

Community News

Eating Locally on the Palouse

FREE!
PLEASE TAKE ONE!

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



Tuesday Growers' Market Opens May 5

By Kenna S. Eaton, Co-op General Manager, kenna@moscowfood.coop

After that long snowy winter, all of us here on the Palouse welcome spring with glee — in fact my sweetie often says, “Anything is possible in May.”

This year, after the ups and downs of the global economy, spring offers us another option for hopeful and positive choices. You can choose to buy from local sources to strengthen our local economy and keep our money circulating around this community.

If you are interested in affecting our local economy in that positive manner, please consider buying your produce at the Co-op's Tuesday Growers' Market. Our market focuses on fresh, local and organic produce sold to you by the growers themselves. This year, we've added live chickens you can take home and grow for eggs and meat. (Read more about that in the article inside this newsletter).

The first Tuesday in May, the 5th

, the growers' market held in our parking lot re-opens, from 4:30 to 6:30 pm. The market will reappear in the Co-op parking lot every Tuesday throughout the season until the last

Tuesday in October. Of course, we will be moving our live music outside as soon as it warms up and offering our signature beef and vegan burgers for dinner. What could be more fun?

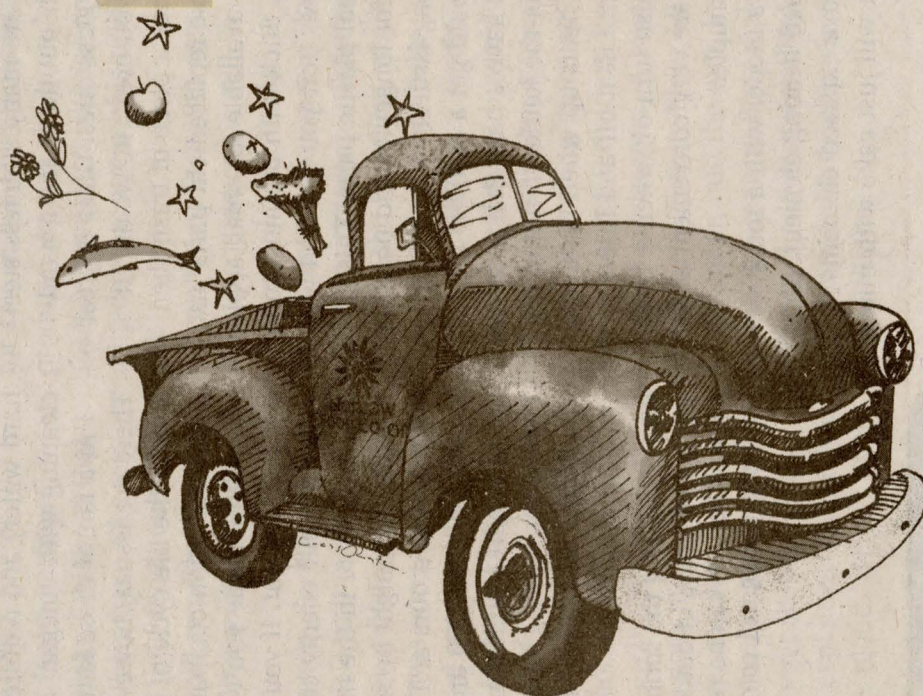


Illustration by Lucas Rate

www.moscowfood.coop

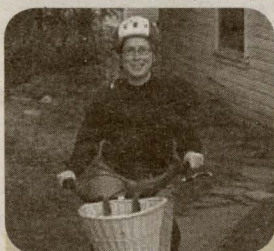
Day-NW
HD
3284
N48

Community News



**Eating Locally on
the Palouse**

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



BikeFest a Big Hit!

By Carol Price Spurling, Outreach and Membership Coordinator, outreach@moscow-food.coop; Photos by David Hall

The weather gods cooperated with the patron saints of bicycling, causing the sun to shine beneficently down on the hordes of enthusiastic bicyclists of all ages who enjoyed BikeFest events on Saturday, April 18. We ate delicious hot pancakes for breakfast cooked by Latah Trail volunteers, gathered treasures on the bicycle booty hunt, got our bikes tuned up for spring, sold bikes, swapped bikes, gave away bikes, bought new and used bikes, compared bikes, celebrated the installation of the Co-op's new bike racks with music and chocolate cake, signed up for free bike maintenance classes, and basked in the sun.

Such a fabulous event required the help of a bunch of people. Thanks to the Latah Trail volunteers (Nora Locken, David and Nancy Nelson, Aimee Shipman, and Margaret Dibble) for breakfast, the Bicycle Bros. (Isaak Julye and Emmett Breedlovestrout) for bike tune-ups and helping organize the



whole thing, the businesses who participated in the Bicycle Booty Hunt (One World Café,

Tye Dye Everything, Paradise Creek Bicycles, Hall Closet, 1912 Center, Follett Mountain Sports, and the Moscow Food Co-op), Follett Mountain Sports for the bike tune-ups, Gritman Medical Center for providing info about May's bicycle events, the Co-op's maintenance guy Geoff for hefting around chairs and tables, the Co-op buyers who made sure we had booty (Amy and Joan), and the Moscow Volunteer Peace Band, who serenaded us and helped us envision a more bicycle-filled world. See you at BikeFest next year!

Photos, from top to bottom:
The Moscow Volunteer Peace Band helped us celebrate BikeFest.

Carol Spurling, Co-op Outreach Coordinator, preparing to cut the ribbon.

The well-populated bike racks are beribboned for the ribbon cutting ceremony. The Moscow Volunteer Peace Band is in the background.

Bikes and people at the Bicycle Swap and Sell.



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

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

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

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

Printed on Recycled Paper

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

Editor
Bill London
editors@moscowfood.coop

Issue Editors
Marcia Hill Gossard
Carol Hill

Graphic Design
Megan Prusynski
design@moscowfood.coop

Advertising Manager
Jyotsna "Jo" Sreenivasan
ads@moscowfood.coop

Illustrations
Lucas Rate

Photographs
David Hall

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

Back Page Bulletin Board Editor
Richard Elgar
events@moscowfood.coop

Webmaster
webmaster@moscowfood.coop

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

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

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



CO-OPERATIONS



Strategic Plan

By Kenna S. Eaton, Co-op General Manager

The strategic plan was reviewed and adopted by our Board of Directors earlier this year and now the hard work starts. The Board of Directors is responsible for setting the "Ends" — what, for whom and at what cost — and from the Ends, Executive Empowerment policy is set to ensure the Co-op is working in that direction. The board will work on blending the strategic directions into the Ends during the board retreat slated for mid-June. In the meantime, we are developing timetables, deliverables and formats for each direction — the pre-work, as it were. Once that is determined, each committee can get down to work. It's a long process and one that doesn't need to be hurried, thank goodness, but that pre-work will help keep us on track. The board determined that four out of five strategic directions fit well with what they are currently focusing on. The fifth strategic direction, "Making the Co-op the BEST place to work in Moscow," has been placed into the capable, caring hands of our

staff. Our first step will be to define what that direction means to us by looking at our own internal information from the employee opinion survey. We'll also look at other businesses in Moscow, other co-ops and other "best workplaces" for how they define that goal. A report on our findings will go the board at their May meeting, so plan on joining us if you find this subject intriguing — plus, I'll write about it in the June newsletter.

SPURLING HOUSE & GARDEN

Landscaping
Pruning ~ Gardening
Handyman Services

Walter Spurling
(208) 669-0764

Subscribe to the Co-op's Community News

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

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

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

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

Join the Moscow Food Co-op and Save!

Members Save:

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

Any cashier can help you join, just ask!

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

Open Daily 7:30 am - 9:00 pm



Moscow Food Co-op Business Partners

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

Recreation and Lodging

Sharon Dunn

Little Guesthouse on Adams

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

Krista Kramer

Peterson Barn Guesthouse

841/847 Travois Way, Moscow; kkramer@moscow.com; 208-882-4620; 10% off first time stay

Donal Wilkinson, executive director

Adventure Learning Camps

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

Ashley Fiedler

Shady Grove Farm

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

Carol Spurling

Sixth Street Retreat

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

Bill London

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

Food and Beverage

Bryan K. Silva

Hawg's Grill

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

Professional Services

Nancy Draznin, CPM

Motherwise Midwifery

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

Erik Torok

LET's Coach

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

Mike Brown

LDP Academy LLC

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

Retail

Inland Cellular

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

Joanne Westberg Milot

Marketime Drug Inc.

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

Hodgins Drug & Hobby

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

The Natural Abode

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

Copy Court

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

Sid's Professional Pharmacy

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

Rebekka Boysen-Taylor

Bebe Bella

www.bebebella.etsy.com; amamaswork@yahoo.com; 208-882-1353; 10% off any baby sling

House and Garden Services

Becky Chastain

Green Side Up

208-883-3485; 10% off design services for Moscow Food Co-op members

Erik K Tamez-Hrabovsky

Mindgardens, Eco-Friendly Residential Building Solutions

1230 NW Clifford St, Pullman, WA 99163; 509-595-4444; erik@buildmindgardens.com; 10% off hourly service rate and free estimates for Moscow Food Co-op members; www.buildmindgardens.com

Walter Spurling

Spurling House & Garden

512 N. Lincoln, Moscow; 208-669-0764; 10% off a compost bin or custom chicken coop

Michael Robison, consultant

EcoWater Systems of Moscow

316 N. Main, Moscow; 208-669-0908; michaelr@turbonet.com; www.moscowecowater.com; Free in-home water testing; \$50 off (each) RO drinking water systems, softeners, conditioners, or iron filters...includes free installation within 50 miles of Moscow; 20 gallons free water to new delivery customer w/annual contract

Joseph "Shane" Brooks

Eco-Friendly Carpet Care

www.ecofriendlycarpetcare.com; ecofriendlyidaho@aol.com; 208-874-2762; 15% any residential service

Wellness Services

Sara Foster

Body Song Studio

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

Integrative Mindworks with April Rubino

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

Andrea Masom, Licensed Clinical Counselor

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

Patricia Rutter

A Choir of Angels Massage Center

106 E. Third, Rm 1C, Moscow; 208-413-4773; 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. Denice Moffat, MS, DVM, ND

Natural Health Techniques

1069 Elk Meadow Ln, Deary, ID, 83823; 208-877-1222; drmmoffat@NaturalHealthTechniques.com; www.NaturalHealthTechniques.com; \$10 off initial telephone consult with mention of the Co-op Business Partner Program

Meggan Baumgartner, LAC, Laura McKean, LAC Healing Point LLC Chinese Medicine Clinic

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

Jeri L. Hudak

Moscow Yoga Center

525 S. Main St.; stewartjeri@hotmail.com; www.moscowyogacenter.com; 10% discount for new students

Dr. Linda Kingsbury

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

Elisabeth Berlinger/Tom Bode

Moscow Felkendrais

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

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.



Green Money; Keeping it Local

By Kenna S. Eaton, Co-op General Manager

I know everyone is still being bombarded with messages about the state of the economy and it is affecting all of us one way or another. Here at the Co-op, we've seen evidence of that in our own store sales. For the first three months of 2009, sales have been just about flat — January was about 6% over the same month in 2008, February 4%, and March was 3% below. Like all businesses, we appreciate your support, but keeping it local is now more important than ever. Recently, I've noticed several small local businesses closing their doors. It makes me sad, not just in the immediate sense of loss but the long-term affect: fewer choices and fewer options for where we shop, which will in turn make us less diverse, less textured and more

homogenized. The economic change has forced many of us to reassess where we spend our dollars — we notice less people buying organic produce, for instance. However, each of us has an important role to play in the rebuilding of our economy; where we shop says much more about us than how we vote. By supporting our local and values-based businesses now, in hard times, we are in turn supporting our neighbors' jobs, our local produce farms and even the places we love. Recently, I have heard more people say that they are choosing to shop local even if it does mean spending a little more money, and that, in turn, warms my heart. Simple actions like that mean we are working together to help build that new economy.

Of course, the change in our sales has made us sit up and take a good look at what we are doing and what needs improving. Three and a half years after opening our meat department, we've decided it's time to reorganize. The format we chose has not been working well for us, so we are closing our full-service case and will replace it with a self-service case. This will, in turn, reduce our staff by two, though luckily we were able to find jobs for both of them elsewhere in the store. Brennus and Kyle will keep on buying, cutting and wrapping meat for us, but you may not see them as often. Not all of us will like this change, but hopefully, the end result will be a more financially stable department that will still sell the clean meat we

have grown to love and meet our BBQ needs! Elsewhere in the store, we are cutting unnecessary expenses, saying "no" to big projects and small donations, and trying to get by with less staff hours. We hope that you, the customers and members, will understand if things aren't stocked quite as fast or if lines are a little bit longer. We will strive to keep offering excellent customer service and you can help us by being patient.

And, finally, I have sadly determined that the timing is not quite right for introducing the long-awaited salad bar. Never fear, though, funds raised earlier this year during Salad Daze are still earmarked for its installation sometime in 2010.

MADay May Day!

By Kenna S. Eaton, Co-op General Manager

Membership Appreciation Day, more commonly called MAD day around here, is one of our favorite member benefits. All day long on Thursday, May 21, members will save on every single purchase. The best part? The more you spend, the more you save! So how does it work?

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

For purchases up to \$25, you'll save 5%, even if it's just a cup of coffee! For purchases up to \$75, it's 7.5% and for over \$75, it's a 10% savings all day long — remember, we're open from 7:30 a.m. to 9 p.m. every day.

So here's the fine print: MADay discounts will apply to everything BUT beer and wine and special orders (the ones you always get 10% on). In addition, we no longer allow volunteers and staff to stack discounts; you simply get one discount just like everyone else — the best one!

We look forward to seeing you

on MADay. Please remember to wear your happy pants and be patient with us if the lines get a bit long!

Healing Point

LLC

Chinese Medicine Clinic

Lauri McKean, LAc & Meggan Baumgartner, LAc

*Holistic health care featuring
acupuncture, Chinese herbs and
therapeutic bodywork*

Call **208-669-2287** or visit
www.healingpt.com for
more information

Discounts for
Co-op members

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

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

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

208-882-8936 or Lblackburn@turbonet.com

Essentials Refreshed

By Kenna S. Eaton, Co-op General Manager

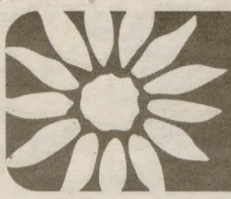
Our Essentials program, designed to help you, the shopper, save money and eat smart at the same time, will get refreshed in May — in fact, we actually update the selection every season. Our bread bakery will have a special price on the customer favorite, Salted French loaf — a batard that works well for summer eating and is a natural paired with some great local chevre. Grocery has picked a great selection of foods such as bulk organic garbanzo beans and flax seeds. Additionally, you'll find more summertime faves such as Alden's vanilla ice cream (in the large size, naturally), Rudi's honey sweet wheat bread, ketchup, and Cascadian Farms frozen lemonade to help save money on your grocery cart basics. Remember, you can also pre-order case lots and stock up

on these items. Meat has hinted at Country Style pork ribs as their idea of an essential for the BBQ. And finally, Wellness has assured me they will bring us a fresh selection of supplements, body care, pet food and cleaners that fit the pocketbook and are good for the environment, but they were a little too busy to tell me exactly what that meant before the newsletter deadline. So come in and look for the melon-colored Essential signs to find where you can save even more money this summer.

Short-Term Rental

One bedroom upstairs apartment
Near downtown Moscow
Fully furnished & equipped
High-speed wireless internet
Cable television
Daily, weekly, and monthly rates

Carol Spurling (208) 669-0763
www.SixthStreetRetreat.com



CO-OPERATIONS

May Co-op Kids!

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

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

Fresh Air at Friendship Square

On Tuesday May 12, from 9 a.m.- 10 a.m., meet us at Friendship Square to usher in our first official outdoor meeting of the year. The kids can play, parents and caregivers can visit and we can all enjoy Moscow's fabulous downtown. I will have snacks and water from the Co-op, feel free to

stop by the Co-op Cafe on your way over to grab a latte or tea.

Moscow Food Co-op Tour

On Tuesday May 26, from 9 a.m.- 10 a.m., we have a very special event planned. Carol Spurling, the Co-op's Outreach Coordinator, will give us a behind the scenes tour of our Co-op. We will meet in the Co-op Cafe at 9 a.m. to see what it takes to run this community hub. Thanks Carol!

I am eager to introduce the kids to some spring animals in June ... chicks, bunnies, lambs, what have you. If you are willing to bring your animal to meet us, please email me at amamas-work@yahoo.com.



Tuesday Night Music Series

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

Treat your ears to the soundscape at the Co-op on Tuesday nights in May from 6 to 8 p.m. It's a wonderful opportunity to catch some live music in the middle of the week, and have a great dinner.

On May 5, we are very excited to have the return of Moscow's own Trillium. In addition to being a perennial herbaceous flower that blooms on Moscow Mountain in the spring and a real estate development corporation, is a vocal, primarily a capella trio performing in the Palouse for nearly four years. Trillium is an eclectic mix of the old and new, the sacred and profane. They can sing ancient church music, shape note music from the eastern U.S., and tap into music of all sorts. Undoubtedly, there will be intricate and odd

harmonies. This performance will be a pleasure for everyone attending!

Members include: Joseph Erhard-Hudson: well known at the Co-op as the main computer guy and former baker. He also calls contra dances all over the northwest and is the husband of KarlaRose, and father of Jamie and Karl; Mac Cantrel: who plays and teaches clarinet and is retired from the faculty of the biology department at University of Idaho. He skis or hikes in the backcountry in any spare moment, and provides parenting support for two teenage children and a large black dog; Janice Boughton: a physician in Moscow in her abundant spare time. She is married to Mac, and also parents the two teenagers and large black dog.

May Tuesday Night Music

May 5: Trillium

May 12: Joylissa Vleck

May 19: Karyn Partridge

May 26: Holy Jeans


Joylissa Vleck is a 16-year-old singer/songwriter from Pullman and on May 12, she will be making her debut at the Co-op. Her songs reflect her spirituality and passion for music and creativity. According to Joylissa, music is "the only time that life makes sense." It will be exciting to have a younger musician at the Co-op who has such passion for her music. Her voice is amazing, and her guitar is a perfect accompaniment. Come and enjoy a great night and soulful singing.

Karyn Partridge of Pullman will make her Co-op debut on May 19. Karen is a singer/songwriter originally from Oswego, NY. Her love of music began with singing as a young child. Over the years she explored the piano, and violin, until the age of 14 when she decided to learn the guitar. Since then, she has continued to write, compose and perform her original work. She has played several local taverns in NY, and continued

her love of performing after moving to WA. She was most recently featured as an opening act for lead singer Dustin Kensrue of the band Thrice. Her sound combines a variety of genres, such as blues, pop, and folk from such influences as Sheryl Crow, Fiona Apple, Carly Simon and Sarah McLachlan.

May 26 is the Co-op's debut of the Holy Jeans. This regional act consists of Juley Berglund, from Kendrick, Idaho, on guitars and vocals, Kane Berglund, also from Kendrick, on drums, and Tim Springer of Lewiston, Idaho, on bass. With a passion for God, their families and local communities, they deliver contemporary country and original music with a simple and heartfelt American sound. We are excited to have an out-of-town act perform at the Co-op's music series!

It is SPRING (some days), Ashley and Noel love it.



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

Keith Smith Carpentry
Level, plumb, & square with the world

**Timberframes
Additions
Remodels
Custom woodwork**

882-4938




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

**Unitarian Universalist
Church of the Palouse**
A welcoming congregation

Sunday Service 10:00 to 11:15 am
Coffee & Fellowship after service
Nursery & Religious Education
420 E. 2nd St., Moscow
208-882-4328

Rev. Kayle Rice, Minister
uuchurch@moscow.com
www.palouseuu.org





Membership Desk: Election Report

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

The Moscow Food Co-op Board of Directors elections were held electronically throughout the month of March. There were two open seats. 205 people voted, out of more than 4,800 eligible voters. There were 383 votes cast in total because each person was allowed to vote for up to two candidates but not everybody chose two.

Several dozen paper ballots were submitted; just a few of these were invalid due to the voter's membership not being current. (Some people who were unable to vote online because of their expired memberships then tried to submit paper ballots instead.)

Another reason for failed voting attempts was that the membership was shared and the

other person with that member number had already voted. Not everyone was happy about that but most members appreciate that our dedication to co-operative principles, which includes one-membership/one-vote, is unwavering.

Chris Norden and Dena Neese received the most votes, and joined the board in April. We're so glad to have them, and we're grateful to all of the candidates for the effort they put into the process.

We can look at the low voter turnout — which is par for the course for most co-ops — in several ways. Maybe the vast majority is happy with things as they are and don't feel any need to vote; maybe the vast majority feels disenfranchised and cynical

about the process so that don't have any reason to vote; maybe the vast majority doesn't really think about it all, they're just glad we've got organic chocolate ice cream in the freezer section.

Which view you take depends entirely on your worldview, I think, and you can probably guess that I'm of the "the glass is half-full" camp. A majority of happy members and staff would explain why I enjoy my job so much and why I meet proud Co-op members everywhere I go. This isn't to say there's not

room for improvement; we're always trying to do everything better, all the time.

A big thank-you to the 205 members who voted; we really appreciate it. If you didn't vote this year, let me know why not, and then plan on participating in our democracy next time around!

Below are the official election results.

(Total 383 responses)	
Mark Jacobs	18.28% - (70 votes)
Chris Norden	33.94% - (130 votes)
Dena Neese	32.11% - (123 votes)
Bennett Barr	15.67% - (60 votes)

Food Faves

By Kenna S. Eaton, Co-op General Manager

Congratulations to this month's winner, Thad Davis!

Keep the Food Faves entries coming in — every month, we give the lucky winner five of his or her absolutely favorite thing from the grocery department. Why couldn't it be you?

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: Westsoy Extra Firm Organic Tofu, 16 oz.

By Thad Davis

Tofu is a versatile, inexpensive protein source, best frozen for storage and improved texture. Thawed, it does well broiled, baked or pan fried — sliced, cubed or scrambled. To lose the bland flavor, I use a mix of curry spices with generous shakes of low-sodium tamari, sometimes adding garden herbs or nutritional yeast. Standard additions in my kitchen are onions, mushrooms, (hot) peppers, kalamata olives and tomatoes. Seasonal veggies can be added at some point, but first I like to cook the tofu long enough to give it a slightly chewy texture. Leftovers go in the freezer or in morning omelets.

