

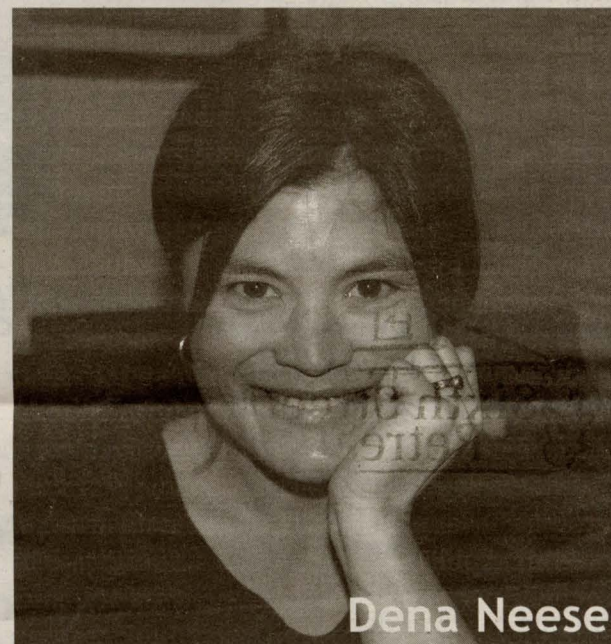
3. Did you like the Co-op better 10 years ago when it was in the old Kentucky Fried Chicken building on Third Street? Why?

Bennett Barr: I miss the "mom and pop" feel of the old store. However, the old store was extremely inefficient in many ways which is required of the current Co-op to operate and be successful.

Dena Neese: I moved away from



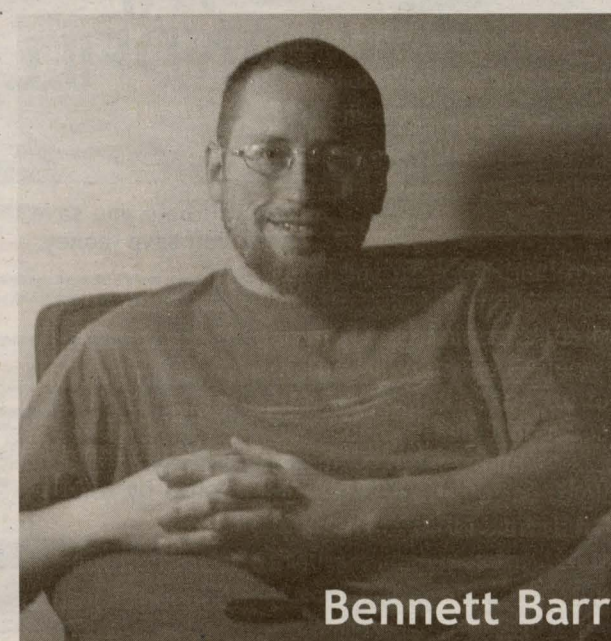
Chris Norden



Dena Neese



Mark Jacobs



Bennett Barr

Dear Co-op members,

Thank you for your consideration as a candidate for the Co-op Board of Directors. I have recently accepted a position that will take me out of country for 4-6 months during the term of the new board position. In recognition of the hindrance the regular absence of a board member would cause to the business of the board, I have decided to withdraw my candidacy. We have four excellent candidates from which to select two new board members. I wish them all the best!

Sincerely,

Joe Wagenbrenner



the area in 1991 and am not very familiar with the Co-op when it was in the old Kentucky Fried Chicken building. I can say that the current store location is much more desirable, as is the amount of space and product diversity.

Chris Norden: Of the three locations, I've so far liked the Third Street location the best, as I felt it was for me personally the most comfortable and relaxed environment, less of a conventional grocery store and more of a community hub. My mother, who lives in New Mexico, said the same thing, and remarked that the current location was "too much like Whole Foods," which is an upscale, for-profit natural foods chain store in their region. That said, I think the solution is not to downsize or move again, but rather to consider ways in which we can better meet the needs of our members,

myself included. I am optimistic that some of the landscaping and infrastructure modifications currently underway will help foster a bit more of an "old-Co-op" feel, such that I would be more inclined to spend time simply hanging out, conversing, and feeling at home in my Co-op, rather than a customer who buys his stuff and moves on.

Mark Jacobs: A:Dunno, Wasn't around, tho I tend to think smaller is better.

4. When did you first consider running for the board and how did you come to the decision to do so?

Bennett Barr: I have thought of running many times in years past. However, I feel today that my present experience would allow me to perform the required duties at a much greater level.

Dena Neese: I decided to run for the Board late last year, after spending several months on a

Co-op ad-hoc working group. I like being an active member, contributing to my Co-op, and enjoy working with the Board members, Co-op staff and fellow volunteer members in the working group. I believe in the Co-op philosophy and would enjoy working to better its future.

Chris Norden: I am by nature a person who does not take other people's complaints laying down. Since the move to our new location, many friends, neighbors, and family members have said things to the effect that it's too bad about the move, that it seems like the Co-op has upscaled, is too expensive, and is not as comfortable as it was back at Third Street. I've been thinking about serving on the board for a couple of years now, and I feel I can make a positive contribution in the direction of helping to meet ALL members' needs, where now my sense is

that some of those needs are going unmet. Again, this may be a question of perception; I know that I can shop at the Co-op thriftily, and provided I am flexible in what I buy (buying in-season produce, for example), I can shop here as cheaply or better than at Rosauers or Safeway. My hope would be for us to develop an affordability strategy such that no Co-op member would ever feel that she or he could not afford to do the majority of their shopping here.

Mark Jacobs: After working at the CoOp two years ago I was enlightened to the fact that it is set up and managed no differently than any other corporate entity. Not only this but one can find the same (corporate) products at the veritable Rosauers for much cheaper. Then I heard wind of a few vacancies and the question answered itself.

2009 Board of Directors Election Ballot

The Moscow Food Co-op Board of Directors Elections 2009

There are two open seats on our board of directors. Directors serve a three-year term.

This paper ballot is provided for our eligible voters who do not wish to vote electronically. Voting is available throughout the month of March.

After voting, please send the completed ballot to our paper ballot administrator, Kay Keskinen, at the following address:

Kay Keskinen
Co-op Election
PO Box 8584
Moscow, ID 83843

Votes on paper ballots will be tallied along with the electronic votes. Votes must be received by Kay Keskinen by March 31 to be counted. Votes postmarked on or before March 31 but not received until April 1 or later will be void.

Voters must provide their 12-digit member number with their completed ballot. Ballots without this information will be void.

Only one vote per membership; if a membership is shared between two people, only one of them is allowed to vote.

12-digit Moscow Food Co-op member number: _____

Please vote for no more than two by circling your choice(s):

- Mark Jacobs
- Dena Neese
- Bennett Barr
- Chris Norden

Thank you for voting in our election! We'd like to thank you by giving you a "I love my co-op" lapel button. Ask a Co-op cashier for yours.

Election results will be posted in the store as soon as possible after voting closes at midnight on March 31.



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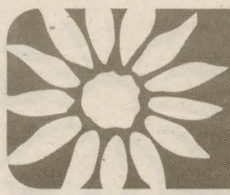
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Staff Profile: Carolyn Ferguson

By Amy Newsome, Newsletter Volunteer

Carolyn began working as a cashier at the Co-op five months ago, essentially adding a fourth job to her life. She also works at the University of Idaho's Stillinger Herbarium. They are currently busy moving the herbarium from the Department of Biological Sciences to a place more suitable for storing their dried specimens in the College of Natural Resources. Carolyn also works at Northwest Showcase, which is an outlet for fine art and regional crafts. She also serves as the volunteer director of the Family History Center at the LDS church in Moscow. She's one busy lady.

"I easily work 55-65 hours a week during the holidays, but I love keeping busy."

Carolyn was raised in the mountains of Sacramento. She attended University of California, Davis, for two years. However, Davis was a very stressful environment and when three students, one which was a close friend, committed suicide within a two-week period, Carolyn decided to transfer to the more relaxed campus of Lassen Community College in Susanville. Then in 1971, Carolyn made the move to Moscow to complete her Biology degree at University of Idaho. That summer, she did student teaching with the University of Idaho's Upward Bound program, which earned her a secondary teaching degree. She would later earn her Master's degree in Biology.



"Carolyn began working as a cashier at the Co-op five months ago."

Her first job in Biology was working in Barrow, Alaska, collecting blood samples from captive wolves, wolverines and foxes. With its 24 hours of darkness and negative 45-degree temperatures, four months proved long enough for that job. One of her exciting stories from that time was when someone brought in a fox that had been found injured in a trap. They treated its injuries, but it died the next day, so they sent it in for rabies testing. Unfortunately, it was rabid, so all the staff had to have rabies shots.

"The worst part isn't getting the

shots in your stomach, it's how sick the shots make you feel," she says.

She took it all in good humor though, wearing rabies tags for earrings for some time after the ordeal.

Carolyn married former University of Idaho professor of Biology, Homer Ferguson. They were married for 25 years and raised two children together on and around the Palouse. Eliza, 26, graduated from University of Arizona with a bachelor's degree in psychology and a minor in chemistry. She is currently working at UCSD Medical Center with anesthesia studies. Will, 24, graduated from Creighton University School of Law in Omaha and is an attorney currently working in Colfax.

Recently, Carolyn's 89-year-old

mother moved to Fairview Village Estates in Moscow from Lake Almanor, California. Her mom is enjoying her new friendships with fellow well-educated and interesting women. She is a retired elementary school teacher. "My mother is where I really got my love of learning," Carolyn says.

This fall semester was the first in eight years that Carolyn has not been enrolled as a student, and she misses it. "Attending school was primarily a way for me to have health insurance. I just kept adding endorsements to my teaching credential."

Now with the job at the Co-op, she no longer needs to attend school for medical coverage. "The Co-op has the best benefits and the most thorough training that I have ever received. I have never found another employer so dedicated to its employees."

Carolyn is happy to be at a place in her life when she can really enjoy her family. Her son lives in Moscow so they spend a lot of time together. She also joins her mom for dinner as often as possible.

Carolyn hopes to do a LDS mission at the Family History Library in Salt Lake City. She converted to Mormonism in 1980 after considering many religions. She liked how the members of the LDS church seemed to practice their faith seven days a week. Ironically, when she first visited a town ward in Moscow, it was the day that Mt. St. Helens erupted. As she stepped into the building, the ash blew into Moscow and it became very dark. She laughed, "I thought the end of the world was here and I hadn't been baptized yet."

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Into the Cupboard: A Date to Vote

By Ivy Dickinson, Newsletter Volunteer

Throughout the entire month of March, as long as you were a member in good standing at the Co-op prior to January, you'll have the opportunity to vote for the new Co-op Board of Directors. You may or may not have participated in this election in the past, but you should know that it is important to participate in as many local elections as you can. Local politicians and their constituents often define the community in which you live: Their decisions impact community growth, development, and services offered. The Co-op leadership is no different, and if you have an interest in the future direction of your local Co-op, you should plan on casting your vote for the next Board of Directors. I would even go so far as to say that every adult has a moral responsibility to be a good citizen, which requires voting.

So now that I have convinced at least half of you wonderful readers to vote, I'd like you to go out and convince all of your friends who are still on the fence that they should vote by holding a "get out the vote" party with some fantastic, vote inspiring hoers d'oeuvres.

This brings me finally to the long-awaited ingredient of the month: the date. Dates are the sweet, easily dried fruit of the date palm. What is unusual about this fruit is that it is typically dried on the tree, whereas most other dried fruits are harvested, then dried. The drying stage of the date is actually considered to be one of the stages of date development and is responsible for the development of the deep brown color and rich flavor that characterize this fruit.

Although we are used to seeing only two or three varieties of dates, there are actually thousands of varieties that vary in size, shape, color and taste.



The three varieties carried by the Co-op are the Deglet, Halawi and Medjool. The Medjool is the largest of the three, is soft and sweet, and can be found in the produce department. This variety does not come pitted due to its extremely soft flesh. The Deglet and Halawi are both smaller and firmer, and can be found in the bulk department. I strongly prefer the Medjool for snacking, but the Deglet and Halawi are usually the best choice for baking, especially since they come pitted.

I'd recommend that dates be the center of your "get out the vote" party, because they are so unique that even a simple dish made with dates will create a sensation. You'll see that my first recipe couldn't be simpler, and it will be gobbled up in a heartbeat. The Co-op's former financial manager, Laura, turned me on to this wonderful concoction at a very elegant soiree she hosted for all the movers and shakers of Moscow.

My next recipe is for a wonderfully moist date cake that is easy to prepare and easy to modify to suit the need of your guests. I love it as it is in the recipe, but I have also made a gluten-free version by substituting the flour with the same amount of Bob's Red Mill Gluten Free Baking mix plus 1/2 teaspoon xanthan gum. My friend Jen said she thinks it would be great with the coconut incorporated directly into the cake instead of used as a topping.

Sources: <http://find.myreci->

Laura's Almond Stuffed Dates

- 2 cups dates (I'd go for Deglet)
- 1 cup sprouted or roasted almonds
- 1 package bacon

Preheat oven to 350 degrees F. Stuff dates with one whole almond apiece, then wrap in 1/3 to 1/2 slice of bacon (enough to completely wrap around the date, with a little overlap since the bacon will shrink as it cooks). I have also heard of the dates being stuffed with other things, such as parmesan or bleu cheese and even garlic. There is definitely room to get creative here. Next, arrange the dates in a single layer in a rimmed baking sheet. Bake for 10-15 minutes, until bacon is starting to crisp. Remove from oven and let dates stand on a paper towel for a few moments to absorb the grease. Serve warm.

Sticky Date and Coconut Cake

- 1 cup chopped pitted dates
- 1 cup water
- 1 teaspoon baking soda
- 3 tablespoons butter
- Dash of salt
- 6.75 ounces all-purpose flour (about 1 1/2 cups)
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1 cup granulated sugar
- 1 teaspoon vanilla extract
- 1 large egg, lightly beaten
- Cooking spray
- 2/3 cup packed light brown sugar
- 1/2 cup flaked coconut
- 2 1/2 tablespoons butter
- 2 teaspoons fat-free milk

Preheat oven to 350 degrees F. To prepare cake, combine first 5 ingredients in a small saucepan; bring to a boil, stirring occasionally. Remove from heat, and let stand 10 minutes or until dates are tender. Weigh or lightly spoon flour into dry measuring cups; level with a knife. Combine flour, baking powder, and 1/2 teaspoon salt in a bowl. Stir in date mixture, granulated sugar, vanilla, and egg until well combined. Pour batter into a 9-inch springform pan coated with cooking spray. Bake for 20 minutes.

To prepare topping, combine brown sugar and remaining ingredients in a small saucepan; bring to a boil. Reduce heat, and simmer 1 minute. Pour brown sugar mixture over cake; bake for an additional 13 minutes or until a wooden pick inserted in center comes out clean. Cool in pan 5 minutes on a wire rack. Run a knife around outside edge. Cool completely on a wire rack.



www.moscowfood.coop/recipes/recipefinder.dyn?action=displayRecipe&recipe_id=1860090

is an especially good reason. If you agree, e-mail me at ivyrose7@hotmail.com to tell me about your party.

Ivy thinks any reason is a good reason to have a party, but a party that is geared towards getting people to be active in their community

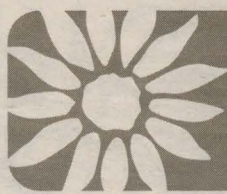


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Omnivoria: Eaton Beef is now 100 percent Grass-fed

By Alice Swan, Newsletter Volunteer

Brennus, the Co-op's Meat Manager, recently asked me to feature Eaton Natural Beef in the newsletter again, as it's been a while since I featured the most local of all the Co-op's meat suppliers. So I got in touch with Joe and Nikki Eaton to see what news they had to share. Their news, which I thought was pretty exciting, was that this winter, for the first time, Eaton Natural Beef is 100 percent grass-fed.

In the past, the Eatons have supplemented their cows' winter diet with local wheat and pea screenings during the snowiest months of the year. But this year, as a result of improving the quality of hay that they grow, they've been able to make the transition they have been working towards for several years to 100 percent grass-fed all year. As Brennus wrote in his column in the January newsletter, grass-fed beef is much healthier for both the cow and the consumer than its conventional grain-finished counterpart. The meat is leaner, with a higher proportion of healthy fats, and the cows are eating their natural diet.

The Eatons have a herd of 250 Charolais and Black Angus cross-bred cows that spend their summers on pasture in Harvard and

Emida, Idaho, and winters on the Eaton ranch in Wawawai Canyon, where they graze on pasture as long as the weather permits. In the winter months when pasture grass is unavailable, they are fed alfalfa and grass hay, and always have access to both the protection of the barnyard and pasture. The Eaton family has been ranching in Wawawai Canyon for over 60 years, and their methods have changed very little during that time, which means they have never used growth hormones or prophylactic antibiotics. A network of extended family members contributes to all aspects of running the ranch, and they are constantly looking for ways to improve the sustainability of their practices and the quality of their products (such as making the switch to 100 percent grass-fed).

Another change to note is that Eaton Natural Beef is now found exclusively in the freezer section at the Co-op. That means a little more planning ahead to serve Eaton Beef, but will also mean more variety and a more consistent supply, good news for Eaton fans. This summer, for the first time, Eaton Natural Beef will also be available at the Moscow Farmer's Market. Stop by and talk to Nikki, if you haven't met

Eaton Natural Beef Roast

Put a frozen roast in a slow cooker with a mixture of salt, pepper, red pepper, garlic and rosemary (or use a pre-made spice combination—Nikki likes Everything Seasoning). Add some cut-up potatoes, carrots and onions. Cook on medium for the whole day.

Nikki says, "It falls apart and is so tender, and it fills the house with a yummy smell."

her already—she's very friendly, and would love to chat with you about her wonderful beef.

I hope that by the time you are reading this article, you may have already gone to see the first film in the new monthly series the Co-op will be hosting at the Kenworthy Performing Arts Centre (full disclosure: I work at the Kenworthy, and have been helping plan the film series). The film, *Good Food* (which will show Thursday, March 5, at 7 p.m.), is about a return to family farming in the Northwest and the development of a more sustainable food network than the model of heavily petroleum-dependent industrial-agriculture that became the norm after World War II. The Eatons are part of this movement, and an important part of our local food community. They've hosted dinners with a local and sustainable focus at their ranch for various groups over the past several years, and plans are in the works for 2009

tours. Check their website, www.eatonbeef.com, for more details.

I often feel a little bit lame when providing recipes for grass-fed beef, because some part of me thinks that I should provide a very elaborate recipe each month with my column. But the truth is that grass-fed beef (and Eaton beef is no exception!) has such a strong, distinctive flavor, that it requires very little intervention to taste great. The following is Nikki Eaton's favorite way to cook her beef (and it doesn't even require defrosting!). It's a perfectly simple recipe for delicious meat. Nikki and Joe have three children in addition to the full-time responsibilities of running their ranch, and this is a perfect recipe for busy families. Start it in the morning, and dinner will be waiting for you in the evening.

Alice would like to remind everyone to vote in the Co-op board elections this month.

Co-op Crossword Puzzle

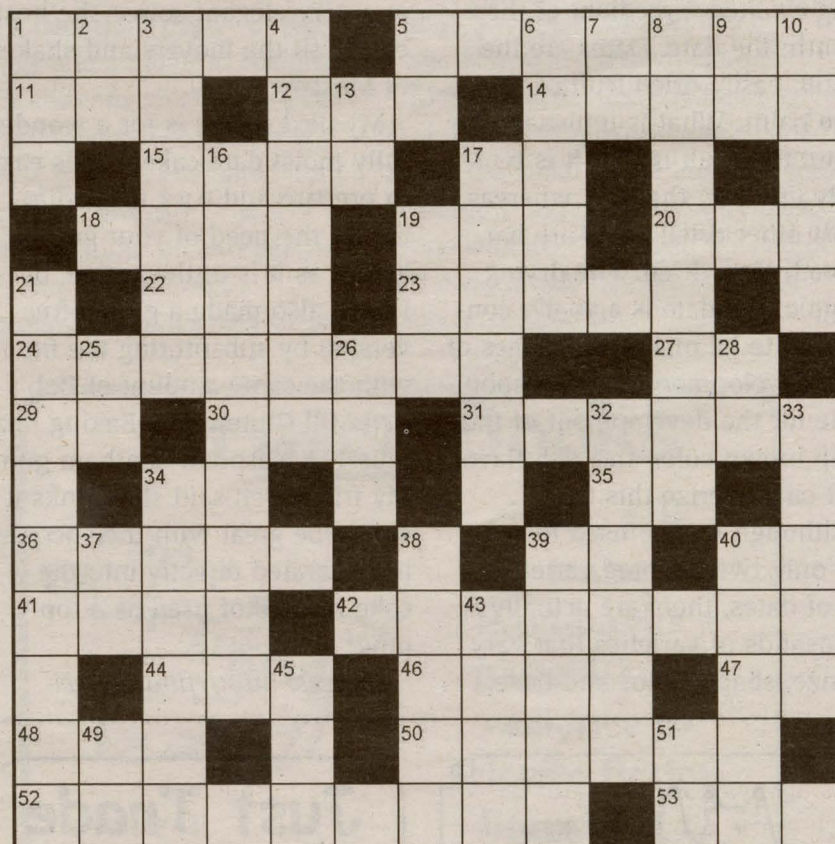
By Craig Joyner

ACROSS

- 1 Last month's profiled staff, 1st name, 2nd is 5 across
- 5 See 1 across
- 11 Australian burger bird
- 12 MFC's ____ at the Co-op
- 14 Cylindrical pasta
- 15 Bleak
- 17 Narnian author, ____ Lewis
- 18 World's largest champagne house
- 19 Business leader
- 20 The kind of candle you don't burn for illumination
- 22 Genetic material
- 23 Hauberk
- 24 MFC's Valentine's Day cheese
- 27 Spanish yes
- 29 Ancient Sumerian ziggurat
- 30 Golfer's group, abbreviation
- 31 Maranatha and Zinke's Orchards make this kind of butter
- 34 Base or acid
- 35 Global governance agency
- 36 Idaho town or bay near the Gulf of California
- 39 One of the Bachs
- 40 The toothpaste state, abbreviation
- 41 Single serving of bread
- 42 So popular the Deli had to bring it back
- 44 The other half of culpa
- 46 Crokinole

DOWN

- 47 Before was
- 48 Japanese apricot
- 50 February's profiled volunteer, 1st name, 2nd is 34 down
- 52 March 7th in Moscow
- 53 Buddhist belief
- 1 Last month's subject of People We Meet, 1st name, last is 39 down
- 2 Chamber, abbreviation
- 3 Author ____ Welty
- 4 Blackfish
- 5 Saint abbreviated
- 6 British spa or type of salt
- 7 ____ the People
- 8 ____ Ranch, producer of organic lamb
- 9 Hospital caretaker
- 10 Latah County town between Troy and Bovill
- 13 Train tracks, abbreviation
- 16 Wine lover
- 17 Optimum or Kashi
- 19 Jaguar or Viper
- 21 Palouse optometrist and newsletter advertiser
- 25 Baseball abbreviation
- 26 Persian or calico
- 28 The Hoosier state, abbreviation
- 32 Bivalve shellfish
- 33 ____ All Natural Soda
- 34 See 50 across
- 37 Carry out



- 38 Brewed in Oregon, Full Sail Sessions ____
- 39 See 1 down
- 40 The bear from The Hotel New Hampshire, State of ____
- 43 Molten rock
- 45 Friendly scrubbing powder Bon ____
- 49 This state's name means "a large

- hill place", abbreviation
- 51 The last two letters in the alphabet

Craig Joyner is addicted to the Bequet's Celtic sea salt caramels. Clue suggestions or comments can be sent to cascadeeffect@hotmail.com.