The Fleet is Complete

by Bill London, Newsletter Volunteer


The Co-op's fleet of three children's shopping carts is now complete.

The first cart was donated to the Co-op by a group of Co-op parents organized by Trish Gardner. The second cart was a gift from MaryJane Butters. The third was donated by Sandi Klingler. Klingler is hoping that other parents will help her share the cost of the third cart (those interested in doing so are asked to call her at 882-0624).

In the attached photo, Sandi (on left) and Trish proudly show

off two of the carts, stuffed with their children: Sandi's daughter Molly and Trish's daughter Rosalyn.





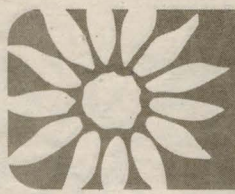
INTEGRATIVE MINDWORKS
INQUIRY INFO

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

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

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

www.integrativemindworks.com



Gluten-free Doesn't Mean Bread-Free

By Peg Kingery, Chill and Frozen Buyer

My co-workers sometimes tease me as we're stacking the cases of products that arrive on freight days. Surrounding us are towers of yogurt, frozen fruit and veggies and ... bread. Yes, bread. Our Co-op bakery makes amazing loaves to satisfy the cravings of whole-wheat addicts like me. But what about those who can't digest the gluten in wheat (and rye and barley and oats)? That's where my bread tower comes in.

I'm thrilled that so many delicious wheat-free and gluten-free

bread and tortillas are available to us. The Co-op has almost a full door of special diet breads (and bagels!) in the freezer section. Glutino makes four varieties: fiber, corn, cinnamon raisin and flaxseed. They also have two kinds of bagel: plain and sesame. Food For Life offers such tempting flavors as almond rice, rice pecan, raisin pecan, red rice and millet. In addition to wheat-free and gluten-free bread, they also make two kinds that are yeast-free as well.

Love to make your own pizza?

Glutino and Nature's Highlights offer gluten-free pizza shells. Crave burritos? Wander over to the open-face cooler and you'll find several wheat-free and gluten-free choices: Sonoma ivory teff wraps and corn tortillas; Food For Life brown rice tortillas; and Buenatural corn tortillas.

Having alternatives to traditional whole grain bread is awesome, but do they taste good enough to satisfy your craving? In general, gluten-free breads have a lighter crumb

and a slightly sweeter taste than wheat-based breads. I especially like them toasted.

Space restrictions prevent me from bringing in more special diet breads. If there is one you like but is not on the Co-op's shelves, please don't hesitate to ask if it's available from our distributor. I'd be happy to special order it for you.

I can't imagine life without good-quality bread. If you can't digest gluten or wheat, you don't have to either.



How Would You Like Pay For That? Part 2: Checks

By Joseph Erhard-Hudson joseph@moscowfood.coop

I've been very pleased by the response to last month's article comparing our transaction costs for bank cards vs. gift cards or cash. A lot of people were surprised by how much a simple thing like payment method can affect our bottom line on small purchases.

One method of payment I didn't address was checks. A member writes:

I would like to know what it costs the Co-op to process a personal check (assume it won't bounce). Currently, we use the Gift Card and re-charge it once a month using our credit card, usually adding \$400 at a time. Under this scenario, I am curious to know which method of

recharging the gift card (personal check or credit card) would cost the Co-op the least to process.

In short, the personal check would cost less, much less, and checks are a very good way overall to pay for your purchases at the Co-op. Keep reading to learn how this is so.

Personal checks do cost us a little to process, but not much. Our bank charges us 6.5 cents to 8 cents per check, depending on how far away your bank is from ours. Most checks cost us 7 cents.

That's the cost of a good check. The cost for a bad check is much more significant. We have not found it worthwhile to

go after bad check writers ourselves, because the labor cost to recover the debt would exceed what we are owed. Instead we have contracted with a collection service that pays us a percentage of any check they recover for us. On average, we end up with about half the amount and our agent keeps the rest. Thankfully, bad checks are very rare compared to the overall number of checks we receive.

To compare the costs of checks vs. bank cards, I'll assume your average shopping trip is around

\$20 (this is the Co-op's average "cart"). We pay 13.5 cents + 1.25% on a typical credit card purchase, and 37 cents on debit cards.

The savings would be even more if you tended to make smaller purchases.

So, using a gift card saves your Co-op some money. Writing a check instead of using a credit card saves much more. Doing both, writing a check to fill a gift card, saves your Co-op the most of all.

	Credit Card Fees	Debit Card Fees	Check Fees
\$400 Pay as You Go	\$7.80	\$7.40	\$1.40
\$400 Gift Card	\$5.13	37 cents	7 cents

What's the Scoop?

By Matt Kitterman, Co-op Volunteer

The Scoop is the Co-op website's new calendar feature, replacing the old calendar in your current events consciousness. You can access The Scoop by clicking on 'Calendar' on the left side of Co-op web page (www.moscowfood.coop). There you will find info about events at, around, and about the Moscow Food Co-op and the surrounding community.

The Scoop is running on the popular Google calendar service. To learn more about an individual event, just click on it. If

you are a Google calendar user, you can add individual events to your personal calendar by clicking the 'add to my calendar' link you see when you click on the event. Or you can add the whole shebang to your calendar by clicking on the '+ Google Calendar' button at the bottom right of the main calendar window.

My role in this thing is spokesperson for a large consortium of gnome-like clerks working in a secure, undisclosed location processing the many thousands

of event notifications we receive almost every minute. Most of these notices arrive via e-mail sent to events@moscowfood.coop. Once vetted and formatted by the clerks, I add the events to the Scoop. Don't hesitate to send your event for listing, gnomes are standing by.

Remember, to add an announcement of an event to the calendar on the Co-op website (and to the back page of the newsletter), email the basics to: events@moscowfood.coop



Most Colorful

Little Shop Downtown!

Check out our bigger store!

Behind Mikeys Gyros,

527 S. Main

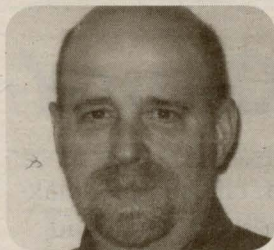
Monday-Sat 11:00-5:30

*Don't forget - co-op members

get 10% off!

208-883-4779

www.tyedye-everything.com



Financial Report

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

It is hard to watch the news and not be concerned about the future. The global economic meltdown impacts the Co-op, but we are countering by careful money management and revised budgeting.

In 2008, the Co-op lost \$16,000 on total sales of \$7.3 million (which is about one-fifth of one percent of sales). We had expected to make about \$78,000, which would have been just 1% of our sales. Because of that financial performance in 2008, we were really short on cash in January, February and March. And anticipated slower sales for 2009 are becoming a reality. Although we budgeted for a 7% sales growth, sales in the first quarter were only 1.5%

better than the same period in 2008. We know that some stores are behind last year's sales, so we can feel good about a little growth.

Some departments are doing very well. Bulk tea is way ahead of last year's sales. Coffee Bar sales, cheese and supplements are also up from last year. Produce was down in January and February, but March and April have been busier than last year. Meat sales have been stable, but expenses have been high so we did reduce hours in the evening. All meat selections are still available in the cooler and in the freezer.

At press time, sales in April are looking better, up about 4% from last year. Although sales

have been soft, our bottom line is slowly improving. For the first quarter, we will make about \$70,000 in net operating income on \$1.8 million in sales. At the same point last year, net operating income was only \$11,600. This looks very good on paper, but nearly half of that money is earmarked for debt repayment. The good news is that the Co-op is running a little more efficiently and the changes can be seen in the bottom line.

We soon face another challenge this summer. Typically, sales go down about \$1,000 per day in the summer. School is not in session and people go on vacation. Some of the money we make right now will help pay the bills we have in June, July and

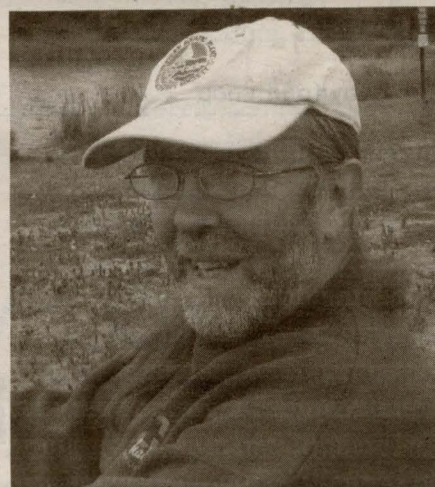
August. We need to continue scrupulous money management through the next 18 months in order to re-build cash reserve to optimally run the Co-op. To that end, we have adopted a revised budget that projects no sales growth and have taken other steps to reduce expenses. We have suspended our capital budget spending, which includes larger items like the salad bar. We do not expect to put the salad bar in this year, unless sales this fall are much stronger than expected.

We think these steps will assure that Co-op remains on firm financial footing for many years to come.

From the Board of Directors



hearing from and meeting many of you over the next three years!
— Dena Neese



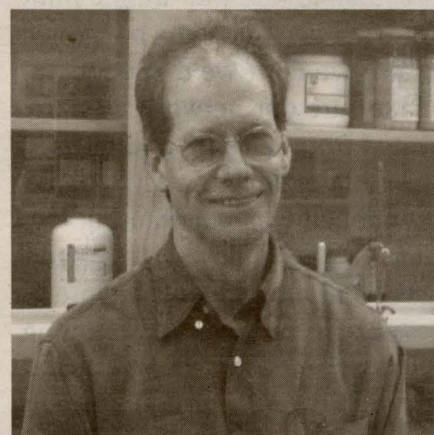
I am looking forward to serving the Co-op community as a new board member, and would like to thank the many people who offered me their thoughts about the Co-op during the election process. Please, let's continue these discussions!

It has been suggested that low voter turnout in Co-op elections is a sign of organizational health, and that people don't bother to vote because they are satisfied with the status quo. To the contrary! Same as in public elections, low turnout suggests that a sizeable portion of our Co-op community is in some sense disenfranchised, and needs to be reached out to more effectively, or perhaps listened to better when they do try to make their needs heard.

In the absence of actual explanations from those who opted out, a significant number of people choosing not to vote should be understood not as a vote of confidence, but rather the contrary. When government — or in this case, organizational leadership — is seen as "us" and "we," people vote. When it is seen as "them" and "they," voter participation goes down.

Equally to the point, when people vote, they are more likely to get involved as full-strength Member-Owners, rather than merely occasional consumers or customers.

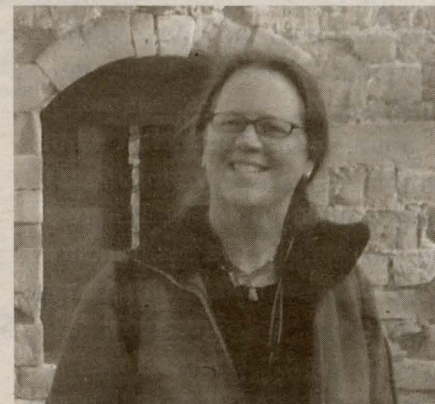
— Chris Norden



Being on the board has given me a unique perspective into how and why things are done here, and the possibility of having some input on how they go. The process was not always easy or straightforward, but it was always done democratically

and with the intent of strengthening our community and to provide balance. It has been an important part of my life over the past three years. It's been an honor and a pleasure working with Kenna and my fellow board members and getting to know some of the managers and staff. Thank you for giving me the opportunity to serve, to grow, to find some hidden treasures and to catch a glimpse of the wonder. Best of luck and good fortune to everyone who works to meet the challenges ahead and to make the Co-op an even more vital part of the community at large.

— Joe Thompson

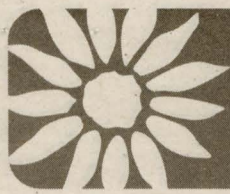


— Kathleen Ryan

Thank you for electing me to the Moscow Food Co-op Board of Directors. I am very excited about serving the Co-op's membership and look forward to working with the Board and membership to make the Co-op the best that it can be.

For those of you who I have not yet met, I will tell you a little about myself. I have lived in Moscow for three years. I come from Troy, just a few miles away, but left the area for several years before making the (great) decision to return to the Palouse in 2006. In between, I lived in Eugene, Portland, Tucson and Phoenix. While in Eugene, I learned about the natural/organic foods movement and have shopped at natural food stores and co-ops ever since.

I am particularly interested in working to increase membership involvement in the Co-op and to increase knowledge about the Co-op throughout our greater community. I look forward to



Learn Something New Every Day

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

The Moscow Food Co-op is pleased to be sponsoring a series of classes in cooperation with the City of Moscow Parks and Recreation Department. All classes will be held at the Hamilton Indoor Recreation Center in the multi-purpose room.

To register, contact the City of Moscow Parks and Recreation Department at www.moscow.id.us/PR or by calling 208-883-7085.

Scholarship funds are available for those who can't afford the registration fee; please contact me at 208-669-0763 or outreach@moscowfood.coop for more details.

If complimentary childcare is desired on-site during a class, please contact me at least a week in advance of the class; no childcare will be offered unless it is pre-arranged.

And please let me know if you have suggestions for future classes; we love to hear your ideas.

How to Live Green 101

► Thursday, May 14, 2009
7-9 p.m.

► Instructor: Co-op staff, PCEI staff, and Moscow Recycling staff
► Fee: \$10
► Light refreshments provided by Co-op

Want to do the right thing for the environment, your health, and the community but not sure where to start? In the Moscow Food Co-op's Living Green 101 class we'll focus on the basics, giving you inexpensive and practical strategies for saving energy, ideas and techniques to put to use in your home and garden, and tips for making "green" choices when you're shopping. Bonus: How Living Green saves you money!

Essential Cookery I

► Saturdays, 10 a.m.-noon, May 9, May 16, June 6, June 13

► Minimum 10 people, maximum 20 people
► Instructors: Hunt Paddison and Carol Spurling
► Fee: \$15

Want to cook more deliciously and healthily at home, and save money at the same time? The Moscow Food Co-op's Essential Cookery series is for you. Make it a morning out with a friend or an older child and add to your culinary repertoire, then enjoy eating what we've made! Recipes to take home include.

May 9: Breads for Breakfast

This is beginning baking class in which we'll learn how to make three types of breads to enjoy every-day: quick breads and muffins, biscuits and scones, and yeasted breads such as cinnamon rolls or brioche.

May 16: The Whole Bird (So I've got an entire chicken, now what?)

Whether you are raising your own chickens, getting them from a local farm, or are tired of eating just chicken breasts or thighs, our "Whole Bird" class is for you! Knowing how to prepare, cook, and then use up a whole chicken is a lost art. Rediscover the recipes and pleasures our grandparents knew:

roast chicken, chicken pie, making your own soup stock, and more.

June 6: Foreign Feasts - Ethnic Cooking w/ Grains and Beans

Beans and grains are super-healthy, inexpensive, and the staple ingredients in many delicious and popular foreign cuisines such as Indian, Italian, and Chinese. Bring your adventurous spirit for our world voyage of good taste.

June 13: Preserving the Harvest

Our gardens, the local farmers' market, and the food banks offer us an abundance of fresh fruits and vegetables in the summer. The pleasure of eating locally doesn't have to end when the weather turns cold if you have stocked your cupboards and freezer with home-preserved staples and treats like canned vegetables and fruits, jams, chutneys, pickles, applesauce, tomato sauce, and dried fruit.

Breakfast with the Board

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

From all appearances, our first Breakfast with the Board was a success: about three dozen people chatting with the two board members who were present (Bill Beck and Gary Macfarlane), lots of comments, a platter full of scones eaten and a pot of coffee drunk.

The opinion question of the month was whether the Co-op should offer wireless Internet to customers. The "No" responses outnumbered the "Yes" responses about 2 to 1 in our unscientific tally.

Some of the "yes"es included comments like "My college-age son would spend more time in the Co-op if there was wireless," "You could turn it off during lunch," "It would be more inclusive," "There are 3 people sitting alone reading books right now, is reading better than the Internet? Are you making a value judgment about Internet users?" and "We need more places for students to feel welcome."

Some of the "no"s included comments such as "There's not enough space in the deli during busy hours," "It's refreshing not

to have it at the Co-op, there are so many other places that have it," "It breaks up the idea of community," "It stops the warmth of human communication," and "I think this would violate one of the Co-op's core missions, which is to be a third place for the community to come together."

Some offered technical suggestions along the lines of making it available but with a time limit for each person, some suggested that if we do it we'd need to make sure our network was protected from hacking and viruses.

Another concern a few people mentioned was not wanting the "waves" from the wireless signal - but I'm afraid that there are few places in the world immune from wireless signals and the Co-op is not one of them. If you open your laptop in the deli and look at your wireless scanner, you'll see a number of locked signals coming in from nearby networks, including the Co-op's own network for staff. So the "waves" are a fact of life.

Wireless aside, from an operations perspective, the many com-

ments about the "busy deli" give me the idea that members and customers should not be afraid to share tables with each other, even strangers, during busy periods, like people do in Europe where every café is crowded all the time. Members and customers can also encourage each other in a friendly and polite way to not camp out studying or reading at tables during busy times when people need a place to sit and eat. It doesn't have to be confrontational - probably the "offending party" hasn't even noticed the problem.

So, the next time you're eating alone during a busy lunchtime in the deli and you see someone in need of a seat, do the co-operative thing and offer them a seat with a smile. And if you're one to read or study at the Co-op, we're so glad our deli offers you a good place to be - please just be mindful if there are others in need of a seat as well. This "busy-ness" is something we staff can do little to change but it is within our customers' power to make those times more pleasant for everyone.

Thanks to everyone who took the time to stop and talk, and feel free to contact me with topics you'd like addressed at future Breakfasts.

Next month's Breakfast with the Board (BB) will be on Saturday, May 30, at 11 a.m., in the Co-op near the deli. May's opinion question, inspired by member comments at the April BB will be: Is there too little, too much, or the right amount of packaging for items in the Co-op?

The next Moscow Food Co-op Board of Directors meeting is 6 pm, Tuesday, May 12, in the Fiske Room at the 1912 Center.

May's Breakfast with the Board will be Saturday, May 30, 11 am in the Co-op deli.



Your Dollars at Work

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

The March Dime in Time recipient, the McDonald Elementary School garden, received a check in April for \$449.10. Thanks to everyone who keep bringing their own shopping bags and to those who are just starting to develop this habit — it's exciting to see the numbers for this program creep upward each month.

The April recipient was Buy Local Moscow, and in May, our recipient is the Rendezvous in Moscow Kids Art Program. Look for the article in this newsletter from Rendezvous explaining how these funds will be used.

Our cash donations had to be curtailed in March due to the Co-op's lack of cash; hopefully, this situation will improve as our cash flow improves too. We were able to provide the Moscow Parent Toddler Co-op with a journal and handbag for their fundraiser auction, a donation worth \$32.

♥ Dear Moscow Food Co-op,
Thank you for the \$25 certificate for our Celebrity Dinner on March 7. Your generous contribution helped make our event a huge success. Thanks again!

Cretia Bunney

♥ Dear Moscow Food Co-op,
Thank you for your donation to the Lionel Hampton

International Jazz Festival's volunteer program. Through your support and the support of businesses throughout the area, we were able to show our overwhelming gratitude for and appreciation of the 570+ volunteers who helped make the 2009 Festival a success!

Thank you, Molly

♥ Dear Moscow Food Co-op,

Thank you for your generous gift of two 8' commercial picnic tables to the Palouse-Clearwater Environmental Institute ...

Thank you for your gift of \$50 in January to the PCEI screening of the film "Red Gold"... It is because of your gifts that we can continue to work with volunteers in the community to provide resources they need to clean up our waterways, care for our community gardens, restore our watersheds and wildlife habitats, and educate our children. Because of your contributions like yours, we have been able to connect people, place, and community since 1986! ...

Thank you for your support!

Yours in stewardship,

Thomas C. Lamar, Executive Director

♥ Dear Moscow Food Co-op,

The Moscow Parent-Toddler Cooperative ... would like to thank Moscow Food Co-op for

your donation of a journal and a handbag valued at \$32. Your generosity will certainly make a difference to our program. Since its inception in 1979, Moscow Parent Toddler Co-op is a family-oriented, non-profit organization dedicated to the education and development of young children (ages birth - 4) and parents of the Palouse ... We will proudly advertise your generous donation in our auction program and in the Moscow-Pullman Daily News.

Sincerely,

Cindy Schneider, chair, MPTC fundraising committee

♥ Dear Moscow Food Co-op,

In helping to give new life to others in the Inland Northwest, we would like to thank you for hosting a blood drive with the Inland Northwest Blood Center ... On 4/1/2009, 21 faithful blood donors from your organization gave the "gift of life" to patients in our region. And, because just one pint of blood can help save as many as three people's lives, over 63 patients and their families will be touched by these very special gifts ... thank you for your commitment to INBC. Together we are working to save lives.

It's about life!

Judi Young, retiring chief execu-

utive officer

Jeff Bryant, new chief executive officer

♥ Dear Moscow Food Co-op,

I wanted to thank you for selecting our organization for the February Dime in Time recipient. REACH (Retired Equine and Care Habitat) was able to purchase senior feed for the old horses, de-wormer for all of the horses, and miscellaneous special needs feed supplements for our horses with special needs.

I was able to take advantage of the complimentary table space ... during February. I had the opportunity to meet and speak with several of the employees and I was overwhelmed with kindness and conversation from all. I'd like to thank everyone who assisted in making their dimes count. Our horses sincerely appreciate everyone's hard work and efforts. You certainly have a great team!

With spring just around the corner, we'd like to extend an invitation to anyone who's interested in visiting our habitat. Please thank your employees for a job well done.

From all of us at REACH, thank you.

Sincerely,

Rhonda Kent, REACH president



May's Co-op Wellness Class: Children's Whole Food Nutrition

By Amy Lucker, Co-op Wellness Manager

Devina Pastrama will be teaching this informative class about finding creative ways to nourish and flavor our children's food without compromising the important nutrients needed for bone, muscle, nerve, and brain development. As a nutritionist and advocate of local food systems, Devina's primary goal is to teach people how to incorporate natural foods that are not processed and full of additives. She will talk about using food as medicine through different philosophies such as the "energetics" of foods, and "whole food" based cooking techniques. In this class you will:

▶ Learn what the child's body needs for proper growth and development

▶ Learn how to make these healthy options taste good

▶ Discover options on how to fit the preparation of natural foods into your busy lifestyle.

Devina is a mom and a certified wholistic nutritionist with a practice in Traditional Chinese Medicine and Amma Bodywork Therapy since 2001.