Veganesque: Choice Equals Freedom

By Caitlin Cole, Newsletter Volunteer

I have always found St. Patrick's Day to be a weird holiday. Part religious and part rev-
eille, it is a holiday that celebrates the life of Saint Patrick by commemorating his death. There are many peculiar things about St. Patrick, starting with the fact that he was a Scottish or a British guy named Maewyn



Succat. There are not many facts about Mr. Succat's life, but most of the "legends" consistently credit him for converting the entire island from their ancient Pagan religion to his own.

I grew up in an Irish family outside of Boston where Irish culture is revered. We lived in the suburbs, but my grandparents lived in "Southie," the South part of Boston that is a working-class Irish neighborhood. I remember most of the neighborhood stores would have a sign in the window that said, "Show your Southie pride" inside a shamrock. I did feel a sort of pride when I saw those signs, more like a sense of belonging. My family wasn't Catholic like most of the kids I played with in that neighborhood, which made my brother and I slightly suspect, but we were included in their shenanigans. Back in the 'burbs, our family heritage did not matter, so I suffered serious bouts of lack of pride.

On the Sunday closest to St. Patty's Day, we would visit Nanna and Grandpa in Southie and we would claim our spot in Andrew Square to watch the parade. Ireland is said to have 40 shades of green, and there were at least that many at the Parade! Plus pipe bands and jigg-
ing too. After the parade, we would go back to Nanna's for Irish stew, which was made with lamb and cabbage. I did not like lamb or cabbage, so I got to eat anything of my choosing, which was always a fluff-a-nutter sandwich and a can of tomato soup. (A fluff-a-nutter sandwich is a regional favorite made by spreading smooth peanut butter on one piece of white bread and marsh-
mallow cream on the other, then putting them together.) My parents were not usually this flexible with allowing our own food choices, which was another

reason why my brother and I looked forward to the wearing of the green day!

When I contemplate St. Patrick's Day from my adult perspective, my two favorite things about it were being with my family and choosing the sandwich. I have misgivings about what St. Patrick did. I wonder if my relatives wanted to convert or if their choice was taken away. Perhaps they preferred their own Earth-centered egalitarian society to the one that was possibly imposed on them. How would history have been different if the Druids had not been visited by St. Patrick and their artifacts were not destroyed? When I feel troubled with these questions and struggle with whether or not to celebrate this holiday, I think back to the feeling of belonging and the honoring of my choice in my Nanna's kitchen. When people have choice, they have freedom, and when these lucky choice-having folks exercise their choice, they honor their freedom. That is how I feel about the upcoming Co-op Board of Directors elections taking place throughout March. The Co-op is an essential part of the Moscow-Pullman community, and as a member I am glad to have the freedom to vote for the people I feel will do the best job carrying out the vision of the Moscow Food Co-op.

And since the Co-op carries vegetarian marshmallow cream, I can exercise my choice by eating a fluff-a-nutter on salted French bread with my family instead of traditional Irish fare! If fluff-a-nutter sandwiches don't appeal to you, you are free to choose a recipe below.

Caitlin Cole hopes you will choose to vote!

St. Patty's Day Soup

Serves 6-8

- 3 small leeks, white part only
- 1 large onion, chopped (about 1 1/2 cups {360 ml})
- 1/2 cup water
- 1 tablespoon extra virgin olive oil
- 2 pounds local potatoes, unpeeled, diced
- 5 cups vegetable stock
- 1 stalk celery, sliced
- 1/2 cup chopped fresh parsley
- 2 cups unsweetened soymilk
- 1 to 2 tablespoons nutritional yeast flakes
- Salt and pepper
- 3 green onions, sliced

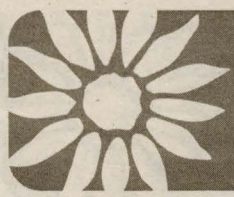
Have ready a 10- to 12-quart stockpot. Cut off and discard the root end of the leeks and cut the leeks in half lengthwise. Separate the layers and wash them thoroughly under running water to remove any dirt that clings between the layers. Thinly slice the leeks and put them into the stockpot. Add the onion, water, and olive oil and cook and stir over high heat for about 5 to 8 minutes or until softened, adding a small amount of water, if needed, to prevent burning the vegetables. Add the diced potatoes, vegetable stock, celery, and parsley and simmer for 30 minutes, stirring occasionally. Add the soymilk and nutritional yeast flakes and season with salt and pepper. Put half of the soup into the blender in batches and puree until smooth, or use a hand blender to partially blend the soup right in the stockpot. Just before serving add the sliced green onions.

Lucky Orange Apple Bread Pudding

Serves 6-8

- Zest of 1 orange
- Zest of 1 lemon
- 1/2 cup fresh orange juice
- 1 1/2 pounds firm sweet apples (Fuji, Gala, Pink Lady, or Braeburn)
- 1 cup plus 2 tablespoons brown sugar
- 1 cup water
- 2 (3-inch) sticks cinnamon
- 1/2 cup walnuts
- 1/4 cup raw pine nuts
- 3/4 cup vanilla soymilk
- 1/2 cup black raisins
- 1/2 cup golden raisins
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon ground ginger
- 5 slices Daily Wheat bread

Preheat the oven to 350 degrees F and lightly oil a 9 x 13-inch glass baking pan. Mince the orange and lemon zest and place it in a large mixing bowl. Squeeze the juice from the zested orange and add the juice of 1 or more oranges to measure 1/2 cup. Add the juice to the bowl with the zest. Peel, core, and chop the apples and place them in the bowl with the orange juice and zest. Mix well to coat the apples. Combine the brown sugar, water, and cinnamon sticks in a 2-quart saucepan, cover, and bring to a boil over high heat. Uncover the pan, lower the heat to medium, and simmer gently for 10 minutes. Add it to the apples. Toast the walnuts and pine nuts over high heat in a non-stick skillet, stirring constantly for 1 to 2 minutes until the nuts just begin to turn golden. Transfer them immediately to a dish to cool and add them to the apples. Add the soymilk, raisins, cinnamon, nutmeg and ginger to the apples. Toast the bread until dry and cut it into 1-inch cubes. Add them to the apples and stir well to moisten the cubes and distribute the ingredients evenly. Transfer the pudding mixture to the prepared baking dish, cover with aluminum foil, shiny side down, and bake for 45 minutes. Carefully lift the aluminum foil and stir the pudding mixture to break down the bread cubes. Replace the aluminum foil cover and bake for 15 to 20 minutes longer, or until the apples are softened. Serve warm or chilled.



Allergy and Gluten Free: The Vote is In on the Top Eight

By Terri Schmidt, Newsletter Volunteer, illustration also by Terri

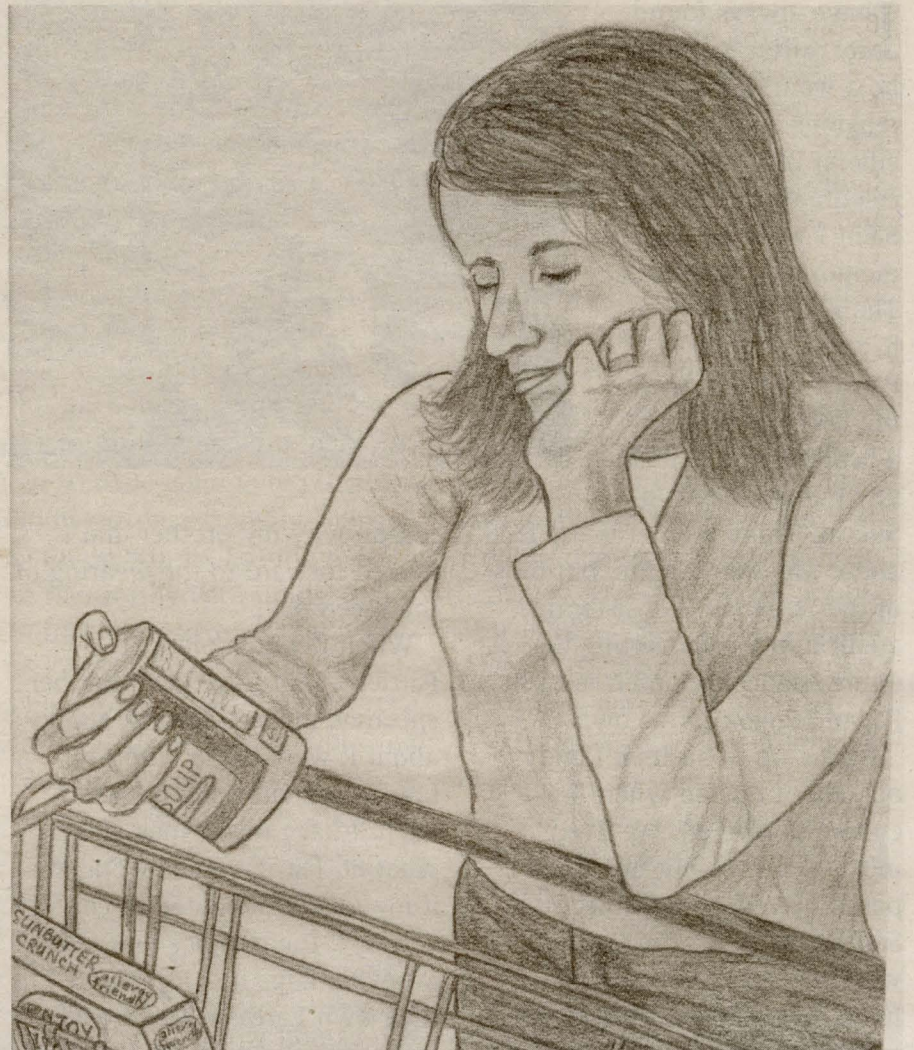
According to the CDC, eight foods — milk, eggs, peanuts, tree nuts, fish, shellfish, soy and wheat — account for 90 percent of all food allergies. In children, the most common food allergies are cow's milk, hen's eggs, peanuts, tree nuts, soybeans and wheat. The most common offenders for adults are peanuts, tree nuts, fish, crustaceans (like crab, shrimp and lobster), mollusks (like clams, mussels and oysters), fruits and vegetables. www.webmd.com/allergies/guide/food-allergy-testing

Fortunately, it is now easier to know if those top allergens are in your packaged foods. The labeling law passed three years ago requires manufacturers to clearly identify on their food labels if a food product has any ingredients that contain protein derived from any of the eight major allergenic foods. If you have other food allergies you will have to do a

“Food allergies are becoming more and more common. It is estimated that around 12 million Americans have food allergies.”

lot more reading of labels. Enjoy Life products, available at the Co-op, are specially made to be free of the top eight allergens.

Food allergies are becoming more and more common. It is estimated that around 12 million Americans have food allergies. According to the Center for Disease Control, food allergies in young people increased more than 18 percent between 1997 and 2007. One of the most recognizable increases is peanut allergies, which can cause fatal anaphylactic reactions. Years ago,



Quinoa Pilaf with Cumin

- 1 onion or leek, chopped
- 2 cloves fresh garlic, minced
- 1 stalk celery, sliced
- 2 tablespoons olive oil
- 2 cups water or vegetable stock
- 1 cup quinoa
- *1/4 cup slivered almonds
- 1 10-ounce package frozen peas
- 1 carrot, chopped
- 2 teaspoons cumin
- 1/2 teaspoon sea salt

Saute onion or leek, garlic and celery in olive oil in a two-quart pan on medium heat till softened (be careful not to burn the garlic.) Add water to pan and bring to a boil. Rinse quinoa well. Add quinoa and remaining ingredients to pan. Cover, and simmer 15 minutes.

*Substitute sunflower seeds if allergic to almonds.

Cold Noodles With Artichokes and Roasted Red Pepper Sauce

www.allergygrocer.com/id820.html

- 10 to 12 ounces rice linguine
- 12 ounce jar roasted red peppers with liquid
- 6 ounce jar marinated artichokes with liquid
- 1/4 cup rehydrated sun-dried tomatoes (not oil cured)
- 1/2 cup parsley fresh parsley leaves
- 2 medium carrots, thinly sliced
- 2 medium firm, ripe tomatoes, diced
- 2 tablespoons white wine vinegar or white balsamic vinegar
- Salt and freshly ground pepper to taste

Bring a large pot of water to a boil. Add the linguine and cook at a rapid simmer until al dente. Drain the linguine and rinse under cold water until cool. In the meantime, combine the red peppers and artichokes, their liquids, the sun-dried tomatoes, and parsley in a food processor. Pulse on an off until the mixture is coarsely and evenly chopped. In a serving bowl, combine the red pepper and artichoke mixture with the linguine in a serving container and toss. Add the carrots, tomatoes, and vinegar. Season to taste with salt and pepper and toss again.

our preschool rarely had children with peanut allergies. Now we have one or two children every year with a peanut allergy. Local grade schools have separate tables in the lunch room for children who are allergic to peanuts.

The rise in allergies has been confined to modern industrial countries. There are some theories as to why allergies are increasing. One is that we are exposed to many more foreign substances, such as chemicals, than ever before, which affect the immune system. Another suggestion is that “with added focus on cleanliness and sterility, with almost no exposure to normal parasites and pathogens, human bodies in affluent cultures have failed to build up adequate immune systems, making them all too susceptible to just about any ailment that comes our way. Immunization, antibiotics and anti-bacterial hand soap all serve their purpose well, but result in a vastly weakened immune system.” http://immunology.suite101.com/article.cfm/the_rise_of_allergies

Many of us with allergies have resigned ourselves to making a majority of our food from scratch. The extra time spent is balanced by the peace of mind gained in knowing you are eating safe foods. The Food Co-op has both allergy free packaged foods

and wonderful fresh ingredients to cook with. The recipes for this month incorporate some of the lovely produce available in our store and other ingredients found on the shelves or in the bulk containers. Both recipes are free of most common allergens.

Quinoa is a fluffy light tasting grain that's a good source of fiber and protein. It tastes best if you rinse it well before cooking to remove the bitter coating on the grain. A fine mesh strainer helps keep the tiny grains from going down the sink. The cold noodle recipe is full of fresh flavors and colors. If you want a good rice pasta that is very similar in texture to wheat pasta, try the Tinkyada brand in the Co-op's pasta aisle.

Terri Schmidt encourages you to get out and vote this month for your favorite people to represent you on the Co-op's Board of Directors.

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Letter from the Land: Gardens and Workplaces Modeled on Ecosystems

By Suvia Judd, Newsletter Volunteer

To help members remember Co-op Board elections, Carol Spurling and Bill London asked us to incorporate the concept of democracy in our pieces this month.

Have you ever thought about how much an industrial monocrop field has in common with an authoritarian or autocratically structured human organization? The monocrop field is undiverse in species (by definition) and simple in relationships. Large amounts of energy are applied to reduce competition from other plants (labeled "weeds") and to kill other organisms labeled "pests" or "diseases." Large amounts of energy are applied as chemical fertilizers to boost production. There is little concern for wider consequences beyond output.

In authoritarian organizations, similarly, there is little diversity. The flow of energy and information is predominantly top down, and is exerted to stifle dissent and to maintain uniformity of behavior and consistency of output. The main measure is productivity; other kinds of feedback and information flow up the hierarchy are not encouraged. There is little concern for anything or anyone other than meeting production goals.

So what is the alternative to top down systems? Permaculture (like eco-ag and other alternatives to industrial agriculture) seeks to create food-growing systems modeled on nature. Permaculturists also take their principles beyond the garden into other human endeavors. A permaculture edible forest garden is typified by a variety of species, a diversity of functional roles, and multiple complimentary relationships, all changing over time. The gardeners at work are constantly observing, learning and interacting with the system. Similarly, human organizations based on permacultural principles will be characterized by a diversity of persons and roles, strong relationships, decentralized decision-making, and a good information flow in every direction. In other words, they will exhibit workplace democracy.

The excessive control and obsession with output of authoritarian systems, whether agricultural or human, stems perhaps from fear of scarcity. In contrast, the ecological/permacultural farmer values all the organisms on the farm for their biological services, and assumes that these contribute to the good of the whole. Likewise, the managers of

a democratic workplace rely on what each employee has to offer, and assume that everything each person has to offer contributes to the well-being of the system. So while the authoritarian assumes that tight control is needed to maintain efficiency and guarantee output, the permaculturist, with a more relaxed touch, values efficiency but measures it differently, and counts the yield in terms of all the parts of the system, not just one.

So what does this have to do with our Co-op?

Consumer food co-ops can be democratic organizations at two levels. One level is the collective ownership by the members, and their election of a board to represent them. The other level is the workplace. In the co-op renaissance of the '70s and '80s, many young co-ops grew from food-buying clubs into consumer co-ops run by staff collectives. Many of those co-ops struggled; a frequent fallback was to a hierarchical single-manager model. I worked as a staff member and a volunteer in two such co-ops. One abandoned the collective concept and hired a single manager; the other now has a 73-member collective that makes decisions by consensus, runs two storefronts, and had 11 mil-

lion dollars in sales last year. (The Olympia Food Co-op in Olympia, WA.) I think the struggles of those early co-ops were more because employees were not experienced in how to run a business and a grocery than because of the failure of the collective management model.

Workplace democracy can range from a pure consensus-based collective to a hierarchical organization with a democratic style. Many co-op member-owners do value economic and social justice as much as they value organic food, and so care about the treatment of their employees. My sister and her husband, for example, will not shop at their community's co-op because the manager broke the employees' union.

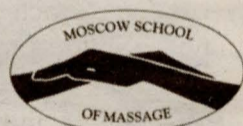
I don't seek a revolution at our Co-op. But when I look at Board of Director candidates, in addition to looking for people who value natural and organic food, understand finances, and will be answerable to the membership, I look for folks who will keep nudging the Co-op towards a more democratic workplace.

We don't give up on democracy in our government because it is too hard; why should we settle for less in our workplaces, especially if we own the workplace?

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In the Garden: Winter Damage

By Holly Barnes, Newsletter Volunteer

“In the hope of reaching the moon, men fail to see the flowers that blossom at their feet.”

—Albert Schweitzer

I'm writing about this topic as if it were in the past. I wish it were so! As I write this, I know that we still will experience cold and snow before winter reluctantly gives way to spring.

After a winter like we have had, it is common for some of our trees, shrubs and plants to look badly damaged, sick or dead. Broken branches may be removed, or left until the weather moderates as long as they are not a hazard. At that time, prune all broken twigs and branches back to within 1/4 inch above a live bud.

Plants may suffer frost damage this year because we had a spell of cold weather before our first snow. Again, wait until winter's icy grip has let up and buds have begun to swell before trimming back damaged tissue. Wait until plants break dormancy (leaf buds begin to swell), and the threat of low temperatures has passed, before trimming back damaged plant parts.

A preventive tip is to not prune or fertilize late in the summer, a practice which encourages plants to put on late-season growth which is highly susceptible to freezing.

The icy snow flattened many of my perennials, and they look

very bad. I will leave my trees, shrubs and plants alone until they start growth when the weather warms, and then survey the damage and remove the dead tissue. Some plants are notoriously slow to start growth in the spring, so waiting until May or June is advisable before deciding that an entire plant must be removed. It's hard to keep hands off, but be patient. Some evergreens may turn brown as late as May or June, but whenever it occurs, don't assume a tree or shrub has died. Tolerate the brown foliage until the new growth appears and then prune very lightly.

Frost heaving damages roots. Frost heaving occurs when periods of freezing and thawing push small, shallow-rooted plants out of the ground. The thawing water refreezes, expands in the soil and pushes the plant up. Newly planted shrubs and trees are also susceptible to heaving. When the snow thaws, take a walk around the garden to look for exposed roots. If the ground has thawed enough to replant the roots, then do so — if not, grab a handful of leaves or mulch and cover the roots until such time that you can replant.

Not one of my favorite trees,

In the March Garden:

✓ Following a cold winter like this one, it's good to use phenology to figure out when to plant in the garden. Phenology is a branch of science dealing with the relations between climate and periodic biological phenomena such as bird migration and plant flowering. It is a study of events that happen in regular cycles. When the leaves first begin to emerge from the bud scales, it is safe to plant seeds of cool-weather vegetables like peas (flowering and edible) and lettuce, beets, carrots, radish, spinach and chard. Hardy annuals can also be planted at this time, for example, bachelor buttons, calendula and larkspur.

✓ Prune and dormant spray fruit trees on a moderate day when no frost is expected for 48 hours or so.

but one I see around a lot so someone must like it, is arborvitae. They had a bad winter! All over town are examples of the poor suffering things, each branch splayed out in a different direction. If the branches are not broken, you can tie the tree back together, using twine or rope (depending on the size and weight of the tree and branches) twisted in a spiral from bottom to top, catching the wayward branches in the spiral. If branches are broken, they will need to be removed and the tree will likely have a bare spot unless you can rearrange neighboring branches to cover the gap. Next year, be sure the twine firmly

holds the branches together before the snow arrives and keep an eye on the snow load, removing it when it gets too heavy.

There are many cultural strategies available for preparing your garden for winter. Unfortunately, many of us fail to prepare in the fall and once the winter has set in it's really too late to do much to salvage the situation. After a winter like this one, I suspect we gardeners will be a little more responsible with our care come next year.

Holly Barnes is looking forward to three weeks in southern Arizona and hopes that spring is more than just a promise when she returns.



This arborvitae is suffering from the effects of excess snow load this winter

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Los Lombricultores (vermiculturalists) de Tomatlán : “Es buena para la salud - ¡Complemento!” (It’s completely good for the health!”)

By Jeanne Leffingwell, Newsletter Volunteer

My interest in vermiculture (raising earthworms) and vermicomposting (raising them for their compost-like wastes) began several years ago when I bought a “kit” at the farmers’ market from long-time Co-op member Theresa Beaver. This included a green Rubbermaid tub with air holes drilled in it, a layer of shredded paper for bedding, and a starter ‘can of worms’. Theresa also included careful advice on maintaining the worms in their green tubs. If we could provide the right amount of food scrap, moisture and cover, then eventually these little guys (actually gal + guy hermaphrodites) would reward us with harvestable castings, the “by-products” or what passes through their little bodies. Our flowers, trees, veggies, whatever, would love it.

I remember the fun when Theresa went with me to share another starter box with my son’s 1st grade class. Some pretty cool hands-on learning, about food and poop and the cycle of life!