Please join Devina for this fun and useful class on Monday, May 18, from 7-8:30 p.m. at the 1912 Center located at 412 E. Third Street in the Fiske Room. Sign up sheet located underneath the bulletin board next to the meat department. You can also call 882-8537 ext.19 or email classes@moscowfood.coop to sign up for this free event.

Brused Books



Hours:

Sunday: 12-5

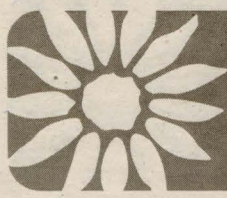
Monday-Friday: 11-6

Saturday: 10-6

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

509-334-7898

235 E. Main
Pullman, WA 99163



CO-OPERATIONS

Buyers' Briefs

Frozen/Chill - Peg Kingery - chill@moscowfood.coop

- ➔ Rosetto Cheese Ravioli
- ➔ Rosetto Whole Wheat Cheese Ravioli (these are in family-sized packs)
- ➔ Gluten Free Cafe Lemon Basil Chicken
- ➔ Gluten Free Cafe Fettucine Alfredo
- ➔ Gluten Free Cafe Asian Noodle Bostl
- ➔ Gluten Free Cafe Pasta Primavera
- ➔ Alexia Spicy Sweet Potato Fries
- ➔ Rudi's Nut and Oat Bread
- ➔ Rudi's Double Fiber Bread
- ➔ Henry & Lisa's Alaskan Salmon Burgers
- ➔ Living Harvest Vanilla Hemp Milk Frozen Dessert
- ➔ Living Harvest Mint Hemp Milk Frozen Dessert
- ➔ Living Harvest Coconut Lime Hemp Milk Frozen Dessert
- ➔ Living Harvest Chocolate Hemp Milk Frozen Dessert

Grocery

Aisle One:

- ➔ Simply Asia Stirfry sauces: All Organic: Mandarin Orange, General Tsao, Kung Pao and Ginger Teriyaki
 - ➔ Fantastic Foods Elegant Grains: Whole Wheat Couscous 12 oz, Dairy free, Vegan, Organic, Kosher
 - ➔ Annie's Naturals- Larger sizes of the following dressings, 16 oz: Balsamic Dressing-Gluten free, Vegan, Organic, Wheat free; Lite Honey Mustard-Gluten free, Vegan, Organic; Lite Gingerly-Organic
 - ➔ Marketplace Naturals Pike Place Tarter Sauce 8.5oz
- *We had to remove Toady's from our shelves due to unsafe seals on their jar lids and a tendency for the product to leak and spoil

Aisle Two:

- ➔ Palm Island Salts, 6 oz: Black Lava and Red Gold, Both of these are organic
- ➔ Sweet Tree Blonde Palm Sugar, Very good choice for low-glycemic diets, 16 oz, Gluten free, Organic, Wheat-free
- ➔ Wholesome brand Agave Syrup in a larger container! 44 oz.
- ➔ Bob's Redmill Quinoa Flour, 22 oz bags, Organic, Gluten free
- ➔ Earth's Best Baby Formula - it's back. They now only carry this in a 25.75oz container, but it is back! Organic
- ➔ Large bags of Turbinado sugar, 5lb
- ➔ Gluten Free Momma now has Pizza Crust Mix
- ➔ Kettle Almond Butter - both creamy and crunchy 11 oz, Organic
- ➔ Pamela's Gluten Free Frostings: Confetti Mix and Vanilla Mix.

Dairy free, gluten free, wheat free, organic

- ➔ Pamela's Gluten free baking and pancake mix is now also available in the bulk section!
- ➔ Numi Tea: New line called Puerh: Chocolate Black, Emperor's Black, Magnolia Green, Mint Green. Gluten free, organic, kosher
- ➔ Two new Lakewood juices: Fruit Garden Juices 32 oz: Purple Harmony and Green & Red Fusion. Organic, dairy free, Low sodium, gluten free, wheat free
- ➔ Nature's Path Whole O's Cereal: Gluten Free, dairy free, organic and vegan

Aisle Three:

- ➔ Q-bel Chocolate snacks - organic: Dark chocolate roll, Milk Chocolate roll, Dark Chocolate wafer bar
 - ➔ Go Naturally hard candies: Organic and gluten free. Apple, cherry, ginger, honey, honey lemon or pomegranate
 - ➔ Stirrings Tonic Water in 4pk of 6.3 bottles, All natural
- *We had to remove Hansen's tonic water from our shelves due to their use of high fructose corn syrup in their tonic water.
- ➔ Kettle Chips Jalapeno flavor: Organic, Vegan
 - ➔ Kind bars: Kind Plus flavors: Mango Macadamia, Almond, Walnut and Macadamia, Cranberry and Almond, Strawberry Nut Delight. All are dairy free, organic, wheat free, gluten free and low sodium
 - ➔ Gorge bars - Made in Washington!
 - ➔ Just Fruit bars: Apple Raspberry, Apple Blueberry, Pear Cranberry, Pear Blueberry
 - ➔ O.N.E. - currently located next to the sparkling waters on the grocery shelves
 - ➔ Coconut water in LITER containers! dairy free, organic, wheat free

In our single drink cooler:

- ➔ Ito en Sencha drinks: Oolong shot blue tea 6.4 oz can. Dairy free, low carb, wheat free, organic

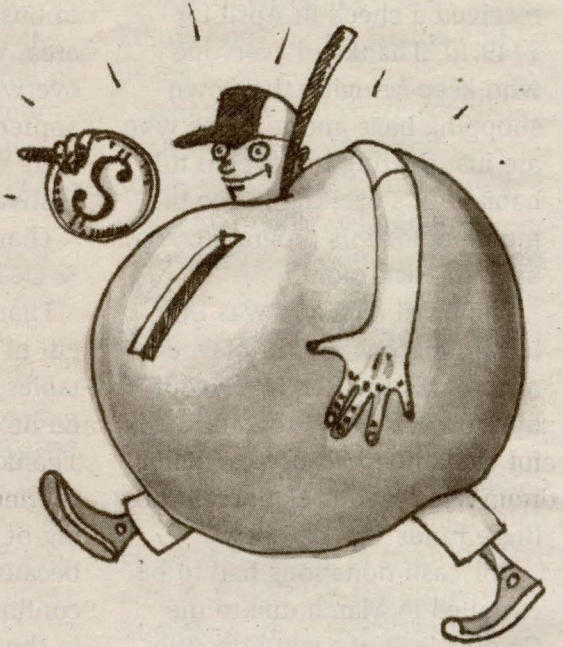
Produce

- ➔ Limited availability local mixed salad greens, spinach, and radishes from Orchard Farm
- ➔ California certified organic Strawberries
- ➔ California certified organic asparagus
- ➔ New crop certified organic red and yellow potatoes
- ➔ New crop California certified organic avocados

Price Shopper: Graduation Party Hors d'Oeuvres

By Joe Pallen and Amy Richard, Newsletter Volunteers

April brought us Abike month and thoughts of spring, May brings us spring and graduation at our local universities. Seems the new leaves on the trees coincide with the university graduations and the beginnings of a new season. Okay, enough reminiscing for now, but it was the invitation and request to bring hors d'oeuvres to a graduation party that brought on thoughts about these events. It seems it is always a busy time of year and with a lot going on we wanted to bring something simple and tasty to the party. Tortilla chips and salsa sounded easy, but we also needed to put more work into it so it was decided to add a homemade bean dip, and some deviled eggs to the list. Amy thought Joe's new favorite drink, Black and Tans, would also be a great addition and go great with the hors d'oeuvres. This sounded easy



and even before we made our shopping list we were already imagining going to the party and feasting on these treats. After checking out Rosauers and the Co-op for the best organic ingredients, it was at the Co-op we found all of the items on our list and saved money in the process (\$3.47 to be exact). One trip and a savings to boot! Congratulations to all of this year's Graduates and hope you have fun at your party.

Item	Rosauers	Co-op	Savings
Follow Your Heart Vegenaize	\$6.39	\$6.09	-\$0.30
Cage Free Large White Eggs	\$3.79	\$3.65	-\$0.14
Organic Nature Valley Mustard	\$1.89	\$1.79	-\$0.10
Hatch Canned Jalapenos	\$1.29	\$1.09	-\$0.20
Organic Canned Black Beans*	\$2.39	\$1.29	-\$1.10
Organic Kalamata Olives, Pitted	\$5.99	\$5.55	-\$0.44
Organic Emerald Valley salsa	\$3.99	\$3.75	-\$0.24
Organic Cilantro	Not Available	Available	
Organic White Onions, per lb	\$1.20	\$0.99	-\$0.21
Bearitos Refried Pinto Beans	\$2.19	\$2.15	-\$0.04
Organic Bulk Pinto Beans, per lb	\$1.49	\$1.69	\$0.20
Organic Low Fat Monterey Jack Cheese	\$5.39	\$4.85	-\$0.54
Organic Valley Low Fat Sour Cream	\$3.49	\$3.25	-\$0.24
Yellow Corn Tortilla Chips	\$4.79	\$4.49	-\$0.30
Blue Corn Tortilla chips	\$5.29	\$5.25	-\$0.04
Guinness Draft, per can	\$1.80	\$1.90	\$0.10
Bass Ale	\$1.33	\$1.45	\$0.12
Totals	\$52.70	\$49.23	-\$3.47

* Comparable Brand

All Identical brands (except where noted) at regular price

Camas Prairie Winery

Made in Moscow since 1983.

Grape wines, fruit wine, honey wine.

Try before you buy!

Mon-Sat 12-6:30

@ 110 S. Main St.

MOSCOW YOGA CENTER

525 S. Main. 208.883.8315

Summer Session begins May 18th

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

View our schedule on line at: www.moscowyogacenter.com





Dime in Time Program: Rendezvous for Kids!

Rendezvous in Moscow, Inc. is thrilled to be the May recipient for the Dime in Time program! The timing couldn't be better, as we're gearing up for another exciting festival in July.

Every summer, Rendezvous in Moscow, Inc. puts together Rendezvous in the Park, the popular music festival now in its 27th year. Another major part of the Rendezvous festivities — especially for the under-12 set — is Rendezvous for Kids. Rendezvous for Kids is a two-day arts festival for pre-school and elementary school-aged children. When you donate your bag rebate this month, you'll support an opportunity for 3 to 12-year-olds to experience an array of artistic forms including drama, dance, sculpture, painting and more.

Since 1991, Rendezvous for Kids has been a grass roots effort, reflecting some of the best of community life in Moscow. Forty community volunteers come together on each of the two days to ensure the event is a smooth-running success, and we enjoy the participation of many talented local artists. This year, we look forward to serving upwards of 250 local children. Dime in Time funds support our ability to pay artist and perform-

er fees, help cover the cost of materials, and also support the festival's scholarship program, helping ensure access for children who may not otherwise be able to attend.

This year's Rendezvous for Kids is July 16 and 17, kicking off at 9 a.m. in East City Park. Each morning will find 5 to 12-year-olds rotating through three 45-minute workshops. In the past, these have included activities such as dance, instrument-making, recycled-paper collage, and nature sculpture, and the selection varies so that children experience a diversity of artistic expression from year to year.

A variety of "art stops" are set up adjacent to the workshops. Picture a Midway of arts and crafts experiences for children to drop in and out of, trying activities that might be completely new to them, lingering at those they particularly enjoy. Tie-dye, face painting, and paper crafts are a few of the regular stops, with new activities introduced every year. Workshop participants also receive a Rendezvous t-shirt, picnic lunch, and a lunchtime performance before winding down again at 1 p.m.

Preschool-aged children can participate with their parents or caregivers in a special program

starting each morning at 10 a.m., and then explore the art stops. At the end of the morning, all the children come together for the live performance on the park stage.

While children must be pre-registered for the workshops, the art stops and noontime performances are open to all children — separate tickets for impromptu participants are available at a

reduced price on the day.

This year, we are excited to hold an open registration day at the Moscow Food Co-op. You can register your child for one or both of the workshop days, ask questions, or volunteer to help! Look for us at the front of the store on Saturday, May 23. More information is also available at the website, www.moscowmusic.com/R4Kids.

Good Food Film Series: Independent America

Buy Local Moscow and the Co-op present the documentary Independent America, 7 p.m., Thursday, May 21, at the Kenworthy Theatre in downtown Moscow. Doors open at 6:30 p.m. Please join us for the film and information about Buy Local Moscow's goals, and for potluck appetizers, desserts and conversation.

Journalists and married couple Heather and Hanson drive 13,000 miles around the United States with their dog and their recording equipment, to discover if the spirit of Mom and Pop is alive and kicking in the land of big-box retail. They start off with two rules: no driving on interstates, and no buying anything from a chain store.

A mom and pop documentary about mom and pop business, plus an interview with Wal-

Mart's top public relations person — don't miss it!

Tickets are \$4 for Co-op and Buy Local members, and \$6 for the general public. - CPS



GREEN SIDE UP
CREATIVE LANDSCAPING
Becky Chastain, Owner

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

www.greensideupmoscow.com
208-883-3485

10% discount on Landscape design for Co-op Members

Idaho Repertory Theatre

July 1 - August 8

University of Idaho Hartung Theaters

Unnecessary Farce

by Paul Slade Smith

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

Some Enchanted Evening:

The Songs of Rodgers & Hammerstein

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

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

IRT For Young Audiences

DISNEY'S HIGH SCHOOL MUSICAL 1 ACT

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

Music Adapted, Arranged and Produced by Bryan Louiselle. Based on a Disney Channel Original Movie written by Peter Barsocchini.

Jocks, brainiacs, thespians and skater dudes all come together in this sweet and squeaky-clean musical, performed by local talent and IRT pros.

CHAPS

by Jahanna Beecham and Malcolm Hillgartner

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

ROMEO & JULIET

by William Shakespeare

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

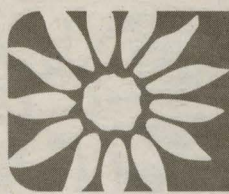
(Watch R & J under the stars or indoors for a special performance on Aug. 8!)

Idaho Repertory Theatre Schedule 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Evening Performances 7:30 pm High School Musical Evenings 6:30 pm			JULY FARCE 7:30 pm Hartung Indoors	FARCE 7:30 pm Hartung Indoors		Happy 4th of July!
5	6	7	Enchanted 7:30 pm Hartung Indoors	Enchanted 7:30 pm Hartung Indoors	FARCE 7:30 pm Hartung Indoors	CHAPS 7:30 pm Hartung Indoors
CHAPS 2:00 pm Hartung Indoors	13	Enchanted 7:30 pm Hartung Indoors	CHAPS 7:30 pm Hartung Indoors	FARCE 7:30 pm Hartung Indoors	CHAPS 7:30 pm Hartung Indoors	Enchanted 7:30 pm Hartung Indoors
FARCE 2:00 pm Hartung Indoors	20	H. S. MUSICAL 6:30 pm Hartung Indoors	Enchanted 7:30 pm Hartung Indoors	H. S. MUSICAL 6:30 pm Hartung Indoors	R & J 7:30 pm Hartung Outdoors	R & J 7:30 pm Hartung Outdoors
Enchanted 2:00 pm Hartung Indoors	27	FARCE 7:30 pm Hartung Indoors	R & J 7:30 pm Hartung Outdoors	H. S. MUSICAL 6:30 pm Hartung Indoors	R & J 7:30 pm Hartung Outdoors	AUG CHAPS 7:30 pm Hartung Indoors
H. S. MUSICAL 2:00 pm Hartung Indoors	3	CHAPS 7:30 pm Hartung Indoors	R & J 7:30 pm Hartung Outdoors	FARCE 7:30 pm Hartung Indoors	CHAPS 7:30 pm Hartung Indoors	R & J 7:30 pm Hartung INDOORS!

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

www.idahorep.org



Tuesday Growers' Market News: Spring Chick Pick-Ups & Other Exciting Developments

By Jeanne Leffingwell, Newsletter Volunteer, and Andrika Kuhle, Volunteer Market Manager

Who: Your Local Area Farmer Neighbors

What: Tuesday Growers' Market

Where: West End of the Co-op Parking Lot

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

Why: Too Many Reasons to List (like the local economy, our collective health, best flavor, etc!)

Its market time! Spring seems to be here finally and Moscow-area growers are ready to share their goods. Starting the first Tuesday in May, and continuing through the last Tuesday of October, the Moscow Food Coop will once again host the Tuesday Growers' Market. Music and BBQ begin outside in June. The market has a great line-up of growers this year:

Steve Streets will attend the first two markets with live chickens! Steve is taking orders for pullets and educating people about raising backyard chickens. In addition to showing off a few of his lovely ladies (for sale!), Steve will bring an example of his "turn-key" hen house, if you are interested in buying a chicken coop. Steve is ready and happy to provide you with all the information and support you need to successfully raise egg-layers in an urban environment. If you miss Steve at the market, contact him at DAYSTARORGANIC@yahoo.com

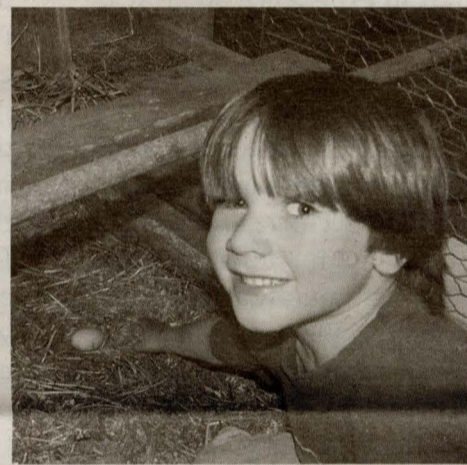
Happily, **Affinity Farm** begins its eighth year at the Tuesday Market. Russell and Kelly, our 'old kids on the block,' have been mentors to several 'newer' growers. They consistently provide some of the most beautiful and tasty produce you can find on the Palouse — artwork you can eat. Look for them at the parking lot entrance.

Avon Eggs/Tourmaline Farms has raised 400 additional chicks this spring, bringing their total to more than 500 birds. This will mean five times as many eggs to sell, about 250-300 dozen a week — so hopefully they won't sell out in the first half hour! Word of their tasty eggs has caught on fast. New to the area last summer, the operation is now "Registered Organic" and is awaiting "Certified Organic" status. Kyle and his young assistant Korben intend to have fresh (frozen) broilers and grass-fed beef in June. They will also take pre-orders for broilers and Thanksgiving turkeys. This greatly helps them plan and time their production. So check in with them for more details.

Debbie's Flowers will return with plant starts, fresh flowers and good conversation. Debbie and George have added heat to their greenhouse over the winter, and this has allowed them an even earlier start on the grow-



Clockwise from top left: Amy Grey and son Tom Warner pick out some hens. Amy Grey, of Backyard Harvest, checks out progress on the chicken coop Steve Streets is building for her. Sam Warner finds an egg.



ing season. Tomatoes, broccoli, cabbage, leeks, and cold tolerant flower starts will be first. And after that, a steadily growing supply of flowers, bouquets, and other plants and herbs. Even if you don't think you need a fresh bouquet, be sure to stop by for a visit with Debbie, George, and Jeanne's favorite vendor, Winston.

Thorn Creek Native Seed Farm is a new vendor this year. Jacie Jensen will be selling native plants and seed packets. All of Thorn Creek's plants are Palouse-sourced (Paradise Ridge to be precise) and many are important to our native pollinators. Come check out Thorn Creek Native Seed Farm for your landscaping and restoration projects.

Backyard Harvest will administer "Shop the Market" to provide market money to anyone with food stamps. Just bring your Quest card; Molly will swipe your card and give you the appropriate amount of Market Money to purchase produce and garden starts at that day's market. Backyard Harvest will sometimes sell produce, especially later in the season, so be sure to check them out for surprise goodies.

The market currently has three spots available for drop-in vendors. Expect to be surprised with variety and new faces. If you have excess starts or produce at any time during the season, con-

sider getting a drop-in application on file with Andrika. Jeanne dropped in on the very last market day in '08 with her plums, and was amazed and delighted to sell out. She will be back! Make the Tuesday Growers' Market a regular part of your week. Also, be sure to check out the Moscow Food Coop newsletter each month to find out what kinds of produce you can expect to find at the market as we move through the growing season.

Jeanne Leffingwell, a local artist, is especially looking forward to two things this summer: Her first season working for a share at GT's Farm Foods (her neighboring CSA, which by the way, has a few subscriber slots still open. Call Garrett quick at 208-882-7965.) Secondly, keeping her new Mexican 'Pero de Calle' pup out of her own wee garden.

Andrika Kuhle is the Tuesday Grower's Market volunteer coordinator and groupie. She is an aspiring grower herself, and is gradually increasing the size of her puny garden. She spends most of her time with two sprouting boys, and is looking forward to her first harvest of garlic scapes in June. She can be reached at growersmarket@moscowfood.coop



Howard Hughes VIDEO

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

Previously viewed DVDs \$6.98.

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

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

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

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

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



MAY SUGGESTION BOX

Can we print the total number of the Dime in Time donations in the newsletter the following month? —customer at the checkstand

Great idea! In fact, we always do this already, since we started the program last fall. Look for the newsletter article titled Your Dollars at Work, if there isn't one specifically called Dime in Time. You'll find out how much money last month's recipient got, plus find out who the next month's recipient will be. —Carol Spurling

Can you carry raw milk? Your store people are always helpful! —Shelly

Thank you for the great comments on our staff. We appreciate it. The raw milk question comes up fairly frequently. While it is legal to sell raw milk in the state of Idaho, no milk producer has been registered to sell it and there are no plans for the state to register any producers to sell raw milk. That makes it unavailable. —Peg, Chill/Frozen Buyer

Could you please purchase mayonnaise that does not contain 1) canola oil 2) sugar? Thanks I'd appreciate it as I cannot eat sugar.

I have checked with our distributor and they do not carry mayo without sweetener of some sort, be it honey or cane sugar. I have found recipes that take from 5-10 minutes to produce your own mayonnaise. Try this one, leaving out the sugar of course, and see how it works for you.