My family kept our tub of worms happy (I like to think) for several months, as they consumed our kitchen waste, and we learned how to “keep the balance” with them, so that neither odors nor fruit flies carried the day. We got them all the way through a winter and spring inside our home, and then they met their demise before I could harvest much of the “black gold” they created. When I moved them out under the shade of our deck for the summer, too much dripping water from an overhang accidentally drowned them.

My family hasn’t tried vermiculture since, but I know both my son and daughter (now in college) enjoyed this early lesson in ‘green’ living.

Last winter, while visiting Tomatlán, Mexico, for the second time (para practicar mi español), the view out one window of my little apartment contained what I thought must be a germinating vegetable patch. It took up a major portion of the neighbor’s back yard. Five long beds were being carefully hand-watered by the women of la casa at least three times a day.

One day, when that whole part of the yard suddenly grew a roof,

I became even more curious. What kind of plants were they growing under there!?

It turns out, this veterinarian and his family were raising lombrices (earthworms) from which they collected the “humus y líquido.”

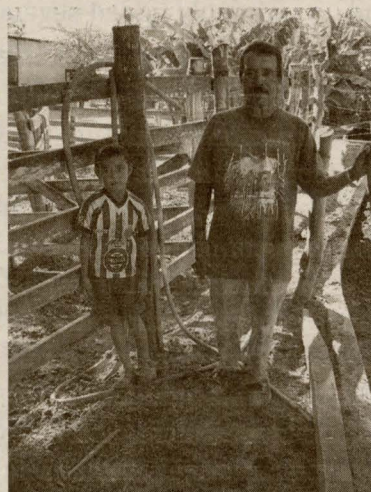
In case you don’t know, earthworm castings are the key ingredient on most organic farms, whether long-time or recently established. Historic evidence of vermiculture goes all the way back to ancient times, and to the cradle of civilization. But don’t feel bad if you never had a clue. In the last 50 years, the agri-business folks and the distributors of synthesized fertilizers haven’t exactly wanted you to know this!

But clearly, what I saw out my back ventana was no small backyard operation. I was full of questions: Did El Veterinario use all the contents of the five-gallon buckets, into which the worm “juice” was collecting? Where did he use it? How long did it take to fill a bucket? Did he sell it? To whom? How much did he sell it for?

I knew I would be able to ask these questions and more, because everyone in Tomatlán is very friendly (especially if you are trying to learn their language) and no one seems to mind my questions. Besides, my new friend Luli seemed to know everything about everybody... But alas! I ran out of time for inquiry. So I promised myself that on my next visit here, I would get the skinny on the worm poop and pee.

So get this: When I returned two weeks ago, I found that the big backyard operation has grown out of the backyard! It is now 350 kilos of worms, out by the canal. And Dr. Manuel Velasco, his esposa Rosa Anna, and their four kids intend to double the current area in the next year, as well as build a permanent shade roof over it all – a substantial investment.

And it turns out there are three



Left: Temporary storage of worm liquid. Middle: Nicolás and his family live at and maintain the worm farm at the banana plantation of Sr Fuentes. Right: Jose Manuel and the author inspect humus on the organic banana plantation of Pedro Fuentes

more worm farmers in Tomatlán. They all do other things as well. Jose Manuel Chavez is a musician and performs at fiestas and special occasions all around the area. There is also Florencio Valentin Flores, and finally Pedro Fuentes, who with his sons, owns the largest banana plantation in the area. I did not meet Sr. Fuentes the day I got to see their really huge operation, because I guess he was up in his private airplane inspecting his platanera.

But what I have learned so far is truly exciting! It was only two years ago that Manuel Velasco (the vet) took a course sponsored by the Mexican government, through the University of Guadalajara. The specialist lady who was brought in to lead this class of about 50 was from... wanna guess where? Cuba! (Hmmm, there’s another story there. Can you think of the one country in our hemisphere that we haven’t been selling chemicals to in the past few decades??)

Well, I have the answers to many of my first questions, and right now I could tell you how fast the worms multiply under optimum conditions... the production rate per month/year from Manuel Velasco’s or Jose Manuel’s worms... how much it cost Jose Manuel to build the nice shade roof over his beds... how welcome the income is to these families (or in the case of Sr. Fuentes, the hired man Nicolas and his family, who live on and maintain the worm-growing portion of the huge banana plantation)... how finally, as Manuel Velasco expressed it, “¡Es bueno para la salud, complemento!” (It’s completely good for the health!)

But I would need to write another article for all that. What I’d really like to leave you with is this:

These four lombricultores of Tomatlán have found varied and innovative ways to sustainably raise earthworms, in what is clearly an expanding scale. When I asked Manuel Velasco what was most enjoyable to him about this, his answer was: watching his children learn and grow with la operación.

They are basically growing better, healthier food, with no artificial inputs. They have learned how to insulate their worms from the heat, which they have too much of a lot of the year. We on the Palouse would need to insulate for the cold. They appear to be very careful in their use of water, as should we. And the closer the worms can be to a source of food - in their case, nearby goats, sheep and other farm animals - the better.

But what they are doing in Tomatlán we could do, with slightly different modifications, in our region. These individuals are clearly envisioning a prosperous future, as they make major investments in small, medium and large-scale organic vermiculture and vermicomposting. We should too!

Reporting from the field this month, Jeanne Leffingwell, a local artist, is the founder and director of The Million Bead Project. On her first trip to Tomatlán, she took several Moscow High School Spanish-learning students and an assistant to teach bead weaving to elementary students at Tenochtitlan Primaria Escuela. Jeanne is thrilled that she was able to do all the interviews for this article using su español!



Meals Kids Might Eat: Crockpot Breakfasts!

By Judy Sobeloff, Newsletter Volunteer

Last month, I wrote about my joy and relief in making dinner in the crockpot, finally finding a way to have dinner ready when the kids and I walk in the door. I wrote specifically about the crockpot's magician's-hat qualities — toss in a few scarves and out comes a rabbit.

This month, unfortunately, I came upon "Slow Cooker Caveats" from Robin Robertson, author of *Fresh from the Vegetarian Slow Cooker*, who seemed to have read my mind: "The slow cooker is not a magic box—you may think you can just throw in a bunch of ingredients, turn it on, and out comes a fabulous meal." (Yes, yes, my sentiments exactly!) "Well, there are certain times when this is true and other times when it isn't."

Gosh darn it! I was having fun throwing ingredients together and letting them cook for however long I had. Only once, when I doubled the recipe and tried to cook it in half the time, was dinner not ready until the following night.

And Robertson wouldn't approve of my Unintentional

Mutant Recipe either: in making one recipe from her book, I inadvertently added several ingredients from another. Only the need for nutmeg in polenta pie gave me pause.

In fairness, Robertson's tips for increasing convenience seem worth a try: "You can soften onions or other hard vegetables directly in the slow cooker... However, you may prefer to opt for the extra dirty pan and sauté your vegetables on top of the stove in five minutes."

She also delves into the intricacies of cooking time: often we'd like a recipe to be done sooner than it will be, and sometimes longer. The "warm" setting on the Smart Pot may help; alternatively you can plug your cooker into a kitchen timer. Refrigerating the prepared ingredients overnight in the slow cooker insert can extend the cooking time by an hour on low.

These strategies notwithstanding, the Smart Pot's ability to switch itself to "warm" may be essential as a safety feature. The website I recommended last month, crockpot365.blogspot.com,

includes a letter from a woman who put a meal in her crockpot in the morning and had a heart attack that afternoon, only to remember while recovering in bed in the hospital that her crockpot was still cooking away in her locked house.

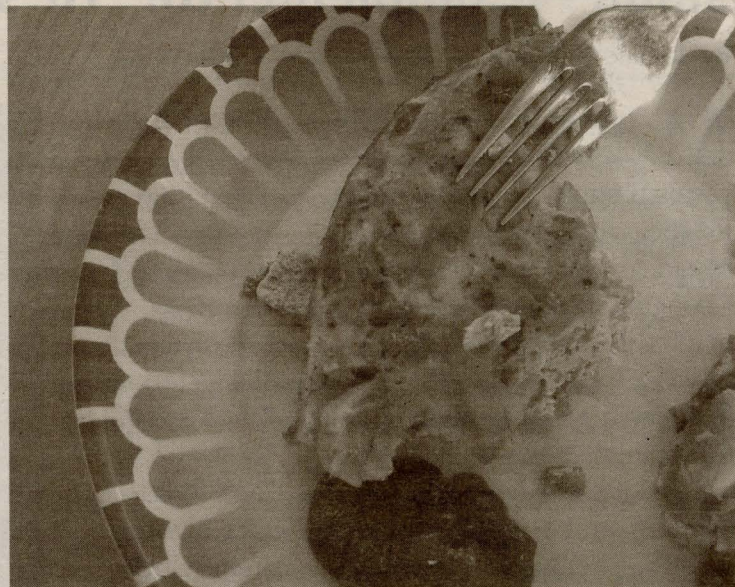
Similarly, a pregnant friend put a roast in the crockpot one morning, only to have her water break while at her prenatal appointment. She, too, remembered the still-cooking crockpot in the hospital much later. "Luckily, my mom could go to turn it off. By then it was like jerky, but we had other things on our minds."

I made two convenient crockpot breakfasts, apple crisp and a cheesy egg potato thingy (both recommended for boosting one's energy for carrying out this month's newsletter theme: Getting to the Co-op to Vote!) Both parents liked the super easy apple crisp, and both kids seemed to like it, too, though the older one said she only liked the "oatmeal" part while the younger one said he liked "every part."

Recipes abound on the Internet for crockpot potato/egg/cheese casseroles, usually with meat, and I experimented with vegetarian and vegan variations. The recipe with the eggs makes a vast quantity, but it does not reheat well, so reduction of eggs may be wise. This version was a bit puzzling to my children. "Where's the egg?" my 7-year-old asked. "Is it the chicken-looking stuff?" Her brother concurred: "The egg does not taste like egg. It tastes like some weird stuff I don't know the name of."

Once they added ketchup, however, neither kid could get enough. "Potatoes with ketchup! Yum! That's actually really good!" the older one raved.

When I subsequently made this dish without the eggs, both kids objected to the onions as



Crockpot Cheesy Egg Potato Breakfast Thingy, with ketchup

well as the other, finely chopped vegetables (5-year-old: "Some of the things, I do not know what they really are.") But once I gave them the requisite ketchup, they gobbled it up, and I gobbled up mine before I could even add any.

Judy Sobeloff loves breakfast, especially when it's already cooked.

Crockpot Apple Crisp Breakfast

adapted from www.recipegoldmine.com

- ▶ 4 apples, sliced (peeled or not)
- ▶ 1/4 cup honey
- ▶ 1 teaspoon cinnamon
- ▶ 2 Tablespoons butter (melted or distributed in small bits)
- ▶ 2 cups granola

Spray inside of crockpot with nonstick spray. Place apples in slow cooker and mix in remaining ingredients. Cover and cook on low for 7-9 hours or overnight. (Alternatively, cook on high for 2 to 3 hours.)

Crockpot Cheesy Egg Potato Breakfast Thingy

NOTE: Feel free to experiment with combinations of ingredients that work for you.

- ▶ 4-8 chopped potatoes (peeled or not) OR 2-16 oz. packages of plain frozen hash browns
- ▶ 1 onion, diced
- ▶ 1 green bell pepper, diced
- ▶ Optional: sliced mushrooms, diced tomatoes, etc.
- ▶ Up to 12 eggs (reduce as befits your eaters)
- ▶ 1 1/2 cups shredded cheddar or Monterey Jack cheese
- ▶ Optional: 4 already cooked sausages, or 1 pound cubed cooked ham
- ▶ 1 cup skim or nonfat milk
- ▶ 1 teaspoon salt
- ▶ 1 teaspoon pepper

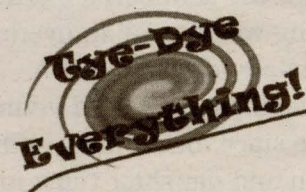
Spray the inside of crockpot with nonstick spray. Version One: Mix eggs, milk, salt, and pepper in a bowl and set aside. Layer potatoes, optional meat, veggies and cheese, then repeat. Pour egg mixture over top. Version Two: After spraying with nonstick spray, spread out potatoes on bottom of crockpot. Mix all other ingredients together in a bowl and pour over the top. Cover and cook on low for 6-10 hours, or on high for 3-4.

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Now Playing: The Good Food Film Series

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

We're happy to announce the birth of the Good Food Film Series, a monthly film and potluck at the Kenworthy Theatre that will give us a chance to see a great movie, and afterwards, eat and talk. What could be better?

Movies start at 7 p.m., and will be followed by a potluck of finger-food appetizers and desserts. Ticket prices will be \$6 for the general public and \$4 for Co-op members. If there is a co-sponsor for the movie, the members of the co-sponsoring organization

will enjoy the member price as well.

Here's what we've got planned so far:

- March 5 – Good Food
- April 2 – My Father's Garden; Beyond Organic
- May 21 – Independent America (co-sponsor Buy Local Moscow)
- June 18 – Homegrown
- July 16 – Mad City Chickens

Watch our website, and for the posters in the store and around town for more information. See you at the movies!

Mardi Gras in Moscow

By Joan McDougall, Co-op Grocery Manager and Co-op Buy Local Moscow Representative

Buy Local Moscow is sponsoring a Masquerade Ball for the Moscow Mardi Gras at the 1912 Center on Saturday, March 7, from 8 p.m. to midnight. This community dance is the

only Moscow Mardi Gras party to be celebrated at a smoke-free venue this year.

RidgeRunner, a rocking acoustic bluegrass band, will provide the live music for dancing. RidgeRunner is a longtime local favorite group that includes band members who reside across Idaho, to include Boise, McCall and Deary.

The dance focuses on the theme "Dress Up to Get Down." Lively flamboyant apparel, as well as fanciful masks, are suggested. It promises to be a lot of fun. We hope you will come play.

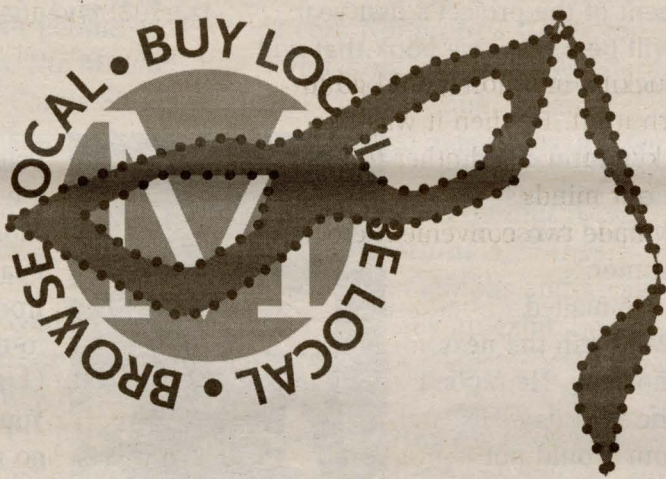
Masks may be purchased at the dance from First Book, a children's literacy program that is selling the masks as a fundraiser. First Book will also be offering a coat-check service. Proceeds from the dance go to the Moscow Mardi Gras toward the benefit of local youth organizations.

Alcoholic beverages will be

available for purchase at the dance. Mix will be providing a martini bar and Mikey's will offer beer and wine.

Tickets cost \$5 in advance (from BookPeople, Mikey's Gyros, Howard Hughes Video, and Safari Pearl) and \$7 at the door. The \$12 Moscow Mardi Gras ticket will also be accepted at the door. Admission to the event is open only to those 21 or older.

The mission of Buy Local Moscow is to showcase and to support the Co-op and the other locally owned independent businesses of the community. Moscow continues to be a vibrant community because these businesses reinvest their profits locally, donate consistently to local programs, maintain diverse product choices and strengthen Moscow's unique character. More information is available on the website, www.buylocalmoscow.com



Palouse Prairie School Update

By Nils Peterson, School Representative

Palouse Prairie School has passed a significant milestone with the approval of its Conditional Use Permit for Brown's Furniture Building. Enrollments opened in February and teacher and principal searches are underway.

March 20 and 21, Palouse Prairie School is hosting a shebang at its new facility, 105 Lauder St. This will be an opportunity to come by, to get acquainted and involved. Friday, March 20, student ambassadors from Summit School, an Expeditionary Learning (EL) school in Spokane Valley, plan to lead an orientation to EL from a student's perspective from 3:30-5:30 p.m. This will be kid-friendly event. The principal and a

teacher from the school will also be on hand. Saturday, March 21, a yard sale and kids' activities will top the bill, beginning at 8 a.m., and a live radio promotion from 10 a.m.-noon with free food at lunch.

Both days, there will be drop-in activities: Donate a Book is an opportunity to donate books for the school's library. You can donate any book, Brused Books and TJ's Books will give the school credit for ones we can't use. Visit these stores to give credit you may have to the school. Take self-guided facility tours with building and site design ideas developed by UI students on display. Spring-cleaning yard projects will be underway around the grounds.

Marimba Concert

By Mimi Pengilly, Sesitshaya Marimba Ensemble

The Sesitshaya Marimba Ensemble will present a benefit concert for cholera relief in Zimbabwe. The concert will be held on Sunday, March 8, at 2 p.m. The location is the comfortable seats and good acoustics of the First Methodist Church at 3rd and Adams Street, Moscow. Admission is \$5 minimum donation at the door.

All donations will go toward helping the people of Zimbabwe in their struggles with cholera. Our repertoire of lively African music was taught to us by our two wonderful Zimbabwean teachers, and we would like to make this donation in thanks for their efforts. Questions can be addressed to Mimi Pengilly at 882-6307

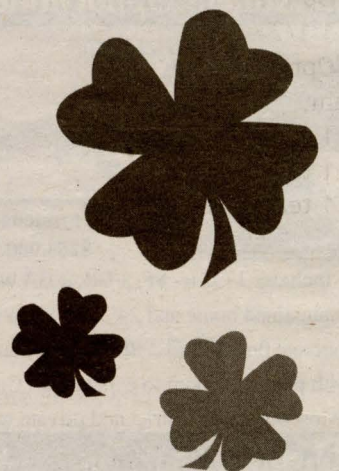
St. Paddy's Day in Palouse

By Dona Abderhalden

The Palouse Arts Council is sponsoring the sixth annual St. Paddy's in Palouse celebration on St. Patrick's Day, Tuesday, March 17, at the Palouse Grange Hall, 210 E. Bluff St., Palouse, featuring music by local favorites Potatohead and traditional Irish dancers.

The event begins with an Irish dinner from 6-7:30 p.m. This year's meal includes an authentic Irish stew or vegetarian Irish stew, Irish soda bread, colcannon, roasted root vegetables and dessert. There is a no-host bar available with good beer and wine. The music starts at 7 p.m. Tickets are \$16 for adults and \$7 for kids 6-12 (younger

kids are free) and are available from Bookpeople in Moscow, Atom Heart Music in Pullman, McLeod's Market in Palouse, and at the door.





Dime at a Time Program: School Garden

By Annie Izard, Project Assistant

Thank you! Thank you! To the Moscow Food Co-op and the community members donating their dimes in March through the Co-op Dime at a Time Program to help build a school garden at A.B. McDonald Elementary School. This is a collaborative project with McDonald Elementary and the Conservation Social Sciences Department at the University of Idaho. The purpose of the school garden is to create an outdoor classroom that provides an integrated teaching tool and an alternative learning environment for both faculty and students. The spirit of the garden is to encourage active hands-on inquiry-based learning, environmental awareness, and stewardship for the land and its resources. Not only will the garden serve as an inspiration that leads children to bring home ideas, it will be a source of information for the students, the school district, and the community.

The garden will be placed east

of the school building, and will cover 360 square feet, with six raised beds measuring 8x4 feet. The project will kick off with a volunteer workday of constructing the garden beds and preparing the soil. Weather dependent, we plan to meet March 7 or March 14 at McDonald Elementary. Community members wanting to volunteer will be warmly welcomed and greatly appreciated!

This first season, we plan to harvest lettuce in the spring and pumpkins in the fall. These two veggies will provide the students with a short- and long-term growing project, along with several potential exploratory projects in each of the different subject areas. The garden will be maintained and cared for by the students during the school year and by volunteers (including students) during the summer months. Specific responsibilities such as watering and weeding will be designated by the class-

room teacher and integrated into the daily classroom schedule.

Ms. Debbie Bell, a 2nd grade teacher, and Mr. Brian Carhart, a 6th grade teacher, will be working with their students to develop the garden initially. By starting small, we hope to be successful with their students and the garden, and attract other teachers and classrooms into utilizing and expanding the space. Directly, the garden will impact 44 students this spring and fall with the first planting and harvest. Indirectly, 402 students and their parents and families will be exposed to the newly occupied space on the school's playground.

The Dime at a Time grant will help supply tools for the future McDonald school gardeners, and additional resources for education materials and future project developments. A final component of the project's first year will be a resource book that will document our process of start-

ing an outdoor classroom and garden, provide information for gaining funding and support, ideas for future projects and development, and other useful tools discovered throughout this learning process. The biggest challenges facing teachers wanting to start a school garden are time and support. By providing a resource book and a model of an outdoor classroom, my hope is to encourage others at McDonald and other area schools to engage in developing more. Sharing my information by compiling it in one place and illustrating how easy it can be, may be the catalyst needed to motivate a teacher, community member or student to start one in their schoolyard.

For more information on volunteering or specific project details, please contact: Anne Izard, Graduate Assistant, e-mail: izar7021@vandals.uidaho.edu

Celebrating Peter Basoa

By Bill London, Newsletter Volunteer

A few nights ago, I felt like I got a message from Peter Basoa. Yes, I know he died on January 10, but this connection sure seemed real.

I was laying in bed reading (part of my nightly ritual). The book was a contemporary autobiography entitled *Are You Famous?*, written by Ken Waldman, an itinerant musician and writer who calls himself "Alaska's Fiddling Poet."

Waldman lives in his van and travels all over the U.S., support-

ing himself with concerts and workshops. On page 80, I found myself reading about Waldman's 2001 tour that included a stop in Moscow, arranged by Peter. When reading Peter's name, I awakened from my drowsy reading state.

Waldman continued for several paragraphs, describing Peter, his personality and the crowded state of his home (where Waldman put down his sleeping bag after the concert). Waldman summarized that he had "always

been fond of him, especially his warped sense of humor."

I e-mailed Waldman the next morning. He replied the next day. His tour would not allow him to come to Peter's memorial celebration, though

he really wanted to be there to say goodbye to his old pal and to offer him a farewell song.

Waldman won't be there, but hopefully all of Peter's other friends will share in the Celebration of his life on Saturday, March 28.

The Celebration begins at the Emmanuel Lutheran Church, 1036 West A Street in Moscow, from 3- 5 p.m. You are encouraged to participate and share your memories by speaking, reading, singing or playing music. If you want to participate by speaking or performing, please send an e-mail as soon as possible to london@moscow.com providing your name and phone number and indicating whether you intend to sing, play or speak. Acoustic instruments only, please. A piano is available. Please plan to keep your participation to four minutes in length.