—Joan, Grocery Manager

- 2 egg yolks
- 3/4 teaspoon salt
- 1/2 teaspoon powdered mustard
- 1/8 teaspoon sugar
- Pinch cayenne pepper
- 4 to 5 teaspoons lemon juice or white vinegar
- 1-1/2 cups olive or other salad oil
- 4 teaspoons hot water

Beat yolks, salt, mustard, sugar, pepper, and 1 teaspoon lemon juice in a small bowl until very thick and pale yellow. (Note: If using electric mixer, beat at medium speed.) Add about 1/4 cup oil, drop by drop, beating vigorously all the while. Beat in 1 teaspoon each lemon juice and hot water. Add another 1/4 cup oil, a few drops at a time, beating vigorously all the while. Beat in another teaspoon each lemon juice and water. Add 1/2 cup oil in a very fine steady stream, beating constantly, then mix in remaining lemon juice and water; slowly beat in remaining oil. If you like, thin mayonnaise with a little additional hot water. Cover and refrigerate until needed. Do not keep longer than 1 week.

Yield: 1-1/2 cups

Would it be possible to get a container refund when reusing our own jars or bags when we buy bulk or produce at the Co-op? —Connie

Maybe. I think there may be some history of trying this before. I do not think we can

work out a system for bags, but maybe for jars and other durable containers. I have to do more research. My reflex is that it might look like the Dime-in-Time option for cloth bags. It is on my list. —Steve

I think it is a shame you allow people to study (in the Deli seating area) during lunch hour on weekends. It was packed today and most people were standing while four people occupied the center table for well over an hour. —Not signed

I am sorry you were inconvenienced and not able to sit down to enjoy your food. Many customers are comfortable asking for an unused chair or sharing a table with people they do not know (yet). I glean from your comment that you expect staff to enforce social consideration. Although you may not agree, we are not going to regulate the seating area. —Steve

I would prefer that receipts did not have my name on them. —Judy

I can appreciate your preference. There is a little convenience for us for names on receipts, but it certainly is not necessary. The information that prints on receipts is part of the "standard" format that comes with our cash register system. We can, and will change it, but it will require a little time. Best guess is sometime this summer. —Steve

Having Bikefest the same day as Hempfest is not a good idea. I cannot be at both. —Kate

I am sorry, but there are just too many things going on in this area to avoid a conflict with something. —Steve

Two years ago I learned that the kitchen uses conventional eggs. The Kitchen Manager told me that they "couldn't afford" organic or cage free eggs. (part 1) —Not signed

I'm sorry you received incorrect information. In the kitchen we are required to use USDA graded eggs. In our region, graded organic eggs are just not available in the quantities we need. Our local farmer's eggs are not graded. FYI, the price difference between conventional and organic eggs is just a few cents. —Melissa, Kitchen Manager

How does the Co-op justify purchasing a salad bar for \$20,000 when you "cannot afford" organic eggs? (part 2) —Not signed

In terms of dollars, it does seem confusing that we cannot afford a few cents for an ingredient but can afford thousands of dollars for equipment. Let's talk about ingredient cost first. Sandwiches are a better example than eggs (see part 1). Most customers have a price in mind that they are willing to pay for lunch. This is different for everybody. For me, my entire lunch, sandwich, drink and dessert, should be less than \$10. To meet my budget, the sandwich really cannot be more than \$7. When the

Co-op looks at ingredients for sandwiches, we do look at the cost of ingredients so we can sell the sandwich for a reasonable price. Internally, we do sometimes say we cannot "afford" an ingredient because we would have to charge so much the product would not sell. We do feel pressure to keep retail prices low along with pressure to use the best possible ingredients.

An investment purchase like the salad bar has to be supported on its own merits. It is not related to ingredient prices. We project that new sales of soups and salads will pay for the salad bar investment in 3 - 4 years. The difference is very similar to a personal decision about remodeling and food in your refrigerator. The remodeling cost needs to stand on its own as an investment. The food in your refrigerator needs to be affordable, taste good and be healthy. The cost of the food you buy and the remodeling project are not directly related. —Steve

Do you still carry the BBQ flavored cassava chips - I bought them in March and have only seen the Sea Salt flavor since then. —Jessica

The BBQ flavor did not earn its place on the shelf so we discontinued that product but we did keep the sea salt chips. Apologies if it was a favorite of yours. Unfortunately we can't stock every product so we have to choose those that most customers want to buy. —Joan, Grocery Manager

Why is the frozen fish packed in Styrofoam? —Jonathan

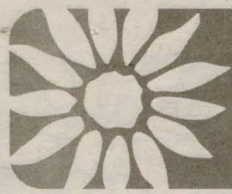
That is the best packaging for the product. The only option is to wrap it in freezer paper, but the product would not be visible. —Kyle, Meat Dept

Please carry more Country Choice Organic products - especially "Oatmeal on the Run!" —Jonathan

We chose not to bring in that particular product because it is too similar to items we currently carry. We would be glad to order a case of them for you. A case contains 6 boxes of 5 bars each. If you are a member, you will receive 10% off the case price. —Julie, Grocery Buyer

Has there ever been a fish counter at the Co-op? Why isn't there fresh fish available? —Jonathan

The Fish Folks from Coeur d'Alene sell fresh fish from our parking lot every Friday from 11 a.m. - 6 p.m. mid-March to December. Come check them out - you'll be delighted. —Joan



Staff Profile: Alex Gordon

By Amy Newsome, Newsletter Volunteer

Alex and I met outside on the first nice day in what felt like an eternity. A few days previous I had spotted Alex at the Co-op restocking groceries quickly and quietly. Fortunately for me, he agreed to be interviewed without hesitation. Some employees are quite taken aback by being asked to be interviewed and need to deliberate the pros and cons of such, so I am always appreciate of a quick and decisive positive response. Alex has been a grocery stocker for the past five months. He saw the opportunity to work at the Co-op not just as a job but as a way to be active in the community.

"I wanted to work at a locally owned business. I really like the Co-op's atmosphere; it's its own sub-culture."

Alex also works at downtown Moscow's Camas Prairie Winery on an as-needed basis. He has helped with their last few bottlings. He got a real appreciation of the physical labor that is required to turn grapes into wine. He also gained a fondness for their Huckleberry Mead.

For five years, Alex managed Bumpers Arcade in the mall. He recognized me from taking my girls to the arcade.

"I was the guy who always had different colored hair." I remembered him then. I realize now that he likely saw me making a fool of myself on Dance Dance Revolution, but he was probably too kind to bring it up.

Alex was born in Missoula, Montana and moved to Moscow with his family when he was five years old, so he is locally-grown.

"I went to Russell Elementary School and still hang out with some fellow Russell Rams."

Alex's family moved here so his dad, Jerry, could take a position at Washington State University in the Information Technology department. Like his dad, Alex has a keen interest in computers. He is currently working on a degree in game and simulation programming online with DeVry University. He really



"Alex has been a grocery stocker for the past five months. He saw the opportunity to work at the Co-op not just as a job but as a way to be active in the community."

likes the flexibility of the online program. With two years into the program, he has about a year left to go. I asked where he'd like to work as a game designer.

"Basically my goal is to live in a country with free health care." We talked about Germany and Japan.

He's dabbled in Japanese and is now working on French. Because of the French, I asked if he would consider Canada.

"Yes, Canada has some really great companies and maybe my parents would be able to visit me more often if I wasn't overseas."

He acknowledges that he won't be able to pick where he wants to live and work right after graduation.

"Game designers have to have five years of experience and at least two published games to land a good position with a company. So, at first I'll just have to go wherever the jobs are."

He also mentioned that online games are another way of making money as a

game designer.

"Basically, you let people try an abridged version of your game for free and if they like it they'll buy the game to get access to the complete version."

Alex's mom, Linda, works in the office at Bearable Dentistry. His sister, Erica Baker, also lives in Moscow and has two young children. He tries to visit with his family as much as possible, but between work and school, he doesn't have as much time to see them as he'd like.

For fun, Alex likes to play

online text adventure games, which are complex games without graphics. He also likes to hang out at Mikey's, where a good friend works. Alex enjoys reading but hasn't had much time for recreational reading recently. Some of his favorite authors include William Gibson, the man that coined the term "cyberspace" and led the cyberpunk genre of science fiction; Christopher S. Hyatt, an occult writer who wrote about experimental psychology; and Robert Anton Wilson who primarily wrote about paranoia and conspiracy theories.

"They were sort of subversive for their generation. They basically talked about applying change to your life. It's kind of weird, fringe

stuff."

Right now Alex's hair is close to his natural sandy blond, but that could change any day!

Amy Newsome wants to know what staff member you'd love to see interviewed. You can e-mail her with your suggestions at ranewsome@roadrunner.com

Inland Northwest

Green Fair



May
15 & 16

Free Admission
Free Workshops
Free Music & Movies

Friday, 10 A.M. - 8 P.M.
Saturday, 10 A.M. - 5 P.M.
SEL Event Center, Pullman





Volunteer Profile: Katrina Mikhiah

By Todd J. Broadman, Newsletter Volunteer

What a privilege it is to write this column; I get to meet a range of creative, caring folks. My time with Katrina Mikhiah assured me of that. She is a seeker-type and as such, I felt an immediate kinship. I'm going to begin this piece by quoting from the book, "Success is a State of Mind," in which Katrina is a featured author. She uses the metaphor of a river to describe life's journey: "A skilled boater is always very grounded in the present – very aware and accepting of any immediate conditions – in order to see and respond to both obstacles and opportunities when they come."

And that's what I sensed as our talk progressed: someone grounded in the here and now. I was interested to know when and where such thoughts began. "I was in Jr. High School in Colorado," she explained, "and we played 'the ungame,' which gave us an opportunity to explore. And then it was in High School that I began asking questions about such things as soul and spirit."

She said that her attraction to the Co-op was quite natural because the community of shared values – others in search of more meaningful lives. She termed it a "requirement" that each place she had chosen to live have a natural foods store. Places as varied as Chicago, Salina, Eugene, Ashland, and Joseph. It seemed clear to me that Katrina relishes variety and contrast and she emphasized the Co-op as being the "community hub." "I began volunteering at the Third Street location – stocking the shelves."

For her Co-op volunteer position, she now shares the responsibility for the Co-op's newsletter delivery to businesses and offices in Moscow with Donald Stanziano. She met Donald in



“She said that her attraction to the Co-op was quite natural because the community of shared values – others in search of more meaningful lives.”

Ashland in 1993 where she had moved to study Environmental Education. Katrina and Donald raised their son, Nico, now 13, primarily in Moscow.

Katrina has a reserved manner and was reticent to talk about what has clearly been a fascinating journey. Even as I write this, I find myself using her own jargon and thinking of my own life as a boater steering

my course down river. How can I control where the current takes me? From her book, Katrina offers this insight: "surrendering to the river of life is difficult for us because our minds are so strong. We hang so desperately onto the idea that we can control circumstances if we just try hard enough or know enough, but I have learned that the mind doesn't always know how to

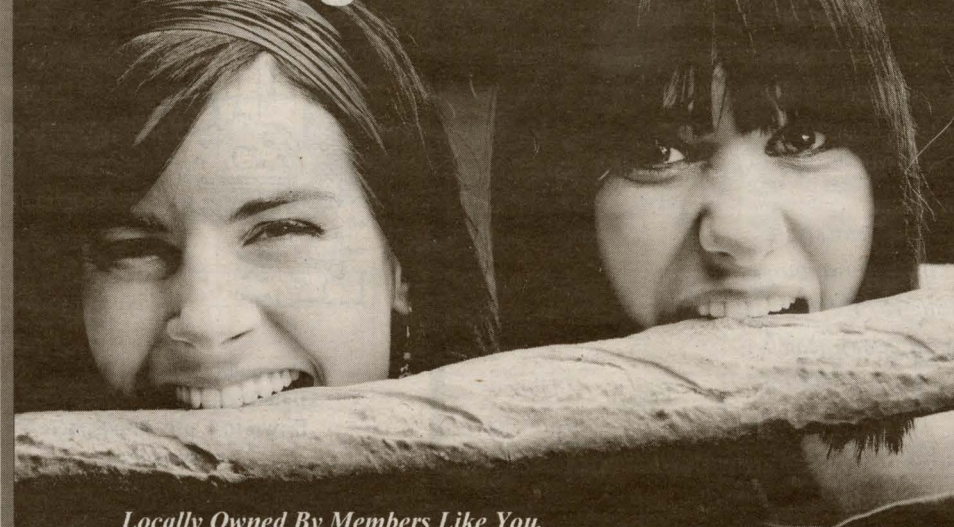
assess things correctly, and the wiser guide is the unknown – life itself."

Katrina's college degree is in International Development from a small Mennonite school in Kansas, but she points out that her "real education" comes from an experiential learning center in Chicago. There, she broke bread with the poor and taught ESL. The people she met encouraged her to challenge what it meant to be a Christian, what it meant to be human. The experience was pivotal in leading to her present role as a Life Coach – helping others discover who they are.

Katrina welcomes those who would like to contact her. She is interested in forming workshops and retreats. She can be reached at: kmikhiah@verizon.net

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.

Sharing Has Never Been Easier



Locally Owned By Members Like You.

www.latahfcu.org

882-0232

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

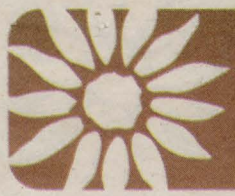


Latah Federal
CREDIT UNION

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



CREDIT UNION
SERVICE CENTERS



Beyond the Eat Local Challenge: Sustaining Locavorism

By Amy Newsome, Newsletter Volunteer

Some eight years ago, my partner and I decided to get serious about growing and preserving enough food to get us through the winter. In part our motivation was to reduce our carbon footprint and our dependence on petroleum imported food. Around that time we learned that the average food item travels 1,300 miles, (yep, this even applies to Co-op food) and we felt that we wanted to disengage from that unsustainable system.

Initially we grew and stored what we could, preserving excess garden harvests. But over the years we've become more precise. Our personal Food Challenge has become a year round adventure that involves a focused plan of planting, harvesting, hunting and storing/preserving a wealth of food, and we have developed a list of annual food needs that we work over the summer to obtain. The list itself is very specific to our family; another family's configuration, habits, and tastes would render a different, but likely similarly large, list. As you know winter in Idaho is long, and we work to preserve a diverse enough stash to entertain our palates through the cold season.

In the summer, our food list hangs in our kitchen, and as we collect, preserve and store crops we check them off the list. It generally attracts attention from visitors, and I've come

to love what it represents; a visual image of our commitment and effort to disengage from our dysfunctional global food system. It also speaks to the fact that eating a local diet isn't a matter of deprivation — in fact, among our friends and family, we are known to eat very well.

In preparation for this summer's Local Food Challenge, I thought I would share our family's list. While it goes beyond this summer's official Challenge, I hope that those interested in the Challenge are also interested in increasing their local consumption year round, and might find our list informative and inspirational.

If you are a gardener or Farmers Market shopper, as you reflect on the list you will recognize that the activity begins in the early spring. Our annual garden plan includes beds that are

Item	Quantity	Storage Method	Garden Space Required
Stewed tomatoes	40 quarts	canned	25-30 row feet
Salsa	10 qts + 30 pts	canned	For all tomatoes
Marinara	30 quarts	canned	
Enchilada Sauce	15 quarts	canned	
Katsup	20 pints	canned	
Carrots	175 lbs	Root cellar	150-175 row feet
Cabbage	20	Root cellar	30 row feet
Potatoes	250 lbs	Root cellar	50 row feet
Beets	50 lbs	Root cellar	50 row feet
Celeriac	15-20 bulbs	Root cellar	10-15 row feet
Parsnips	30-40 roots	Root cellar	10 row feet
Onions	140 lbs	pantry	70 row feet
Dried Tomatoes	2 gallons	pantry	6 row feet
Pesto	40 cups	frozen	15 row feet
Garlic	20 lbs	pantry	40 row feet
Dried Basil	1 gallon	pantry	Extra from pesto basil
Corn	40 1-2cup bags	frozen	300 row feet
Roasted Peppers	3 lugs	frozen	20 row feet
Dried Hot Chilies	1+ cup	pantry	2 row feet
Peas	30 quarts	frozen	40 row feet
Peaches	30 quarts	canned	7 lugs
Plums	20 quarts	canned	4 lugs
Dried Fruit misc.	4-5 gallons	pantry	5-6 lugs
Green Beans	20 1-3 cup bags	frozen	15 row feet
Winter Squash	30 misc		30 row feet
Berries misc	3-5 gallons	frozen	
Cilantro cubes	50	frozen	10 row feet
Dried Beans	5 gallons	pantry	100 row feet
Pickles	20 quarts and 25 pints		2 lugs
Roaster Chickens	35	freezer	A good sized yard, and a lot of Organic feed
Deer, Elk or 1/4 Cow		freezer	If we're lucky
Tonamaker Apples	6 lugs	Root cellar	\$10 a lug at Farmers Market. Till our orchard starts producing
Tonamaker Asian Pears	6 lugs		\$12 a lug, again till our orchard get going

specifically grown for processing for winter storage. For example, in early February we start onions in our greenhouse for our August harvest of winter storage onions, in April we plant a 50' row of shelling peas that we harvest, shell, and freeze in June and July (15' of the row is left

unharvested till maturity for next year's seed). We also grow 10-15 Roma tomato plants that we process into canned salsa, marinara, enchilada sauce, and stewed and dried tomatoes. For this article I have included approximate row feet of garden space required to produce each item, in hopes that as you plan your garden you will consider growing crops specifically to store. For non-gardeners, the key is acquiring enough local produce in the summer to process and preserve for winter.

This annual cycle of planting, harvesting, processing, and storing our food may not be easy, but it is very rewarding work. I think of it as a form of meditation; it takes ongoing consciousness, and purposeful activity. Whether you take this summer's Local Food Challenge, or begin to incorporate locavorism into your daily life, there will be a purposefulness surrounding your diet that is well worth the effort.

Kelly Kingsland is grateful to her Mom who returned to "the Land" in the late '60s, and taught her where food really comes from.

Mindgardens

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

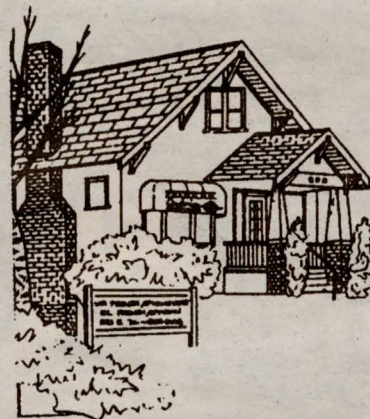
Recycling materials
Utilizing local resources
Building **WITH** Nature
Preserving our health,
life force, and future.

www.buildmindgardens.com
Vision your surroundings evolving into
who you want to be.

(509) 595-4444
10% discount for Moscow Food Co-Op members

Solar enhancements! Non-Toxic Painting!
Naturalscaping! Free Estimates!

PALOUSE
Ocularium
VISION CENTER



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

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

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

Eating Locally, A Practical Guide

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

Spring is officially upon us and the produce department is proud to be offering the freshest local greens in town courtesy of Orchard Farm. As of last week, they started harvesting their greenhouse grown spinach and salad mixes, and this is the first way you can start buying local and supporting locally grown produce in 2009!

Many people may be wondering exactly how to go about embarking on the "Eat Local Challenge" and I intend to help you out by sharing what I know about our local food economy and the local growing season. We are fortunate enough here in Moscow to have over two dozen part time or full time small-scale farmers selling their produce at the farmers markets, growers market, and in the Co-op produce department. You can find local produce consistently available at the Co-op between the months of June and October, with late season storage crops available until January most years.

For those of you who are growing gardens this year as part of your "Eat Local Challenge," we are blessed here on the Palouse with some of the most nutrient rich soils on earth and around a 120-day growing season once early and late season frost precautions are taken. Seriously. The Palouse soils are rich, deep, and hold moisture very well, which is what makes them excellent for dry land farming of crops such as peas and lentils. For the home gardener, our soils can be tough to work at first, but with good planting timing, plenty of mulch, and a good drip watering system, you will be able to grow all your vegetable needs for the season in your own garden.

Here in the Coop produce department, the only local produce we have before June is mostly salad greens. During June and July we start getting the hardy leafy greens, and early summer crops such as zucchinis, and cucumbers, and in late summer we get the tomatoes, pep-

pers, and storage crops. The produce department is dedicated to carrying as much local produce as possible during our growing season and we will have a new system of signage up this year to help you locate both local and northwest grown items, throughout the store.

All throughout the season a prospective localvore can also shop at the downtown Farmers' Market every Saturday and the Growers' Market every Tuesday in the Co-op parking lot. (Did you know you can use food stamp benefits at both of these markets, courtesy of Backyard Harvest?) Shopping the markets is best done with an eye towards a weeks worth of meals, so plan ahead for your local produce needs. The other major benefit of the farmers market is that you can buy large quantities of produce for canning tomato sauce, making apple butter, or making pickles to extend your localvore season.

Seasonally speaking, right now in California the citrus season

is wrapping up and in southern California the strawberries are reaching their peak of harvest while elsewhere in southern California it is artichoke, greens, and asparagus harvesting time. Most of California's agricultural land is planted and growing and in parts of the Northwest the planting is just getting under way. In the meantime we can enjoy and be thankful for the certified organic produce from Mexico that has been plentiful and sustained us through our northwest winter.

Eating local tip for April: If you store potatoes, onions, garlic, and winter squash in a cool dry place all winter, you can still be eating them in April of the following year.

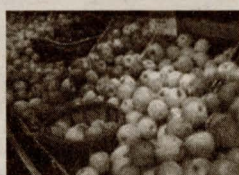


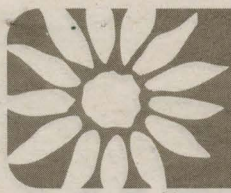
Local, In-Season Produce Calendar

Produce Item	May	June	July	Aug	Sept	Oct	Nov	Dec
Anaheim Peppers				●	●	●		
Apples				●	●	●	●	
Apricots				●	●			
Arugula		●	●		●	●		
Baby Bok Choy		●	●	●	●	●		
Baby Spinach		●	●	●	●	●		
Basil			●	●	●			
Blackberries				●	●	●		
Bedding Plants	●	●						
Beets			●	●	●	●	●	●
Broccoli					●	●		
Bunched Carrots				●	●	●		
Cabbage					●	●		
Cauliflower					●	●		
Carrots				●	●	●	●	●
Cherry Tomatoes			●	●	●			
Cilantro		●	●	●	●	●		
Collard Greens			●	●	●	●		
Cucumbers			●	●	●			
Dill			●	●	●			
Eggplant				●	●			
Fingerling Potatoes			●	●	●	●	●	
Garlic			●	●	●	●	●	●
Garlic Scapes		●	●					
Green Beans			●	●	●			
Green Onions		●	●	●	●	●		
Huckleberries				●	●	●		
Italian Plums				●	●	●		
Jack o' Lanterns					●	●		

Produce Item	May	June	July	Aug	Sept	Oct	Nov	Dec
Kale		●	●	●	●			
Kohlrabi				●	●	●		
Leeks				●	●	●	●	●
Lettuce		●	●		●	●		
Melons				●	●			
Mint		●	●	●	●			
Onions				●	●	●	●	●
Oregano		●	●	●	●			
Parsley		●	●	●	●			
Parsnips					●	●	●	●
Peaches				●	●			
Pears				●	●	●		
Peas	●	●						
Peppers				●	●			
Pie Pumpkins					●	●	●	
Potatoes				●	●	●	●	●
Pumpkins					●	●		
Radishes	●	●	●	●	●	●		
Raspberries				●	●			
Rhubarb		●	●	●				
Sage		●	●	●	●			
Salad Mixes	●	●	●	●	●	●		
Shallots				●	●	●	●	●
Spinach	●	●	●	●	●	●		
Strawberries		●	●	●				
Summer Squash			●	●	●			
Sweet Corn				●	●			
Thyme		●	●	●	●	●		
Tomatoes			●	●	●	●		
Turnips		●	●	●	●			
Walnuts					●	●	●	●
Winter Squash				●	●	●	●	●
Zucchini			●	●	●			

Always more information at:
www.moscowfood.coop





The revolution will not be shrink-wrapped

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

This summer between July and October, the Moscow Food Co-op dares you to take the Eat Local Challenge. You decide what level of dedication is right for you: a week, a month, one meal a day, one day a week, whatever works.

Sign up on the sheet on the bulletin board in the front of the store, email or call me, or sign up at the Tuesday Growers' Market at the Affinity Farm stand. You don't have to sign up to participate, but it's more fun, and maybe more motivational, to take the step of declaring your intent.

Supporting the local food economy is a goal that many Co-op members and staff support, and for good reasons. Food grown locally is fresher and tastier and often more nutritious than food grown thousands of miles away and shipped here; it also requires less fossil fuel to get it from the farm to our plates. Locally grown food is less likely to get caught

up in a nationwide panic over the most recent incidence of a food-borne pathogen.

When you buy locally grown food you're supporting your friends and neighbors in a meaningful, direct economic way - nothing sub-prime or derivative about it. And buying locally grown food instead of food shipped from far away is an investment in our region's food security. Right now there is still a way to get food shipped here from California or Mexico, and many of us habitually rely on it through the winter. But as fossil fuels have gotten scarcer, that food is becoming more and more expensive. Making the extra effort now to support our local farmers insures that they'll be here to feed us no matter what economic crisis comes next.

Those are all the academic reasons to buy locally grown food, but what really matters to me is the deep down satisfaction of knowing the people and the

But what about...??

Coffee, sugar, chocolate, tea, Alaska salmon, olive oil, almonds, cinnamon, salt, you name it, there are a lot of wonderful foods, spices, and tropical stimulants that we just can't seem to do without. And no wonder, these are the things that once upon a time spurred global trade and at times have been more valuable than gold.

Don't sweat it - just make some exceptions to your Eat Local challenge, whatever you need to make it easier to stick to the rest of your challenge. This is typical, as you'll discover if you start reading other peoples' accounts of eating locally. So choose carefully, and enjoy!

land from where my food comes. If you're weary of a shrink-wrapped and bar-coded world, locally grown food is the refreshing antidote.

At the Co-op, we are working to provide local and Northwest grown food in as many departments as possible. The produce and meat departments lead the way, naturally, but check out the deli, bulk foods, cheese, and grocery departments too - you might be surprised.

This summer, look for the new

signs and shelf tags throughout the store that indicate these foods; ask Co-op staff for help; read the newsletter for tips and articles and profiles of people who eat locally; check out the Eat Local section of our website that's under construction; pick up a copy of Rural Roots local food guide; take some of our Essential Cookery classes. We'll do everything we can to make the Eat Local Challenge a pleasure you'll want to continue year-round.

Local Meat Purchasing

By Janice Willard, Newsletter Volunteer

Warning: If you are distressed by the concept and/or practice of raising and harvesting animals for meat consumption, please read no further.

Many small farmers in the Palouse raise livestock for meat production and sell directly to the consumer. There are hurdles for the small farmer to be able to sell meat to the consumer. Federal regulations say that in order to sell individual cuts of meat (chops, steaks or ground), the animal needs to be butchered in a facility with USDA inspection. Federally inspected facilities butchering a small number of animals for a small-scale, sustainable farmer are rare. While a larger farm or cooperation can market individual cuts of meat to be sold at a Farmers' Market or meat counter; this method of value-added sales is not easily available to the smaller farmer, putting small producers at a distinct marketing disadvantage.

The small producer can only sell live animals, which can then be processed at a custom butchering facility (example: C and L Lockers in Moscow). Custom plants have to meet

State health regulations but don't have a federal veterinary inspector employed there. So while the farmer can't sell you a package of meat, what they can do is sell you a live animal, schedule and transport the animal to the custom facility to be cut and wrapped according to your needs. In other words, they are selling you a live animal, which they are allowed to do under USDA regulations, and doing you the service of delivering to the processing facility or have the mobile facility come to their place. What you pay is the price per pound for the live weight of the animal and the price for the custom processing. If it is a large animal, then the farmer can find people to split, so you can get, for example, half a hog or a quarter beef.

By choosing the processing facility that is close, the farmer can reduce travel stress on the animals and maintain control over how their animals are treated at all times. This cannot occur when animals get sold through a livestock auction system or are shipped a long distance to a large processing facility.

May Hot Specials



Breakfast / Lunch

Dinner



SUNDAY

Chicken Fried Steak with Country Gravy, Egg and Tofu Scrambles

Chicken and Dumplings Veggies and Dumplings

MONDAY

Gourmet Pizza by the Slice

Meatloaf, Garlic Mashed Potatoes, Charred Green Beans

TUESDAY

Mac and Cheese, Mean Greens, and Garlic Roasted Red Potatoes

Hamburgers and Vegan Burgers

WEDNESDAY

Chicken Vindaloo, Tomato Paneer Stew, Basmati Rice

Spinach or Italian Sausage Manicotti

THURSDAY

Smothered Burritos: Chicken, Veggie, Vegan

Asian Style Pork Rib Steaks, Veggie Fried Rice, Egg Drop Soup

FRIDAY

Foldovers!, Mean Greens

Gourmet Pizza by the Slice

SATURDAY

Blueberry Buttermilk Pancakes, Egg and Tofu Scrambles
Lunch: Chicken and Tofu Enchiladas, Spanish Rice

Piquillo Pork Loin, Spinach and Mushroom Risotto, Steamed Baby Carrots and Broccoli

Consumers are often worried that they don't have the storage space for a frozen whole, half or quarter. However, people are often surprised how compact the meat is after processing and find that they have more space for it than they think. Alternatively, one could rent a locker in the freezer at a place like C and L Locker, which is an efficient use of energy and allows the purchase or processing of other food items in the season when they are available.

Local farmers will vary in their rearing methods. To be fully certified organic is tough to achieve

in the Palouse because we need to feed our animals through the long, unpredictable winter and finding organic feed is expensive and has limited availability. There is no absolute right way to raise livestock; just what is best for a particular farmer on their piece of land with a particular set of animals. The advantage of buying directly from the farmer is that you can know who has raised your meat and why they have made the management decisions they have made. And you know that you are paying a local farmer what is hopefully a livable wage for their efforts.



Omnivoria: How living in Moscow has changed my perspective on Eating Locally

By Alice Swan, Newsletter Volunteer

The summer of 2001 is when my eating habits changed dramatically. The cause of the change was the decision my husband and I made to subscribe to a CSA farm outside of Minneapolis, where we lived at the time. That in itself was not a huge change — we were regular farmers' market shoppers. But our CSA pick-up site was at our local food co-op, where we had never previously been, and we had to go inside to pick up our share. The produce department was the first thing that inspired me. There was a much wider range of options at the co-op than at our local chain grocery store, and everything was labeled with its city, state or country of origin. That information was eye-opening, and there was no gradual transition for us — after the first shopping trip to the Co-op, we decided that was where we would shop, and ever since then we have, almost exclusively.

We moved to Moscow three years later. During the summers of 2005 and 2006, we were lucky to have the opportunity to be working members of the WSU Organic Farm. Having the opportunity to work on the farm every week from May-October was perhaps the most informative experience we've had here. I was amazed and impressed with the variety of produce produced in a relatively small space at the farm, and also by the amount

of work that actually goes into planning and successfully growing it all.

My favorite produce of the whole year is the very first spring salad greens we get from Orchard Farm in March. Kate used to sell eggs to us, also, and we had the opportunity to feed their chickens and gather eggs while they were out of town.

I think that having had a hand in helping grow and harvest our weekly vegetable share also inspired me to try something I had never even considered before moving to Moscow — canning. I had previously thought that it was a waste of time and energy, since one can get just about anything at any time of year at the grocery store. But I found that I enjoy the satisfaction of turning a large flat of fragrant peaches from the farmers' market into lovely jars full of the succulent slices, just waiting to brighten a dreary winter day.

I'm a bit of a slow study as far as these things go — peaches are really the only thing I've successfully canned (I always intend to can tomatoes, but end up eating them all before that happens). And having always prided myself on leading a European-style "shop every day" lifestyle, I do not have a freezer. But I had intended to buy one this year, in order to be able to do things like buy meat directly from local producers, and freeze more

fresh, local produce for winter consumption. However, before I got around to buying the freezer, my husband got a new job that means we will be moving back to the Midwest this summer. This only means the freezer purchase will be delayed — I still intend to get one, but my grand plans will probably wait until next summer.

Trying the Eat Local Challenge — eating only foods within a 100-mile radius of our home — seems daunting right now, mainly because of my kids. One is a picky eater (I'm not sure what I would do if I couldn't feed him sunbutter and jelly sandwiches!) and the other has food allergies (I don't think there are any rice producers within a 100-mile radius of Moscow). But actually, having to deal with food allergies makes me think it's possible. When first faced with removing gluten and dairy from his diet, I wondered what we would feed the little boy who existed almost entirely on carbs of one kind or another and milk. But we just did it — it certainly takes planning ahead (it's very difficult to eat out with him, for example), but now it's second nature, and as a result, all of us have tried new foods. Making the switch to more local foods could be a similar experience.

“My favorite produce of the whole year is the very first spring salad greens we get from Orchard Farm in March.”

And it doesn't have to be all-or-nothing; at eatlocal.net you can download an Eat Local Scorecard that can help you make gradual transitions.

As far as meat goes, eating locally on the Palouse is no problem. Eaton Natural Beef and yak meat from Tamarack Yak Farm, which I discussed in greater detail in my last two columns, both lie well within the 100-mile radius, and both are readily available in the Co-op's freezer section. There are a number of local farmers who sell chickens direct to local consumers, and for those with a fishing pole, or a friend with a fishing pole, fresh fish is easy to come by from area rivers. And of course, for those who hunt (or, again, who have friends who hunt), the bounty becomes even more varied.

Alice is looking forward to having fiddlehead ferns again next spring.

Ginger Beef Salad

This salad can be made with local beef and local greens. Add other local vegetables as they become available — try sliced radishes early in the season, and add grated carrots, sliced cucumbers and bell peppers (or whatever strikes your fancy!) later in the season.

- 1 pound flank steak
- 2 Tablespoons minced fresh ginger
- 2 garlic cloves, minced
- 1/2 teaspoon salt
- 2 Tablespoons chopped cilantro
- 2 Tablespoons white miso
- 2 Tablespoons water
- 2 Tablespoons rice vinegar
- 1 Tablespoon canola oil
- 2 teaspoons grated fresh ginger
- 1/2 teaspoon chile paste with garlic
- 6 cups fresh spring salad greens
- 1/4 cup thinly sliced green onions

Preheat your grill, grill pan, or broiler. Rub the steak with ginger, garlic and salt; cook about 5 minutes on each side, or until cooked to your liking. Let stand 5 minutes, then slice thinly. Combine cilantro, miso, water, vinegar, oil, ginger and chile paste and whisk to make dressing. Toss dressing with greens and vegetables and toss with sliced meat.



Save the Date! July 4th Weekend

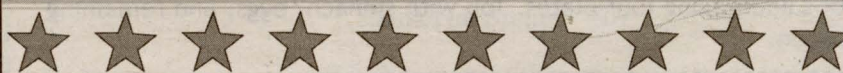
MARYJANE'S 4TH OF JULY

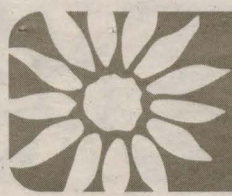
Farm Fair



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

Find out more at www.maryjanesfarm.org/FarmFair2009





Into the Cupboard: Lentils for Any Occasion

By Ivy Dickinson, Newsletter Volunteer

The lentil is thought to have originated in the Near East and has been a part of the human diet since Neolithic times. In the modern world, lentils are most commonly used in India, the Mediterranean, and the Middle East. They are not nearly as popular in North America, unless you happen to live on the Palouse. The lentil is one of the major agricultural crops of the Palouse region, with Pullman, Washington, being a top-10 contributor of the nearly four million metric tons of lentils produced each year to support global lentil consumption.

We love our lentils on the Palouse. We even celebrate them at the annual Lentil Festival

(which will be August 21-23 this year). The festival is a popular local summertime attraction that boasts recipe contests, a lentil chili cook-off and street party, as well as an oversized lentil mascot that can be seen amid the festivities.

In addition to the fact that lentils are a great food choice because they are low in fat and high in protein, they are also incredibly delicious. There are many varieties, so it is never difficult to find one that is the perfect size and texture to complement your cooking. Another thing that really attracts me to lentils is the fact that they are produced locally; by choosing them, I am supporting the local

economy and reducing the global footprint of my food consumption (there are local varieties in the Co-op bulk department that are even labeled). My recipes this month illustrate a couple of the many ways to prepare lentils.

My first recipe comes from my good friend Chelsea. She raved and raved about a soup that she had made that was so delicious, yet ridiculously simple to make. I have to admit that it took me a long time to actually make it because I always have a giant stack of recipes that I'm dying to try, and in all the years I've known Chelsea, she has never been all that interested in cooking. Don't ask me why this made me hesitate to try her recipe; she has always appreciated good food. She kept asking if I had made it yet though, and I'm glad she did because this is the kind of soup that will now become a regular in my repertoire. It was so easy, but the addition of the dried apricots makes it a little extra special.

This second recipe is what I prepared for our Easter brunch. It is essentially a lentil salad topped with spinach and eggs. The salad itself gets a lot of flavor from the bacon and tarragon

"We love our lentils on the Palouse. We even celebrate them at the annual Lentil Festival (which will be August 21-23 this year)."

(one of my favorite herbs). If you wanted a lower fat version, you could sauté the vegetables in olive oil instead of bacon grease. This particular weekend, I decided to use bacon grease. After all, you only live once, and I only eat bacon about twice a year. The lentils topped with spinach and eggs were absolutely beautiful, and delicious as well.

Ivy thinks that all it takes to muster a craving for a nice hearty soup is some talk about lentils. You can email her with your favorite lentil soup recipe at ivyrose7@hotmail.com.

Lentil Apricot Soup

- 2 cups red lentils
- 8 cups water
- 2 cups onion, minced
- 2 teaspoons ground cumin
- 2 teaspoons dry mustard
- 2 Tablespoons minced garlic
- 1 cup dried apricots, minces
- 3 to 4 Tablespoons balsamic vinegar
- black and cayenne pepper to taste
- slivers of dried apricot, plain yogurt, and cilantro for garnish

Place the lentils and water in a soup pot or Dutch oven and bring to a boil. Cover, lower the heat to a simmer, and cook for about 15 minutes. Add the onion, cumin, and mustard, and continue to simmer, covered, until the lentils are very soft (about 15 more minutes). Add small amounts of additional water, if it seems too thick. Add the garlic, apricots, and salt, cover, and let it simmer for another 15 minutes or so. Stir in the vinegar, black pepper, and cayenne to taste. Serve hot, topped with slivers of dried apricot, a swirl of yogurt, and cilantro.

Fried Eggs and Spinach over Warm Lentil Salad

- 3/4 cup lentils (I used green, because they tend to stay firmer when cooked than some of the other lentil varieties)
- 4 oz thick-cut bacon, cut crosswise into 1/4-inch-thick strips
- 2 leeks (white and pale green parts only), finely chopped
- 2 celery ribs, finely chopped
- 1 large carrot, finely chopped
- 2 Tablespoons red-wine vinegar, or to taste
- 1 Tablespoon finely chopped fresh tarragon
- 1 Tablespoon olive oil
- 8 large eggs
- 1 cup baby spinach

Cover lentils with cold water by 2 inches in a saucepan, then simmer, uncovered, until just tender, about 20 minutes. While lentils are simmering, cook bacon in a 12-inch nonstick skillet over moderate heat, stirring, until crisp, then transfer with a slotted spoon to paper towels to drain, leaving fat in skillet. Add leeks, celery, and carrot to skillet and cook, stirring, until just tender. Add vinegar and boil until most of liquid is evaporated. Remove skillet from heat and stir in tarragon, half of bacon, and salt and pepper to taste.

Drain lentils well in a large sieve. Stir into vegetable mixture and season with salt and pepper. Cover and keep warm. Wipe skillet with paper towels, then add oil and heat over moderate heat until hot but not smoking. Fry eggs in batches until whites are just set but yolks are still runny and season with salt and pepper. Divide lentil salad among four plates. Top with spinach, eggs, and remaining bacon.

medical care for the whole family



FAMILY PRACTICE

OBSTETRICS

GERIATRICS

FAA PHYSICALS

WELLNESS VISITS

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

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



213 N. MAIN ST.
208.882.7565

WWW.MOSCOWMEDICAL.COM



Allergy and Gluten Free: National Celiac Awareness Month

By Terri Schmidt, Newsletter Volunteer, illustration also by Terri

May is National Celiac Awareness Month. Celiac disease is triggered by a reaction to glutes in wheat, barley, and rye. Inflammation from eating these foods causes the villi in the small intestine to flatten. In this flattened state the villi cannot absorb nutrients, so people become malnourished and develop other health issues.

Gluten intolerance and celiac disease have been getting much more attention in recent years, which is good because most people who have the disease don't know it. According to Dr. Scot Lewey, a digestive disease specialist and board certified gastroenterologist, celiac disease is the most common autoimmune disease. Even though it likely affects one person in a hundred, Dr. Scot says, "Most people with celiac disease (~90%) are unaware, undiagnosed or misdiagnosed. Most adults with celiac disease have suffered at least 10-11 years and have seen more than 3 or more doctors." www.celiac.com/articles/21567/1/Ten-Facts-About-Celiac-Disease-Genetic-Testing/Page1.html

Symptoms of celiac disease are widely varied and include abdominal pain, gas, bloating, foul-smelling stools, diarrhea, constipation, vomiting, weight loss, lethargy, bone or joint pain. People with celiac disease are also "more likely to have seemingly unrelated disorders such as psoriasis, hair loss, liver disease,

thyroid disease (Hashimoto's or Graves'), Addisons's disease, Down's syndrome, lupus, autism, neurological illnesses, early-onset dementia, schizophrenia, hyperactivity, attention deficits, epilepsy, lymphoma, and type 1 diabetes. Symptoms outside the digestive track are 15 times more common than those inside." *Nutritional News and Views*, Jan/Feb 2009

Celiac disease is an inherited condition. I learned I was gluten intolerant through genetic testing. Genetic tests are done with samples of stools, blood, or saliva. Research has shown that early exposure to glutes increases a child's risk of developing celiac disease. The longer a baby is breastfed, the later they will develop symptoms. Babies given foods containing wheat, barley, or rye in the first three months of life are five times more likely to develop celiac disease. *Nutritional News and Views*, Jan/Feb 2009

People with gluten intolerance and celiac disease are required to go on a permanent and strict gluten free diet, which leads to healing of the small intestine. This is an easy and not so easy fix. Ask anyone who has to avoid glutes in food. The obvious foods to avoid are bread, muffins, tortillas, pizza crust, pasta, etc. But gluten hides in many other places you might not suspect such as baking powder, soups, sauces, marinades, salad dressings, tomato paste, pie fillings, egg substitutes, bullion, licorice, soy sauce and ketchup. Foods with hydrolyzed plant protein, modified food starch, caramel coloring, cellulose gum, MSG and malt could also mask gluten.

Luckily, the Co-op offers many gluten free foods and drinks to their customers. In recognition of National Celiac Awareness Month, the Co-op is going to be offering samples of gluten-free products throughout the month of May. Watch for some fun tasting opportunities.

We are also celebrating the benefits of eating locally this month. Use some deliciously fresh, locally grown veggies when you make the quiche recipe. I have always eaten kale raw and just recently discovered how delicious it is when cooked. Nutritional yeast adds a cheese-

Flaxmeal Skillet Bread (Gluten-free)

Reprinted by permission www.celiac.com: www.celiac.com/articles/21627/1/Flaxmeal-Skillet-Bread-Gluten-Free/Page1.html

- 1/4 cup flaxmeal
- 1/2 cup brown rice flour (preferably superfine grind)
- 1/4 cup potato starch
- 1/2 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1/2 teaspoon xanthan gum
- 1/2 teaspoon fine sea salt
- 1 teaspoon sugar
- 3/4 cup buttermilk (or 1/2 cup plain whole milk yogurt plus 1/4 cup milk)
- 1 large egg
- 2 Tablespoons extra virgin olive oil
- Cornmeal for dusting pan (optional)

Preheat the oven to 450°F, and heat either a 9" cake pan or heavy, well-seasoned 8 1/2" skillet at the same time. Combine all the dry ingredients (minus the cornmeal) and mix well (I use a whisk). In a separate bowl, whisk together the buttermilk, egg, and 1 tablespoon of oil. Using an oven mitt, remove the hot pan from the oven. Add the remaining tablespoon oil and swirl it around to coat the bottom of the pan. Dust the pan with the cornmeal, if using. Pour the liquid ingredients into the dry ingredients, mix until smooth and scrape the batter into the hot, oiled pan. Spread the dough out as evenly as possible inside the pan. Transfer to the oven and bake until brown and crusty, 12-14 minutes. Flip the bread out onto a wire rack, and let cool for 10 minutes before cutting into wedges.

Option: Use an 8" square pan for more rectangular pieces of bread.