The Celebration continues as



Peter's friends mingle or join with the Moscow Volunteer Peace Band to walk from the church to the American Legion log cabin. You are invited to go with the band, playing an instrument, singing or just walking.

The Celebration concludes with a potluck and dance at the American Legion log cabin, 321 South Howard Street in Moscow (across the street from Peter's old apartment - between Third and Fifth Streets). The band Ala Zingara (<http://www.alazingara.com/>) will be there from Seattle for dancing and fun. Please bring food and beverages to share at the potluck dinner there.

Waldman's book is available at the Moscow public library and at BookPeople.

Bill London edits this newsletter, and this month will balance the sorrow of Peter's departure with the joy of the arrival of our beloved daughter Willow and our uber-adorable grandchild Leyna for a four-month visit. Willow plans to have her second child here in April - another case of an Idaho-born spud returning to this state to spawn.

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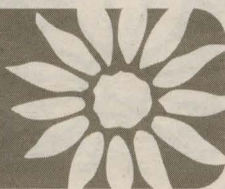
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Discounts for Co-op members



New at the Library

By Chris Sokol, Latah County Library District

“The chiefest cause, to read good bookes, That moves each studious minde Is hope, some pleasure sweet therein, Or profit good to finde.”
—Charles Butler, *The Feminine Monarchie, Or, A Treatise Concerning Bees and the Due Ordering of Them, 1609*

READING LOCALLY

A Country Called Home by Kim Barnes (Moscow). In 1960 a young couple leaves the comforts of Connecticut to craft a new life in the Idaho wilderness, but their lives are far from idyllic.

The Dart League King by Keith Lee Morris (University of Idaho graduate). In a bar in small-town Idaho, the events of a single night unfold in the presence of five very different people.

Hells Canyon & the Middle Snake River by Carole Simon-Smolinski (Lewiston). The deepest of all American gorges is a geologist's paradise as well as home to thousands of years of human history.

Protecting Moscow From the Soviets by Peter Baird (formerly Moscow). Attorney Baird tells stories, such as his participation in the Cold War as a Boy Scout scanning the skies over Moscow, Idaho from atop the Whitworth school (now the 1912 Building).

Utopias in American History by Jyotsna Sreenivasan (Moscow). From the founding colonies to the hippie communes of the 1960s to the co-housing

movement of the 1990s, the U.S. has the most sustained tradition of utopianism of any modern society.

White Jade and Other Stories by Alex Kuo (Pullman). An exploration of Asian-American identity by WSU's writer-in-residence.

NONFICTION

Bees: Nature's Little Wonders by Candace Savage. A new look at creatures both familiar and wondrously odd.

Energy Medicine by Donna Eden. Balancing your body's energies for optimal health, joy, and vitality.

Essentials of Mediterranean Cooking by Carolyn Miller. Luxuriant photographs accompany authentic recipes from Spain, France, Italy, Greece, Turkey, the Middle East, and North Africa.

Every Nonprofit's Guide to Publishing by Cheryl Woodard and Lucia Hwang. Creating newsletters, magazines and websites people will truly read.

Georgia O'Keeffe and Ansel Adams: Natural Affinities. Prints, photographs and essays to accompany an exhibition at the Georgia O'Keeffe Museum in Santa Fe.

Green Living for Dummies by Yvonne Jeffery, Liz Barclay, and Michael Grosvenor. Green principles to apply to your daily life.

The Home Creamery by Kathy Farrell-Kingsley. Easy recipes for fresh butter, yogurt, sour cream, cream cheese, ricotta, and more.

New Dog by Bruce Fogle. A veterinarian advises on choosing

your dog and making the transition to home easier.

Sasquatch: Legend Meets Science by Jeff Meldrum. An ISU professor of anatomy and anthropology takes an objective look at the facts in a controversy rife with sensationalism.

Solar Power Your Home for Dummies by Rik DeGunther. The easy way to make this power source work for you.

The Weather of the Pacific Northwest by Cliff Mass. Unravel the intricacies of the most varied weather in the United States.

DVD

August the First (U.S., 2007) Things fall apart at Tunde's graduation party, when his long estranged father returns from Nigeria, old family wounds are opened, and secrets are uncovered.

Mamma Mia! (U.K., 2008) Twenty-year-old Sophie discovers that she has three possible

fathers. She invites all three men to her wedding in an attempt to discover which is her father.

Our Spirits Don't Speak English (U.S., 2008) A history of Indian boarding schools in the U.S. since their inception in 1869, told from the Native American perspective.

The Trap (Serbia, 2007) Set in post-Milosevic's Serbia, in which there is no more war, only a moral and existential desert, an ordinary man is forced to choose between life and death of his child.

Chris Sokol works for at the Moscow Public Library, which, together with six branches, comprise the Latah County Library District: www.latahlibrary.org

Editor's Note: "Utopias in American History" in the Reading Locally section is written by volunteer extraordinaire and Co-op Community News Advertising Manager, Jyotsna Sreenivasan.

March Hot Specials



Breakfast / Lunch

Dinner

SUNDAY
Chicken Fried Steak with Gravy, Egg and Tofu Scramble

Baked Ziti: Italian Sausage or Veggies, Garlic Bread

MONDAY
Gourmet Pizza by the Slice

Beef or Vegetable Guinness Pie, Champ

TUESDAY
Corned Beef and Cabbage Rumplesdethumps

Mac and Cheese, Roasted Red Potatoes, Mean Greens

WEDNESDAY
Irish Stew: Lamb or Veggies, Buttermilk Biscuits

Meat loaf, Garlic Mashed Potatoes, Charred String Beans

THURSDAY
Smothered Burritos: Chicken, Veggies, Vegan

Chicken Pot Pie, Vegetable Pot Pie

FRIDAY
Foldovers!, Mean Greens

Gourmet Pizza by the Slice

SATURDAY
Blueberry Buttermilk Pancakes, Bacon, Egg or Tofu Scramble
Chicken and Tofu Enchiladas, Spanish Rice

Mango Coconut Stirfry, Chicken Sate, Jasmine Rice

Filling the Food Bank Cart

By Mary Jo Hamilton, Food Bank Project Volunteer

At the Co-op, have you noticed the cart with the cheerful skirt decorated with apples? It's the Co-op's drop-off point for the Food Bank. Set up in mid-December by the Social Action Committee of the Unitarian Universalist Church, it has already collected nine carts' worth of food for local food banks in Pullman and Moscow. Volunteers from UUCP pick up the food at least twice a week and deliver to the food banks. "The response has been very gratifying, and it has continued past the holiday season," says

Holly McCollister, coordinator of the project. "We will continue with the cart until there is no longer a need for the food bank, which, in this economy, may be a long time."

Nonperishable items purchased at the Co-op, as well as items purchased elsewhere, are welcome in the cart. Thanks to everyone who has contributed generously in the past. If you would like more information, or would like to volunteer, e-mail Summer at uuchurch@moscow.com.



Kenworthy Performing Arts Centre

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Moscow Food Co-op Good Food Film Series:

Good Food (UN)

March 5

Milk (R)

March 6-8

The Reader (R)

March 13-14

Hotel for Dogs (PG)

March 19-22

Sapatq'ayn Cinema:

March 25-28

UI Native American Film Festival

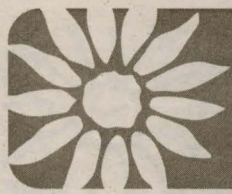
UI Borah Symposium presents

Triage

March 29

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

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The Co-op Listener: Beargrass Tuesday Co-op Music Series: March 10

By Jeanne McHale, Newsletter Volunteer

Beargrass is Shayne and Alane Watkins, a hard-pickin' acoustic duo whose songwriting and performing skills can be witnessed at the Co-op on March 10. It is a treat to have them at the Co-op, as their passion for music lures them away from their home in Deary for up to 20 weekends per year. In the summer, they enjoy extended vacations in which they combine gigs and camping trips. So settle back and enjoy some really original music in the bluegrass, I mean beargrass, style,

Beargrass evolved from the Mountain Men and Julie, a family band in which Shayne played with his Mom and Dad beginning at age 13. Alane joined the Watkins family band in 2000, then joined the Watkins family in 2001 when she and Shayne married. The result was a merger of devoted and seasoned musicians. Shayne grew up steeped in country music tradition, learning how to play chords from his dad, but teaching himself lead guitar. Alane taught herself to play guitar after buying one at a yard sale when she was 15. She then put herself through college playing gigs and cut her first album in 1997. Shayne's parents, Julie and Delvin, no longer try to keep up with Shayne and Alane's frenetic performance schedule, though they contributed prominently to their first CD "Storm Moon." A second CD entitled "Three Chords and a Capo" showcases more of the couple's clever originals with a few really nice covers (John Prine, Doug McQuire) for spice.

In their separate lives before Beargrass, Shayne and Alane honed their singing, playing and songwriting in their own styles. As the son of the founders of the annual Weiser Fiddle Festival, Shayne's country and bluegrass tendencies are no surprise. Alane was inspired by more contemporary country folk exemplified by Kate Wolf and Nanci Griffith. This combination of influences makes for a blend as pleasing as their husband-wife vocal harmonies. Their range of song topics includes compulsory country themes like drinkin', cheatin', and the meaning of a cowboy hat, but stretches out



Alane and Shayne Watkins at their Deary home, with one of their border collies.

with subjects that aren't in the conventional country or bluegrass libretto. Alane has written at least three songs that feature the moon, including the beautiful Storm Moon from which the title of the first Beargrass album is taken. Here, Alane plays guitar and sings of the goddesses Inanna and Baba Yaga, in this lovely pagan ballad accompanied by Shane's harmonies and nimble mandolin. "I see the moon and the moon sees me," sings Alane. But hold on, this is followed by songs about divorce, hypocrisy and a guy who thought he was a train. All these not-so-disparate themes are tied

together by fine vocal harmonies, clever lyrics, and entraining rhythms

I was treated to a live performance of Storm Moon at Shane and Alane's home, where they welcomed my Beargrass fact-finding mission. Alane flipped through the pages of a colorful photo album displaying pictures from countless regional venues. Beargrass has played the Log Inn in Potlatch, MaryJanesFarm Fair, Bicycle Idaho, the SolWest Alternative Energy Fair in John Day, OR, the Latah County Fair, and the Orofino VFW Hall, to name a few. Yet they have time for art and both hold down regu-

lar jobs: Shayne is a forester and Alane runs a human resources consulting business. It won't surprise you to learn that they don't watch television!

In their own words, Beargrass uses husband-and-wife harmonies to blend Americana with traditional country twang. They are not afraid to sing about the good and bad aspects of life and love. For proof, I offer example song titles such as "Men Get Screwed," about deadbeat moms, and "Wonderful Weekend," about wedded bliss. The themes and the music are an entertaining blend of traditional styles (from country to honky-tonk) with a range of timeless and cleverly presented lyrics. Shayne and Alane tell me that their live performances include more covers than are found on their two albums, and they have about 300 songs in their repertoire. But here's an additional tip - they don't mind requests and will even perform a requested song for the first time in a live setting! I encourage you to take them up on this offer at their upcoming Co-op performance - you will surely have a good time.

The Co-op Listener is written by Jeanne McHale, who thanks her hard-working editor Bill London for introducing her to Beargrass.

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Fun Flix

By Bill London, Newsletter Volunteer

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

Seabiscuit ... Seabiscuit was a racehorse who achieved rock-star status during the Depression. This 2003 film captures that era and tells the remarkable tale of a horse who became a popular symbol of the little guy beating the odds. The Depression itself is the real focus of this film, and the authentic portrayal of that sad time lifts this movie from good to great. Rated PG-13

Steep ... This 2007 documentary focuses on extreme skiing (the daredevil sport of skiing down from the tops of too-steep mountains). The film combines candid interviews with excellent photography of these thrill-crazed skiers sliding down almost-vertical snowfields. This sport is traced from its roots in the 1970s and through its growth at the skiing

hotspots around the world. Rated PG, it is appropriate fare for most children.