Gluten-free Veggie Quiche

Pie crust:

- 1 cup brown rice flour
- 1/3 cup coconut oil or tahini
- 3-5 tablespoons almond or hemp milk
- Mix ingredients till able to form a ball. Press into a 9" pie plate.

Filling:

Sauté in olive oil or steam: 1 onion, 2 cups kale (or spinach), 1 cup broccoli, 1 small zucchini (all chopped) Mix 5 eggs, 1 cup hemp milk, 3 tablespoons nutritional yeast, 2 teaspoons dill, salt & pepper to taste. Add sautéed vegetables to the egg mix and pour into crust. Bake at 425°F for 15 minutes, reduce the heat and bake for about 30 minutes more. Quiche will be done when a knife inserted in the center comes out clean. For variety, try chopped peppers, asparagus, mushrooms, grated carrots, sliced tomatoes, or any other favorite vegetable. If you do not have dairy allergies, you can substitute 1/2 cup grated cheddar or fresh Parmesan for the nutritional yeast.

like flavor to the quiche.

To contact Terri with input for this page write allergypage@yahoo.com

Terri Schmidt is very grateful for our local organic farmers who provide us with healthy and tasty food. For more information on celiac disease check www.celiac.com



Above the Rim
Gallery

*All Original Art
Gifts*

Up the Stairs in Paradise Creek Bikes
513 S. Main St. - 208 882-3361

KONA GIANT RALEIGH HARO

PARADISE CREEK

BICYCLES

SALES • REPAIRS • RENTALS

208.882.0703

513 S. Main
Moscow 83843

Open 7 Days a Week



Pat Rutter, CMT
(Since '89)

A Choir of Angels Massage Center
choirame@clearwire.net

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

Weekend Appointments, Too!

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

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

In The Garden: Animal, Vegetable, Miracle

By Holly Barnes, Newsletter Volunteer

This book will change your life ...»
Rick Bass

I had planned to write about my new worm bin this month, but that will have to wait! I've been away, and while I was gone I read a wonderful book that I want to share with you. It inspired the gardener, cook and epicure in me, as well as incited the activist.

"Animal, Vegetable, Miracle," written by Barbara Kingsolver, is about one family's experiment with living for an entire year eating only the foods they can grow themselves or acquire locally. The book proceeds month by month through the experimental year, giving timely planting, harvesting and eating suggestions. The family is Barbara Kingsolver's own, and the book is co-written by her, husband Steven Hopp, and 19-year-old daughter Camille Kingsolver. I have read most of Kingsolver's books through the years and

always enjoyed them. From fiction to non-fiction to essay she writes well and with sincere emotion about whatever is in her heart at the time. Kingsolver has the major voice in this book but Hopp's occasional essays provide factual information on topics such as concentrated animal feeding operations (CAFOs), monocultures, mad cow disease and fair trade, providing websites for more information. He inspired the would-be activist in me, as I got just plain angry with what our government has done through the years to favor corporate food producers over local farmers.

Daughter Camille follows most chapters with an essay giving her teenage slant on each element of the year, and how it has affected her, and then provides family recipes used during the month under discussion. I was inspired to try most of these recipes through the upcoming spring and summer.

The more people who read this book, the more a community and

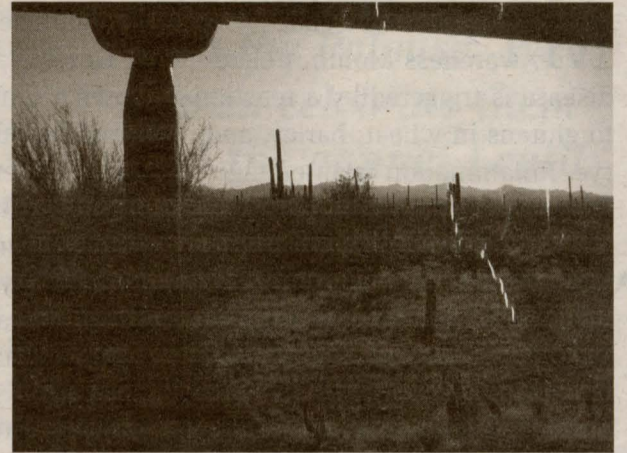
its farmers will benefit. Kingsolver has inspired me to plant more of my family's own food but also to spend more time and money at the farmer's market. She has inspired me to support local food growers by asking my grocery store to stock and label local food. She has inspired me to discover more ways of eating local foods in season, and conserving the excess for winter eating. She has caused me to be more aware of how and what I eat, year round, and to be concerned about it. I loved this book! I wish I had raised my family this way. And if only one family is influenced to change their eating habits because of this article, it is enough.

"Animal, Vegetable, Miracle" is an enthusiastic celebration of gardening, food, family and community, a celebration of the very essentials of life itself. I can't

recommend it highly enough.

I bought my copy of the book at the Co-op. Unfortunately when I submitted my article, there were no copies available. Please order yours from the Co-op or the local bookstore, and consider the wait for your copy as practice for the gardening season-to-come: good things take time.

Holly Barnes and her husband, the sailing guy, spent three glorious weeks in the southern Arizona desert in March. The picture above is the 'garden' in front of her rented casita.



PALOUSE REPORT: Low Fly Zone

WHY ARE THOSE COOL LITTLE PLANES BUZZING ABOUT THE FIELDS?

AND WHAT ARE THEY SPRAYING?



THANKS TO PETE FOUNTAIN, FOUNTAIN FLYING SERVICE AND KAY RUMSEY, NW COALITION FOR ALTERNATIVES TO PESTICIDES

WWW.FROG BLOG - A CARTOON DIARY. BLOGSPOT.COM MAY 2009 © ANNA BREWER



Letter from the Land: Local Orchids, part I

By Suvia Judd, Newsletter Volunteer

If you are biking along a mountain road this summer and suddenly detect an exquisitely sweet fragrance reminiscent of gardenias, stop and look around. There is probably some deep cedar-y forest, and also a sunny ditch or seep with some slender green stalks dotted with small creamy white flowers. You have just met "scent bottle," alias bog rein orchid (*Platanthera dilatata*.) It is fairly common on Moscow Mountain, along with a dozen other species of the orchid family.

Flowers of the orchid family have 3 petals, and 3 usually similarly colored sepals. In North American orchids the flower twists 180 degrees early in development so the top petal becomes a "lip" on the bottom. Petals and sepals sit above the ovary, along with reproductive structures fused into a single column, at the top of which are "pollinia," closed packages of pollen which are picked up by insect pollinators.

The following descriptions will

help you identify local orchids.*

Several local species of orchids have leaves and stems which are not green (or only faintly.) They are without chlorophyll; and grow in association with fungi in their roots, which extract nutrients from the humus. Among these are several species of coralroots (*Corallorrhiza*.) The two I have seen most commonly on Moscow Mountain are the striped coralroot, *Corallorrhiza striata*, a reddish plant with petals and sepals prominently striped reddish brown, and the spotted coralroot, *C. maculata*, a smaller also reddish plant. Its flower has a white lip with red spots. Another non-photosynthetic orchid in our region is the phantom orchid, *Cephalanthera austiniae*. The entire plant is pure white and leafless. It abounds along the trail to Elk Creek Falls.

Of the local orchids with green leave and stems, the showiest one has the lip expanded into an inflated sac-like pouch, or "slipper." You may find colonies

of *Cypripedium montanum*, the mountain lady-slipper, in various habitats on the mountain, from damp to fairly dry, shrubby to forested. (Please do not collect orchids. They do not transplant well, and have suffered from over-collecting.) Mountain lady-slipper has a large white slipper with a yellow throat, dark red twisted petals and sepals, and large glossy-green, many-veined leaves along the stalk. Less common in our region is the nodding lady-slipper, *C. fasciculatum*, whose clustered brownish purple flowers hang just above the ground.

Local orchids which do have chlorophyll but do not have a big slipper can be divided into those with spurred flower lips and those without. Of those with spurs, some have leaves still present at flowering and some have only withered remnants. *Platanthera dilatata*, (bog rein orchid, scent bottle) has green leaves at flowering, a lip not divided into three teeth, leaves along the stem, and white flow-

ers with long spurs.

Our non-spurred green-leaved orchids include a showy early spring-flowering species with a single leaf, and a somewhat slipper-like flower with a hair-like tuft. This is *Calypso bulbosa*, the fairyslipper, whose delicate magenta to pink single flowers on short stems hide in plain sight, but when you see one, you will suddenly see many. Watch for it on road banks in Douglas fir forest, as the snow melts.

Next month: Local orchids, part II.

Recommended: "Wild Orchids of the Pacific Northwest and Canadian Rockies," by Paul Martin Brown.

Orchid Quiz: If you are eating locally, what orchid-containing foods will you NOT have for supper when you get home from orchid watching? (Answer in June issue.)

*I am indebted to WSU doctoral student James Riser for much of my information, including the orchid key around which this article is organized.

Co-op Crossword Puzzle

By Craig Joyner, Newsletter Volunteer

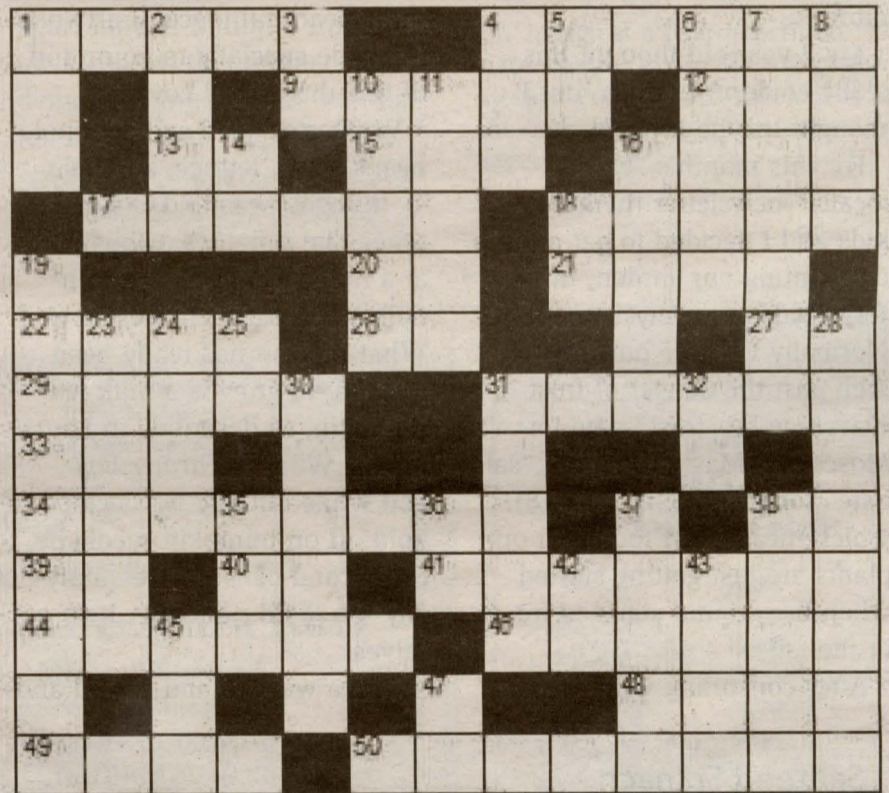
ACROSS

- 1 April's profiled volunteer, 1st name, 2nd is 4 across
- 4 See 1 across
- 9 Shankar's strings
- 12 Elizabeth's I court alchemist, John ____
- 13 Laugh
- 15 Snitch
- 16 MFC bread manager, 1st name, 2nd is 28 down
- 17 San Fran beer ____ Steam
- 18 Italian city or Sopranos psychiatrist
- 20 Bond villain, Dr. ____
- 21 Last month's profiled employee, last name, 1st is 37 down
- 22 Avocado
- 26 They're lettered in Moscow, abbreviation
- 27 Baseball or computer abbreviation
- 29 KUOI radio show "40 ____ and a Cloned Mule"
- 31 Dangerous plant seed
- 33 Man or baseball
- 34 Julie's or Ben & Jerry's
- 38 Doctor
- 39 Police snitch, abbreviation
- 40 Symbol for iron
- 41 The fastest sport in the world
- 44 Hebrew for loaf
- 46 Singing tempters of Odysseus
- 48 Othello's ensign
- 49 Fruit with an unpleasant name

50 Munster with raspberry marmalade inside, ____ Framboise

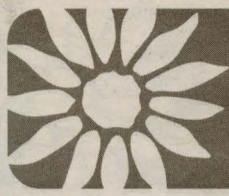
DOWN

- 1 Smoked salmon often on bagels
- 2 MFC's human resources coordinator, Theresa ____
- 3 Simile requirement
- 4 Siamese or calico
- 5 The diamond state, abbreviation
- 6 Mature or Cartoon Network's [____ swim] series
- 7 Annual Moscow event once hosted by Peter Basoa
- 8 Abominable snowman
- 10 Brideshead Revisited star, Jeremy ____
- 11 Fortune-telling cards
- 14 Summer treat
- 16 Robbery
- 18 State or college degree, abbreviation
- 19 Hand-ladled goat cheese, ____ du Poitou
- 23 Flowering African plant used for gum
- 24 Commedia dell' ____
- 25 Compass point
- 28 See 16 across



- 30 Hummus or baba ghanoush
- 32 Global government body
- 35 Replacement for incandescent bulbs
- 36 Race car driver ____ Foyt
- 37 See 21 across
- 38 Tropical fruit
- 42 Two in Roman numerals
- 43 The Bard's King ____ and the basis for Kurosawa's Ran
- 45 Texting chuckles, abbreviation
- 47 Soldier

Craig's favorite color is purple.



Meals Kids Might Eat: Fresh and Local

By Judy Sobeloff, Newsletter Volunteer

“Five days later the first seedlings appeared. ‘You’ll have almighty bedlam on your hands if you don’t get those weeds out,’ warned his neighbor. ‘Actually, that’s my crop,’ replied Wesley. ‘In this type of garden there are no weeds.’”
—*“Weslandia”*



Left: Preparing for eating locally. Right: Easy Cheesy Spinach

In Paul Fleischman’s “Weslandia,” young Wesley plans a summer project “that would top all others. He would grow his own staple food crop — and found his own civilization.” When Wesley turns over some ground in his yard, mystery seeds blow in from the west, yielding a crop so delicious and versatile he moves outdoors and eats the fruit and tubers on the roots, drinks the juice, weaves clothing from the stalks, grinds oil from the seeds for sunscreen and insect repellent — and much more.

My 7-year-old thought this really couldn’t happen, but I thought maybe it could.

For this month’s “eating locally” newsletter theme, the kids and I decided to get a jump on planting our garden, mystery seeds or no mystery seeds. Normally we bide our time until well past the danger of frost (“average last frost” date for Moscow is May 23 and the “safe date” for planting is June 18), which means that too often our plants are just getting started when the ground starts to freeze in the fall.

After consulting with a gar-

dening friend who requested anonymity, we decided to throw caution (and portions of a few packets of seeds) to the wind, and start planting the one sunny weekend in April. Lacking the (insert your favorite laudatory character trait here) necessary to start seedlings indoors, we went straight for the ground, assuring ourselves we could cover it with a blanket or tarp in cold weather if need be. (Later I was touched when my five-year-old showed me a beautiful piece of artwork he made specially to go on top of this theoretical cover.)

We started with spinach, pole beans, peas, lettuce, and kale — though I was told in hushed tones that potatoes, cabbages, and radishes might be potentially good early choices as well. What my son has really been wanting to grow is a milk-fed pumpkin, as described in Laura Ingalls Wilder’s *Farmer Boy* — and while initially we decided to hold off on pumpkin seeds, by the second consecutive sunny day we could no longer help ourselves.

As we weeded and sowed and

watered, I kept repeating variations on the theme of how this doesn’t need to be perfect, and how it’ll be OK if something doesn’t work out. Normally, we have the most enthusiasm for planting the seeds and tend to fall off on the actual weeding, watering, and harvesting, so I hope we’ll be able to sustain more of those this year.

In the interests of truly eating locally, we used seeds from the Genesee Valley Daoist Hermitage when available, though my kids were more drawn to the other brands of seeds at the Co-op because their packets had photo-

graphs. Despite my daughter’s insistence that the only spinach she would eat is spinach pie, I forged ahead with trying two recipes purported to be popular with kids featuring fresh spinach, predicted to be abundantly available locally come May. The spinach we’d planted the day before still wasn’t ready, so I got some from the Co-op, grown locally at

Orchard Farm.

Leading scientists have discovered that many people will eat anything if it’s covered with cheese, so I made “Easy Cheesy Spinach” with cheese and “Sautéed Spinach” without. Fred liked both, preferring the non-cheese recipe, which he described as “shiny and yummy.” Though our daughter had a mixed response to the non-cheese recipe, she said she did like the spinach in the “Easy Cheesy” but not the onion. Our son, on the other hand, surprised me by saying of the non-cheesy one, “I already knew I like that stuff!” and asking repeatedly for more. However, he found the cheesy one “too cheesy,” and I agreed. Sometimes it’s better to let the green shine through.

Judy Sobeloff looks forward to more throwing of caution and seeds to the wind, and more undertakings that aren’t perfect.

Sautéed Spinach

adapted from simplyrecipes.com

- 2 large bunches of spinach (about 1 lb.), washed
- 2 Tablespoons extra virgin olive oil
- 3 cloves garlic, sliced
- Salt to taste

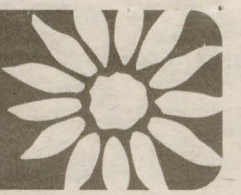
Cut off the thick stems of the spinach and discard. Heat 2 Tbsp. olive oil in a large skillet on medium-high heat. Add the garlic and sauté for about 1 minute, until the garlic is just beginning to turn brown. Add the spinach to the pan, turning it with a spatula a couple of times to thoroughly coat it with the olive oil and garlic. Cover the pan and cook for 1 minute. Uncover and turn the spinach again, then cover the pan again and cook for 1 additional minute. When the spinach is completely wilted, remove from heat. Drain any excess moisture from the pan. Add a little more olive oil, and salt to taste. Serve immediately.

Easy Cheesy Spinach

adapted from simplyrecipes.com

- 6 cups fresh spinach, washed
- 1 medium onion, chopped
- 1 Tablespoons diced garlic
- 1/4-1/2 cup parmesan cheese
- 1/4-1/2 cup grated white cheddar
- 1/4 cup water
- Olive oil, as needed

Preheat oven to 375. Grease a small casserole dish (approx. 6X8 inches) with olive oil, and sprinkle half of the cheddar and half of the parmesan in bottom of dish. Lightly sauté the onion and garlic in a little olive oil. When the onion is softened, remove from pan and set aside. Add water to pan and add the spinach. Cover with lid and let the spinach steam for 4-5 minutes. Remove spinach from heat. Roughly chop the spinach into bite-size chunks and add onion-garlic mixture. Mix thoroughly and place in casserole dish on top of cheese. Sprinkle remaining cheeses on top of spinach. Bake for 10-12 minutes until cheese is bubbly and brown.

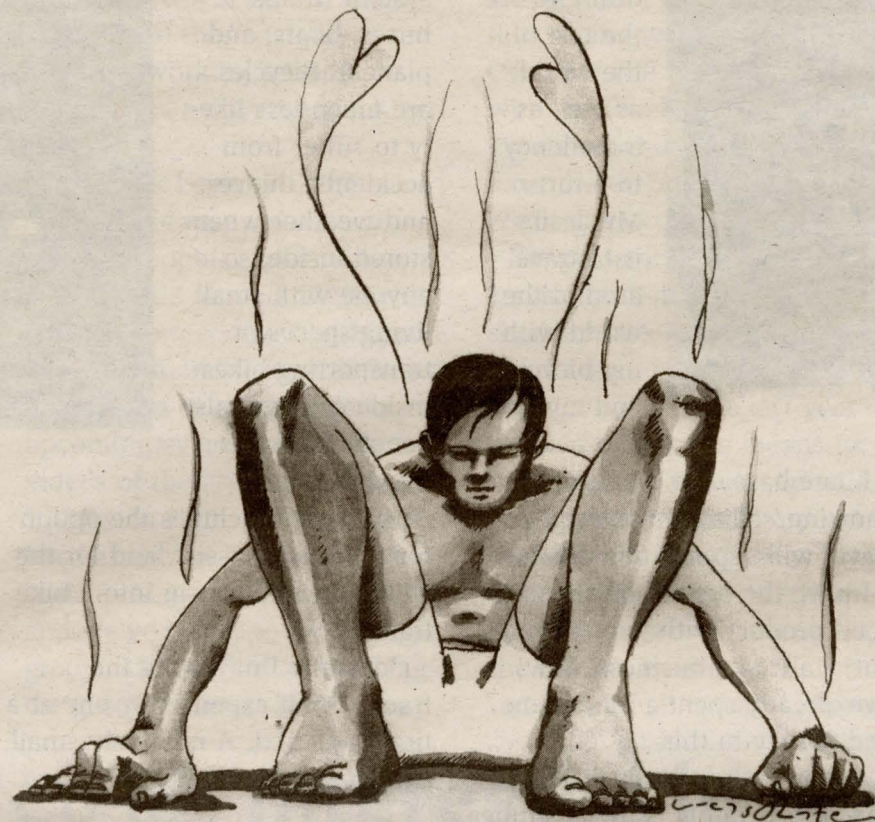


Choices in Wellness: Benefits of Sauna

By Dr. Angila Jaeggli, Newsletter Volunteer

Anyone who has experienced time in a sauna knows that it can be relaxing; however, ongoing medical research shows many excellent health benefits to boot. The word "sauna" (savria) is an old Finnish word referring to the bathhouse. The oldest known saunas were covered pits in the ground, where stones were heated for hours and later water was thrown on them to create steam. The Finns also used this ritual as a time to cleanse the body and mind, to rejuvenate and replenish, and to prepare the dead for burial. Sauna time was a healing time, and is reflected in one of their sayings, "If booze, tar or the sauna won't help, the illness is fatal."

There are many types of sauna options. There are dry, smoke, wet, fire, steam, and infrared saunas. The smoke and fire saunas make use of fire-heated stones, either sitting open or contained in a stove. Many people feel this is the most enjoyable and original experience, but it does take time to maintain the fire and at times the smoke residue can be irritating. The heat (or hot) sauna can also be maintained via electricity. Infrared saunas use special heaters to generate infrared heat, similar to that produced by the sun. The interior of the infrared sauna is not warm; however, the rays heat



the body internally, encouraging perspiration. Infrared sauna is the most commonly used type in homes and medical clinics.

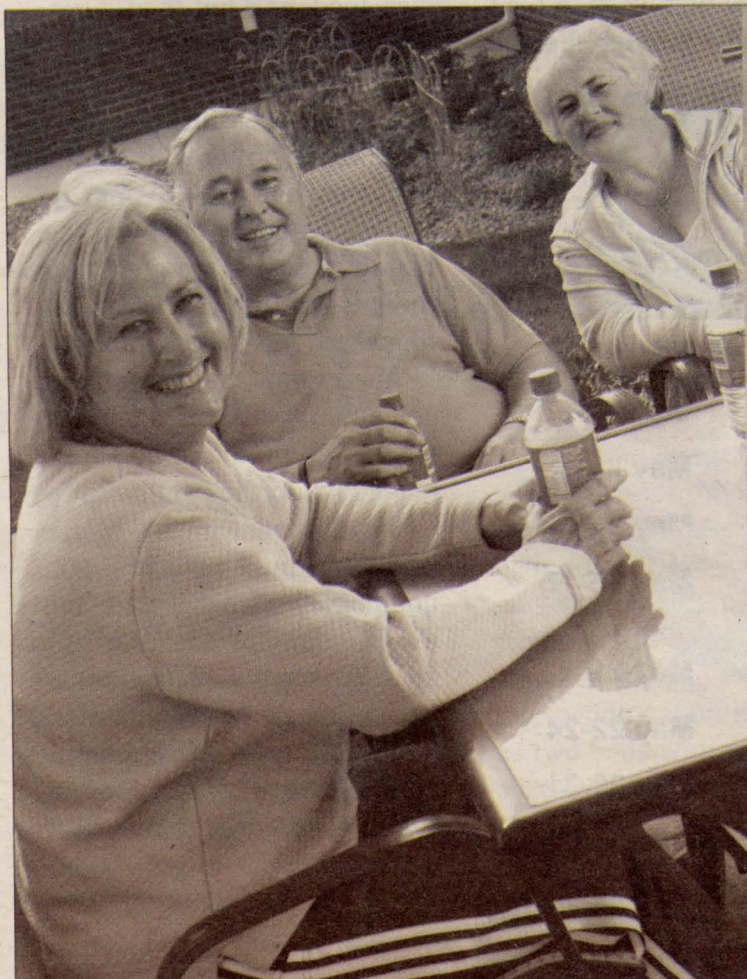
The benefits of sauna are numerous, and research is discovering more each year. Both traditional and infrared saunas have been shown to improve circulation, and this may be the basis for many of the health effects seen. A 2006 journal review of studies on sauna found no negative health associations for frequent sauna use in people who have heart failure, high blood pressure, and heart disease

that are medically stable, or for pregnant women without complications. There have been many studies done on the effects of sauna in heart failure (or CHF). In a study done by the Journal of Cardiology in 2005, sauna at 60 degrees Celsius was deemed safe and improved symptoms and exercise tolerance in chronic heart failure. Multiple studies have echoed this finding, also demonstrating that the thermal rise in the body improves the opening of the arteries, improving blood flow and therefore, heart function.

Sauna has also been shown to improve exercise performance, including an improvement in running endurance and repetitive strength conditioning. There is also a belief that therapeutic sweating can assist the body with the elimination of toxic chemicals. There are over 30 rehabilitation programs in the United States that have integrated sauna into their drug detoxification programs successfully. Sweating is also encouraged by many integrative medicine practitioners during detoxification protocols for people with allergies, environmental chemical exposure and multiple chemical sensitivities.

While sauna is fantastic overall, there are a couple precautions. For those who are trying to get pregnant, constant heat exposure has been shown to create deformities in sperm, and probably should be avoided. It is also important to stay hydrated, and to consult your doctor before undertaking a continuous sauna regimen, especially if you have a medical condition.

Dr. Jaeggli is a board-certified naturopathic physician who practices in Pullman and specializes in integrative family medicine. www.sagemedicineclinic.com



In celebration of
Older Americans Month

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

Moscow Village and
Fairview Village Estates
invites all area seniors to a
free BBQ picnic,
Friday, May 16, 11 a.m.-2 p.m.
403 Samaritan Lane
Moscow, ID
(208) 882-9809

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

www.good-sam.com

Good Samaritan Society
MOSCOW VILLAGE
FAIRVIEW VILLAGE ESTATES

All faiths or beliefs are welcome. 09-G0489

Everything BUT the kitchen sink

- Rafts
- Canoes
- Kayaks
- Camping equipment
- Sleeping Bags (to -15°F)
- Mountaineering/Climbing
- Skis
- Snowboards
- Snowshoes
- & much, much more!

WHY BUY... WHEN YOU CAN RENT? Open to the Community

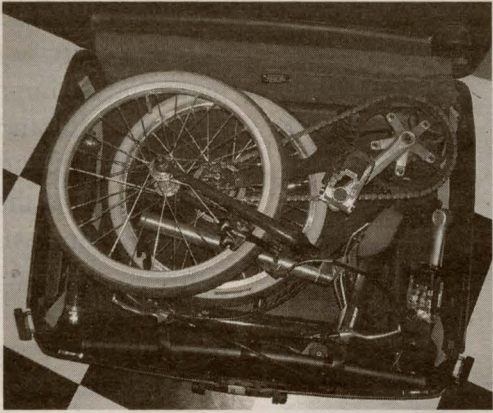
University of Idaho
Outdoor Program & Rentals
Student Recreation Center
(208)885-6170 M-F 10am-4:30pm
www.campusrec.uidaho.edu



My Suitcase Bike

by Thomas Seaman

Mahatma Gandhi said the two greatest inventions of Western man were the sewing machine and the bicycle. That's what a good friend of mine said



when I showed him what I was doing. I was refining my design of a bicycle that fits in a suitcase.

After a while, people started asking me where they could get one like mine, and saying "that rides a lot better than I expected"... Thus was born my accidental business: kokoPedli.com.

Like my bike, I am a Moscow product. My first contact with the Moscow Food Co-op was when it was in the alley off 2nd Street. I kept coming back. I was even the Co-op janitor for a while, at the old 3rd Street location. I love Moscow, but, growing up here left me with a

desire to see the rest of the world, as well as a tendency to return. My desire is to travel around the world with my bicycle and my flute, and also have

a home base. I'm thinking that showing/selling this bicycle as I travel will support this dream.

I have the benefit of a really good product with good timing, but, starting a business, Yow! I've already spent a lot of time and money in this.

Anyone who travels or has space constraints is my customer and the timing is supported by rising gas prices, increased awareness about environmental benefits, personal health benefits, ideals and just plain fun!

This folding bicycle is ideal for yacht owners, pilots, and anyone using any public travel

system (trains, buses, boats, and planes). Bicycles are much less likely to suffer from accidents, thieves, and weather when stored inside, so anyone with small living spaces or transporting bikes inside cars will also benefit from this design.

My design includes the option for an electric assist, and for the suitcase to transform into a bike trailer.

Currently I'm having the frames built expensively one at a time, by hand. A relatively small investment would get this into



mass production and bring the price down.

Anyone interested in my bike or considering investing in its production is invited to contact me by email, at thomas@kokoPedli.com or view my embryo website <http://www.kokoPedli.com>

Koppel Farm Spring Fair

By Tim Paultz, Koppel Farm Volunteer

Come to the Spring Fair and Open house for the Pullman Community Gardens at Koppel Farm (at the corner of Derby Street and Professional Mall Boulevard in Pullman) on Saturday, May 16, 10 a.m. to 2 p.m.

Garden plots are available for rent for only \$20-40/year, including the use of hand tools and water. This is an organic garden on rich, river-bottom soil, adjacent to the South Fork of the Palouse River. 10 x 10 ft. or 20 x 20 ft. plots are available.

We will have a plant sale at the open house for both bedding and vegetable plants. Get advice on gardening from the Master Gardeners. Learn how to recycle with Whitman County Recycling. A number of other community groups will be there, including the Palouse Prairie Foundation, Palouse Science Center, Lincoln Middle School Choir and Band, Groundworks, the Community Action Center of Pullman, Backyard Harvest, and the WSU Organic Farm.

Vegetables from some of the plots grown by Backyard Harvest go to the Community Action

Center food bank. Find out about how you can become involved in community gardening, even if you do not have your own land. You can email us at koppelgardens@gmail.com or visit our website at <http://sites.google.com/site/koppelfarm/>

Food stamps now accepted at Tuesday Growers' Market

By Amy Grey, Director, Backyard Harvest

Backyard Harvest, in partnership with the City of Moscow and the Moscow Food Co-op and with support from the Moscow Women's Giving Circle, is pleased to announce the expansion of our Shop the Market program. Now you can use your federal food stamp benefits to purchase healthy, locally grown foods not only at the Moscow Farmers' Market, but also the Tuesday Growers' Market.

Starting the first week in May and continuing through the end

of October, Backyard Harvest will be at both area markets to administer the program. Just visit the Backyard Harvest booth, let us know how much you are interested in spending, and we will swipe your Quest card and give you the appropriate amount of "Market Money." You will then be able to purchase fresh locally grown fruits and vegetables, bread, meat, eggs, cheese, honey, plant starts to grow your own food, and hot food items in bulk. While vendors won't be able to give you change, they will be happy, whenever possible, to round up with extra plants or food.

Participating in the Shop the Market program is a great opportunity — not only will you help funnel federal dollars into the local economy, but you will be able to enjoy the terrific foods grown and produced by your neighbors on the Palouse.

The Moscow Farmers' Market is open Saturdays 8 a.m.-12 noon at Friendship Square and the Tuesday Growers' Market is open Tuesdays 4.30-6.30 p.m. in the Co-op's parking lot at 121 E. 5th Street. For more information, please contact Amy at 208.669.2259 or amy@backyard-harvest.org.



Kenworthy Performing Arts Centre

Your Downtown, Community Theater

Duplicity (PG-13)	May 1-3
Dead Week, Live Comedy!	May 8
Rendezvous Benefit Showcase	May 9
Sunshine Cleaning (R)	May 15-17
<i>Moscow Food Co-op Good Food Film Series:</i>	
Independent America	May 21
Monsters vs. Aliens (PG)	May 22-24
The Class (PG-13)	May 29-31

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

www.kenworthy.org • 882-4127 • 508 S. Main Street



Facebook and Twitter and Co-op

By Jeff Craig, Co-op Social Networking Volunteer

The Internet has proven to be an incredible force for change in our society over the last ten years. Existing as we do between a pair of college campuses, much of the youth injected into our community each year is unable to truly remember a time without the Internet, and the communities which have formed there.

The Co-op is all about community, so we're working to extend the reach of our community online, in order to not only attract new members to our community, but also to hopefully serve our existing members better. In pursuit of these goals, we are currently beginning the

process of extended our reach onto two of the most popular social networking services on the Internet today, Facebook and Twitter.

Facebook began in 2004 and quickly rose to be one of the most popular sites on the Internet. It's formed around the basis of connecting friends and allowing them to share their lives in the form of quick updates, upcoming events, photos, and videos of themselves and their friends. In 2007, a Co-op member formed the Facebook Group, "I heart Moscow Food Co-op!" and we've begun to follow this group. Already, we're watching the group for what people are

saying about the Co-op, and in the coming weeks, the Co-op Calendar will be synchronized with the Facebook group, allowing those who use Facebook to have the Co-op's events delivered right to them.

Twitter, started in 2006, is a service built around broadcasting short updates to anybody who is interested in following them. It's proven over the last year or so to be a fantastic means for organizations to keep up with their customers, and respond to their desires quickly. If you're on Twitter, feel free to 'tweet' us up at moscowfoodcoop. In the coming weeks, we'll also be reminding our Twitter followers

about upcoming events, specials, and other co-op related news, in addition to answering your questions and concerns.

We're excited at this opportunity to reach out to our members using these new platforms, and we look forward to hearing from you, and hearing ways you'd like for us to communicate, and serve you all better.

Facebook - <http://www.facebook.com/group.php?gid=2342386044>

Twitter - <https://twitter.com/moscowfoodcoop>

Parents' Yoga Co-op: Interested in practicing YOGA, but can't find the time or a sitter?

By Ashley Martens, PYC Coordinator

I'm excited to announce a new movement here in Moscow, one that will hopefully bring a little more harmony to family lives across the Palouse. We are forming a Parents' Yoga Co-op!

The Parents' Yoga Co-op (PYC) will be a place for parents to gain strength, flexibility, relaxation, and joy while they practice yoga with other parents in our community. We will share in child-care responsibilities on-site (on a rotating basis) and learn from an area yoga instructor. Together we can build a community of mindful families!

The PYC will be a place for children to play together in the separate, on-site playroom or

playground, make new friends, and learn about the benefits of yoga, discipline, and personal space.

It will look like this: parents will practice yoga together formally with a certified yoga instructor at least once per month while the children play in a separate playroom or on the playground. We will share in childcare duties on a rotating basis (but we may elect to hire someone to watch the kids if needed). Teachers will be chosen by us to refresh and inspire our practice. They will be drawn from teachers throughout the region, representing various styles of yoga. Instructor sug-

gestions are welcome, and local yoga teachers who are interested are encouraged to contact us as well.

Monthly dues will be between \$12-25 per month (for 1 day/week), depending on enrollment. These dues cover rental fees, yoga practice for parents, and childcare for kids. There will be a one-time \$5 registration fee. Limited drop-ins will be welcome at a rate to be determined, but the success of the program will depend on committed monthly membership.

The PYT will be held at the Unitarian Universalist Church of the Palouse on 420 East Second Street (at the NW cor-

ner of Second and Van Buren) in Moscow on Tuesdays and/or Fridays 9:30-11:00 a.m. We will begin as soon as we get seven members (enough to make sure no one has to do child care more than once per month), so sign up today! I anticipate the PYT will be rolling in May 2009.

Please direct your questions, suggestions, and registration inquiries to Ashley Martens at 883-4998 or ashmartens@yahoo.com. Together, we can create a better world!

.....
Ashley was elated to see her first grass widows of the year in mid April!

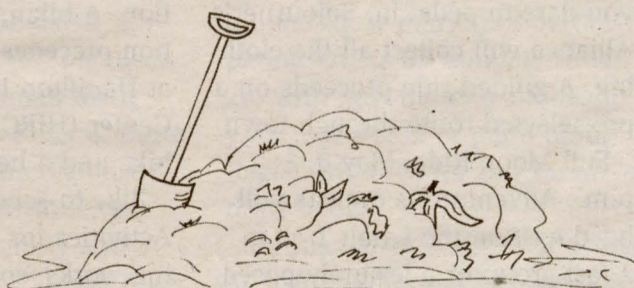
The HOPE Garden: The Moscow Community Garden's addition for wheelchair accessibility

The Moscow Community Garden is receiving a new addition this spring called the HOPE Garden with the help of the Center on Disabilities and Human Development and the Palouse-Clearwater Environmental Institute. The HOPE Garden will provide individuals with disabilities, and others with limited mobility, the ability to grow their own fruit, vegetables and flowers in a community setting.

The plan for the HOPE Garden includes nine raised garden beds surrounded by compacted gravel to make access to the site possible. The beds also include attached seats to facilitate planting, bending, and resting as well as two beds with wheelchair accessible tables. The HOPE Garden will make growing fresh food possible while providing encouragement of self-reliance, social interaction, and recreation for its gardeners.

Two volunteer events are scheduled this spring in order to create the HOPE Garden. The first event will take place on Saturday, April 18, and the second on Saturday, May 2. Both events start at 10 a.m. and end at 2 p.m. For more information about how you can help with these events, contact Laura

Milewski at (208) 882-1444 or volunteer@pcei.org. For general information about the HOPE Garden, contact Kristen Koenig at kristendkoenig@gmail.com.





Community Spotlight: Feral Cat Solutions

By Sean M. Quinlan, Newsletter Volunteer

This month, we turn our community spotlight on another volunteer group working out here on the Palouse: Feral Cat Solutions (FCS).

Feral Cat Solutions offers low-cost spays and neuters to help control the overpopulation of feral and barn cats throughout the Palouse at one-day clinics four times per year. Our 2009 clinics will be held March 29, May 10, August 30, and October 18.

Feral cats are abandoned domestic cats who have reverted to a 'wild state'. As the litters interbreed, the population can grow exponentially and form into actual colonies ranging from 30 to 60 cats. These colonies can predate on local wildlife and can menace domestic animals. They can also serve as reservoirs for infectious diseases like feline leukemia (FeLV) and feline AIDS (FIV).

FCS seeks to promote a humane, safe, and healthy approach to dealing with the feral cat problem.

"Our goal is to keep them alive, keep them healthier, and to stem overpopulation," says Bea Taylor, an active volunteer for FCS and a long-term resident of the Palouse.

As Taylor points out, there are many feral cat communities throughout the Palouse. But

animal abandonment is an acute problem in university communities. Moscow and Pullman are no exceptions.

"The statistics about feral cats are grim," Taylor cautions. "It's not an easy life for them. Their average lifespan is about three years. There's a lot of sickness, and there's a lot of predators."

They key here is sterilizing feral cats and immunizing them. These actions help create a buffer zone between them and the human and domestic animal population. It is also the best way to minimize the alternative: euthanasia.

In order to meet these objectives, FCS promotes a system of humane and ethical trapping procedures. The feral cats are then examined, vaccinated, and sterilized. The cats, who cannot be 're-domesticated', are then reintroduced into their safe and familiar habitat.

"You only have to do it once," says Taylor. "It's a one-shot deal. The cat gets its rabies shot, its four-in-one, a parasite killer, and even a dose of antibiotics for good measure. The cat's left ear is then tipped in order to show that it's been spayed or neutered. This procedure is becoming a universal sign to tip off animal services that the cat's been treated."

Importantly, FCS strives to

keep the feral cats healthy and alive, but they also want to make sure that ferals do not pose risks to other cats in the community. The feral cats brought in are routinely tested for FeLV and FIV. For safety's sake, those who are diagnosed are euthanized.

Feral Cat Solutions was originally formed in 2000, and since its inception it has treated over two thousand feral and barn cats. The organization was originally spearheaded by Leanne Eggert (a young veterinary student from Oregon State University), and Stephanie O'Brien (a PhD student in WSU Pharmacy), and it now has a number of dedicated coordinators working for it. Bea Taylor, for example, got involved after she read an advertisement in the paper, and is one of the pioneer members.

FCS operates solely by charitable donations and the hard work of its volunteers. All funds received are used for supplies. Many of medical personnel are students who come from the WSU veterinary school, or are working veterinarians or veterinary technicians in the Moscow-Pullman community.

How can you help? Every year, FCS has a fundraiser booth set up for the holidays in the Palouse Mall. They'll also be at the yearly Renaissance Fair in

Moscow. The organization is always looking for volunteers, medical supplies, towels, and animal housing (such as dog houses). They also need people who have space on their property whether in barns or sheds that could possibly take treated feral cats.

Moreover, FCS is delighted to train people at their clinics who can help with registration and tasks in anesthesia through post-op recovery. Donations are accepted through the Humane Society of the Palouse, P.O. Box 8847, Moscow, ID 83843. Please specify they are for Feral Cat Solutions.

If you are interested in helping out at a clinic, please feel free to contact Cindy Burnham at (208) 301-3772, or email her at cynthiadburnham@yahoo.com. If you have a barn or shed take treated feral cats, email hsopfcs@gmail.com. If you have a feral cat problem, please contact FCS at (509) 334-7099 or hsopfcs@gmail.com. For more information about FCS, visit their website at: <http://personal.palouse.net/FeralCatSolutions/index.html>.

Sean M. Quinlan is an historian of science at the University of Idaho.

Moscow Bikes for Life

By Karin Clifford, Bike for Life Project Volunteer

May is National Bike Month, and Moscow cyclists have an assortment of safe, free and environmentally friendly events to choose from thanks to Bike for Life, a group of enthusiastic cyclists who've gotten together to organize some fun rides. Here's the schedule:

Nearly Naked Bike Ride, May 1, 5:30 p.m.: Got a pile of clothes you never wear? Cyclists meet at Friendship Square sporting as many layers of clothing as possible. The ride begins and you shed your threads to whatever you dare to pedal in. Sojourner's Alliance will collect all the clothing. A guided ride proceeds on a pre-selected route through town.

Full Moon Ride, May 8, 8 p.m.: Adventurous cyclists will head east on the Latah Trail in a fast group or a leisurely-paced

group. Meet at Northwest River Supply's (aka Tidyman's) parking lot.

Bike-to-work Day, May 15, 7-8:30 a.m.: Riders will be greeted at the corner of Sixth and Main with refreshments, bike booty and lots of encouragement as they ride to work.

Biking Moscow 101, May 20, 6:30-8 p.m.: Mayor Nancy Chaney leads a leisurely one-hour tour of Moscow's bike routes to increase the comfort level of anyone who wants to cycle for pleasure or transportation. A biking basics presentation precedes the ride. Meet at Hamilton Indoor Recreation Center (HIRC) parking lot with a bike and a helmet.

Bike-to-school, May 28: Activities for school kids are in the works, so stay tuned!



Cinderella Ride, May 30, Time TBA: National Bike Month ends with a whimsical pedal geared toward empowering Moscow's ladies. We'll take a gentle ride and then share coffee, tea and

wine at a local shop. Men are invited too, even if they're not princely. Location and TBA!

For more information, please contact the Moscow Chamber of Commerce at 208-882-1800.



Moscow & the 3 R's: Eyeglasses

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

First, I would like to say hello to the varied readers of the Co-op Newsletter.

Second, a little about myself. I have been the manager at Moscow Recycling for about seven years, a trash collector with Latah Sanitation for five years, a Wilderness Ranger or Trail Crew Supervisor for six years, a UI graduate student for four years and before that, I lived and worked on Long Island dreaming of open spaces, hence I landed in Moscow.

Third, I am hoping that this column will provide you with information that you find useful in terms of reducing, reusing and recycling, as the three R's are what I have been invited to ruminate upon. During this process I imagine finding some new information that will enable Moscow Recycling to save more

materials from a life at the landfill.

Finally, if there are specific questions you would like to have answered that may prove to be relevant fodder for this column, I would be happy to hear from you.

And now for this month's topic, what can be done with old eyeglasses?

Ever since I have started working in the solid waste industry, I began noticing all sorts of things. When my wife Bonnie (also involved with solid waste for several years) and I go on vacations, we often observe the differences in solid waste programs, or 'hey there's a garbage truck'. You would think we would go on vacations to get away from that!