Grace is Gone ... This 2007 film spins a simple tale. A man and his two daughters learn to cope with the death of their wife-mother, Grace, a soldier in Iraq. Beyond that simple structure, the film is deep, well-written, believable and profound, with strong performances all around. Family secrets and family lies mirror governmental lies and secrets. The film is appropriately rated PG-13.

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

Bill London edits this newsletter and was thrilled to recently receive a photo of Gina and her VW bus that was taken 37 years ago - that was when she first opened her VW, her life and her heart to me.

The Moscow Food Co-op will be offering **Essential Cookery**, a series of cooking classes, through the City of Moscow's Parks and Rec Department this spring and early summer, as well as a **Living Green 101** class.

Please watch for the Parks and Rec Spring 2009 catalog and sign up for one or all of these classes!

Abused Poetry Corner

Ode to the Co-op Deli

By Bill London, Newsletter Volunteer

The Co-op Deli sure is good.
It's the place to go for the bestest food.

Lunchtime pockets are a total meal,
And at three bucks a unit, a real deal.

For wintertime veggies that are just a dream,
Try the kale slaw or even mean greens.

On Valentine's Day, looking for romance,
We gave the Co-op Cornish game hens a chance.

Those tender little birds, all juicy and fine,
Were perfect hit for this Valentine.

So, when we're hungry, this is our plan,
We eat at the Co-op Deli whenever we can.

Spring Brunch

By Barbara Morgan

Your new chocolate apricot bread inspired me to put together this yummy, nutritious, seasonal, finger and fork-food brunch to welcome Spring. It is suitable for kids of almost all ages, though it requires some assembly and some teeth. It's colorful, with light yellows, bright greens, and some dark brown accents. Here are the ingredients:

Chocolate apricot bread. Moscow Food Co-op. The title says it all. Wink, wink, nudge, nudge. It's really good. I had mine toasted.

Landgrove Guatemalan coffee. Troy, Idaho. This smooth, velvety coffee is processed locally, although the raw material comes from Guatemala and the "French" press probably comes from China. Skip the coffee for little kids, of course

A dab or two of cultured butter from the Vermont Butter and Cheese Dairy. Vermont. This dairy does a great job of protecting its butter from rancidity. They wrap it very carefully in a tube-shaped container, which you can re-wrap very carefully once you have opened it. Rancid butter is partially oxidized, caus-

ing unhealthy free radicals, a nasty metallic taste, and a translucent color change on its outer edge. Three cheers for this dairy and for the Moscow Co-op for providing it. I wish we had a local equivalent.

A smear of Marantha organic crunchy peanut butter. California. The texture of this nut butter savored against the crunch of the chocolate apricot toast (slowly slowly in your boca) has to be tried to be believed. Yummy noises may happen.

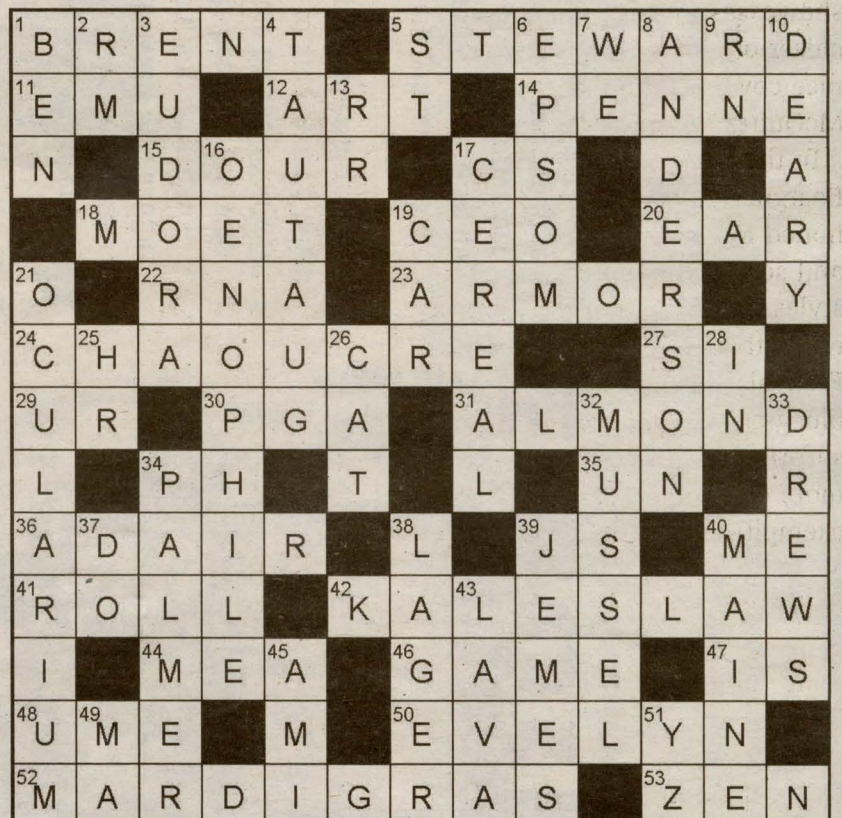
A slice or three of avocado. California, Hawaii? I'm not sure where it hailed from before it got to the Moscow Co-op. But it sure has fresh (not mushy), sweet, green avocado flavor. March and April are high-noon avocado season.

A few shreds of a great new cheese from the Benedictine Dairy. Wisconsin. I'm glad to see Wisconsin (the state that nourished and protected me for my first 18 years) getting back to its cheese roots. The cheese is equal opportunity cow, goat and sheep. It's a little nutty with a slightly tangy flavor that lingers pleasantly. The texture is not too

hard, and not too soft, but just right. It tasted like home.

A quatrain of kiwi rounds. New Zealand. Tangy and sweet. A cool complement to the unctuousness of butter, peanut butter, avocado, and cheese. It's not local. But it's good and good for you and gives you and your family a lot of early Spring vitamin C.

Arrange all but the coffee on your brightest plates and saucers to bring on Spring with some style. Enjoy slowly, tasting every bite. Then get out of your chair and go outside and play in the mud!





Bulletin Board



Co-op Events

Art at the Co-op

Friday March 27, 5:30-7pm

Opening reception of the annual display of the Moscow Renaissance Fair posters. This year's winning entries, (one to be used as the Fair's poster and one to be used as the cover of the program), will be unveiled. All the posters will remain on view until Wednesday May 6th. This show will be a fascinating look at local history, as it includes all the posters from the first fair in 1974 all the way through 2009.

Co-op Kids—meet Tuesdays at 9am

March 3 meet us in the Co-op Cafe to start seedlings. We will plant fast growing seeds that are sure to encourage your child's green thumb and digging in dirt is always a HUGE hit.

March 17 meet in the Co-op Cafe to celebrate all things green. We will try out some healthy green snacks and learn a bit about Ireland and the Shamrock.

amamaswork@yahoo.com

Co-op Wellness Class

Monday Mar 30, 7-8 pm

Come and learn about the Feldenkrais Method at the Feldenkrais Center, located at 112 W. 4th Street in the Moscow Hotel. Loose, comfortable clothing is recommended for the class. A sign-up sheet for the class will be posted next to the meat department on the counter underneath our information board

classes@moscowfood.coop or ☎ 882-8537x19.

Co-op Cooking Classes

Wednesday April 1 & 8, 5:30pm

2 classic bread making classes—Bread Making Basics & Artisan Bread Making held in the basement kitchen area of the Unitarian Universalist Church of the Palouse. Register for one or both classes with any Co-op cashier.

jenwhitney@gmail.com or ☎ 882-1942

Community Events

Co-op Cartoonist Show

Friday March 6, 5-7pm

Opening reception for Co-op cartoonist Anna Brewer, who has cartoons and paintings of the Palouse on display at The Silos until April 23. 693 Styner Ave, off Travois Way, Moscow.

☎ 882-2394

Moscow Mardi Gras Ball

Saturday Mar 7, 8pm—midnight

A smoke-free event sponsored by Buy Local Moscow, to be held at the 1912 Center. Costumery encouraged. Wine and beer available. www.buylocalmoscow.com

St. Paddy's Day in Palouse

Tuesday March 17, 6pm

The Palouse Arts Council is sponsoring the sixth annual St. Paddy's in Palouse celebration on St. Patrick's Day, Tuesday, March 17th at the Palouse Grange Hall, 210 E. Bluff St., Palouse, featuring music by local favorites Potatohead and traditional Irish dancers.

The event begins with an Irish dinner from 6:00-7:30. This year's meal includes an authentic Irish stew or vegetarian Irish stew, Irish soda bread, colcannon, roasted root vegetables, and dessert. There is a no-alcohol available with good beer and wine. The starts at 7:00. Tickets are \$16 for adults and \$8 for kids 6-12 (younger kids are free) available from Bookpeople in Moscow, Heart Music in Pullman, McLeod's in Palouse, and at the door.

Palouse Prairie School Shebang

Friday/ Saturday March 20 & 21

Shebang at the Palouse Prairie School facility, 105 Lauder St. This will be an opportunity to come by, to get acquainted and involved.

Moscow Library Book Group

Monday Mar 16, 6:30pm Sister Noon by Karen Joy Fowler. Mystery set during San Francisco's Gilded Age.

Tuesday Mar 17, 1pm Kabul Beauty School by Deborah Rodriguez. An American hairdresser went to Afghanistan in 2001 to offer humanitarian aid but found that her professional skills were much more in demand.

All are welcome. Contact Chris Sokol at chriss@latahlibrary.org

Palouse Folklore Society

Thursday Mar 5, 7pm

John Elwood and Sally Burkhart in concert in the Attic. Admission by free-will donation.

Saturday Mar 21, 7pm

Contra Dance with music by Potatohead and a caller TBA, at the 1912 Center.

Music at the One World

All Music Starts at 8pm

- March 3 John Craigie
- March 6 The Shoves
- March 7 Steve Turner
- March 13 StepCounts
- March 14 Jason Johnson /
- March 20 Erik Bowen Jazz
- March 27 Brian Baugh

** The First Thursday of every Music!!

Artisans at the Dahmen Barn

Saturday Mar 28, 7:30pm

The Hog Heaven Big Band returns to the Dahmen Barn. Following a winter respite, Hog Heaven Big Band resumes playing at the Dahmen Barn on The 16 piece band plays in the swing area to the delight of both musicians and dancers.

Admission is \$8 for a couple, \$5 for a single person under 12 are free. The band will be at the Dahmen Barn the fourth day of each month through the end of the year. Three dance lessons are available at the Dahmen Barn beginning at 6pm on a drop-in basis.

Northern Rockies Grizzlies: Biology, Ecology, and Policy

Friday, March 26, 7pm
Presented by the Clearwater presentation featuring the work of the WSU Bear Research, Conservation Center and David M. Keith, author of *Grizzly Wars: The Public Fight Over the Great Bear*.

To be held at the Teaching and Learning Center Room 40, University of Idaho. ☎ 882-9755 foc@friendsoftheclearwater.org

Vigil for Peace

Moscow: Fridays 5.30—6.30pm

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

☎ 882-7067, sperrine@friendship.org

Pullman: Friday Mar 6, 12.15—1.45pm

Under the clock by the Public Library. ☎ 334-4688, nancy@pullmanlibrary.org

Moscow Food Co-op
121 East Fifth
Moscow ID 83843

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

We want to hear from you! Send us your community announcements by email to events@moscowfood.coop by the 15th of the month. 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