Well sometimes I notice little things in Moscow and start wondering about them. One such

'noticing' was the eyeglasses collection box at Paris Vision Center. Since a considerable part of my job at Moscow Recycling is looking into possible waste diversion programs, I thought, wow, here's one right under my nose (or maybe resting on it).

What I have come to discover is that this program is coordinated by our local Moscow Central Lions Club. They have actually placed collection bins with all the optometrists in Moscow, with a main collection trailer located at the McDonald's on Troy Highway. The eyeglasses are collected on a regular basis and are then shipped to Spokane where they are combined with other eyeglasses from Lions Club collection programs. In Spokane, the eyeglasses are placed in a machine that can read the prescription. Eyeglasses with similar

prescriptions are boxed together and shipped to developing countries throughout the world.

Our local Moscow Lions estimate that they collect about 120 pounds of glasses every three months. After weighing my eyeglasses, about one ounce, I estimated 16 eyeglasses equals one pound. Therefore, the Moscow Lion's Club is responsible for 480 pounds or 7,680 eyeglasses reused and kept from landfills each year; not to mention that individuals who would otherwise have to go without eyeglasses are now able to improve their quality of life.

I hope you have found this article informative, and I appreciate the opportunity to pass on other tips in future editions of this newsletter.

Going native starts out at the PCEI Learning Nursery

By James Blakely, AmeriCorps member, Community Outreach Specialist, Palouse-Clearwater Environmental Institute

Are you interested in a beautiful, low-maintenance landscape? Are you concerned about water conservation, your family's health or the spread of non-native invasive species? Then get away from chemically dependent, heavy-drinking vegetation in your lawn and garden and try using native plants to beautify your neighborhood. The first step is to take a stroll through the Native Learning Nursery at the Palouse-Clearwater Environmental Institute's Nature Center. We have a wide variety of native Palouse shrubs and trees that you can purchase at one of the many native plant

sales we hold throughout the summer and fall. While you're out visiting PCEI, view our native grass and forb demonstration garden and take a stroll out to our wetlands to see some of the native plants in all their glory.

Native Plant Sales for the month will occur on Saturdays May 9, 16, and 23 from 10 a.m.-2 p.m. at the PCEI Nature Center located at 1040 Rodeo Drive. For more info or directions visit our website, www.pcei.org, or call 208-882-1444. For more Native Plant Sale dates, check out our events calendar on line.

Get Some Soil In Your Soul!

By James Blakely, Community Outreach Specialist, AmeriCorps Member for the Palouse-Clearwater Environmental Institute

Once again, it is that time of year to rent your plots at the Moscow Community Garden. A project of the Palouse-Clearwater Environmental Institute (PCEI), the Community Garden is located on 1050 West C Street behind Tri-State Distributors and across from Emmanuel Lutheran Church. A 20'x20' plot can be rented for \$75 per year or a 10'x10' plot for \$40 per year. We also offer low-income rates for those in need. The Moscow Community Garden works to promote and support all aspects of community food and orna-

mental gardening by encouraging the production of nutritious food, reducing family food budgets, and demonstrating sustainable gardening practices. This is a great opportunity for students and community members to meet other gardeners and grow their own organic food.

For more information on how you can rent a garden plot visit www.pcei.org/food/garden.htm or contact PCEI Watersheds Program Director, Tracy Brown at tracy@pcei.org or 208-882-1444.

Palouse Watercolor Socius

By Jeanne Wallace, Socius Volunteer

The Palouse Watercolor Socius (PWS) is planning a five-day event of painting on location from June 17 to June 21. You may join us for the five days, several days, or a single day painting on location at various settings on the Palouse. No experience is required. Paint alone or form an alliance. Learn from each other. Artist registration fee: \$15 entire 5 days or \$5 per

day. On the last day, we will ask the public to join us for blind-draw pairings between artist and public as a fund-raiser for future PWS programs. We hope all artists will participate in this event.

For two days, we will be based in the Potlatch, ID, area and paint in the surrounding area, which is loaded with opportunities afforded by the rich history in farming, logging and mining.

The former mill town of Potlatch provides historic structures, the farming areas are reminiscent of the agriculture of days gone by and the mountains offer panoramic vistas and the headwaters of the Palouse River.

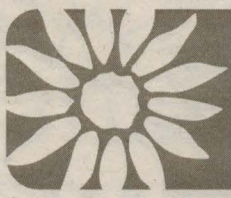
From Potlatch, we move across the state line to Palouse, WA, which offers small town cityscapes. Nearby Kamiak Butte provides vistas of the Palouse country, and the North River Road shows off farming and ranching along the Palouse River.

Our goal is for everyone to find

motifs of interest and to enjoy the camaraderie and opportunity to learn from each other.

Beginning artists and non-artists who wish to participate in the creative process can join in the fun as well. We will have a blind-draw pairing of participating artists on Sunday, June 21, with anyone who wishes to join, just watch or paint along. Registration fee for this blind-draw is \$20.

Contact Nick Bode @ 208-892-8031 for additional information.



Latah Trail Ribbon Cutting

By Margaret Dibble and Nora Locken, Latah Trail Volunteers

Remember back in May of 1869 when the first transcontinental rail line joined the East Coast with the West Coast? All sorts of celebration, revelry and general merrymaking took place the day the golden spike was driven to connect the country. This excitement will be recreated on May 9, 2009, 140 years later, when we celebrate the completion of the Latah Trail between Moscow and Troy.

The trail was actually completed last October but with snow

about to fly, we decide to postpone the festivities until spring. Now spring is here and rumor has it the last two miles of trail into Troy are free of snow and it is time to celebrate.

On Saturday, May 9, there will be a community bike ride to Troy City Park where we will have a BBQ and ribbon cutting ceremony. Gather at the NRS East parking lot (the old Tidymans store) at 10 a.m. for that group ride to Troy. You can hardly get lost, but we will have guides along the

way to point out places of interest and water stations at strategic intervals. The trip is about 11 miles from Moscow to Troy on a very gentle grade.

A sag wagon will be available at Troy City Park for those who only want to cycle one way. Also, there are places along the way (i.e. Joel Rest Area) where one can join the trail closer to Troy.

The barbeque starts at 12 noon in Troy City Park with side dishes provided and hamburgers

available for a mere \$2 donation to help cover costs. The ribbon cutting ceremony will be at 1 p.m. at the Troy City Park. See you there!

If you have any questions, please contact Nora Locken at 208-882-5458 or latahtrail@gmail.com

Margaret and Nora are both anxiously awaiting a lovely spring bike ride on May 9.

You Can Tour the Oakesdale Mill

By Bill London, Newsletter Volunteer

For the first time since 2002, the historic flour mill in Oakesdale, Washington, will be available for free public tours on the 4th of July, as part of Farm Fair sponsored by MaryJane Butters. The mill, owned by the Joseph Barron family for almost a century and listed now on the national historic register, is the only remaining flour mill on the Palouse, complete with all machinery in working order.

Long-time Co-op shoppers may recall that Joseph Barron supplied organic flours and cereal mixes to the Co-op until he sold his milling operation in 1998. Actually, he sold two mills: a new electric mill in his garage that he used to grind the organic flour and his family's original old mill in the four-story building across the creek from the garage.

The original Oakesdale mill was built in 1890, one of 19 constructed in the communities of Whitman County at that time. The others have all been demolished, and today only the Oakesdale mill remains, the best preserved flour mill in eastern Washington.

Joseph Barron, Sr. bought that Oakesdale mill in 1907. Two years later, his son, Joseph Barron, Jr., was born, and at age 18, he started working full-time at the mill. He took over the family business in 1955 upon the death of his father. But Barron's Mill could not compete with the huge centralized flour factories coming onto the scene and closed forever in 1960.

However, Joseph Barron, Jr. could not forget the mill or the milling. He explained that he had "flour in his blood." He set up a

small, unique electric specialty mill in his garage and prepared organic flours and cereals for the Moscow Food Co-op and other co-ops and natural food stores in the region. And he refused to demolish the original mill or sell the machinery. Instead, he added the mill to the national historic register.

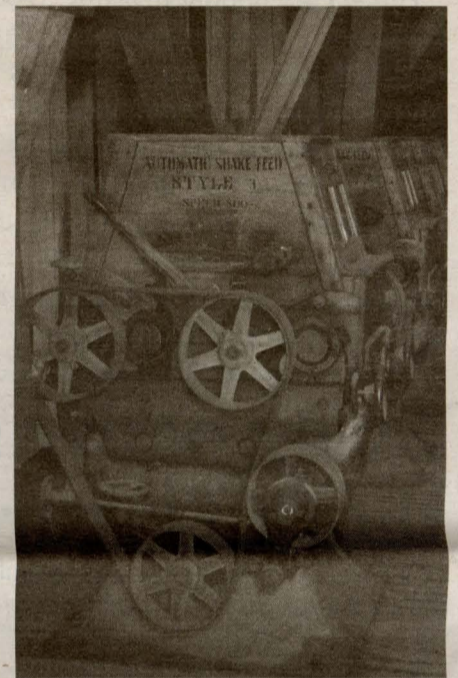
Barron was cranky and stubborn, a perfectionist who cared about the quality of his products and who loved the huge old mill filled with elegant hardwood and cast-iron machines used for making flour.

Before his death in 2000, Barron found the person to maintain his legacy. He sold both the new electric mill in his garage and the original four-story mill building to MaryJane Butters. She now uses the new mill to grind cereals and flours for sale in her MaryJanesFarm products. And as she promised Joseph Barron, Jr., she is committed to preserving his original mill.

Even today, that 19th-century milling equipment is still in working order. (Although it would never pass modern-day OSHA requirements.) Starting the motor in the basement would spin the wide leather belts that power the individual machines. Wheat would auger upward to the top floor and then cascade through the rolling machines, the separators, the sifters, and finally to the baggers. A visit to MaryJane's Historic Flour Mill is an excursion into the world of turn-of-the-century flour-making, when up to 40 workers filled the mill, tended the machines, and hefted the bags.

MaryJane's Historic Flour Mill is more than a slice of local history. This mill is a monument to the workers who settled the Palouse, coaxed wheat from its soil, and built the farming communities that remain today. The building itself, constructed on huge timbers and pegged with wooden dowels, looks more like a massive sculpture than a functional structure.

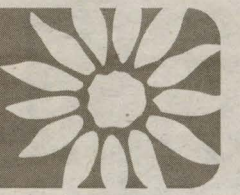
MaryJane's Farm Fair this summer will be the first opportunity in seven years to tour this grand old mill. Guided group tours of the mill will be offered at no charge from 10 am until 4 p.m. on July 4. For safety reasons, no children below age 12 will be permitted on the tours. Those wishing to join a tour should expect to walk up stairs and on uneven surfaces. In addition to the guided tours, July 4 Farm Fair festivities at MaryJane's Historic Flour Mill will include live music, lawn games, and food, as well as vendor booths offering antiques, farm collectibles, and farmers' products.



MaryJane's Farm Fair includes events on July 3 and 5 as well. Also on July 4, Farm Fair includes activities in seven additional small eastern Washington communities. More information is available at www.maryjanesfarm.org/FarmFair2009.

Bill London edits this newsletter and vividly recalls a summer afternoon 20 years ago when he walked in awe through Barron's mill with camera and notebook, trying to capture the majestic building's utilitarian beauty.

L	I	N	D	A		C	A	N	A	R	Y
O		U		S	I	T	A	R		D	E
X		H	A		R	A	T		H	U	N
		A	N	C	H	O	R		M	E	L
C					N	O			S	I	T
H	A	A	S		S	T			S		I
A	C	R	E	S				D	A	T	U
B	A	T		P				U		N	D
I	C	E	C	R	E	A	M		M		M
C	I		F	E		J	A	I	A	L	A
H	A	L	L	A	H			S	I	R	E
O		O		D		G			I	A	G
U	G	L	I			V	I	G	N	E	R



Fun Flix

By Bill London, Newsletter Volunteer

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

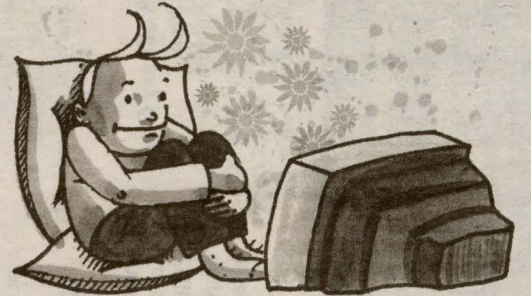
Milk... This film from 2008 traces the life and political career of Harvey Milk who became the first openly gay elected official in the US when he successfully ran for San Francisco Supervisor 30 years ago. Milk's prestige, power, and sense of political theatre are well-portrayed. His tremendous contribution to gay rights — and human rights — is clear. And for those of us who lived in the Bay Area in that period, the film is a vivid *deja vu* experience. Rated R for the political violence, not excessive drugs or gay sex, this is a valuable film for anyone trying to understand political

change in this culture.

Miss Potter... This whimsical film from 2006 blends human actors with bits of animation to tell the story of Beatrix Potter, the English woman who became the most popular writer of children's books in the world (remember *Flopsy, Mopsy, Cottontail* and their naughty brother *Peter Rabbit*?). From her inhibited and restrained early life as an upper-class Victorian daughter, she grew to establish herself as a pioneer feminist and an early conservationist. This PG-rated tale is appropriate for the entire family.

Man on Wire... This Oscar-

winning documentary from 2008 retells the true tale of a French tightrope walker, Phillippe Petit, who developed an obsession to illegally place cables between tall buildings and then walk from one to the other — with no net, no safety gear, no nothing between himself and a fatal mistake. The film focuses on his great triumph. In 1974, with the help of a rag-tag group of friends and acquaintances, he strung a cable between the two World Trade Towers in New York, then for an hour one morning, he strolled back and forth more than 100 stories above the city streets. This film suffers from poorly subtitled interviews and



low-quality film taken during the team's preparations, but it is an incredible tale of an off-the-wall passion. This PG-rated film is not for everyone, especially those who do not like heights.

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

Bill London edits this newsletter, and he is reminded daily by his granddaughter of the pure joy of really experiencing even life's mundane realities, like a snowfall or a flower.

The Sustainability Review – Kitchen Appliances part 1

By Mike Forbes, Newsletter Volunteer

Well it has been a couple of months since I've written in the newsletter and I'm pleased to be writing again. This month we'll be starting a small series regarding the small appliances we use everyday in our house and some things I think about in terms of energy use and overall consumption.

1st appliance: The Hot Water Maker

In most American houses this is the stovetop; gas (propane or natural gas), electric (several variations there), kerosene, or wood. Most houses use some sort of kettle or pan to heat hot water for every day use. Is there a better way? Maybe so, most likely yes.

The electric kettle. They've been around for decades in various incarnations from simple corded metal to cordless, plastic molded. The basic concept is the same with all; you have a small kettle that has it's own heating element that is in direct (or very close) contact with the water reducing heat loss to the kitchen and directing the energy where it needs to go; into the water. In Europe these kettles are a standard appliance and are becoming more commonplace here.

Here are my thoughts to make things most efficient and why you should consider an electric kettle and how to use one. We purchased a kettle several years ago because I wanted to reduce our propane consump-

tion. Heating water with a gas stove takes significantly longer than with electricity since there is considerable heat loss to the environment while the stove is in use. An electric kettle puts more energy into the water than a flame since the burner is inside the kettle. I can heat 1 quart of water in the kettle in 2:50 and on the stove in 6:47. That is a significant difference in time but is it in energy terms (btu's?). Yes. The kettle used 235 btus and the stove 1124, almost five times as much energy. In terms of cost the difference is \$.006 (kettle) and \$.03 (propane). Email me if you are interested in the calculation and my methodology.

I also try to consider the source of the fuel when consuming things. Propane is a fossil fuel and there are not many options readily available for substituting this. Propane also doesn't burn perfectly. There are airborne toxins released when burning, electricity has none. Electricity can be had from a variety of sources with some being great and others downright dastardly. I advocate purchasing the green power option your utility offers or generating your own.

Some considerations when purchasing. There are a bunch of plastic kettles out there. Stay away from them. Hot water and plastic don't mix and that is becoming more accepted belief. The leaching of chemicals is a very real thing and if it's possi-



Official testing facility of the sustainability review.

ble to reduce it than we should. There are many stainless steel models out there and a handful of glass ones. Glass is great until you break it. We did. It becomes a piece of trash then because replacement parts just aren't available for small appliances. Stick with the most robust stainless unit you can find with minimal plastic parts. This is good for longevity and potential leaching issues.

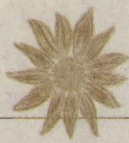
I would get a cordless model. These have a base that plugs in, you set the kettle on it and the water heats up when you push a button. Lift it off and it turns off (it'll also turn off when it boils). They are very convenient and very simple.

Get a model with a totally enclosed heating element. Some still have exposed elements which will just cake with min-

erals (especially here with our hard water) and require periodic cleaning with vinegar.

I'm a fan of these kettles. There are issues, however. If we look at the life cycle of a kettle and it's creation compared to the 40-year-old kettle you've always had it'll lose out. If you want to optimize your energy consumption or you are in the market for a kettle, this might be for you. We purchased ours at Tri-State locally for about \$70 and it's the Cuisinart stainless model. Thanks for reading and stay tuned next month for: Toast.

Mike is enjoying the spring and the approaching days of outdoor brewing weather. He can be reached at biodieselmike@gmail.com.



Bulletin Board



Co-op Events

Co-op Board of Directors meeting

Tuesday, May 12, 6pm
In the Fiske Room at the 1912 Center.

Breakfast with the Co-op Board

Saturday May 30, 11am
In the Co-op near the deli. Everyone invited. No charge. May's opinion question, inspired by member comments at the April Breakfast will be: Is there too little, too much, or the right amount of packaging for items in the Co-op?

Art at the Co-op

Friday, May 8, 5:30—7pm
Opening reception as the Moscow Food Co-op welcomes the children of Co-op employees and volunteers who will display their work in the Co-op's deli gallery.

May Co-op Kids Meet

Tuesday May 12, Fresh Air: Moscow Food Co-op Square in downtown Moscow

Tuesday, May 26, Moscow Food Co-op Meet at the Moscow Food Co-op behind the scenes tour of our Co-op.

amamasw

Co-op Tuesday Grower

4:30—6:30pm, May through October

Co-op Tuesday Music

Tuesdays 6—8pm

May 5: Trillium of Moscow. A primarily a capella trio.

May 12: Joylissa Vleck of Pullman. 17-year-old singer/songwriter; violin and guitar.

May 19: Karyn Patridge of Pullman. Original works; blues, pop, and folk.

May 26: Holy Jeans of Kendrick and Lewiston. Contemporary country and original music.

May's Co-op Wellness Class

Monday May 18, 7—8:30pm

Children's Whole Food Nutrition with Devin Pastrama at the 1912 Center. Sign-up sheet located at the Co-op, or ☎ 882-8537 ext.19, email classes@moscowfood.coop to sign up.

Rendezvous

Saturday, May 9
Open registration day for all programs at the Moscow Food Co-op. Register your child for workshop days, ask for help! www.moscowfood.coop

Community

Moscow Art

Anniversaries

Thursday May 7, 7pm
Join us at the 1912 Center

Pay Dirt Farm School Class

Saturday, May 9 10—12:30pm
Bed Bugs to Rag Rugs - Old cotton bed sheets are transformed into one-step crocheted rag rugs that work up quickly and effortlessly — bright and cheery but sturdy and durable and easy to wash. ☎ 208-667-SHOP or email rebekka@maryjanesfarm.org to register.

Native Plant Sales

Saturdays May 9/16/23, 10am—2pm
at the PCEI Nature Center located at 1040 PCEI Drive. www.pcei.org ☎ 882-1444.

Koppel Farm Spring Fair

Saturday May 16, 10am—2pm
Spring Fair and open house for the Pullman Community Gardens at Koppel Farm (at the corner of Derby Street and Professional Mall and Boulevard in Pullman).

Local Edible & Medicinal Herb Identification Walk

Saturday May 23, 10am—12pm
☎ 208-596-4353 to preregister and save your space. www.IdahoHerbs.com

Home-based Preschool Summer Camp

Runs in June
If you are not yet in Kindergarten at the time of the camp, contact inquiry@moscowfood.coop ☎ 883-4998.



Moscow Food Co-op
121 East Fifth
Moscow ID 83843

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

MOSCOW FOOD CO-OP

Palouse Folklore Events

Thursday May 7, 7pm
Beargrass in an acoustic House Concert in the Attic at 314 East 2nd St.

Saturday May 16
Contra Dance. Potluck 6:30pm, dancing at 7:30pm. Music by When Pigs Fly from Spokane (with Judy Noll, queen of the contra fiddlers, and Dian Newell, ace guitarist). Calling by a caller TBA, at the Old Blaine Schoolhouse. www.palousefolklore.org

Dahmen Barn Events

Sunday May 3, 1—4pm
Opening reception for "Spring Fling" exhibit featuring ten regional artists who make up the Snake River Showcase board of directors. The reception and exhibit are free to the public.
Saturday May 23, 7:30—9:30pm
Hog Heaven Big Band. Serious dancers as well as listeners come to enjoy this lively 16 piece band play tunes from the swing era. \$8 for a couple, \$5 for a single and no charge for children under 12. Free dance instruction is available at 6pm preceding the dance — just drop in!

www.artisanbarn.org

One World Café Music

Music starts at 8pm

- May 1 Matt Romero (local)
- May 2 Mark Maland (local)
- May 3 Ashlee Bradfield
- May 7 Irish Music (local)
- May 8 Daniel Botkin (local)
- May 9 Palouse Jazz Project (local)
- May 13 Open Mic Poetry
- May 16 Adrian Crookston (local)
- May 17 Four Shillings (Ireland)
- May 22 Daniel Mooney (local)
- May 23 Katrina Mikiah and Brian Gill (local)
- May 29 Poetry (Open Mic) with Headliner Plaedo
- May 29 Brian Baugh (Lewiston/Local)
- May 30 Drum Circle and Fire Dancing [8:30pm]

Vigil for Peace

Moscow: Fridays 5.30—6.30pm
Ongoing since November 2001. Meet in Friendship Square. Resources, encouragement, and opportunities for action.

Dean or Gretchen Stewart
☎ 882-7067, sperrine@potlatch.com

Pullman: Friday May 1, 12.15—12.45pm

Under the clock by the Public Library.
☎ 334-4688, nancycw@pullman.com

We want to hear from you! Send comments by email to events@moscowfood.coop by 25th.

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